

Your People And Planet Toolkit

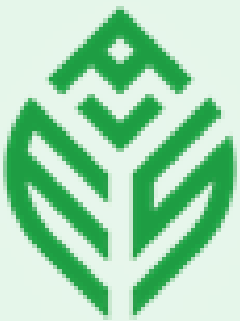


Table of Contents

03



Introduction

05



Pre-Application

06



Pre-Departure

07



During Your Stay

08



Before You Leave London

09



Additional Resources


Introduction

Purpose of this Toolkit

This toolkit helps AES students keep their London experience fun while staying sustainable. From how you travel and eat to where you shop and explore, small choices add up. Pick up a few easy habits, lower your impact, and enjoy the city while leaving a positive mark on the communities you're part of.

Welcome to London - one of the world's leading cities working toward a greener future. Your time abroad isn't just about classes and travel; it's also a chance to shape your impact on people and the planet. Every decision - from how you pack to how you travel - plays a role.

 **10th Most Sustainable City Worldwide**

 **Net Zero target by 2030**

 **3,000+ Parks & Green Spaces**

 **57% Zero-Carbon Grid**

Cleaner air initiatives citywide

 **2,000+ Electric Buses**

At AES, sustainability is embedded in learning, living, and community engagement. The goal isn't perfection, it's intentional choices that collectively make a difference.

Pre-Application

Thinking about People & Planet Before You Apply

Sustainability begins before you travel. Even before arriving in London, students can consider the environmental and social impacts of studying abroad. Understanding travel emissions and planning responsibly can help reduce your overall footprint.

Travel impact

Flights are often the largest contributor to the carbon footprint of studying abroad. While travel from the US to London is necessary, understanding this impact can encourage more responsible choices during your stay.

- Be mindful of the environmental impact of long-distance travel
- Travel responsibly while exploring the UK and Europe

Programme length

The length of your programme can influence the environmental impact of your travel. Spending more time in one place allows students to travel more thoughtfully.

- Make the most of your time in London
- Consider trains when travelling in Europe
- Plan trips in advance to reduce unnecessary travel

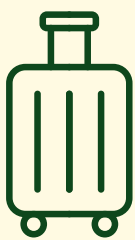
Responsible Travel Planning

Planning ahead can help reduce your environmental impact while studying abroad.

- Use public transport such as the Tube, buses, and trains
- Consider trains when travelling in Europe
- Plan trips in advance to reduce unnecessary travel

Pre-Departure

Preparing to live sustainably in London



Pack With Purpose

- Choose versatile clothing (less shopping later)
- Pack only what you actually need
- Choose durable items you will reuse

Intentional packing reduces waste and unnecessary consumption.



Sustainable Travel Mindset

- London has excellent public transport
- Walking and cycling are common ways to explore the city
- Trains are often a better option than short flights when travelling in Europe
- Go digital, reduce printing
- Recycle and dispose responsibly
- Respect local communities and spaces



Preparing for Sustainable Living

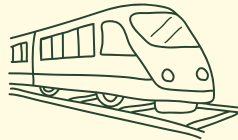
- Pack light, pack smart
- Avoid single-use
- Choose versatile clothing
- Think about how your daily habits affect energy and waste
- Choose Power Saving Options
- Plan low-carbon travel options
- Learn local recycling basics

Live Smart. Live Sustainable. Live London.



🤝 Engage & Give Back

- Pull up to sustainability events
- Volunteer a bit — karma points + CV boost
- Get involved locally
- Connect coursework to sustainability



🚶 Travel Smarter

- Walk it out, cycle it out, or hop on public transport
- Buses & trains > overpriced Ubers
- Explore slowly — you're not in a race
- Skip short flights... your wallet (and the planet) will thank you



🏠 Live Sustainably in Accommodation

- Turn stuff off — you're not paying unlimited bills
- Don't turn heating into a sauna
- Share kitchen bits, stop hoarding
- Buy what you need, not a full Tesco aisle



♻️ Follow the 5 Rs

- Refuse
- Reduce
- Reuse
- Repurpose
- Recycle



🛍️ Shop Second-Hand

- Charity shops = hidden gems
- Swap fits with friends
- Buy new only if you really have to (be honest 🙄)



💧 Refill, Don't Replace

- Tap water's safe — no need to act fancy
- Refill > rebuy (your bank account agrees)
- Bring a bottle, not main-character thirst 💀

Before You Leave London

Leave London Responsibly

Finish your experience with impact

Pack Down, Don't Throw Away

- Donate unwanted items via the AES Donation Hub
- Don't throw away usable clothes or supplies
- Share items with other students

Dispose Properly

- Follow local recycling rules
- Separate waste correctly
- Don't leave mixed rubbish behind

Leave Your Space Thoughtfully

- Switch off appliances and heating
- Clean shared spaces
- Use up or share leftover food

Travel Out Mindfully

- Pack efficiently to avoid excess baggage
- Be mindful of your travel impact

Take It With You

This shouldn't stop when you leave

Keep the Habits Going

- Continue using reusables
- Stay mindful of consumption
- Travel more consciously

Share What You Learned

- Talk about sustainability with friends back home
- Bring ideas into your university or workplace
- Encourage others to adopt small changes

Think Bigger

- How does your degree connect to sustainability?
- How can you apply this in your future career?

You don't need to be perfect. You need to be intentional.

Additional Resources

Building more sustainable habits doesn't stop with this toolkit. The following resources provide practical tools, guidance, and inspiration to help you make more informed and responsible choices during your time in London and beyond.

Helpful Resources

Website	What It Offers
<u>Anglo Educational – Sustainable Living & Learning</u>	Tips for sustainable living while studying abroad
<u>WWF Footprint Calculator</u>	Calculate and understand your environmental impact
<u>Refill UK</u>	Find free water refill stations across London to reduce single-use plastic
<u>Too Good To Go</u>	App to buy surplus food from restaurants at reduced prices, helping reduce food waste

Contact

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