



ECO-FRIENDLY TRAVEL WITH PROM

RECOMMENDATIONS FOR SUSTAINABLE MOBILITY

Participation in international mobility programs is not only an opportunity for personal and professional development, but also a responsibility towards the natural environment. Each of us can actively reduce the negative impact of travel on the planet. Below are practical recommendations for environmentally **friendly and responsible travel**.



1. TRANSPORT – LOW-EMISSION SOLUTIONS



- ✓ Travel by train or coach instead of flying (for shorter distances).
- ✓ Use **public transport**, which reduces the number of cars on the roads and lowers air pollution. **Cycling and walking** allow for better exploration of the city.

The project "PROM - Short-term academic exchange" is financed by the National Agency for Academic Exchange as part of the project entitled "Short-term academic exchange as a way to improve the quality of education at institutions of higher education and science", no. FERS.01.05-IP.08-0218/23, co-financed by the European Union.

- ✓ **Carpooling** (shared rides).

2. WATER CONSERVATION

- ✓ Take **short showers instead of baths**.
- ✓ Turn off the **tap** while brushing teeth, washing hands, or doing dishes.
- ✓ Reuse **towels and bed linen** when permitted by the accommodation's policy.
- ✓ Report **water leaks and plumbing faults** at your place of stay.

3. WASTE AND RECYCLING

- ✓ **Sort waste** in accordance with local regulations.
- ✓ Avoid **single-use products** (plastic bottles, cups, cutlery).
- ✓ Use reusable items (e.g. a **reusable water bottle**).
- ✓ **Do not leave litter** in public spaces or in natural areas.

4. RESPONSIBLE CONSUMPTION

- ✓ Choose **local and seasonal products**.
- ✓ Reduce **food waste** by purchasing only what is needed.
- ✓ Support **local businesses**, contributing to the sustainable development of the region.

5. RESPECT FOR NATURE AND THE LOCAL COMMUNITY

- ✓ Use only **designated paths** to minimize environmental degradation.
- ✓ Comply with **local nature protection rules and applicable regulations**.

6. RATIONAL ENERGY USE

- ✓ Turn off lights, heating, and air conditioning when not in use.
- ✓ Unplug chargers and electronic devices after use.
- ✓ Make use of natural daylight to reduce energy consumption.

Every conscious choice – even the smallest one – contributes to environmental protection. The attitude of each participant during international mobility has a real impact on the future of the planet. It is important to reduce the amount of waste generated and ensure proper waste segregation, make responsible consumer choices, and show respect for nature and the local community by complying with local rules and good practices.



Travel consciously. Care for the planet. Inspire others!

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