ECO MOOD, CX STYLE

1.

LEAVE THE CAR AND SWITCH TO SHARED MOBILITY: minimize CO2 emissions and reduce urban traffic.

2.

IF THE GOLDEN RULE OF SUSTAINABLE LIVING IS CONSUME LESS but you love shopping... buy second-hand!

3.

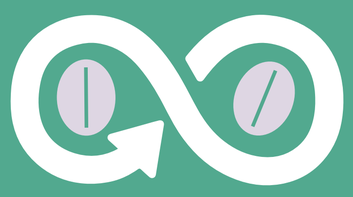
PLASTIC IN THE SEAS, ON THE ROADS, UNDERGROUND. Handy and convenient but very polluting. Try alternative solutions such as bamboo, paper or fabrics.

4.

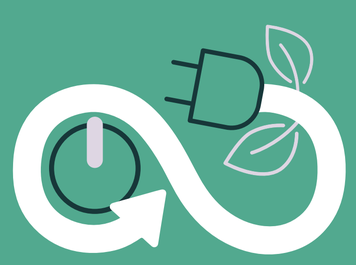
ADD AN ECO-TOUCH TO YOUR SHOPPING AS A STUDENT ABROAD: choose bakeries, farmer markets and local stores instead of supermarkets.

5.

IN ITALY, EACH PERSON USES 220 LITERS OF WATER PER DAY. Take shorter showers, set eco cycles, and reuse water in the kitchen.

6. 

EVER HEARD OF FAIR TRADE? It's a form of commerce that respects both Environment and People. When you shop, look for "fair trade" labels!

7. 

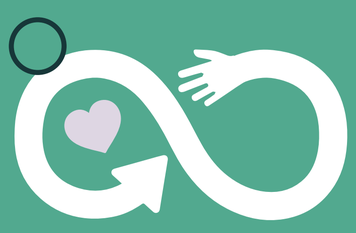
CONSUMING ENERGY MEANS PRODUCING CO2, THUS POLLUTING THE AIR. Turn off lights, unplug devices, avoid extreme air conditioner temperatures, prefer renewable sources.

8.

EVERY DAY WE GO THROUGH A ROLLERCOASTER OF POSITIVE AND NEGATIVE EMOTIONS. Always listen to your body, try to name the feeling and embrace it.

9.

COUCH, POPCORN AND MOVIE: PERFECT SITUATION, OR MAYBE NOT? Reading a book might relax you more. Dive into passionate stories, explore the world, embark on incredible adventures!

10. 

BORED IN YOUR FREE TIME? VOLUNTEER WITH LOCAL ORGANIZATIONS! Learn, have fun, meet people, make a difference.

11.

STRANGE(R). HAVE YOU EVER THOUGHT ABOUT IT? Strangeness can be disorienting but look around you: CX is a vibrant Community of students from 135 different countries. Discover them all!

12.

TRAVELING IS ALWAYS A GOOD IDEA. DO IT IN A SUSTAINABLE WAY! Search for specialized agencies: you will interact with local population, discover hidden gems, respect the environment.

EX x CX