

Middlebury College Environmental Council 2019 – 2020 Final Report May 22, 2020 (Works in progress while navigating the coronavirus pandemic)

Environmental Council Committee Progress Reports

Summary

The Middlebury Environmental Council (EC) focused on three challenges for 2019-20:

- I. Sustainable Purchasing
- II. Climate Solutions and Social Justice
- III. Low Carbon Travel and Sustainable Living While Abroad (in conjunction with the Middlebury Institute of International Studies at Monterey's Sustainability Council)

Due to the interruption of planned Spring activities due to the coronavirus pandemic the efforts of each committee, though substantive, are incomplete and should be considered by next year's EC for work to be taken on and completed.

Status Summaries

I. Sustainable Purchasing – this committee gathered information about the College's purchasing of certain items and their degree of "greenness" and "sustainable certifications." These included purchasing related to:

- Food and Dining
- Events
- Office Supplies and Paper
- Building and repair materials
- Cleaning Supplies
- Electronics

The Committee was able to provide a preliminary assessment of green practices and purchases regarding these items and that information is provided in this report. They did find that obtaining reliable quantitative data to accurately track change and progress over time was difficult.

II. Climate Solutions and Social Justice: this committee worked with a larger team of students, faculty and staff in conjunction with the Environmental Council to develop an ambitious agenda to extend awareness and understanding of the nature of the climate crisis and its social justice implications, and to strategize and motivate actions to address it. Three successful events were held and a significant number of follow up proposals were developed for future pursuit further outlined in the report below. The three events were:

- A Margolin Lecture delivered by **Naomi Klein**—an award-winning journalist, celebrated author, and renowned climate justice activist—who addressed the radical implications of what we are now facing and how we might come to grips with it. McCullough Social Space was filled and an overflow crowd listened from the lobby.

- **PANEL CONVERSATION: A CLEAR AND PRESENT PEDAGOGY: COLLEGE IN AN AGE OF CLIMATE CRISIS** - An audience of over 100 people attended an interdisciplinary panel discussion featuring **Carolyn Finney** (Environmental Studies), **James Sanchez** (Writing & Rhetoric), **Jamie McCallum** (Sociology), **Kirsten Coe** (Biology), and **Tara Affolter** (Education), in conversation with students and Prof. Dan Suarez.

Building on Naomi Klein’s Margolin Lecture from the previous week, this event brought together students and faculty to discuss how and why college (i.e. what we’re all doing right now) might matter, or might come to matter, as we confront increasingly turbulent planetary futures. What can (and arguably should) college offer to young people as they prepare to join this pivotal historical moment? What does it mean for our students—from dancers and economists to marine biologists, elementary school teachers, and computer scientists—to be coming of age in an age of climate catastrophe? And what would an education that is proportionate to the dire urgencies and radical implications of the climate crisis look like?

- **COMING OF AGE IN AN AGE OF CLIMATE CATASTROPHE:** This student-led and student-focused event connected the big questions explored with Naomi Klein over the previous week to the [rich legacies](#) of activism, social struggle, and movement-building that have found expression on this campus. The format was interactive, including activities and informal discussion, with the aim of helping introduce students who are new to activism at Middlebury, while also providing opportunities for student organizers from across campus to update one another and to strategize around ongoing and new campaigns.

III. Low Carbon Travel and Sustainable Living While Abroad (in conjunction with the Middlebury Institute of International Studies at Monterey’s Sustainability Council)

This committee teamed up with the MIISM Sustainability Council to work on two guides to provide students, faculty, and staff with information and options for reducing carbon emissions associated with travel and how to leave a small ecological footprint in the places they travel. The Low Carbon guide is in early draft form and still has gaps and still needs to be circulated for comment and refinement. The Sustainable Living While Abroad Guide is in final draft form and also needs to be sent around for comment and finishing touches. Both guides will also need to be formatted for online access. We hope this work can be completed by next year’s EC and SC, or perhaps by student interns working in the Office of Sustainability Integration.

Full Committee reports follow.

Members of the 2019-20 Environmental Council:

Students

Bayu Ahmad
Drew An-Pham
Cecilia Barnes
Olivia Cappello
Emma Clinton
Rahul Desmet
Caitlin Dicara
Gretchen Doyle
Lauren Eskra
Georgia Ezell
Zoe Grodsky
Divya Gudur
Mind Harris-Weidner
Miwa Johnstone
Lizzie Kenter
Cora Kircher
Lilly Kuhn
Lucas Lepinard
Jessica Morales
Katherine Morris
Emma Ramirez-Richer

Ethan Sherman

Maddie Tango

Katie van der Merwe

Remi Welbel

Lydia Wiener

Raechel Zeller

Staff

Jack Byrne, Dean of Sustainability and Environmental Affairs, co-chair

Eva Fillion, Sustainability Specialist, Office of Sustainability Integration

Charlotte Tate, Associate Director, Rohatyn Center for Global Affairs

Meghan Williamson, Associate VP for Development

Lisa Winkler, Assistant Director of Grants and Sponsored Programs

Faculty

Jeffrey Carpenter, Professor, Political Economy and International Law

Dan Suarez, Assistant Professor, Environmental Studies

Molly Anderson, Professor, Food Studies

Alison Nurok, Assistant Laboratory Professor in Biology, co-chair

Committee Reports

I. Committee: Sustainable Procurement

Summary of Progress

We gathered information about the sustainability of products purchased within the College and how sustainability figures into decisions surrounding these purchases. Information was gathered in categories including: Dining Services and reunion, office supplies and paper, Facilities Services, Information Technology Services, and SGA reusables.

We determined that, at this time, working within the College would be more effective than working within the larger GMHEC since WB Mason is the only company with a contract shared by the consortium. We did, however, gather information about current purchasing from WB Mason.

Challenges:

1. Difficulty in obtaining information (e.g. busy schedules, lack of centralized data).

Future work:

1. Bring campus-wide awareness to current sustainable procurement work being done in Facilities Services and other divisions.
2. Obtain purchasing data from WB Mason (Cheryl Foster)
3. Inquire about purchasing within Athletics.
4. Inquire about purchasing within Information Technology.
5. Obtain more concrete data/numbers about purchasing within the College.

Findings:

DINING

- Beef is all grass-fed or grass-finished and procured from within 60 miles, mainly Cornwall and Essex. They are slaughtered and processed in Vermont Packinghouse.
- Chicken breast is purchased locally from Misty Knoll Chicken, and it is cheaper because it's bought in bulk.
 - Main challenge is sourcing halal chicken thighs locally because none of the nearby slaughterhouse perform such practice.
 - Sourcing other food locally is also difficult because our volume is so high Vermont farmers can't keep up.

- Storage is definitely a challenge. Right before the holiday break, they are buying 15 cows that will supply J-term and it will take up all of their storages. Therefore, it's hard to buy produce in summer and store it all winter simply as a matter of space.
- We have three main contracts:
 - Reinhart Foods (national but they have a station in VT and serve local food)
 - Pepsi
 - Black River Produce (VT-based and also local) this one is highly negotiable
- Middlebury takes part and recently hosted the annual meeting of ACORN (Addison County Relocalization Network), a regional food network that encourage local consumption
 - Sometimes we get extra offers from local farms through this involvement
- Vending machines are contracted out, but we oversee and can make suggestions
- Very few options for Midd Xpress comes from Vermont-based single-use food
 - Keep in mind that Facilities Services employees often shop here and we don't want to punish them, make the whole thing uncomfortable and class-based

REUNION

- All supplies from Dining Services are compostable (China)
 - Follow up: are the "compostable" materials actually getting decomposed?
- There will be water stations for the big events
- Snack and bottled water are provided by headquarters, and it is individually decided
- Conclusion: There is less to be done here than we originally thought.

OFFICE SUPPLIES

The Green Mountain Higher Education Consortium currently has a contract with WB Mason. Our committee focused on three areas as targets for potential increases in sustainability: items purchased, packaging, and transportation.

1. Items purchased: we are awaiting purchasing data from Cheryl Foster so as to assess the sustainability of those products.
2. Need to obtain more information on packaging across the College.
3. WB Mason makes daily deliveries across campus. Transportation frequency appears to be difficult to change because there are other clients in this area that receive daily deliveries as well.

PAPER:

Paper use appears to be divided into two sources: Printing Services (Reprographics) and outsourced projects (e.g. Middlebury Magazine and Viewbook).

The report on paper usage at Middlebury for fiscal year 2019 found that:

- Printing Services used 879,520 sheets of paper. Post-consumer waste (PCW) (i.e. recycled content) was as follows:
 - 0% PCW = 7.52% of paper volume

- 10% PCW = 10.67%
- 30% PCW = 54.75%
- 100% PCW = 27.06%
- Envelopes were outsourced. The College used 234,000 envelopes (not including “vendor procured stock). All envelopes contained either 10% or 100% PCW.
- The inside pages of Middlebury Magazine contained 100% PCW. The cover of the Magazine contained 30% PCW.

FACILITIES

The following information was provided by Mike Moser (Director of Facilities Services), Dan Celik (Custodial Supervisor), Bob Preseau (Stockroom, Receiving and Shipping Coordinator), and Peter Lackey (Coordinator of Contract Services). Sustainability plays a very large role in decision making in when purchasing products within the categories of custodial supplies, paint and flooring, and basic consumable supplies (e.g. plumbing fittings and light bulbs). Cost does not seem to be the primary factor in decision-making, but rather performance and sustainability of a product are the most important criteria in purchasing.

- When possible, purchasing products from local vendors is prioritized. For example, glass is purchased from Desabrais Glass in Middlebury and paint products are purchased from Countryside Carpet and Paint also in Middlebury.
- Low or No VOC water-based paints are used for interiors of buildings.
- Styrofoam was banned 20 years ago.
- WB Mason supplies the cleaning products. Their warehouse is local in South Burlington, decreasing potential travel-related carbon emissions.
 - A large portion of cleaning supplies are Green Seal certified. Most cleaning solutions consist of vinegar and baking soda. However, a disinfectant and hydrogen peroxide are used where necessary according to public health regulations. Six aqueous ozone dispensers are also used where needed.
 - Third party green-certified products comprise 93.6% (\$378,355.66) of total expenditures for cleaning products and janitorial paper products (\$404,014.74).
- Reusable microfiber cloths are used instead of disposable paper towels.
- Heritage plastics (in CT) produces custom plastic bags for garbage cans. As a result, we are using less plastic because of a custom design that fits better.

Sustainability related challenges and future work as stated by above staff:

- Energy requirements for the larger equipment like lawn mowers – haven't found a technology that could remove fuel.
- Waste stream during move-out periods is a BIG problem. Everything gets dumped in landfill because no time for sorting and students don't sort because of time crunch. Batteries go with cans go in with paper and plastic etc.

- Education needs to be part of orientation.
- Reduce packaging waste from WB Mason.
- Flooring materials: very hard to recycle at end of life and they must perform very well over time.
- If we produce any guidelines for sustainability, they must have a great deal of flexibility.

INFORMATION TECHNOLOGY SERVICES (ITS)

Although there are no sustainable procurement guidelines that the ITS department strictly follows, the department actively consults the Electronic Product Environmental Assessment Tool (EPEAT) and tries to procure technology with EPEAT's Gold rating.

- Most ITS procurement exists in the form of computers (laptop or desktop), in which the main types are Mac or PC (Dell).
- Laptops and lab/classroom desktops are replaced every four years, while public and office desktops are replaced every five years, for both security and quality purposes. To compensate for the frequent replacement, the old computers are donated, when appropriate, to a local non-profit organization in Middlebury for reuse by those in need.
- Public printers are leased to the college.
- The department recommends a full audit of Middlebury's technology as a next step for all financial, practical and sustainability reasons.

REUSABLES (SGA INITIATIVE)

- At the beginning of the 2019-2020 school year, reusable coffee cups (from [Ecoffee Cups](#)) and containers via a carabiner trade-in system were distributed to students. Through this initiative, Middlebury not only reduced the disposable product consumption but saved ~\$30,000 worth of disposables in total.
- Compositionally, the Ecoffee Cups distributed to students this year were composed of 75% bamboo fibre + corn starch and 25% melamine-formaldehyde (an organic based compound). Although these cups aren't compostable, once they've reached the end of their product life cycle, they can be recycled.
- A key question to ask about this reusable initiative is what % of students take advantage of these products in order to reduce their waste production?
- Overall, the progress made through this SGA initiative this year is quite satisfactory. Ideally, we could obtain more data to work with, aside from the amount of money saved and the knowledge that single-use product consumption has been reduced.

II. Committee: Climate Solutions and Social Justice

Summary of Progress

Our committee has evolved over the course of the fall semester to act as a support team for the various groups (including a steering committee formed around a prospective donor and a growing student organizing collective) that are working together to plan a series of environmentally-themed events this spring. The first of these events was be a keynote lecture by Naomi Klein (2/13), followed by a faculty panel discussion (2/18) and a student-focused workshop and organizing event (2/20). See Appendix for descriptions of these events. These events are intended to open new opportunities for substantive dialogue concerning what it means for our students to be coming of age in an age of climate crisis and to generate interest and mobilize students around subsequent initiatives, including significant plans for Earth Week, activism undertaken over Summer 2020, and larger plans currently being formulated for Fall 2020 and beyond. We began the semester by contributing our ideas, goals, and hopes for the events and are now assisting with outreach, gaining audience members and various administrative tasks.

Currently, the following events are being planned for the spring semester:

- Feb. 13th Naomi Klein Margolin Lecture
- Feb. 18th Faculty Panel
- Feb. 20th Student-led Workshop

Problems.

Any challenges or negatives? Is something stuck? Do you need help from the committee chair or other team members? Share your concerns openly.

Overall, we are doing well. Our two main challenges are defining our role within the other groups that are involved in planning these events and attendance. It's likely that our slight lack of definition has discouraged participation if members are feeling unclear about their role. We began to clarify our role at our last meeting but should continue to do so.

NAOMI KLEIN ON CLIMATE, JUSTICE & HOPE

The climate crisis confronts each of us, including and especially young people, with urgent questions and bewildering choices about how to live, what to learn, where to go, what to do, and who to be at this momentous historical crossroads.

This year's Margolin Lecture was delivered by **Naomi Klein**—an award-winning journalist, celebrated author, and renowned climate justice activist—who addressed the radical implications of what we are now facing and how we might come to grips with it. McCullough Social Space was filled and an overflow crowd listened from the lobby.

Naomi Klein is a Senior Correspondent at The Intercept, a Puffin Writing Fellow at Type Media Center, and the inaugural Gloria Steinem Endowed Chair in Media, Culture and Feminist Studies at Rutgers University. Her books include *On Fire: The (Burning) Case for a Green New Deal*, *This Changes Everything: Capitalism vs. the Climate*, and *The Shock Doctrine: The Rise of Disaster Capitalism*. Bill McKibben will provide opening remarks and Prof. Dan Suarez will facilitate

discussion. This Margolin Lecture will mark the first in a series of events at Middlebury exploring what it means to be coming of age in an age of climate catastrophe.

Thursday, Feb 13, 7:00pm – 8:30pm (Wilson Hall, McCullough Student Center)

A CLEAR AND PRESENT PEDAGOGY: COLLEGE IN AN AGE OF CLIMATE CRISIS

The climate crisis confronts each of us, including and especially young people, with urgent questions and bewildering choices about how to live, what to learn, where to go, what to do, and who to be at this momentous historical crossroads.

Building on Naomi Klein’s Margolin Lecture from the previous week, this event brought together students and faculty to discuss how and why college (i.e. what we’re all doing right now) might matter, or might come to matter, as we confront increasingly turbulent planetary futures. What can (and arguably should) college offer to young people as they prepare to join this pivotal historical moment? What does it mean for our students—from dancers and economists to marine biologists, elementary school teachers, and computer scientists—to be coming of age in an age of climate catastrophe? And what would an education that is proportionate to the dire urgencies and radical implications of the climate crisis look like?

An audience of over 100 people attended this interdisciplinary panel discussion featuring **Carolyn Finney** (Environmental Studies), **James Sanchez** (Writing & Rhetoric), **Jamie McCallum** (Sociology), **Kirsten Coe** (Biology), and **Tara Affolter** (Education), in conversation with students and Prof. Dan Suarez.

Tuesday, Feb 18, 4:30 – 6:00 pm (Dana Auditorium)

COMING OF AGE IN AN AGE OF CLIMATE CATASTROPHE

The climate crisis confronts each of us, including and especially young people, with urgent questions and bewildering choices about how to live, what to learn, where to go, what to do, and who to be at this momentous historical crossroads.

This student-led and student-focused event connected the big questions explored with Naomi Klein over the previous week to the [rich legacies](#) of activism, social struggle, and movement-building that have found expression on this campus. The format was interactive, including activities and informal discussion, with the aim of helping introduce students who are new to activism at Middlebury, while also providing opportunities for student organizers from across campus to update one another and to strategize around ongoing and new campaigns.

Thursday, February 20, 4:30 – 6 pm (Axinn 109)

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These events and work with various members of the Environmental Council resulted in the following proposal for Earth Week events and others following summarized by Dan Suarez. Due to the coronavirus pandemic these events were put in suspension.

Proposal for Earth Week Summit and Connected Trainings

This document brings together different strands of discussions that have been ongoing since Summer 2019. The document was produced by students and was synthesized from continuing work formulated through the student organizing collective (with support from Environmental Council) which convened 40+ students on Thu. Feb 20. It builds directly on the series of February events that recently concluded (including Naomi Klein's Margolin Lecture and the follow-up faculty panel), culminating in significant Earth Week social change and climate action programming, and it maps out priorities to pursue in subsequent semesters and to help guide longer-term planning.

Three immediate items in need of funding: (1) Jane McAlevey (already confirmed; \$1,000 honorarium and travel expenses); (2) Autonomous student events including various trainings, workshops, speakers, and events, leading up to and culminating in Earth Week (\$1,000: see itemized budget and descriptions below); (3) resources for two additional Earth Week keynotes, with budgets roughly similar to that outlined for Jane McAlevey.

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Autonomous Student Events

Needs: Funding, Location, Publicity/Outreach Support

Student skills building trainings and events:

Kira Kelley: NVDA and Legal Observation

February 22, 2020

Cost: \$75

Kira Kelley is a lawyer in New Hampshire, chair of the Vermont Lawyers Guild, and has served many Vermont and New Hampshire immigrant solidarity, mutual aid, and climate justice movements. Kira will be leading a workshop on the legal considerations of civil disobedience and direct action, and the role of legal observers in ensuring community safety during actions and protests. Kira will also co-facilitate an action prep meeting with Leif in support of SNEG and Sunrise Middlebury action planning.

Sonia Silbert: Nonviolent Direct Action, Campaign Strategy

March 14, 2020; 1:00PM-5:00PM

Cost: \$200

[Sonia Silbert](#) is an experienced trainer and facilitator who prioritizes using experiential and popular education techniques to train activists and organizers. She has over a decade's experience working in social justice movements, including as the Executive Director of the Washington Peace Center in DC and board member of Training for Change. She will be leading a 4 hour workshop on topics related to campaign strategy, nonviolent direct action, and action planning, and teach students how

to plan effective and sustainable movements.

Emma Schoenberg: Nonviolent Direct Action, Fierce Vulnerability, De-escalation

March 18, 2020

Cost: \$100

[Emma Schoenberg](#) is a Vermont-born community organizer and trainer. Emma has an enduring commitment to inclusive, equitable, and relational movements - especially in rural communities -- that took root during Occupy Wall Street in 2011 and 2012. Emma has worn different hats within movements spaces, from political organizer to grassroots activist. Her work has touched on consensus decision making, direct action and civil disobedience, popular education, and facilitation as well as political campaigns and policy. Emma will give a workshop on Nonviolent Direct Action theory, the use of fierce vulnerability to affect positive change, and strategies for deescalation in tense environments. Her workshops train participants in the use of power within and power with others in the face of violent and oppressive systems.

Tim DeChristopher: Film Screening and Discussion

May 5 or 6, 2020

Cost: \$100

[Tim DeChristopher](#), disrupted an illegitimate Bureau of Land Management oil and gas auction in December of 2008, by outbidding oil companies for parcels around Arches and Canyonlands National Parks in Utah. His actions and 21 month imprisonment earned him a national and international media presence, which he has used as a platform to spread the urgency of the climate crisis and the need for bold, confrontational action in order to create a just and healthy world. Tim used his prosecution as an opportunity to organize the climate justice organization Peaceful Uprising in Salt Lake City. Tim is a Co-Founder of the [Climate Disobedience Center](#), and after graduating from Harvard Divinity School, continues the work to defend a livable future.

Tim will come and present the film [Bidder 70](#), a documentary about his resistance work. He'll dialogue with students about current fossil fuel resistance organizing in the Northeast, and answer questions about

his life and the use of nonviolence, direct action and disruptive resistance as a method for creating change.

Suncommon Climate Action Film Festival

Solutions to the climate crisis are being implemented every day around the world, from rebuilding coastal

estuaries to bringing solar power to remote communities. We don't wish to ignore the large-scale solutions that must be sought through policy and governmental resourcing. But we believe in the importance of lifting up everyone playing a part in restoring balance to our planet— the engineers, scientists, builders, thought leaders, and activists who are chipping away every day at this monumental challenge. The [Suncommon Climate Action Film Festival](#) brings together stories from around the globe to

inspire local action in addressing the climate crisis. It's composed of 9 short films, 85 minutes in total with a variety of stories of groups taking action to address the climate crisis- everything from organic farming, to civil disobedience and other civic engagement.

We'll follow the festival with a discussion session based on films.

Autonomous Student Events During Earth Week

Beverly Little Thunder: Fossil Fuel Resistance, Anti-Racism, Native Sovereignty, and Two Spirit Activism

April 15, 2020

Cost: \$150

[Beverly Little Thunder](#) is an enrolled member of the Standing Rock Lakota Band from North Dakota. She has been both a Sundancer and Inipi Ceremony Water Purer for over 40 years. Beverly travels widely to speak and share her traditions and work. She speaks about traditional beliefs and ceremonies, community building and personal empowerment, breaking the cycle of violence against women and children, LGBTQA peoples, undoing racism and other forms of oppression through practicing the values of inclusivity and respect that come from understanding our place in the interconnected web of life. She will give a workshop about how to center anti-racism in organizing work, and talk with students about her life experiences of sacred activism, direct action against fossil fuels, and indigenous resistance .

Jaiel Pulskamp: Regenerative Agriculture and Activism in Vermont and Beyond, Cosponsored by Food Studies Program

Date TBD

Cost: \$75

[Jaiel Pulskamp](#) is a farmer and works with 350Vermont as the (Re)Generate New Solutions Field Organizer. Jaiel is the owner of a small-scale organic fruit and vegetable farm, Kettlesong Farm in Worcester, VT and is excited to focus on building new alternatives to the fossil fuel industry. Jaiel will participate in an open public discussion/dialogue with Professor Molly Anderson on regenerative agriculture systems, Vermont political organizing, and the work of building movements for climate justice

and agricultural change. She'll also engage in discussion with students and answer questions about climate policy and Vermont organizing.

Julie Macuga: Power Mapping, Vermont Politics and Regional Fossil Fuel Resistance

Date TBD

Cost: \$75

[Julie joined 350VT](#) to help coordinate efforts to curb fossil fuel use in the state. She has volunteered with Protect Geprags Park since 2016 in efforts to put an end to the ANGP pipeline— doing everything from blocking construction of the pipeline and protesting TD Bank, to speaking at shareholders' meetings and lecturing at UVM. She has also been involved in the movement to prevent F-35 fighter jets from being based at Burlington International Airport. Julie believes in a non-violent approach to activism, with a strong emphasis on doing research before acting. She hopes to put her Environmental Studies degree from

UVM to good use in her efforts to take on issues of climate justice. Julie will teach workshops on power-mapping and systems research. She'll also present on Vermont state and local politics, the movement to ban fossil fuel infrastructure, and regional fossil fuel resistance. She'll facilitate discussion on how students can best engage in off campus campaigns. Julie will also be collaborating on the April 23

storytelling event.

Stories of Resistance: Community Sharing at the Knoll

April 23, 2020

Cost: cost of fire permit, food, and campfire supplies

This is an Earth Day event centered on storytelling from organizers who have been instrumental to recent

anti-fossil fuel movements in the area. The main idea is to highlight the real stories behind the work that's

been effectively stopping new fossil fuel construction and investments in the state, and combat the top-down narrative that Middlebury sometimes uses to greenwash itself at the expense of more

empowering, bottom-up narratives. Organizers from the movement against the VT Gas Pipeline will tell

the stories of their resistance and how they kept the pipeline from growing beyond Middlebury. Graduating Divest Organizers will talk about the details of the campaign, and pass strategies for pressuring the administration on to future generations of students. Activists involved in the current No Coal No Gas Campaign will also talk about current fossil fuel resistance in the region, and talk about their experiences. And so much more! Let's not let our stories from these movements be lost as we move on to new targets! Let's use them as a foundation for the learning of new generations of activists, celebrate our work, and inspire future resistance!

Proposed Budget for Student Events

Event Date	Stipend	Travel/Other Expenses	Projected Total Expenses
Kira Kelley February 22	\$50	\$25	\$75
Sonia Silbert March 14	\$175	\$25	\$200
Emma Schoenberg March 18	\$100	\$25	\$125
Beverly Little Thunder April 15	\$125	\$25	\$150
Jaiel Pulskamp TBD	\$50	\$25	\$75
Julie Macuga TBD	\$50	\$25	\$75
Storytelling			
April 23 N/A	\$200	\$200	
Tim DeChristopher May 5/6	\$50	\$50	\$100
Total Projected Expenses			
\$1,000			

Proposed Earth Week Events:

Request for Environmental Council to reach out to proposed speakers and estimate costs

Confirmed Speakers:

- Jane McAlevey: Campaign Strategy and Book Talk (Between April 18-22)

Proposed Speakers:

Given time constraints (Earth Week is very close) students have prioritized Adrienne Maree Brown and Kate Aronoff as two speakers they would especially like to bring in April, if possible.

- [Adrienne Maree Brown](#) : Emergent Strategy
- [Kate Aronoff](#) : Climate Journalism
- [Winona La Duke](#) : The Next Energy Economy: Grassroots Strategies to Mitigate Global Climate Change, and How We Move Ahead
- [Aaron Tanaka](#) : Building the Ecosystem for a People's Economy
- [Rhiana Gunn-Wright](#) : Developing Policy for the Green New Deal
- [Dahr Jamail](#) : The Art of Investigative Journalism in the Time of Climate Crisis
- [Terry Tempest Williams](#) : Apocalyptic Grief and Radical Joy
- [Nick Estes](#) : Standing Rock Water Protectors

Additional Events:

- See [proposed semester long term educational opportunities](#) below
- School wide climate strike - day of teach ins and professor/student breakout groups on solutions

- Library display on radical social movements
- Art build, activism and community building through art, campus transformation to reflect Just Transition
- Environmental justice art and performance event
- Environmental Affairs Committee Eco-fair
- On-campus activist groups summit
- Organized vans to transport students to off campus events and actions
- grief/healing event- Marc Lapin

Proposed Long Term Educational Opportunities

Proposed Staff/Faculty Supported Trainings:

- Labor Organizing, Blue-Green Alliance- Jamie McCallum
- Dealing with grief in organizing- Marc Lapin?
- Crash course in leftist theory (communism, anarchism, democratic socialism)- Jamie McCallum
- Dealing with Trolls- Organized by Jason Mittell
- Event Planning and Registration- Amanda Reinhardt
- Alternative career paths- Tracy Hammel Isham
- Anti-racism and anti-oppression in organizing spaces- Renee Wells
- Op-ed Writing- James Chase Sanchez
- How to be an independent scholar- in collaboration with Miranda Seixas, registrars' office
- Crash Course in Climate Science and politics- Bill McKibben
- Funding sources and available resources- Janet Wiseman, Amanda Reinhardt
- Conflict resolution in organizing spaces- restorative justice and healing- Renee Wells
- Communication across divides/with different audiences
- Self care and boundary setting and how to deal with burnout
- Moving beyond Magical Thinking and Towards Transformative Strategy- breaking down common narratives of what the movement needs vs actual strategy- Dan Suarez
- Education Models for People's Sovereignty- Molly Anderson

Potential student-run trainings and workshops in the works:

- Film screenings about radical movements
- The Black Panthers
- If A Tree Falls
- Rights-based approach to organizing and food- Lucy Weiss
- Mexican dual-power organizing and people's sovereignty movements- Ivonne Serna and Leif Taranta
- Radical team building games- Leif Taranta
- Theories of change, momentum theory, emergent strategy- Emily Thompson and Connor Wertz
- Political satire- Claire Contreras
- US colonies and statehood/independence movements- Claire Contreras
- Cuban American political relationships- Claire Contreras
- Radical meme-making- Asa Skinder
- Revolutionary platforms and visions for the future- Lucy Weiss
- Storytelling workshops leading up to April 23
- Digital security and activism in the digital era- Kai DeLorenzo
- Climbing and technical protest strategies- Leif Taranta
- Intro to event planning, outreach and publicity- Leif Taranta and Zoe Grodsky
- Action planning and support- vocation and doing direct action- Leif Taranta

- Disorientation Guide and history of on campus organizing- Cora Kircher
- US-Iran Conflict - Ami Furgang

Workshop Wishlist:

- Palestinian Liberation
- Indigenous history of Vermont
- Vermont current events and politics
- Street medic skills
- Facilitation and decision making
- Training for trainers- especially for engaging other young people/teaching kids
- Storytelling/collective narrative
- Event publicity
- Building cooperatives and the solidarity economy

Big Future Ideas:

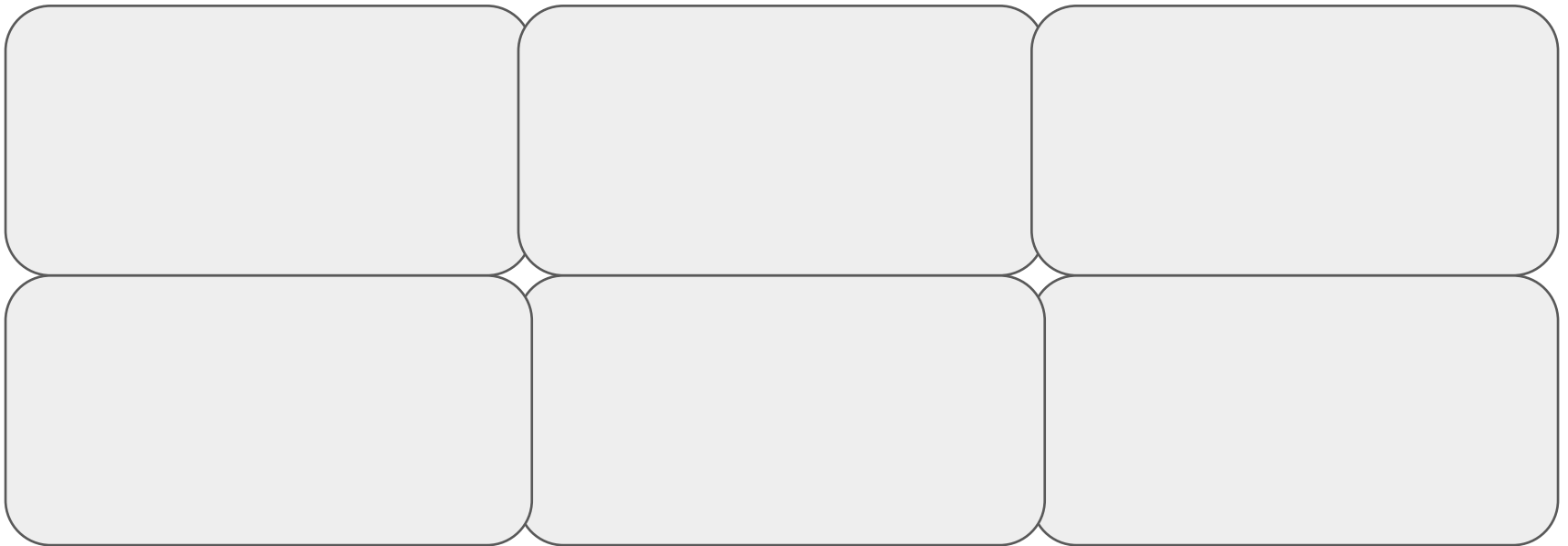
- Annual Common Ground Symposium
- Autonomous student political organizing/networking space
- Support for Alternative career paths
- CCI events
- Funding for semesters off, summer organizing fellowships
- Climate Justice Distribution Requirement
- Taking over first year seminars to talk about different aspects of the climate crisis
- Implementing climate justice into class curriculums

III. Low Carbon Travel and MIIS Sustainable Lifestyle Committee

Powerpoint by EC committee and pdf by MIIS Sustainability Council follow below.

Middlebury College Low-Carbon Travel Guide

A Work in Progress by Environmental Council Committee 2019-2020



****Put a collage of several photos of Middlebury, Monterey, transportation and low carbon living above****

“Publication” Page

Developed By:

Environmental Council Low Carbon Travel Guide Committee:

Katherine Morris

Katie van der Merwe

Maddie Tango

Charlotte Tate

Lily Kuhn

Emma Ramirez-Richer

Lucas Lepinard

Gretchen Doyle

Jack Byrne

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Purpose

In January, 2019 following its achievement of carbon neutrality Middlebury adopted a new response to the Climate Crisis – Energy2028. That initiative commits the College to: 1) achieve 100% renewable energy sources, 2) cut consumption by 25%, 3) divest from fossil fuel investments, and 4) integrate these efforts into the educational mission of the College.

In response to the Energy 2028 plan, we have created this guide to help the Middlebury College community be better stewards of the energy resources we use with respect to travel. Our guide is intended to provide students, faculty and staff with ways they can reduce energy use and carbon emissions from Middlebury-sponsored travel and in their personal travel-related activities as well.

What is Energy 2028?



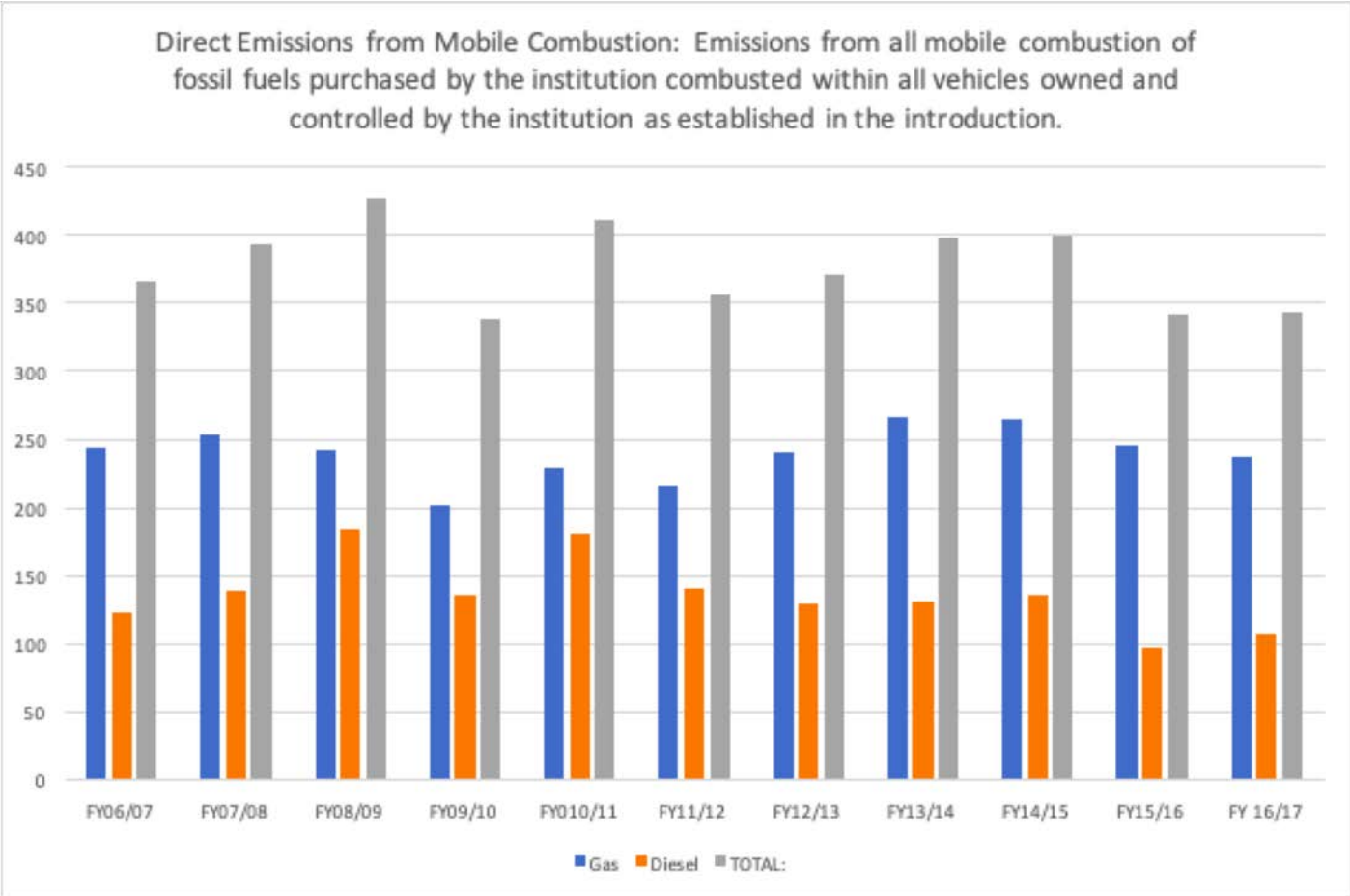
Middlebury's new Energy 2028 program involves the entire institution in an approach that holistically engages every group and department in rethinking and re-envisioning what it means to use energy—or less or different energy—at Middlebury. The program isn't just about achieving 100 percent renewable fuel sources or divesting from fossil fuels, it encompasses all aspects of the campus's energy input and output.

Yes, Energy 2028 is about transforming Middlebury's chemical, electrical, and thermal energy so that it's renewable and carbon-free. But Energy 2028 is also about the other energies that make up Middlebury, whether it's light, sound, and motion, or the human momentum that comprise its classrooms, grounds and places abroad.

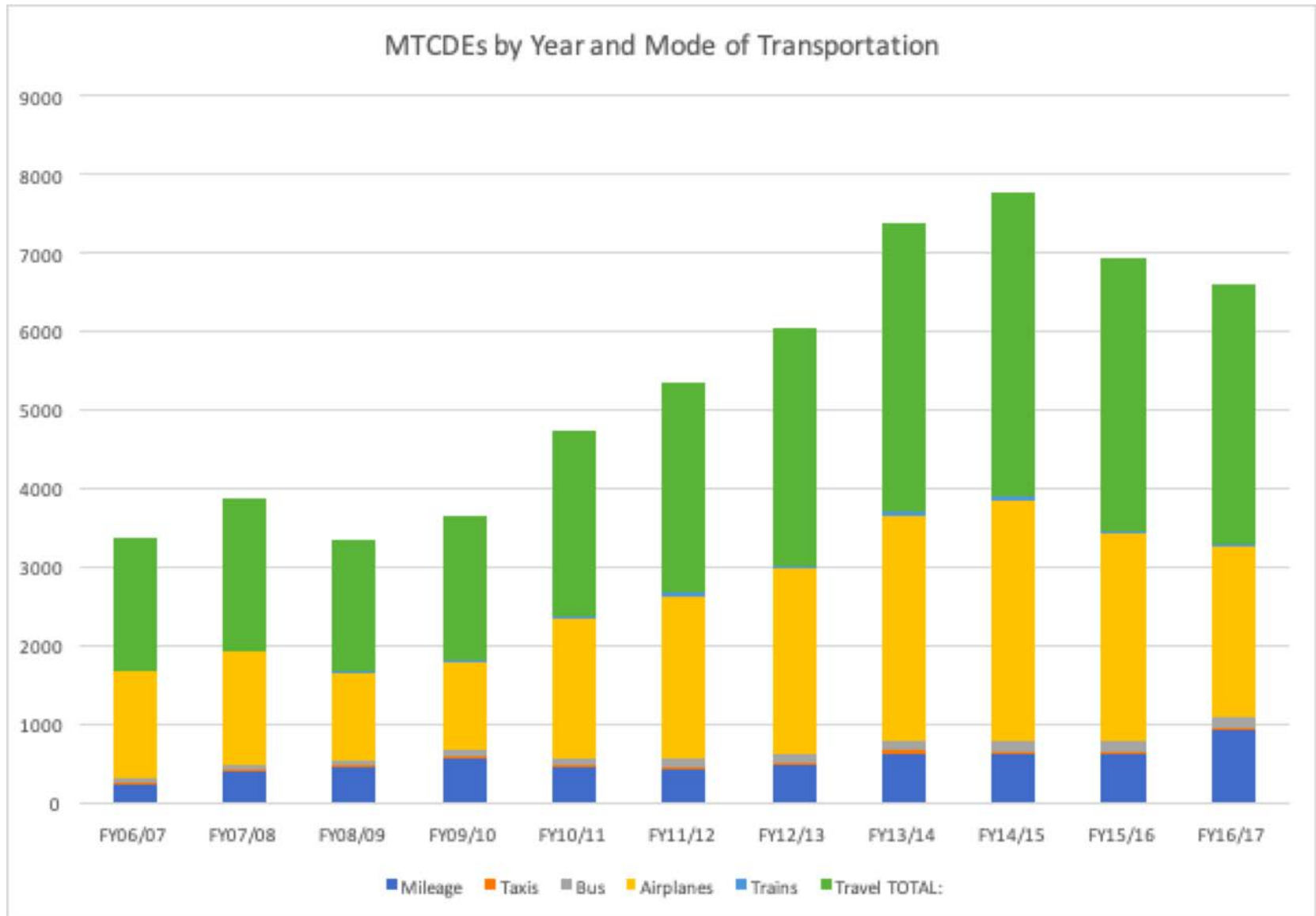
By 2028, we envision an institution that is regenerative and energetically self-sustaining, with curricula across all departments that consider sustainability—social, economic, and environmental—at the core of the conversation, not peripherally. Whether it's art or economics, politics or gender studies, by 2028, Middlebury's curricula will have integrated sustainability into each of its departments.

Step One: Reduce Carbon Emissions and Energy Use from Middlebury Sponsored Travel

** These justification slides may become shorter and may disappear if we feel we don't need them IN the guide



Carbon Emissions from College Sponsored Travel



Middlebury College Internal Carbon Pricing Plan

(needs to be updated to reflect current plan)

The pricing plan will assess a charge on College carbon emissions, placing the revenues into an internal fund to support energy reduction and awareness initiatives. Projected revenues to the internal carbon fund are \$400,000 to \$500,000 per year, generated from these sectors:

- Emissions from heating, electricity, and landfill emissions will be priced at \$40/metric ton of carbon dioxide equivalent (MTCDE).
- Emissions from transportation will be tracked and billed at the budget-unit (e.g. departmental) level. A baseline of emissions from the 2014/15 to 2018/19 fiscal years will be calculated for each budget unit. From there, budget units will be assessed on emissions in excess of their yearly baseline, which will be reduced by 2.5% each year for ten years for a total of 25% reduction by 2028. Invoices will be paid from the primary budget index associated with each budget unit. Funds can be recouped from subsidiary budget indices using an end-of-year breakdown of charges.
- New construction projects will be priced at a flat rate of 0.5% of the total project cost

What the Carbon Tax Means in Practice

Departments will be taxed each semester on each ton of carbon they emit through college sponsored travel. This includes:

1. Airplane Travel
2. Automobile Travel
3. Train Travel
4. Bus Travel
5. Paying for the travel of visiting speakers or professors

Each semester, departments will get a notice reporting how much carbon they emit, and how much they were taxed.

-The Social Price of carbon is currently \$40 a ton.

Reducing College Sponsored Travel: Speakers, Conferences, Visits, Research Opportunities

--> Using virtual meeting techniques such as Zoom or Skype

As of 2020, conference rooms with high quality video installed (update list):

1. SSL Space
2. Hillcrest 103
3. Library Classroom
4. Old Chapel

ADMISSIONS CASE STUDY

--> Local Options: Are there speakers/experts that could come from closer locations?

Speakers, Conferences & Research Opportunities

- Many have flocked to video conferencing apps such as Zoom due to the COVID-19 Pandemic forcing many indoors and starting a veritable work from home revolution.
- The familiarity with networking and generally working via videoconferencing applications born during the Pandemic will undoubtedly help mainstream the idea of virtual conferencing
- Hosting virtual conferences and speakers in lieu of, or in tandem to, live events/ speakers can be beneficial even when there is not a pandemic.
- Hosting speakers and workshops over videoconference drastically reduces the carbon footprint of an event, as it necessitates far fewer people physically travelling to attend an event.

Speakers, Conferences & Research Opportunities

- Not only can virtual conferences reduce carbon footprint, they can also boost attendance and audience, thus making video conferences potentially far more wide reaching and influential than live events.
- There are downsides to virtual conferences such as losing opportunity to network during social events and in the halls, however there are ways to minimize the loss of networking opportunities.
- One suggestion is to use slack as a messaging app inbetween talks and workshops in order to replicate the experience of mingling and chatting in between events (find the source).

Reducing Carbon Emissions from Department Sponsored Travel: Preferable Methods of Travel

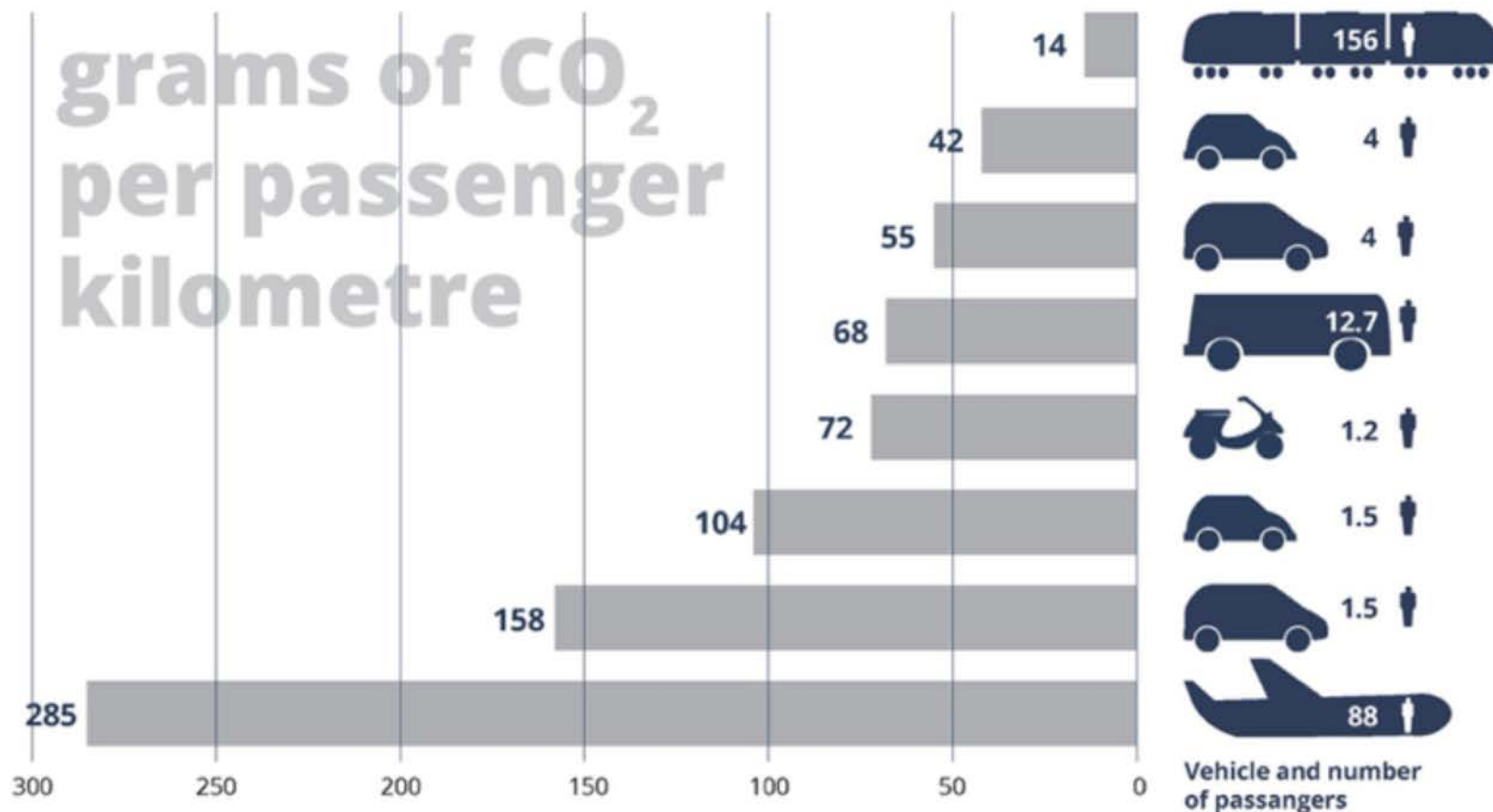
- > One seat on bus: emits ____ tons of carbon
- > One seat on train:
- > renting a car (Hybrid perhaps)
- > personal vehicle travel:
- > long distance flight:
- > short distance flight:
- > Taxi/Uber/Lyft
- > Boats/Ferries (kind of niche but: Martha's vineyard etc)

What drives the airline scheduling choices? What is an individual's impact on this, if any? SSE guide, Guide to Greener Travel

(Help them choose the best method of travel for the trip **they** are taking)

Preferred Airlines and offset programs

CO₂ emissions from passenger transport



Note: The figures have been estimated with an average number of passengers per vehicle. The addition of more passengers results in fuel consumption - and hence also CO₂ emissions - penalty as the vehicle becomes heavier, but the final figure in grams of CO₂ per passenger is obviously lower. Inland ship emission factor is estimated to be 245 gCO₂/pkm but data availability is still not comparable to that of other modes. Estimations based on TRACCS database, 2013 and TERM027 indicator.

Source: EEA report TERM 2014
eea.europa.eu/transport

Reducing Carbon Emissions from Necessary College Travel: Carbon Offsets

First questions: is this travel absolutely necessary? Is there a “lowest carbon” way to do it that is still convenient? Provide some examples from Union of Concerned Scientists guidebook

Calculate the carbon emissions from your travel - calculators

Next: Can I offset this travel with carbon credits? Concept of Carbon Offsets:

Reputable carbon offset sellers: provide list

Carbon Offsets

- Carbon Offsets
 - A carbon offset involves individuals or companies investing in an environmental project in order to balance out their own carbon footprint.
 - Projects can vary in location and methods for sustainability, although most involve reducing future carbon emissions. Traditionally, offsets were mostly based on planting trees, but with the shift of focus to energy-saving projects, the effects of offsets can be much more immediate and efficient.
 - Based on the type of offset scheme, the cost can vary widely, but on average the fee is about \$12/tonne of CO₂ (NYT)
 - The validity of the projects you invest in can be determined by looking at certifications by auditors of standards groups. Examples of these are The Gold Standard of Green-e. The United Nations Framework Convention on Climate Change offers a Carbon Offset platform which specifies certified projects (<https://offset.climateneutralnow.org/>)
 - To determine your individual carbon footprint or that of the company you represent, refer to the Carbon Calculator section that follows.
- Sources
 - <https://www.theguardian.com/environment/2011/sep/16/carbon-offset-projects-carbon-emissions>
 - <https://offset.climateneutralnow.org/>

Keeping Track of Travel

- Carbon Calculator:
- Table that we make? Link to a Carbon Calculator?
- Link to a printable pdf that they can track their miles/carbon emissions on

From ACTR:

<https://actr-vt.org/carbon-savings-calculator/>

Carbon Calculators

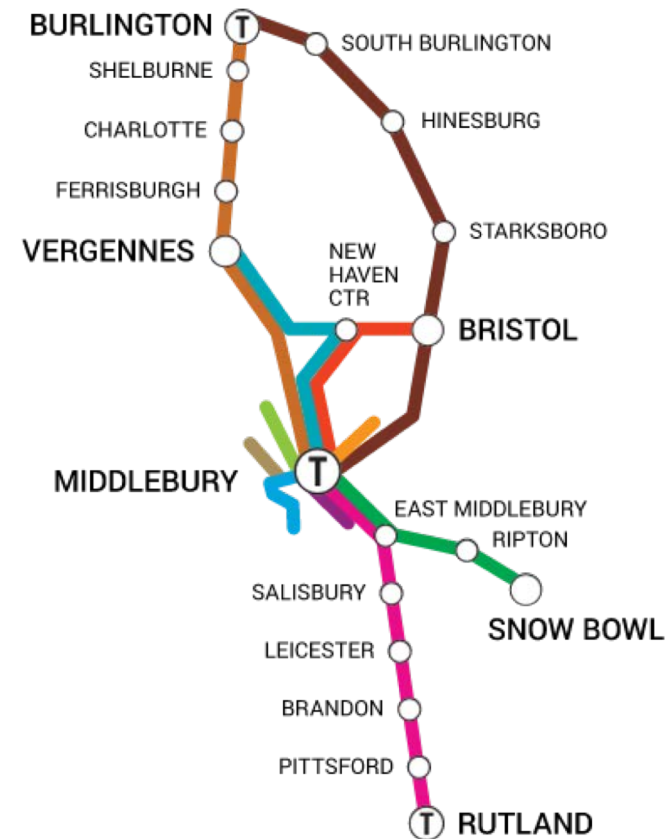
- Carbon Calculators
 - Whether you are trying to determine your carbon footprint for personal records, or trying to limit the effects of certain departments within your organization, or you are looking to buy offsets to balance your carbon footprint, a Carbon Emissions Calculator is a simple yet effective measurement.
 - There are an abundance of calculators that are available from various sources, easily accessible through a simple google search.
 - Here we identify a few examples from credited organizations that would be a good choice for you own calculations:
 - NativeEnergy is a public Benefit certified B Corp which works to invest in projects to “create meaningful, measurable change, produce quantifiable emission reductions, build resilient supply chains, and drive exclusive, uniquely positive stories that inspire your customers and peers” (NE). It offers a Travel Household Events Calculator that can calculate emissions in each of the 3 areas and transposing that number into Offsets either by dollar amount (\$) or tonnes of carbon. The calculator also allows you to purchase offsets through NativeEnergy directly based off of your calculations. The link to the calculator is <https://nativeenergy.com/for-individuals/calculators/>
 - The US Environmental Protection Agency also has a calculator that can calculate your Household Carbon Emissions. This takes into account home energy, transportation, and waste. The calculator also offers options and recommendations of how to reduce some of these emissions. A link to this calculator is <https://www3.epa.gov/carbon-footprint-calculator/>
- <https://offset.climateneutralnow.org/howtooffset>
 - The United Nations Carbon Offset Platform also offers a calculator that will offer values for “household,” “transport,” and “lifestyle.” After calculations, this sit will compare you to your country’s average as well as the world average before prompting you to explore offset options if you so choose. The link to this calculator is <https://offset.climateneutralnow.org/howtooffset>

Decreasing Day to Day Carbon Emissions in the Middlebury College Community

Public Transportation

The **ACTR Bus System** is an established bus system tailored to the public transportation wants and needs of Addison county students and residents. It happens to be an easy way to eliminate one's emissions from personal vehicles in many instances. The ACTR is **FREE** with a Middlebury College Student/Faculty/Staff ID in most cases.

Middlebury Town Via ACTR Bus: There are 5 different loops that include the **Porter Hospital Loop, Marble Works Loop, Shaw's Loop, College Loop** and **Hannaford's Loop**. Each route has stops on or walking distance to Middlebury's campus and is free to all. See stops, times and maps [here](https://actr-vt.org/wp-content/uploads/2019/09/schedule-map_MSB_09-24-19.edited.pdf). https://actr-vt.org/wp-content/uploads/2019/09/schedule-map_MSB_09-24-19.edited.pdf (MAKE INTO HYPERLINK)



Bus System, continued

Burlington, Rutland, and other local cities: We all need our fix of big city living from time to time. Free to students, the **Burlington LINK** runs twice in the morning and twice in the afternoon Monday through Saturday, with stops near the college and in downtown Burlington. See stops, times and maps **here** [https://actr-vt.org/wp-content/uploads/2018/08/schedule-map LINK 09-24-19.pdf](https://actr-vt.org/wp-content/uploads/2018/08/schedule-map_LINK_09-24-19.pdf). The **Rutland Connector** has a similar **schedule** [https://actr-vt.org/wp-content/uploads/2018/08/schedule-map RC 09-24-19.pdf](https://actr-vt.org/wp-content/uploads/2018/08/schedule-map_RC_09-24-19.pdf), and is free to the Middlebury College community. Check out the ACTR website for ways to get to **Bristol and Vergennes**. [https://actr-vt.org/wp-content/uploads/2018/08/schedule-map TTSB 09-24-19.pdf](https://actr-vt.org/wp-content/uploads/2018/08/schedule-map_TTSB_09-24-19.pdf)

Snow Bowl and Rikert: With a seasonal schedule, it's best to check the **schedule** [https://actr-vt.org/wp-content/uploads/2018/08/schedule-map SBSB 09-24-19.pdf](https://actr-vt.org/wp-content/uploads/2018/08/schedule-map_SBSB_09-24-19.pdf) before planning on taking the ACTR to the Snow Bowl. However, there are possibilities to request stops along Route 125 all year, and it is free to students.

Deviations: Most routes allow quarter to half mile deviations to further personalize your bus ride and make it easier not to drive a personal vehicle.

Biking

- If you live off campus, instead of commuting via car
- Bike swap every fall

Carpooling

- Tips of Ride Sharing From ACTR: <https://actr-vt.org/ride-sharing/>
- Carpool whenever possible
 - On Commutes/ Day Trips
 - From home to college

Additional Resources

- MIIS Sustainability Council: Sustainable Travel and Local Living While Abroad
- See next pages for MIIS Guide

SUSTAINABLE TRAVEL AND LOCAL LIVING

Sustainable travel is a travel that creates an impact on the destination's economy, environment and culture. Sustainable travel is one of the roads to achieve the United Nations Sustainable Development Goals, which are targets for economic, social, and environmental development worldwide. Tourism provides creates job opportunities and businesses that ensure the conservation of wildlife, natural resources, and local cultures and traditions.

The United Nations World Tourism Organization (UNWTO) defines sustainable tourism as “development meets the needs of present tourists and host regions while protecting and enhancing opportunity for the future. It is envisaged as leading to management of all resources in such a way that economic, social, and aesthetic needs can be fulfilled while maintaining cultural integrity, essential ecological processes, biological diversity, and life” (Agenda 21 for Travel and Tourism UNWTO 1994)

This guide helps you to create a great impact on the people and places that you visit to achieve. responsible and sustainable travel that is environmentally, economically, and socially sustainable

This guide is divided into three parts that aimed to cover your entire journey:

- I. Planning for the Trip
- II. Accommodation & Board
- III. Activities On-Site,
- IV. Sustainable Eating
- V. Other Sustainable Travel Initiatives.

The goal of sustainability travel is:

- Reduce your footprint while traveling
- Respect the wild places and the wildlife
- Support local community
- Respect the culture and the community

Those are general tips that apply to any destinations when traveling:

- Ensure that you know what can and what cannot be recycled by checking the local trash and recycling disposal guide.
- Bring a stainless-steel, chemical-free, reusable water bottle.
- Reduce or completely eliminate plastic use
- Avoid plastic straws, cutlery, and take out containers, as well as coffee in single-use cups.
- Bring your own cutlery and reusable bags.
- Turn off all the lights, unplug electronics, and turning off the HVAC before departure.

Check the link to learn Why You Should Never Buy [Disposable Water Bottles](#) Again.

I. PLANNING FOR THE TRIP

Trip planning is one of the most important parts of traveling since it includes planning for travel service providers, transportation, accommodation, and packing. Doing some research about the traveling destination such as the local community, and the natural environment will help you to create a positive influence on the place that you are going to visit. Search for a travel service provider that provides services such as accommodation, food, transportation, and tours that is community-based.

Selecting transportation methods is critical while traveling. It is hard to avoid air travel while traveling abroad, however, choosing the most direct flight can be very helpful since the majority of emissions take place during takeoff and landing. Check if the airline offers verified carbon offset programs that provide additional benefits to local communities and the environment.

If you are traveling a far distance to a different country, it may be difficult to avoid flying. However, you can still choose sustainable airlines and follow sustainable air travel tips. (refer to the air travel section) Usually, buses and trains are the most sustainable choice for traveling when active transport is not possible, while first-class, many-stops flights and SUVs are the least sustainable. Packing as little as possible is an efficient tactic for sustainable travel because packing heavier items needs more fuel to transport. Make sure to pack a reusable water bottle and shopping bags.

Selecting airlines that offered sustainable food could be challenging this is a link with a [list](#) of airlines' vegan meal choices. However, on transit, you can download the iOS or Android [HappyCow app](#) which can help you to find veg-friendly options in the airport

II. ACCOMMODATION AND BOARD

Starting research for sustainable hotels before trips are one of the most important steps before traveling. Considering homestay or bed and breakfast for accommodation is a good way to support local business as well as giving you the chance to engage with the community. However, there are several sustainable hotels that have high commitments to sustainability and have less carbon footprint than the previous options.

Monterey county provides “[GREEN TRAVEL](#)” tips and “[HOW TO BE A RESPONSIBLE TRAVELER](#)” guides that guide you on how to meet the previous goals.

This section will assist you to choose sustainable hotels. The first step will be by checking whether or not the hotel holds green certifications such as [LEED](#) and [Green Globe](#). You can check the list of the Green Globe [certified members here](#).

This is a list of websites and apps that will help you to identify sustainable hotels:

- [bookdifferent](#) is a social enterprise, committed to making travel and the impact of the tourism industry better.

- [Trip Advisor](#): by typing Green Leaders on Trip Advisor, you can find a list of sustainable hotels. (Look for the leaf)
- [TripZero](#): helps you to find sustainable hotels, also it calculates your carbon footprint during your accommodations.
- [Green Globe](#) is an app on iOS that helps you to find sustainable hotels, conference rooms, or attractions for each destination.
- [Green Key Global](#) is an international, environmental certification body whose suite of industry-standard programs and resources has been designed specifically for the lodging and meetings industries.
- [Vegan Friendly B&Bs Travel Guide](#): a guide by VeganCow a global guide features vegan and vegetarian bed & breakfast. It helps you to book vegan or vegetarian accommodation.
- [VeggieHotels](#): It has a directory for purely vegetarian and vegan hotels, B&Bs, seminars, and health centers. with over 500 venues in more than 60 countries.
- [VeganWelcome](#): Selected vegan-friendly and vegan hotels for vegan travelers.
- [Vegvisits](#): The 'Airbnb' for Vegans & Vegetarians

Tips for sustainable accommodation and board

- Turn off the lights and all electronics, when leaving the hotel room.
- Place the “Do Not Disturb” sign on the door so that housekeeping staff would not clean the room every day.
- Reduce water usage and use every drop of water.
- Search for accommodations that have been given an ecolabel or award.
- Leave unused hotel toiletries for the next guest.
- Make sure to book lodging nearby the desired activities in order to reduce daily travel.

III. ACTIVITIES ON SITE

LOCAL TRANSPORTATION

Active transportation is the most sustainable option. If active transportation was not an option, consider using locally-owned transportation. Using locally-owned transportation like taxis, tuk-tuks, and rickshaws are can contribute to the aspects of economic and social sustainability.

CONSERVING RESOURCES

Some countries face some challenges in generating energy therefore you might experience power and water shortages. Consuming water and energy responsibly can reduce the tourist’s overconsumption and provide more resources to the local population and future visitors. Taking a short shower instead of baths can reduce a significant amount of water.

INTERACTING WITH THE LOCAL COMMUNITY

Make sure when taking photos or videos to be familiar with the laws that might prohibit taking photos in a specific location. Do not take a photo of people without taking permission because it is very offensive in some countries. Climbing on statues or some ancient attractions can result in a huge fine as well as destroying the ancient heritage.

When visiting sacred or religious places make sure to dress accordingly. Some places require wearing hoodies that cover a specific part of the body. Taking a photo of people performing rituals may consider unpolite in specific countries. Avoid bringing sensitive topics or taboo when interacting with the local community that might cause discomforts such as politics, history, religion, or sexuality.

Try to avoid giving money for beggars especially kids since there are organized crimes that take kids out of school and force them to beg for money. However, you can donate to an organization that creates social support programs.

TOURS

When looking for a guided tour you have many options: independent guide, a small tour company that operates locally, and a large tour company that operates internationally. If you choose with an independent guide, make sure to choose that the guide is local and aware of sustainable travel practices. When you choose a small tour company, or a big tour company makes sure that they owned by local entrepreneurs and focus on sustainable travel practices and aware of the sustainability policies.

When practicing wildlife tourism beware that disturbing or feeding wildlife can affect their health, diet, breeding behaviors, as well as many other effects. Avoid direct contact with wild animals. Avoid damaging their habitats and ecosystem. Make sure to stay on the trail so you do not cross the overprotected or unsafe area. Follow the instructions that provide by natural parks. Make sure to leave the natural environment with zero footprints, taking nothing, and leaving nothing behind. Before packing for a tour make sure to pack items with little to no packaging. Littering can damage the ecosystem and threaten your life because food waste can attract wild animals such as bears. Also, leaving trash or food out can attract predator species, which can affect other animals. Recycling and waste disposal facilities may not available in some countries. Remember to keep it [Crumb Clean](#). Plastic waste takes a long time to decompose. Many birds and marine animals found dead with stomachs full of plastic. Many Sea turtles eat plastic bags mistaken for jellyfish.

Distrusting and feeding the wildlife can result in fees and sometimes considered a federal crime in some areas. Make sure to avoid these wildlife tourisms: riding elephants, taking selfies with wild animals, walking with lions, holding sea turtles, animals fighting contest, and visiting crocodile farms. Avoid any souvenirs made with animal parts, insects, and endangered plants or any souvenirs that deplete the renewable natural resources. Convention on International Trade in Endangered Species of Wild Fauna and Flora (CITES) has more than 5,600 animals and 30,000 plants on their protected species list. For more information check the “[Checklist of CITES Species](#)” and “[SPECIES+](#)”

IV. SUSTAINABLE EATING

Food is a great way to connect with the local community and learn more about their culture and history. In some cultures, it is considered impolite to refuse food or to pay the bill when you are the guest. It is important to let your host that you have following specific dietary. Understanding the sources of food is important and you can always ask politely as long as you avoid being offensive or critical to their culture. You can always refuse food politely that you cannot eat or drink because of religion and dietary restrictions, or health reasons. Meat has a larger carbon footprint per pound, and calories than vegetables, fruits, or grains. Plant-based diet way more efficient than the carnivore diet and produce way less GHG emission. However, eating less carbon-intensive meats such as chicken and fish can reduce one's carbon footprint significantly.

Tips for sustainable eating

- Avoid processed food and food packaged in plastic.
- Avoid “all you can eat” buffet since they encourage you to eat more and great a lot of food waste.
- Try to eat in a local restaurant that hires local staff and purchase local ingredients since it uses fewer resources to cultivate and transport, and it improves the region's economy. However, make sure to avoid endangered, vulnerable, or threatened species that might be served as food. (To identify the world's endangered, vulnerable, and threatened animal species, check for the species list on the [World Wildlife Fund's](#) or the [IUCN Red List of Threatened Species](#) websites.)
- Reduce meat consumption and replace meat with plant-based alternatives, or shellfish and insects.
- Reduce food waste - do not buy more food than needed for a given time.
- Buy seasonal and regional food and avoid air-freighted food.
- Purchase low carbon food and low water consumption food. Click the link to learn how to [eat low carbon food](#). (take the quiz)
- Place food waste and compostable food ware in the green compost waste containers available around campus.
- Eat seasonally and produced food in the region.
- Increase your purchase of whole, organic, local and Real Food.
- Buy products that are fair-trade and humane certified to encourage environmentally friendly production methods and safeguarding humane working conditions.
- Eat sustainable seafood. Download the Monterey Bay Aquarium Seafood Watch program [app](#) to find seafood from Best Choices list, Good Alternatives or eco-certified options. This is a [list](#) of partners that engage in and promote the Seafood Watch program.
- Eat at the local farmers' market.

- Eat real food, “a holistic term to describe food that truly nourishes consumers, producers, communities, and the earth – all aspects of the food system.” ([Real Food Challenge](#)). Check the [Real Food Guide](#) to learn about the difference between processed food and Real Food. Take the real food [quiz](#).

This is a list of websites and apps that will help you to identify sustainable restaurants and stores:

- [HappyCow](#): as a public service to assist travelers and people everywhere find plant-based options and healthy food. Download the [HappyCow app](#) on iOS and Android.
- VeganTravel: is a community resource where vegans around the world share their passion for travel and adventure. Check the [Vegan Travel Guides](#), the [Vegan Travel Tips](#), the [Vegan Traveler Videos](#), and many other resources.
- [VegNews](#): provides several vegan guides for several cities around the world.

V. OTHER SUSTAINABLE TRAVEL INITIATIVES

Join the sustainability movement and spread the word by sharing this document with the bigger Middlebury community. Be a sustainability champion!

Join the [Travel Better - Sustainable Travel Community](#) Facebook group to learn more about exchange sustainable travel tips and practices from travelers from all over the world.

You can contribute to this guide by adding information on your recent travel experience so more people can learn from your experiences.

TRAVEL TIPS

For more travel tips by the Sustainable Travel International in partnership, click on the links below. Each link is specific to the region.



[North America & Caribbean](#)



[Central and South America](#)



[Europe](#)



[Asia, Oceania & Antarctica](#)



[Africa & Middle East](#)

VEGAN TRAVEL GUIDES

Check the vegan travel guides by the VeganTravel, click on the links below. Each link is specific to the region.



[North America](#)



[Central America](#)



[South America](#)



[Caribbean](#)



[Europe](#)



[Middle East](#)



[Africa](#)



[Asia](#)



[Oceania](#)

RESOURCES

Learn more about sustainable travel by checking those links below:

- [Global Code of Ethics for Tourism](#): Comprehensive set of principles designed to guide key-players in tourism development.
- [Tourism and the Sustainable Development Goals](#): how tourism can contribute to the Sustainable Development Goals.
- [Tourism and the Sustainable Development Goals Good Practices in the Americas](#)
- [Sustainable Travel International](#): a non-profit organization working to improve the lives of people around the world and the environments they rely upon.
- [Planeterra Foundation](#): a non-profit organization dedicated to ensuring the communities touched by tourism benefit from the opportunities it provides.
- [Ethical Traveler](#): Non-profit organization that provides information on ethical/sustainable tours and destinations.
- [Tourism Cares](#), nonprofit, unites the travel and tourism industry to benefit the people and places our industry depends on.
- [Green Destinations](#) Organization that helps destinations measure, monitor, and improve their tourism industries according to sustainable tourism development standards; provides a list of "The World's Greenest Holiday Destinations".
- [Book Different](#) Booking platform that displays the size of each accommodation's carbon footprint per night and allows you to search for accommodations with ecolabels.
- [Travel Oregon's Sustainable Travel Network](#): Network of programs and projects that support sustainable tourism development in the State of Oregon; includes the [Travel Oregon Forever Fund](#).
- [The Responsible Tourist Book](#): for more tips to travel responsibly
- [World Wildlife Fund Species Directory List of endangered](#), vulnerable, and threatened species.
- [CITES](#): Convention on International Trade in Endangered Species of Wild Fauna and Flora.
- [TRAFFIC](#) Non-governmental organization that monitors trade in wild plants and animals.
- [Revit](#): offers 100% plant-based travel-friendly foods to sustain you during your travels
- [Sustainable Moments](#)” initiative has been created to ensure a balanced and viable tourism economy for Monterey County. Check the sustainable moment [brochure](#)

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