



Get Real! ECS & Environmental Responsibility

Congratulations on booking a course of English at ECS! You have made the right choice and we very much look forward to having you with us.

You may have heard people talking about an environmental emergency facing our planet. People such as Greta Thunberg have [spoken eloquently](#)¹ about this.

We are a caring school. We care about our pupils and the world that you will inhabit in the future. We take our responsibilities towards the environment seriously. We hope you do too. This document explains how we try to act sustainably and how you can help.

Travel to the UK

Most of you will travel to the UK by plane. Planes are getting cleaner and more efficient. But your journey this summer will have an environmental impact. We offer the option for you to offset the carbon cost of your flight. This is a small amount (5 to 10 GBP per person) and ECS contributes half the cost. The proceeds will help poor people to live better while reducing the amount of CO₂ they produce. You can read more about this project [here](#)².

In general with regard to air travel:

- Take direct flights if possible. Take offs and landings cause most of a plane's carbon emissions. Sometimes a flight connection is unavoidable and we will take this into account when we calculate the carbon cost of your journey
- If there is a choice between travelling UM (in the care of the airline) or travelling with an adult relative, choose UM. It's safe and better for the environment.
- Fly economy. We understand that you sometimes prefer to fly in more comfort especially if you have a long journey but this contributes to a [5x larger carbon footprint](#)³. Our flight offset calculator takes into account how you choose to travel.
- Pack light. Think carefully about what you really need to bring and leave out or replace the heaviest items. You can find good advice [here](#)⁴.

Travel in the UK

We will try to arrange the most environmentally friendly form of travel for you in the UK. We will arrange train journeys where possible (eg. for our London weekend trip) or coach journeys with the most environmentally aware operator we can find. When we have to use taxis we will try to arrange shared journeys in fuel-efficient vehicles.

At the school

Attending a residential summer school like ECS is relatively environmentally friendly. This is because everyone lives together in boarding house instead of separate residences; and on campus there is no need for further travel except to go out on excursions. The host school (Port Regis) makes considerable efforts to save energy, reduce waste and encourage sustainable living. We will tell you more about this when you get to the school. There are a number of things you can do to help:

- Always turn off lights when you don't need them.
- Try to limit the amount of water you use. Don't leave taps running. Try to limit the amount of time you spend in the shower.
- In order to reduce plastic we will provide you with a reusable water bottle. Please look after it and use it. Take it with you on excursions.
- We will also provide a drawstring backpack for any purchases you make during excursions: please use this instead of shop bags.
- At mealtimes, take only as much as you think you will eat. You can ask for a second helping if you are still hungry but try not to leave food at the end.
- Vegetarian foods are more environmentally friendly than meat. Every Monday at ECS is meat free. Take the opportunity to try tasty and healthy alternatives while you are with us.
- We will provide opportunities to deepen your connection with nature through things like countryside walks, night-time meteor spotting, out-of-class nature projects and nature photography workshops. Take advantage of these.
- Enjoy the campus. It is green and beautiful with woodland, ponds, even a small stream in the school grounds. Explore. (7 - 11 year olds please ask an adult). Take time to stop and just enjoy being in nature.
- Don't spoil your surroundings with litter. Find a bin to put it in.
- If you eat out, try to choose local cafes instead of big international chains. Local people are more friendly and your spending will help the local economy.
- Please label all your clothes and possessions and take them with you when you go home. If you leave things at the school we will recycle them, but this is wasteful if you have to buy replacements.
- We are always looking for ways to live more sustainably. If you think of other things we can do at ECS, please tell us.

When you return home

Remember the good times you had at ECS and the things you learnt about the environment and sustainable living. Try to continue living responsibly and encourage others to do the same. Keep motivated by following the inspiring lead of people like [Greta Thunberg](#)¹. Live a good life and [make a difference](#)⁵!

Hyperlinks:

1. <https://youtu.be/VFkOSGyeCWg>
2. https://www.carbonfootprint.com/uganda_cookstoves_447.html
3. <https://tinyurl.com/y6d4dxqj>
4. <https://charlieontravel.com/how-to-pack-light/>
5. <https://youtu.be/PsIL9WC-2cQ>