

i-to-i

HOW TO BE AN
ECO-FRIENDLY
TEFL TEACHER



START FROM THE BEGINNING...

Welcome to the i-to-i tribe! We're a long-standing TEFL course provider who're working towards becoming carbon neutral.

It's a long and challenging journey but we believe there's nothing more important than looking after the place we all call home!

For all of you eco-conscious, savvy TEFLers out there, we've put this guide together to help you reduce the impact of your TEFL travels on the environment.

Happy reading and we wish you all the best on your TEFL journey!

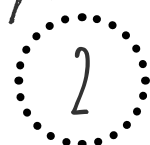
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SECTION 1: Flights and transport

Section 1 looks at ways you can either reduce or offset your carbon footprint from flights to and from your TEFL destinations.

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SECTION 2: At your school

Section 2 offers ingenious ideas for incorporating eco-conscious topics into your lessons at your new school.

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SECTION 3: Shopping and eating

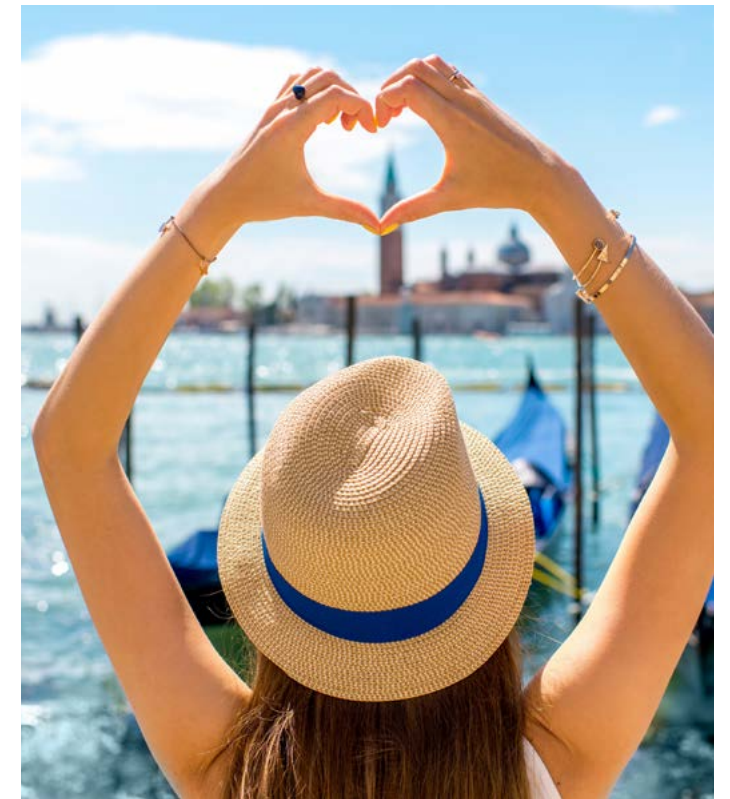
Section 3 details how shopping locally and eating sustainably sourced foods can help your local community and the environment.

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SECTION 4: Recycling around the world

Section 4 gives you some tips on recycling abroad so that you can keep up the good work in your new home-away-from-home!



A couple is seen from behind, sitting on a large, mossy tree root in a dense jungle. They are looking towards a waterfall cascading down a rocky cliff in the distance. The woman on the left has her arm around the man's shoulder. Both are wearing backpacks. The scene is filled with lush green foliage and sunlight filtering through the trees.

CREATE YOUR OWN

ECO-FRIENDLY
TIEFL journey!



FIRST THINGS FIRST

every little helps!

In this guide, we've covered a whole heap of different tips and tricks to help you reduce your carbon footprint and take care of the world around you - but don't worry if you struggle to do them all.

Even if each of us does one or two of these suggestions, we'll still be doing our bit to help save the planet. Cheesy, we know! But just remember, small actions = big changes.

Let's get started!

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1 FLIGHTS & TRANSPORT

When it comes to the carbon footprint of a TEFL teacher, the main culprit is always flights. A single flight from London to Bangkok, for example, can emit up to 1.8 tonnes of CO2 per passenger and globally, we take over 100,000 flights every day!

Unfortunately, there's no such thing as an eco-friendly flight (yet!), but there are things you can do to offset your flight's carbon footprint, or you can even use different methods of transport.

If you Google the phrase 'offset flight emissions', you'll be hit with thousands of sites where you can not only calculate your own personal flight emissions, but also contribute to different eco-friendly projects around the world - just take your pick!


Check out the below sites for more tips and tricks on lowering your transport emissions:

Carbon Footprint: <https://carbonfootprint.com/>

Climate Care: <https://climatecare.org/>

» Choosing a flight with lower emissions

Check our sites like Skyscanner when you're booking a flight - they now highlight flights with lower emissions, so you can pick and choose the greenest flight that's most convenient for you.



5 Ways to reduce your flight's carbon footprint

» CO₂ is a greenhouse gas. This means it traps heat in the atmosphere, contributing to climate change.

1

ALWAYS TRY TO FLY DIRECT

Direct routes are more efficient as they're shorter and therefore, use less fuel.

2

CHOOSE THE SHORTEST FLIGHT ROUTE POSSIBLE

Different airlines sometimes offer different flight routes - try and choose the shortest one whenever you can.

3

FLY ECONOMY CLASS WITH A BUDGET AIRLINE

Budget airlines like Jet2 and easyjet tend to have a higher plane occupancy than other airlines, and more fuel-efficient fleets.

4

LOOK FOR ALTERNATIVES TO DOMESTIC FLIGHTS

If you can ever avoid taking a flight, your carbon footprint will be dramatically reduced (more info on the next page!).

5

CHOOSE A MORE EFFICIENT AIRLINE

When it comes to CO₂ emissions, some airlines are better than others. Use sites like [atmosfair](#) to find the most efficient airline for your journeys.



Which mode of transport is best?

There's a whole host of confusing science surrounding this question which we won't bore you with (you're welcome!) but we can say with some confidence that the most eco-friendly transport options are buses, coaches and trains.

This is because they're designed to carry lots of passengers and they emit much less CO₂ than planes. So, if you can ever take the train instead of a flight, your CO₂ emissions will be considerably reduced.

Cars, on the other hand, can go either way. For example, if you drive 500 miles on your own in a car instead of taking a flight that's 80% full, you'll actually contribute more CO₂ emissions than vice versa. Confusing, huh?!



Getting around

If you're anything like us, once you've arrived in your brand-new home away from home, you'll undoubtedly want to explore! The most eco-friendly ways to get around your local area and commute to and from your new job are:

- Walking
- Cycling
- Catching the bus / train

» You should be able to buy or hire a bike in your local area. Or, if you're lucky, your school may provide you with a bicycle to get to and from work with!



2

AT YOUR SCHOOL...

In your new TEFL job, you'll have the freedom to come up with your own lesson ideas. So, why not incorporate some eco-conscious topics into your classes?

Use a lesson or two to discuss recycling, for example. Or, if your school are willing, you could even use lessons to plant a small garden with your students in the school grounds. As long as your students are learning English, you can be as creative as you like with your lesson plans.

Plus, with lessons like these, your students will grow up with a strong awareness of eco-conscious topics and your classes will be fun, educational and engaging!

» As a teacher, you may also have some say in your school's recycling policy – so, make sure all litter goes in the correct bins wherever you can!



Eco-friendly activities for the TEFL classroom



Which bin's best?

This activity allows your students to practice newly-learned words and it reinforces knowledge of recycling.

- Make sure you have both a recycling and non-recycling bin in your classroom
- Split your class into teams
- Give each student an item of (sanitary) litter
- Taking turns, ask each student to place their item in the correct bin
- The team with the most points, wins

Recycling posters

This activity also helps students practice new words and it encourages the whole school to recycle!

- Make sure you have plenty of crayons/felt tips/paints in the classroom
- Ask your students to create a colourful poster asking other students and teachers in your school to recycle
- Afterwards (if the school allows), pin the posters up all around the school
- The winning poster can have pride of place in the school's reception area



3

SHOPPING & EATING

Living and working in a brand-new country certainly comes with its perks - including lots of delicious local food to sample and new shops to discover. But just like at home, it's important to remember to shop locally and eat sustainably sourced food as much as possible.

Shopping at local independent stores instead of larger commercial businesses not only means you're supporting your local community, but you're also likely to be buying more ethically sourced produce - win!

Eating sustainably sourced food may be more of a challenge when you're teaching abroad. Because of language barriers and cultural differences, you may find it difficult to ascertain exactly what you're eating and where it's from - so, read on for some useful hints and tips...

» When shopping for sustainably sourced produce, look for icons on the packaging that offer guidance without having to understand the local lingo!

4 Ways to eat sustainably abroad

1. Buy seasonal fruit and veg

Seasonal produce doesn't need as much artificial help growing, so you'll find fewer chemicals and pesticides on your food. Plus, you'll avoid imported foods too - meaning a lower carbon footprint on your food shop!

2. Eat less processed food

The majority of farmland around the world is taken up with soy and corn - products mainly used in processed foods. Eat fewer processed products and there'll be more room for fresh fruit and veg crops to grow.



3. Eat less meat

If you eat only plant-based foods one or two days each week, you'll cut your carbon footprint down, leave more fresh water on the planet, cut down on methane emissions and save land from being used for animal agriculture - it's a no-brainer!

4. Eat locally

Sampling local street food is one of the joys of moving abroad - plus it keeps your footprint down compared to eating further afield. Most of the produce will have been sourced locally, plus you're giving back to the locals - win, win!



RECYCLING AROUND THE WORLD

Thankfully, climate change is now a widely acknowledged issue and although we still have a long way to go, most countries are now taking steps to recycle, reduce emissions and overall decrease their carbon footprints.

Wherever you choose to hang your TEFL hat, there will be a recycling system in place (hurray!). However, this will differ from country to country, so make sure you do a little bit of research and ask around when you get there to get clued up.



Universal recycling symbols to look out for:



Commonly recycled items around the world:

Rigid plastics/bottles

- any plastic bottles or containers found in your kitchen or bathroom

Paper and cardboard

- cereal/snack cardboard boxes
- magazines, newspapers and mail

Metals

- tin, aluminium and steel cans

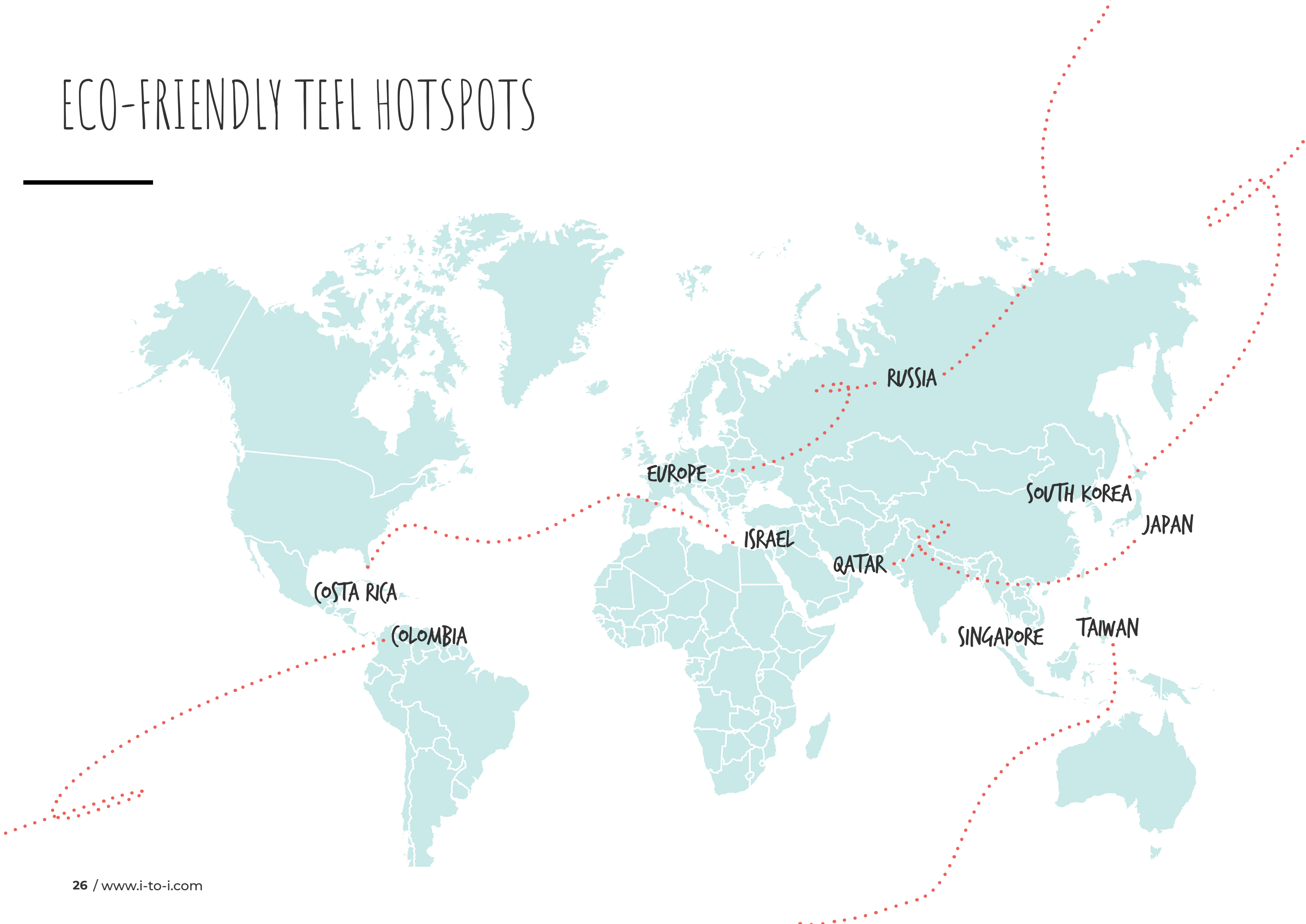
Glass

- food containers or jars
- soft drink and beer bottles
- wine and liquor bottles

Other items

- Batteries
- CDs & DVDs
- Electrical items
- Clothes, shoes and bags

ECO-FRIENDLY TEFL HOTSPOTS





ECO-FRIENDLY TEFL HOTSPOTS

Check out these epic TEFL-friendly locations that are leading the way in preserving our planet.

1

Costa Rica

This stunning tropical paradise is an excellent choice to kick-start your TEFL journey in. Leading the way in renewable energy usage, wildlife conservation and with a busy TEFL jobs market - Costa Rica is an ideal choice for any eco-conscious TEFLer.

2

Europe

France, Germany, Portugal... take your pick! Most European countries are at the top end of the eco-friendly leaderboard and they also offer some great opportunities for TEFLers. Think competitive salaries, plenty of jobs on offer and some amazing prospects for progressing your TEFL career - hurray!

4

Colombia

As a country with such a colourful variety of biodiversity, you may not be surprised that Colombia have taken big steps to help preserve their environment - and recycling is now a central feature of their rich culture. Not to mention, a booming TEFL jobs market and excellent schools to teach in!

3

South Korea

With a whole city designed to tackle climate change and act as a model for wider city development in the future, this unique TEFL destination is well worth checking out. Teaching in South Korea offers an amazing experience as well as high salaries and a good quality of life for any who choose to TEFL here.

5

Qatar

Though you may need some teaching experience, Qatar is a popular TEFL destination due to its high teaching salaries and desirable quality of life. But it's also paving the way in companies reducing harmful gas emissions by utilising state-of-the-art technology and adhering to national targets.

BON VOYAGE!

That's about it from us!

Thanks for reading, and from all of us here at i-to-i HQ, we'd like to wish you all the best on your TEFL travels - here's hoping you manage to keep your teach abroad journey as eco-friendly as possible!



Want to keep reading?

Find out how to travel plastic-free in our latest eco blog...

