Living Sustainably in France

Useful information, fun facts and green tips for embracing sustainability in your Erasmus+ destination

ENVIRASMUS

SUSTAINABLE ERASMUS MOBILITY IN VET

Five facts about France

01 The kiss is a way to say hello by giving one or more kisses on the cheek but it is reserved for your family and friends. In addition, the number of kisses can change according to the regions from 1 to 4.

02 There are more than 1200 varieties of cheese in France.

03 Food is really important in France, we like to talk about food even where we are eating.

04 The France's nickname is "L'Hexagone" due to its unique shape of a six-sided polygon

05 It is the largest country of the EU because of its overseas territories.

Find out more **facts, geography and demography of France**

Explore France: discover France between tradition and innovation !

Sustainable facts about France

- In the city you could find some "composte de quartier" managed by associations. Some cities also could lend you your own compost.

- France is the first country in the world to prohibit supermarkets from throwing food away (2016). Since this day, a lot of shops/apps have been developed to reduce food waste and sell short use-by date products.

- Local agricultural food – It is easy to find an agricultural cooperative which can sell you every weeks seasonal and local vegetables/fruits.

- Public transports – city bus, buses, train (2nd rail network of Europe) and carpooling are really easy to take in France. Depending on the distance you need to travel, you can choose between all of these options which can cost you very different prices. You can see it here : Flixbus, Sncf, blablacar.

- Rent bike and scooter – It's easy to rent bike and electric scooter in almost every cities of France.

French average carbon footprint /person

2022 2023

6.50 tons

What can you do to keep your visit in France sustainable?

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- Rent bike and scooter – It's easy to rent bike and electric scooter in almost every cities of France. For a long stay, you can buy a used bike through Leboncoin or Marketplace.

- Clean water – Access everywhere in the country to clean water, no need to buy bottled water.

- France has taken action on energy and global crisis by lowering temperatures of **tap water and indoor heating.** So, if you're scared of getting cold bring warm sweaters & socks.

- Click **here** to find out how to recycle in France.

- To buy second hand clothes go to the "friperies"
- If you need some furniture in your home you can go to Emmaus. (An association which receives donations of many types of things and sells them at little price. It is also an integration company). You can also use Leboncoin to buy second hand furniture.
- You can also find grocery stores specialised with short date products as "Nous anti-Gaspi"
- To buy food at a low price and avoid food waste, you can use the app **Togoodtogo.**

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