



# Green Exchange Ambassador Programme Metropolia, Haaga-Helia & Laurea

## 3UAS Green Exchange Ambassador programme

- Need for more sustainable ways for travel and doing exchanges, e.g. Green Erasmus programme
  - 3UAS International Services looking for good examples and experiences from students and from their perspective
- Programme for students interested in doing their student exchange in more sustainable way and sharing their experiences with other students
- Student exchange in autumn 2022 or spring 2023 or for full academic year, and anywhere in the world

## 3UAS Green Exchange Ambassador programme

- Activities include:
  - Social media postings on Instagram of the 3UASs'
  - Sharing stories on TikTok or on blog/vlog/testimonial article
  - Participation in 3UAS Erasmus Days in October
  - Sharing tips on the orientation day(-s) of the 3UASs
- What's in it for students?
  - An opportunity to develop and promote more sustainable student exchanges and travel
  - Networking with other 3UAS students
  - Experience with social media, presentation skills, self-reflection skills
  - Green Exchange Ambassador grant (300€) > paid by home UAS



**Antoisia kv-  
kokemuksia!**

**Kiitos! Thank  
you! Tack!  
Merci! Danke!  
Gracias!  
Grazie!**