

# How to be sustainable at University

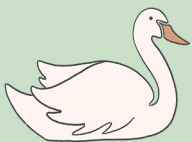


#MakeOneChange



**Use a reusable water bottle.** Fill up using the water fountains at the Library or elsewhere on campus.

**Recycle your waste.** Or better yet, **reduce** it! Join the Village Green Advocacy scheme and promote proper recycling in your accommodation.



**Look out for your local wildlife.** Feed and put out water for birds where you are able. If you do have a garden, plant “bee friendly” wildflowers.

**Visit friends and family by train,** rather than by car. Invest in a railcard and save money too.

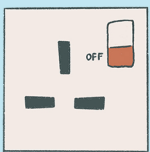


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**Volunteer in the community or join an environmental society.** Organise or take part in litter picks and other green initiatives.

**Switch to reusable bags** for your shopping. Try to shop locally when you can and refuse plastic.



Not in use? Save energy and **switch it off**. If you're not in the room, the lights don't need to be on.

**Grow your own herbs and vegetables**, either indoors or by volunteering at the **Kitchen Garden** on campus.



Love your hot drinks in a **reusable mug** or bring your flask from home.

**Travel by bicycle** around the city. Hire a bike through CycLIN at the Sports Centre.



**Invest in warm clothes for cooler seasons.** If you want to be even more sustainable, shop secondhand for thick jumpers and a hat.