

Being Sustainable in your Home

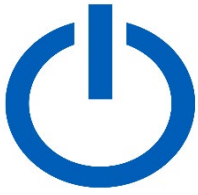


We all have the **power** to make a positive **difference** no matter how small the action

What will you do?

Make your change





Energy Saving

Making a conscious effort to save energy in your house not only helps the environment, **it will save money on your bills too.**

Energy saving tips

- ⌚ **Adjust the thermostat;** by lowering 1°C you can **save £75 & 320kg of CO2**
- ⌚ **Make sure** your radiators are not obstructed by objects
- ⌚ **Shut windows & draw curtains** to keep in heat from the day
- ⌚ **Ask your housemates** if they also want a cuppa; only boil what you need
- ⌚ **Avoid tumble driers;** line dry & **save up to £35 & 90kg of CO2** a year
- ⌚ **Use a lid** on saucepans to cook faster with less energy
- ⌚ **Switch off** lights & appliances. Off & not standby could **save £35 a year**
- ⌚ **Replace bulbs;** by changing to LEDs you could **save £40 per year!**
- ⌚ **Learn your bills** www.uswitch.com/gas-electricity/guides/energy-bills/
- ⌚ **Take meter readings** to avoid estimated bills that could cost you more
- ⌚ **Switching & green tariffs** lower bills www.uswitch.com/gas-electricity/

We have partnered with [NUS and Student Switch Off](#) and you too can be involved! **Win prizes & make a difference!**



Recycle & Segregate Correctly

Recycling systems at home may be different from those at the university. **Check with your council (below)** what you can recycle.

Recycling tips

- ♻️ **Always wash** items meant for recycling before disposing
- ♻️ **Lost your bin?** Contact your council www.gov.uk/find-local-council
- ♻️ **Get creative;** upcycle or create a bin hoop to dunk that next recyclable
- ♻️ **Double check;** 70% of waste could be recycled, is it the right bin?
- ♻️ **Create a rota** to share responsibilities & remember bin days



Consider your purchases

Always think, do you need it or are alternatives available? We can **save money and help the environment,** from clothes to food.

Purchasing tips

- 🛒 **Check for** the Fairtrade, FSC or other accreditations on products
- 🛒 **Reducing one** red meat meal will **save 6kg of CO2 emissions** per week.
- 🛒 **Making lunch** rather than buying could also **save £15 or more per week**
- 🛒 **Bulk make & freeze** to save money or share it around with your friends
- 🛒 **Consider** second hand, repairs, or swaps as environmental alternatives
- 🛒 **Use technology;** apps like **TooGoodToGo** can help when on a budget
- 🛒 **Use your reusable cup** and **save up to £37** a year on campus hot drinks



Reduce water consumption

Water is crucial to us all. 70% of our planet is covered in water, but **only 2.5% is drinkable and 1% easily accessible.**

Water reducing tips

- 💧 **Have shorter showers;** one minute less could **save 21 glasses of water**
- 💧 **Plug it or bowl it;** do not leave taps running when washing up
- 💧 **Share the load;** consider sharing a machine for a full load of clothes
- 💧 **Use enough;** put a lid on saucepans to save on evaporation loss
- 💧 **Drink enough;** plants will love the leftover water from your glass
- 💧 **You pay for water;** contact your landlord if leaks appear

Did you know that according to Waterwise a dripping tap, if left, can waste 5,000 litres of water a year? That is **24 pints per day!** Imagine pouring pints and watching them drain away; no one wants that!



Use public transport, walk or cycle

We need good connectivity between each other and our services, but how can we as individuals use all these travel methods sustainably?

Transport tips

- 🚌 **Use the intercampus buses;** they are frequent, efficient and social
- 🚌 **Cycle locally;** all campuses have multiple bike racks
- 🚌 **Share the journey;** if you need to drive, give your friends a lift
- 🚌 **Walking** can be quicker than you think and is good for you
- 🚌 **Mix it up;** once your timetables are set, try options for journey efficiency
- 🚌 **Use technology;** apps like **BetterPoints** give rewards for avoiding the car

Did you know over **60% of 1-2-mile journeys** are made by car? Have you calculated your costs of petrol & parking? Your catalytic converter produces more pollution under 5 miles too. Can you travel differently?



Caring for the environment & yourself

Outdoor areas can provide relaxation, fresh air and natural space to socialise. We can help ourselves and surrounding wildlife thrive.

Environment tips

- 🌱 **Do not litter;** plenty of bins are available in and outside
- 🌱 **Chewing gum and cigarette butts** don't easily degrade so bin them
- 🌱 **Indoor plants** provide fresh air and can help destress
- 🌱 **Remember** free advice is a click away www.greenwichsu.co.uk/advice/
- 🌱 **Accessible 24/7** www.bigwhitewall.com/ is also a safe community



Getting involved

By sharing knowledge, we can all help to make a positive difference. It can also help your studies and future careers.

Ways of getting involved

- Speak to your friends;** it can bring some interesting insights
- Join Eco-Team;** the University's dedicated student & staff network
- Volunteer;** from gardening to campaigning, there are opportunities
- Join Student Switch Off** <http://studentswitchoff.org/unis/greenwich/>
- Lead by example;** your actions make a difference and will influence



Learning more

You do not need to study a related degree to learn more. There are plenty of resources that can help you make positive changes.

Ways of learning more

- Check out our Sustainability Team's website** www.gre.ac.uk/sustain
- Visit the library;** they have plenty of environmental books to offer
- Keep an eye on the news** for the latest innovations and discussions
- Guest lectures** are a great way to gain new insights into the field
- Calculate your carbon footprint** <https://footprint.wwf.org.uk/#/>
- Ask questions** on your courses to include sustainability in learning

Keep in touch

There are plenty of ways to keep in touch and learn about what we are doing here at the University of Greenwich

Our Sustainability Team

- Sust_greenwich
- UoGSustainability
- UoG_Sustainability
- www.gre.ac.uk/sustain
- sustainability@gre.ac.uk

Eco-Team

- A student & staff network
- Eco Team Greenwich
- Eco Team Medway
- Ecoteamgreenwich
- Ecoteammedway

All figures are from in-house calculations or reliable documented sources.