

# 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/](http://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/](http://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!** Want more advice?  
<http://studentswitchoff.org/save-energy-rented-accommodation/>



## 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](http://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/](http://www.greenwichsu.co.uk/advice/)
- 🌿 **Accessible 24/7** [www.bigwhitewall.com/](http://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](http://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](http://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.