

A Student Guide to

SUSTAINABLE LIVING



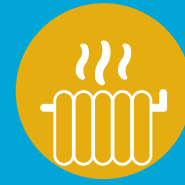
We are in a climate emergency, with our planet and environment increasingly at risk of serious harm.

The University of Warwick and Student Union are both playing their part in tackling the climate emergency. Everyone has a part to play on our way to sustainable and this guide provides practical tips on how we can all live more sustainably.

This guide contains advice for sustainable and environmentally friendly "green living", including top tips on reducing energy and water usage, transportation alternatives, lifestyle changes, waste management, and greening your garden.



ENERGY



01 TURN IT OFF - Turn off all lights when they aren't in use. If you can, study in common areas such the library where the lights are already on to save electricity. Turn off and unplug electrical equipment when you're not using them including televisions, laptops and chargers - things on standby still use energy.

02 LAYERING & HEATING - Dress for the weather. Wear more layers in the winter, layer up and shut the windows before turning up the heating. Set a timer on your boiler and use the thermostatic radiator valves to manage the heating.

03 COOKING - Cooking with a lid concentrates a lot of heat in the pot, thereby agitating the food contents more while saving you time and energy. You can also save energy by boiling just as much water as you need in a kettle. Cook with your friends to reduce the amount of time equipment is on and consider using a slow cooker.



WATER

01 ROUTINE - Take shorter showers. Turn off the taps including when brushing your teeth. You can save up to 10 litres of water every time you brush your teeth if you turn the tap off. Use a plug or bowl in the sink.

02 WASHING - Make sure you only start your washing machine when you have a full load. Try washing your clothes on 30C - you'll achieve the same cleanliness as you would with setting higher temperatures while saving energy.

TOP TIP: Report any heating issues, leaks, and drips to you landlord.

TRANSPORT



- 01 DITCH YOUR CAR** - Reduce your carbon footprint and use alternatives to driving such as public transport cycling, walking, carpooling, scootering. Find out more [here](#).
- 02 BUS ON DEMAND** - West Midlands On-Demand is a new type of bus service. It does not follow a specific route or timetable. Instead, you book a journey and a bus will pick you up at a time you choose.
- 03 BUS 14** - This service is subsidised by the University, so staff and students can use it for a fare of only £1 when you show your University ID card.
- 04 USE SCOOTERS & BIKES** - There is a range of affordable and sustainable transport options available to rent on campus.



LIFESTYLE

- 01 CLEANING** - Try sustainable substitutes such as white vinegar and bicarbonate of soda. By doing so, reduce your plastic waste and help the environment.
- 02 SHOP LOCAL** - Local businesses often sell produce from nearby areas meaning less transport is required and carbon emissions reduced. You can usually buy as little or as much as you need, too, which reduces food waste.
- 03 ZERO WASTE SHOPS** - Try shopping in zero waste shops where you can buy the amounts you need and get hold of reusable products.
- 04 ECO-SWITCHES** - There are numerous simple eco-switches we can all make. Follow @WarwickUniSust to find out these weekly.

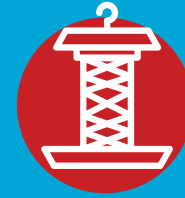
WASTE



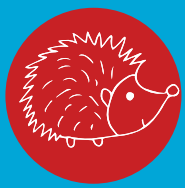
- 01** **GO PAPERLESS** - Try to go digital! If you can't, ensure you're printing double sided. Did you know you can fit 2 (or even 6) slides on one page when printing? You can also try digital note-taking on your laptop, tablet, or phone.
- 02** **THINK BEFORE YOU SHOP** - Before shopping write a list and plan your meals for the week ahead. Always ask yourself: do you need this item? Will something else you have be suitable?
- 03** **SHARING IS CARING** - Donate any unwanted clothing, bedding and other items to charity. Buy second-hand. Use the Olio and Too Good To Go apps to save food waste and grab a bargain.
- 04** **REUSABLES** - Use reusable hot drink cups and water bottles to reduce waste on campus. Don't waste your glass jars and plastic take away boxes. Instead, use them for storing house-hold goods, leftovers, or event growing plants.
- 05** **REMEMBER** -When in doubt always remember the Reduce, Reuse, Recycle model.
- 06** **USE THE CORRECT BINS** - If you can't reduce or reuse something, you can still make sure you are recycling. Familiarise yourself with the local recycling schemes. [Leamington Spa](#), [Coventry](#), [Kenilworth](#).

TOP TIP: Make sure you plan weeks ahead before moving out to dispose your waste. This will prevent build up and makes your transition more easy.

GARDEN



- 01 HOMES & FEEDING STATIONS** - Install a bird box and feeder stations in your garden. Make a bug hotel. Build a hedgehog home.
- 02 PONDS** - If there's a pond in your garden use a pile of stones or a piece of wood to create a ramp for wildlife to climb out.
- 03 PROTECT**- Keep drain holes covered to ensure animals don't get trapped.
- 04 CHECK BEFORE CUTTING GRASS** - Some animals will not run away from the sound of a mower or strimmer - check before you cut and avoid causing horrific injuries or death.



HEDGEHOGS

- 01 DEAL WITH LITTER** - Hedgehogs are prone to getting tangled. Polystyrene cups, plastic, and elastic bands are all common offenders. Ensure you don't leave any dangerous materials out.
- 02 PUT OUT FOOD & WATER** - Meaty cat or dog food, which doesn't contain milk, as well as hedgehog food are both suitable for hedgehogs. Water can also be scarce at certain times of the year and is the only thing you should give them to drink.
- 03 GET INVOLVED** - Find out more about the university's biodiversity goals and their involvement in the Hog Friendly Campus initiative [here](#).
- 04 HEDGEHOG MAP** - Consider linking your garden to others so wildlife can travel around the neighbourhood. Put it on the [Hedgehog Street map](#).



Contact us

For more information and support contact us:

University of Warwick Sustainability Team

sustainability@warwick.ac.uk

   @WarwickUniSust

University of Warwick Students' Union

ethics_environment@warwicksu.com

WAY > TO
> SUSTAINABLE <