


# Learning To Live Sustainably


tips and tricks for everyday life!

There are several things we do on a daily basis that could be changed to better our individual carbon footprints. From the little habits, to altering your lifestyle there are several ways to play your part! Here's some examples:



**Electrics:**  
Ensuring any lights, electronics, plugs or monitors are switched off when leaving a room or not in use.


**Waste:**  
Ensuring you are separating your waste from your recycling, and trying to purchase recyclable packaging options.



**Using the Stairs:**  
If your only travelling a couple floors, make sure you use the stairs where possible, instead of a lift.

**Public Transport**  
Try to talk public transport options where possible instead of driving or getting a taxi. Even better, walk or cycle!


**Eating Green:**  
Consider where your food is coming from. is there an organic, fair trade or carbon neutral option? Maybe switch to a vegetarian or vegan dish.



**Buying Online:**  
Research into the companies your buying from and check out how ethical their practises are. Is there a more sustainable option?

**Shopping Local:**  
Shopping local/from UK brands not only improves the local economy but also reduces the need for overseas shipping and postage emissions.

**Resell:**  
Consider buying second hand products rather than buying new. At the same time, selling your unwanted items rather than binning them.



**Heating:**  
During winter there are cheaper and greener ways to stay warm. Using a hot water bottle, blankets or door insulators can help keep that bill down.

# More Ways To Get Involved

## Green Bubble

Green Bubble acts as a student sustainability group, which aims to inspire and empower students to make a positive difference to the sustainability of our campus and community through individual actions and/or collaboration. Anybody can get involved by attending meetings. Check out the SU website for the next meeting date!

## Volunteering

We have several opportunities to join organisations and companies via our volunteering hub!

If you are looking to do more work in your community to spread awareness of climate action, sustainable practices and help make a hands on impact, check out the volunteering opportunities on the websites volunteering hub

## Student Groups

We have several student groups that take part in community action, here are a selection of societies you can join who focus on sustainability and similar topics:

- Sustainability Leadership Forum
- Oxfam Society
- Humanitarian Society
- Plan-it Change
- Food Rescue Volunteers



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