

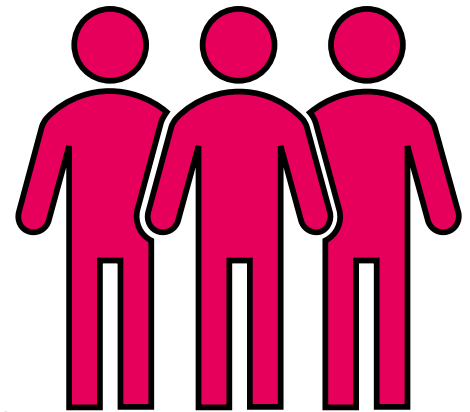
Sustainability Action Week 2021

This year we've put our heads together to come up with a range of sustainability suggestions to help everyone join in on the action!

Check out our tips and ideas on ways you can take action to 'Embrace Sustainability' as an individual or a team!

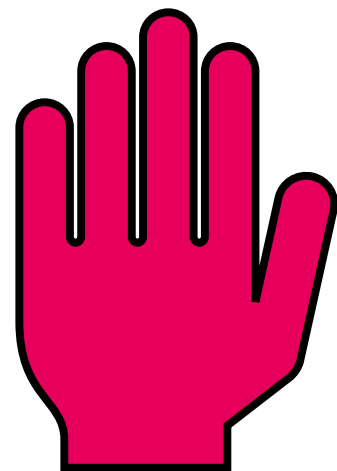
Teams

- Setup a team competition for [NTU Green Rewards](#) or [UoN Green Rewards](#) points e.g. set a target for collective team Green Rewards points
- Commit as a team to a meat free day
- Create a living document of where you've found eco-friendly products/services in the community
- Designate one team member to serve as a 'sustainability champion' who share updates at monthly team meeting
- At UoN you can suggest your team's green ideas to your department's [Environmental Champion](#). If your department doesn't have a Champion, why not become one?
- A commitment for your department to switch from giveaways to investing in on-campus biodiversity projects
- Why not setup a 'step challenge' with your colleagues to see who can rack up the most this week? Don't forget you can log your steps on [UoN's](#) and [NTU's](#) Green Rewards!
- Consider a 'Perfect Planet' watch night with colleagues to get your David Attenborough fix!



Individuals

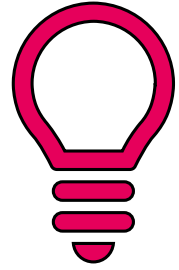
- Try out a daily lunchtime walk to boost your wellbeing
- Explore the beautiful campuses of UoN with a [campus walking route](#) for University Park or Jubilee campuses.
- Why not try doing a litter pick on one of your walks to help clean up your neighbourhood? Submit a photo to UoN Green Rewards.
- Snap a picture while out on a walk and submit it to NTU Green Rewards or tell [UoN Green Rewards](#) how you spent your outside break.
- Commit to reusable and start a 'single use naughty jar' for when you have used single use
- Commit to reduce printing and/or work toward becoming a paperless office/home office



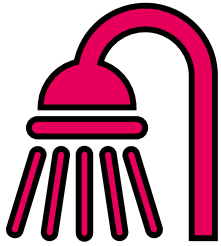
Actions for Home or Elsewhere

Energy

- Fully power down electronics or switch off at the plug to reduce 'phantom' energy.
- Use as much natural light as possible by opening curtains instead of leaving lights on
- Hang your washing outside if you can instead of using tumble dryers
- Check out the Carbon Trust and Energy Saving Trust for top tips Or UoN's energy saving tips for office, home and labs.



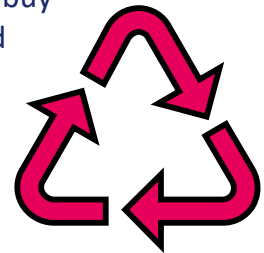
Water



- Take shorter showers or run a shallower bath. Did you know that by running your bath just 2.5 cm shorter, you can save 5 litres of water on average!
- Check out Waterwise's water saving tips for more ideas and log your actions on NTU's Green Rewards
- Try out a shower timer, it could help you stay on track with your sub 5-minute showers!

Waste

- Take stock of your usual buying habits and identify areas where you could buy less or switch to buying more environmentally friendly or ethically sourced goods.
- Audit your own recycling practices and make sure you're putting all that you can in the recycling bin.
- Check out [WRAP's Love Food Hate Waste website](#) for useful storage tips and food hacks to make food last longer and help reduce your food waste!



Travel

- If you are travelling onto campus for work, consider your commute
- Can you travel actively by walking, running, scooting or cycling instead of taking the car?
- If you shop locally could you consider walking to/from the shops and making more regular trips rather than just the one big weekly/fortnightly shop?



Nature/Wellbeing

- Check out NTU's '[Connecting with Nature](#)' page for a full listing of ideas and things to get involved with
- Find out more ways to 'Connect to Nature' through [NTU Green Rewards](#). NTU Staff and students can download the sustainability app for [mobile](#), or visit the [website here](#)
- UoN staff and students can also try out [UoN Green Rewards](#)
- Come springtime, you can keep an eye out for the next batch of new chicks from NTU's resident Peregrine Falcons by viewing the [webcam here!](#)

