



# HELP THE PLANET

## In your home

As an institution we are trying hard to reduce the impact that we have on the environment.

Although we have utilised technology and building/refurbishment techniques to help us operate in as sustainable manner as possible, as a university community we all have a part to play individually to make a positive difference.

**This handy guide includes tips and advice on how YOU can make a positive difference.**

[tees.ac.uk/green](https://tees.ac.uk/green)



Teesside  
University





## Energy saving

By making a conscious effort with energy efficiency in your home as well as helping the environment you can save money too.

Energy saving tips:

- 💡 close windows and blinds/curtains to keep heat in
- 💡 make sure radiators are not obstructed by items
- 💡 switch off lights, TVs, PCs and other electrical items when not in use (using the off button rather than standby could save up to £70 a year)
- 💡 switch off equipment when not in use, for example phone chargers
- 💡 put on full loads of washing to avoid water and energy wastage
- 💡 avoid tumble driers, line dry and save up to £150 and 100KG of CO2 a year
- 💡 replace bulbs; by switching to LEDs you could save £70 per year
- 💡 use a lid on saucepans where possible to heat more with less energy.

## Water consumption

Water reduction tips:

- 💧 do not leave taps running – every drop counts
- 💧 plug it or bowl it – do not leave taps running when washing up
- 💧 fix leaks, dripping taps: a dripping tap can waste 13 litres a day
- 💧 have shorter showers: the average shower time is around 7 minutes, reduce this time you save energy, water and the impact on the environment. Use a 4-minute shower timer, these are available free of charge from Campus Services.

## Sustainable purchasing

By considering our purchases carefully you can not only help the environment but also save money and live more sustainably.





- 🌍 always ask yourself: do I really need this purchase, or are alternatives available?
- 🌍 use water refill stations rather than always buying bottled water, we have lots of refill stations on campus
- 🌍 using apps such as 'too good to go' can help with saving money whilst reducing food waste
- 🌍 making lunch rather than buying it could also save you around £20 per week
- 🌍 make meals in bulk for freezing or sharing with your friends.





## Recycling and segregation of waste






Thinking carefully about the segregation of waste and recycling helps to keep our recycling levels high and helps the environment.

-  reduce the amount of waste generated and transported – flatten cardboard boxes and packaging before placing in the bin
-  check before you dispose – 70% of waste can be recycled, are you putting it in the correct bin?
-  wash dirty items for recycling before putting them into the recycling bins
-  avoid contamination of recycling – don't put food, liquids and non-recyclables in the recycling bags/bins, if in doubt place items in general (non-recyclable waste).

## Transport and travel

60% of 1 - 2 mile journeys are made by car, think carefully about fuel and parking costs before making a journey if you drive.

Transport tips:

-  meeting virtually saves time and money
-  cycle locally or travel to the University by cycle if possible, we have great free facilities available for cyclists
-  share the journey – if you're driving somewhere give your friends a lift or suggest a car pool between yourselves
-  the University has a number of schemes in place to help staff travel to work via sustainable transport
-  public transport is sustainable and convenient, find out about local travel services and live information [here](#).

**TURN**  
off  
lights

**TUNE**  
into saving  
the planet

**TURN**  
down your  
thermostat

**TURN**  
off your  
monitor