



HELP THE PLANET

In student accommodation

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







Teesside
University



Caring for the environment





We pride ourselves on making sure the campus is a pleasant and well-maintained environment to live and study, and we all have a part to play in caring for our local environment.

Environment tips:

-  keep local areas tidy and litter free, plenty of bins and recycling bins are available internally and outside
-  chewing gum does not degrade so always put this in a bin
-  cigarette butts can leak chemicals including plastic into the environment, always put them in a bin
-  familiarise yourself with the local arrangements for waste collection and segregation in your accommodation.

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
-  make meals in bulk for freezing or sharing with your friends.

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.






We are a compact campus so getting around the University and local area is easy to do sustainably.

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
-  public transport is sustainable and convenient, find out about local travel services and live information here.

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
-  report leaks, dripping taps/toilets to the Accommodation Team: a dripping tap can waste 13 litres a day
-  share the load, consider sharing a machine for a full load of clothes
-  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 the 4-minute shower timer in your bathroom or request one from the Accommodation Team.



Energy saving

We endeavour to construct and manage our accommodation in as sustainable manner as possible, but adopting good sustainable habits in how you live in your accommodation has a positive impact on the environment.

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
- 💡 switch off equipment when not in use, for example phone chargers
- 💡 put on full loads of washing to avoid water and energy wastage
- 💡 use a lid on saucepans where possible to heat more with less energy.

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)
- ♻️ recycling – clear bags
general waste (non-recyclable) – black bags.

TURN
off
lights

TUNE
into saving
the planet

TURN
down your
thermostat

TURN
off your
monitor