

Accessible Version: Sustainable York Guide:

#GETINVOLVED

Zero Waste

This was the theme used for One Planet Week in 2018 (OPW18)

It is always better to reduce waste and reuse items rather than putting them in a bin but at least...

The University's recycling system means you can **recycle pretty much anything!**

Living in accommodation on-campus? You will have 4 separate bins to help you recycle properly...

Mixed recycling bin

Items that should go in the mixed recycling bin are

- ✓ Paper: Post-it notes, envelopes (including windows), newspapers and magazines
- ✓ Cardboard: such as clean empty pizza and sandwich boxes
- ✓ Tin, metal and foil: empty cans (drinks, food, and aerosol), tin foil, crisp wrappers, sweet wrappers

Items that should not go in the mixed recycling bin are

- X Disposable coffee cups and cardboard drink cartons
- X Foods and liquids
- X Carrier bags – re-use them or recycle them at a supermarket
- X Clothing and bedding

Glass Bag

Items that should go in this bin are

- ✓ All colours of glass jars and bottles

Items that should not go in the glass bag are

- X Glass kitchenware and bowls such as Pyrex Dishes
- X Light bulbs
- X Mirrors

Food Waste Bin

Items that should go in this bin are

- ✓ All food waste including cooked meals, meat, bread, vegetable peelings and tea bags

Items that should not go in the food waste bin are

- X Egg shells or empty food packaging

General waste bin

Items that need to go in this bin are

- ✓ Anything you cannot recycle i.e. Tetra Pak (drinks) cartons, chewing gum, disposable coffee cups, black plastic food/microwave trays, hard plastic, polystyrene, padded envelopes, used tissues/paper towels and sanitary waste

Look out for the [Big Green Clean](#) in Summer Term to help you with clearing out your room before you leave for the holidays!

Or [join the ZeroWaste York Facebook Group](#) to share hints and tips on living a Zero Waste lifestyle.

Sustainable Transport

York is a great city for cyclists, and using a bike to get around is good for the environment, your health, and is a cheap, practical and frequently faster alternative to other forms of transport . There are also great bus links into town and a free shuttle bus between Campus East and West.

We have some great cycling facilities and activities on campus such as:

- [Bike doctor](#)
- [Cycle training cashback](#)
- [Cycle pumps](#)
- [York Sport](#)

- Recycled Bike Sales
- [Cycling Society](#)
- [Pool Bikes](#)
- [YorBus](#) Discounts

Head to the [University's Travel and Transport Pages](#) for more information, maps and links. Visit our Sustainability Map to see all our cycling facilities including showers, changing rooms, bike equipment, bike sheds and more <http://bit.ly/UoYSustainabilityMap>.

Zero Carbon

This is the theme for One Planet Week in 2020 (OPW20)

Did you know?

The University of York generates it's own electricity on campus to reduce carbon emissions

9 top tips for cutting carbon!

1. Switch off lights and unplug appliances when not in use
2. Keep windows shut when the heating is on
3. Only boil as much water as you need (it will boil quicker)
4. Put a lid on the saucepan when cooking
5. Don't put hot food straight into the fridge – let it cool down first
6. Make sure you have a full load of laundry before you wash to save both money and energy
7. Put on a jumper rather than turning up the heating
8. The 'greenest' energy is the energy you don't use dry your washing on an outside washing line whenever possible.
9. Use energy saving LED bulbs

Join Student Switch Off!

A University (and nationwide) energy saving, recycling and student engagement programme for all students living on campus! Get involved with the competitions and help out as an ambassador through [Facebook](#) or [Instagram](#) (#yorkSSO)!

Did you know?

Some phone & laptop chargers continue to use energy even when they're not charging!

Local and Sustainable Foods

This was the theme used for the first One Planet Week in 2017 (OPW17)

Have a look at the following outlets:

Scoop

A [student co-operative](#) providing organic, exploitation-free and local produce at affordable prices. You can buy produce and order vegetable boxes from their shop at Wentworth W/021.

YorCafe 'Fill Bellies not Bins'

Want to help tackle food waste, then become a volunteer for this York-based charity. Save surplus food destined for landfill!

Edible York

There are Edible York veg beds throughout the city. These vegetable and herb gardens are maintained by volunteers at Edible York, with the same policy of free food for all! [Contact Edible York via their facebook page](#) if you want to find out more.

Vegsoc

[Join Vegsoc](#) and meet fellow food-lovers, stay healthy and do the green thing, with socials food events and animal rights campaigns!

Check out the [University catering outlets on the Campus Map](#), for local, sustainable, and vegan/veggie friendly options.

Check out [York's plastic free eco-pantry shop!](#)

Did you know?

York is a member of [Sustainable Food Cities Network](#).

Sustainable Materials (OPW2019)

This was the theme used for One Planet Week in 2019 (OPW19)

How to get involved:

British Heart Foundation Banks

Located at every college (find them) on the [Sustainability Map](#). These banks are a great way of recycling the following items: Accessories, CD's, Clothes, DVD's and Shoes.

[YORCUP](#)

The UoY reusable cup scheme - Buy your bamboo YORCUP at any UoY Catering outlet for only £5 and you get your first drink free! Keep the sleeve but return the cup for washing at any campus cafe. Next time just show the sleeve to get a new YORCUP with your drink.

York Uni Swap Shop, Facebook

Want to save money and the planet? [Swap Shop](#) allows members to post unwanted items that can be swapped / sold to other students

Why not use your Freshers' tote bag on your next shopping trip?

Try out organic and sustainable beauty products and toiletries! To find out more look at [PETA's webpages](#).

Sustainable logos to look out for:

- Marine Stewardship Council
- Fairtrade
- Organic Soil Association
- Rainforest Alliance Certified

Find all things sustainable on campus on our [sustainability map](#)!

Buy products that are made from recycled materials, or even better buy items from a charity shop or second-hand sale. There are a large range of charity shops in York, particularly on Goodramgate.

Sustainable Water

Noticed a drip?

If you are on campus, [report it](#) to the FM Helpdesk!

4 top tips!

1. Turn the tap off when you brush your teeth
2. Make sure your dishwasher or washing machine is full before starting it. Use the "eco" setting if there is one
3. Challenge yourself to take a 5 minute shower! #getinvolved
4. Why not try a Meat Free Monday? Saving water, energy and CO₂ emissions!

Did you know?

A running tap uses 48 cups of water over two minutes!

York Toilet Twinning

Achieve social justice and human equity; [join the campaign](#) to fund new sanitation facilities in some of the world's poorest communities.

Did you know?

A small hamburger takes up 1,700 litres of water to produce (that's the equivalent of 26 showers).

Refill App

Look out for free reusable water bottles handed out at different events over the year, and [download the refill app](#), to find out where water fountains are available on campus and across the country.

Community and Culture

Ways to Get Involved:

[UoY Sustainability Blog](#)

Write for us! Check out our wordpress blog.

Effective Altruism York

Join a philosophy and global movement – attend socials, guest speakers and discussion groups

Connecting East

Bringing together all Heslington East colleges, focused on nature and sustainability – [get involved](#) and attend a wide array of events!

GreenSTEMS

[Be part](#) of the UoY sustainable science group open to all university member for informative and social events based on all things sustainable

WILD Magazine

Write for an [online environmental magazine](#) focusing on ethics, student living and green living!

Environment + Ethics Collective

Collective of students committed to sustainability issues and social justice! The [official YUSU E&E forum!](#)

Envirosoc

[Get involved](#) with a range of activities from speakers to field trips to socials and volunteering opportunities

[One Planet Week](#)

Get involved by attending, helping or hosting one of our events in One Planet Week,, whether you're a student, staff, society, college or department - keep an eye on our social media for more updates.

#getinvolved

Land and Wildlife

Did you know?

A 24-hectare site on Heslington East was chosen by the Woodland Trust to be one of just 60 Diamond Woods in the UK to celebrate the Queen's Jubilee in 2012, and 28,000 trees have been planted there!

How to get involved:

Citizen Science

Record your campus wildlife sightings and help to conserve our campus wildlife

Yorkshire Wildlife Trust

[Become a volunteer](#) and help to protect the wildlife, their habitats and landscapes across Yorkshire

St. Nicks Volunteering

[Get involved](#) with community projects focused on nature and green living

Why not explore campus by going on our nature walks or active trails! Visit the UoY website for more details

Check out the [University Growing Places Blog](#)

Things to explore:

- University of York Ecological Management Plan
- Follow [Duck of day](#) on Twitter @duckofthday
- Green Flag Award
- Follow the Campus Grounds Twitter @UoyGrounds
- Active Trails
- [University Nature Walk and Tree Trail](#)

Health and Happiness

Take the challenge...

Try having a phone detox – turn it off for a day...

Places to go to:

- [Nightline](#)
- [Park Run](#)
- [York Sport](#)
- Your College Team
- [Student Minds York](#)
- [Samaritans York](#)
- [YorActive Trail](#)
- [Open Door](#)

Take the challenge...

Doing exercise can help the body and mind so why not cycle / walk into campus or York today?

Equity and Local Economy

- [Bookcase for all](#)
- [York Human Rights City Network](#)
- [York Cares](#)
- [York Carers Centre: Befriending, Listening and Sitting Scheme](#)
- [University Community Fund](#)
- [Goodgym](#)
- [York Students In Schools](#)
- [Yorcafé](#)

What you can also do?

- Support the Fairtrade movement
- Why not try and volunteer your time for your local charities and help make a difference?
- Support local businesses where your money will be returned to the local economy

Find out more at:

www.york.ac.uk/about/sustainability/get-involved

- Go to our [Facebook](#) page
- Go to our [Twitter](#) page for more regular updates
- Read our [Sustainability Blog](#).
- Looking for something sustainable related find it on our Sustainability Map <http://bit.ly/UoYSustainabilityMap>

Credits:

The Sustainable York Guide was first developed in 2014 by Elisa Caton.

Updated in 2019 by Sophie Gavriel and Kaity Eames