



UNIVERSITY OF  
GLOUCESTERSHIRE

# Sustainability at your University

## Ranked 1st

2019 People and Planet  
sustainability league

### Make your university experience world-changing

You've joined a community with sustainability at its heart. This is not just about greening the campus, but developing new ways of thinking, learning and working to shape a better future for people and the planet.

### Tips, news and prizes

[sustainability.glos.ac.uk](http://sustainability.glos.ac.uk)

 [@UniGlosSustain](https://twitter.com/UniGlosSustain)

 [UniGlosSustainability](https://www.facebook.com/UniGlosSustainability)

 [UoGSustainability](https://www.instagram.com/UniGlosSustainability)



### Global Goals

Our sustainability programme supports the 17 Global Sustainable Development Goals adopted by the United Nations to transform the world by the year 2030.



# Get Involved

There are lots of ways to be involved through your course, career, and life on campus.



## 1. Take simple everyday action

Help us reduce negative impacts, and support an inclusive, happy and healthy university. Get tips via Live Smart.

## 2. Join our Green Team society

Make friends and lead sustainability action on campus. Green Team offer film nights, podcasts, action projects and campaigns through the SU.

## 3. Come to a Future Plan workshop

Find out what sustainability means for your future career, whatever your profession. Gain skills to give you the edge.

## 4. Do an internship or placement

Boost your CV - make links between your studies and sustainability. Flexible opportunities, tailored to your skills and interests.

## 5. Ask your tutor about your course

From Criminology, to Graphic Design to Events Management - find out what your course is doing for sustainability on our website or via your tutor.



**Find out more:**

[sustainability.glos.ac.uk/students](https://sustainability.glos.ac.uk/students)

# Live Smart

Want to boost your wellbeing, save some money, make friends, or feel part of your local community? Our student-led Live Smart programme helps create positive change for you and for the planet.

Get involved in 4 simple ways:

## 1. Follow us

 @UniGlosSustain

 UniGlosSustainability

 UoGSustainability

## 2. Become an influencer

Lead the change in your community – your friends, your course, your societies, your sports teams. Gain skills, meet new people.

## 3. Take up our challenge to win big prizes

On your own or in a group, do something that makes a positive difference for the global goals in your local community. Make friends, get creative, use your skills: [uniofglos.blog/livesmart](https://uniofglos.blog/livesmart)

## 4. Join our events

Celebrate with us at our end of year community showcase in partnership with Gloucester Cathedral, or join us for our annual Pizza Party in the FCH Edible Garden. Look out for updates on our blog.



## Find out more

Visit our blog:  
[uniofglos.blog/livesmart](https://uniofglos.blog/livesmart)

Contact our student team:  
[sustainability@glos.ac.uk](mailto:sustainability@glos.ac.uk)

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# Our top tips

**We know starting uni can be tough so we've put together some student hacks to help you make friends, stretch that student loan and give the planet some love at the same time.**

**1. Cook with your flatmates**

Save on the food, and energy. Look out for each other.

**2. Re-use and upcycle**

Re-think your room decorations – Pinterest for inspiration!

**3. Invest in a bike**

Cheaper, quicker, and healthier than the bus.

**4. Be a part-time carnivore**

Try a meat-free day a few times a week.

**5. Check the charity shops**

Bag the fashionable finds, reduce waste, support a good cause.

**6. If it's broken, get it fixed**

Visit the Cheltenham repair café.

**7. Grab yourself a clothes horse**

Cheaper than the tumble dryer and better for your clothes too.

**8. Batch cook and freeze**

Reduce waste and save with the bulk buys.

**9. Think. Do you really need it?**

Reduce waste, buy things that last longer, share with friends.

**10. Love your leftovers**

Wasted food is wasted money. Visit Love Food Hate Waste to save.



**For more** tips, information and links, follow us on social media or visit the **Live Smart website**.

