

Sustainability Toolkit

**A quick guide for sports teams and societies to
make smarter choices!**



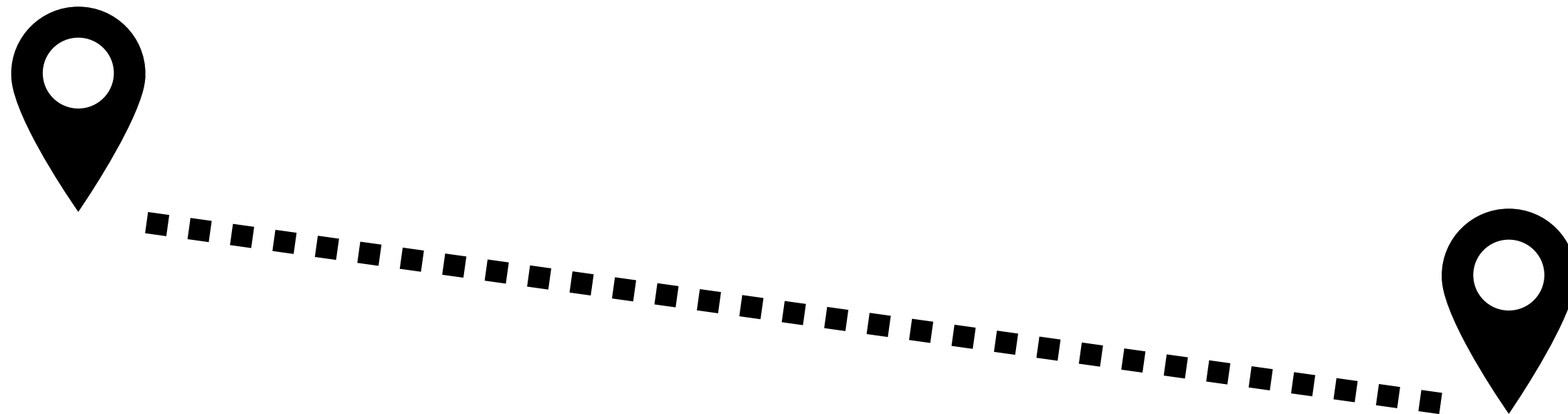
Before you start..

Live Smart is a student- led programme for sustainability helping you live in ways which save you money, benefit your wellbeing and improve your local community whilst having positive impacts for the wider planet.

This toolkit has been designed as a quick and easy reference for you and your members to engage in more sustainable choices!

Want more information? Click on the underlined text throughout this toolkit to access more resources!

Travel



Matches and socials



Travelling to a match or social?

You can massively reduce your carbon footprint by using a more sustainable means of transport.

As a university that prioritises sustainability, we are also aiming to reach net-zero by 2030. Encouraging your fellow team mates or society members to choose low-carbon travel will help us to achieve this!

Did you know?

Switching just one car journey a week to walking or cycling can save up to 0.5 tonnes of carbon a year. That's more than is produced by a return flight from Birmingham to Rome!



Brand et al.,
2021

Travel

So where possible...

- **Walk or cycle to your location**
- **Take public transport such as a bus or train**
- **If there are no public transport links, can you rethink your chosen location?**
- **If not, then make sure to car share as a last resort!**

Lean more about low-carbon travel and how it can benefit you by clicking [here](#).

Boost your physical and mental health by walking wherever possible



Invest in a bike. You can buy them second hand at [Cheltenham Charity Bike Shop](#)



Save money with a Stagecoach [student bus pass](#)



Save 1/3 on train travel with a [16-25 Rail Card](#)



Socials



Location



Organising a get-together?

There are lots of ways to improve the sustainability of your socials, starting with the location.

Gloucestershire has a range of local independent businesses you can visit, from pubs and cafes, to Cheltenham Lido or the many parks in the county. Think about what alternative social activities you can do too!

Did you know?

For every £10 spent with a local business, more than a third (£3.80) stays within the area! Supporting your local economy helps provide jobs and security for you and your community.



Visa & Centre for
Economics and Business
Research, 2020

Location

So where possible...

- **Choose a local, independent business for your location**
- **Try alternative social activities such as group walks or volunteering activities**
- **Select locations that are easy to walk to or are on a bus route**
- **Research locations - do they talk about sustainability on their website?**

Why not try one of these alternative social activities?

Take a group walk in or near Gloucester or Cheltenham.



Organise your team or society to volunteer together for a day. Find volunteer opportunities here.



Learn new skills and boost mental wellbeing by getting involved in one of the campus gardens.



Food

Organising a get-together?

Think about where you can go for food or drink that is sustainable and offers options for all your members.

Or save money and learn new recipes by cooking a group meal together. It's a great social activity that won't cost much and will produce less waste than buying takeaways.

Did you know?

Cooking together and sharing a meal as a group creates stronger bonds (great for team building), saves money, promotes healthier eating habits and improves brain health!



GBS Health &
Wellness Team

Food

So remember...

- **Reducing your meat intake is better for the environment, so consider this when choosing your meals**
- **Be inclusive with your food options - are there alternatives for those with dietary requirements due to choice, health or religion?**
- **Choose local where possible! Farm shops are a great option**

Lean more about reducing the carbon-footprint of your food [here](#).

Some of our top sustainable food picks for Gloucestershire



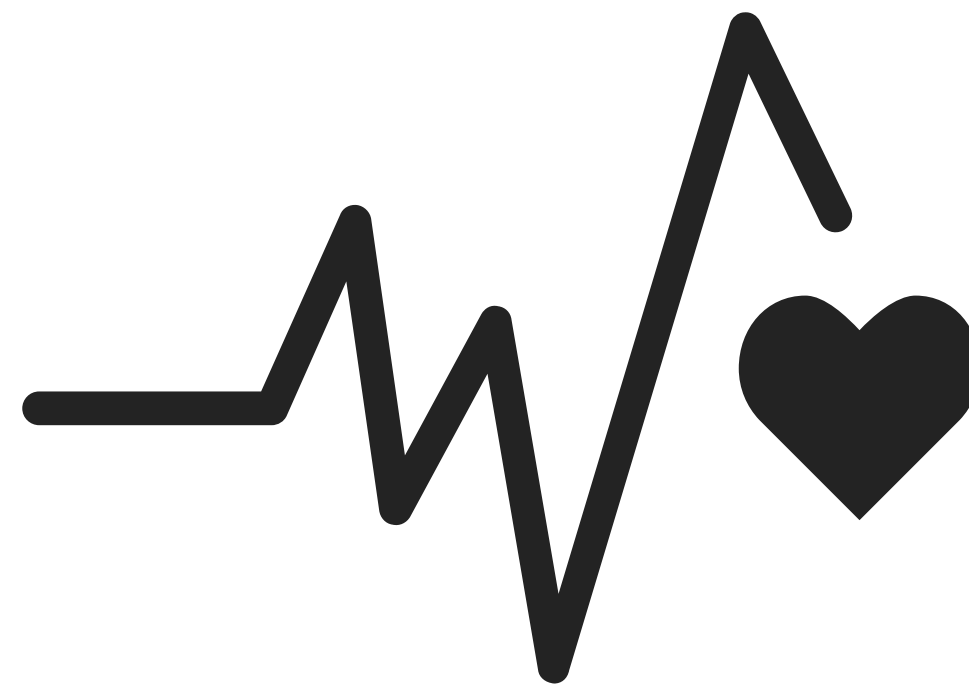
The Coconut Tree - Cheltenham
Finalist in the 2020 Vegetarian & Vegan Awards' restaurant of the year award

Bar and Wok - Cheltenham
Veg grown locally and great vegan options.

Hooker and Eight - Gloucester
Great veggie and vegan options, and lots of locally sourced ingredients

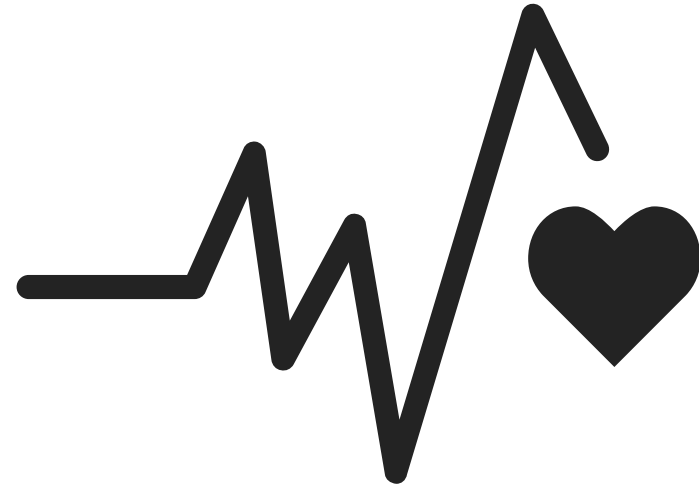
Sowl Fuud - Gloucester
Vegan takeaway with great portion sizes.

Wellbeing



Wellbeing

**Making wellbeing
the priority!**



Ensuring good physical and mental wellbeing is important for our personal development.

At university, it can be easy to prioritise our work over our wellbeing, yet there are ways we can boost our wellbeing more sustainably which helps you and the planet!

Did you know?

Going for a walk in nature improves physical fitness, has benefits for mental wellbeing by reducing levels of anxiety by up to 26% as well as boosting work productivity!



Shanahan
et al.,2019.

Wellbeing

So, why not try...

- **Making time for nature**
- **Give back- get involved with some charitable or volunteering work within the community to boost happiness**
- **Create a fun team building activity**
- **Group walks**
- **Getting active with Unisport**

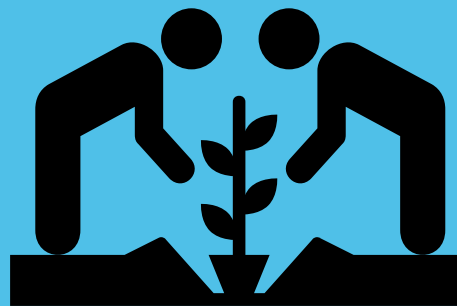
Boost your physical and mental health by walking wherever possible



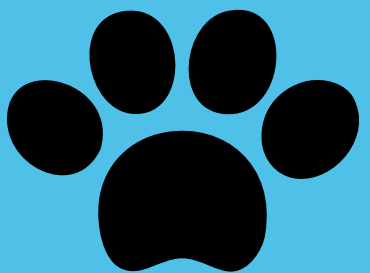
Invest in a bike from Cheltenham Charity Bike Shop and cycle as a group



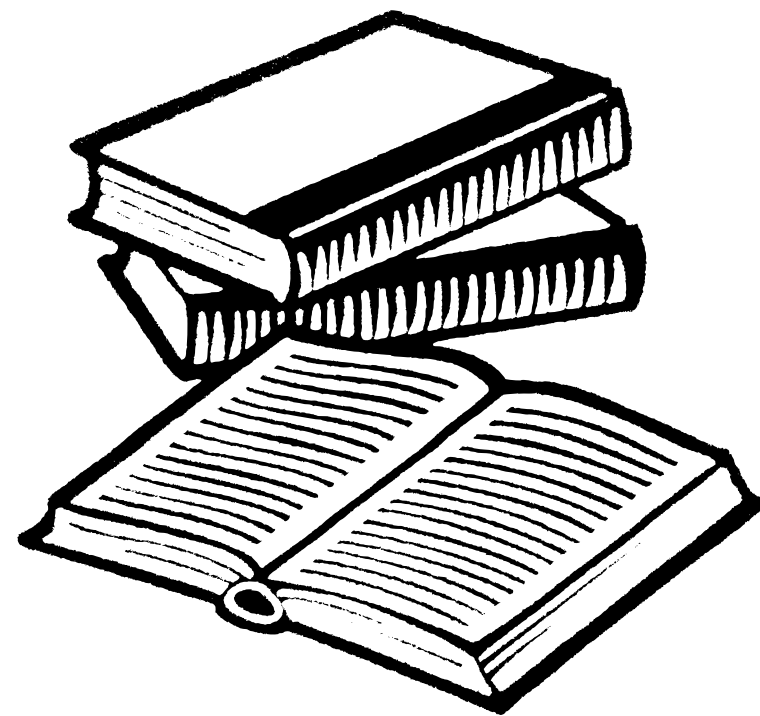
Head down to FCH, Oxstalls or Park _garden space, get involved and meet more people!



Join UoG Chaplaincy and walk dogs as a group

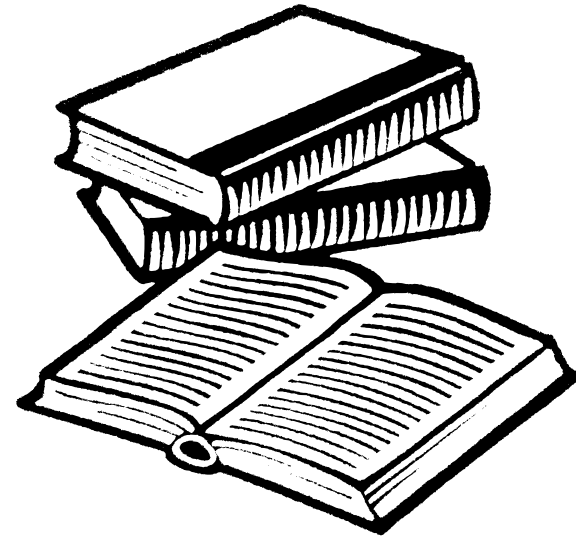


Communication



Communication

Education is an important part of being sustainable



Messages your society or sports team put out on social media can have meaningful impacts on your followers and members to be more sustainable.

This could be in the form of content you decide to share, or sustainable socials you organise which look great as impactful stories!

Did you know?

Around 3 billion people use social media which means platforms can play a key role in translating sustainability in and around your society and sports team!



Uopeople, 2022.

Communication

So where possible...

- **Design a communication plan which incorporates sustainability**
- **Get involved in special events i.e. Earth day, Fairtrade fortnight, LGBT+ history month etc.**
- **Organise socials with sustainability in mind**
- **Talk to your SU sustainability network lead and join forces!**

Put environmental awareness days into your communication plan calendar to ensure you don't miss out!



Plan socials with a global goal in mind... which one best suits you?



THE GLOBAL GOALS

Check out the Live Smart blog to see how we communicate sustainability



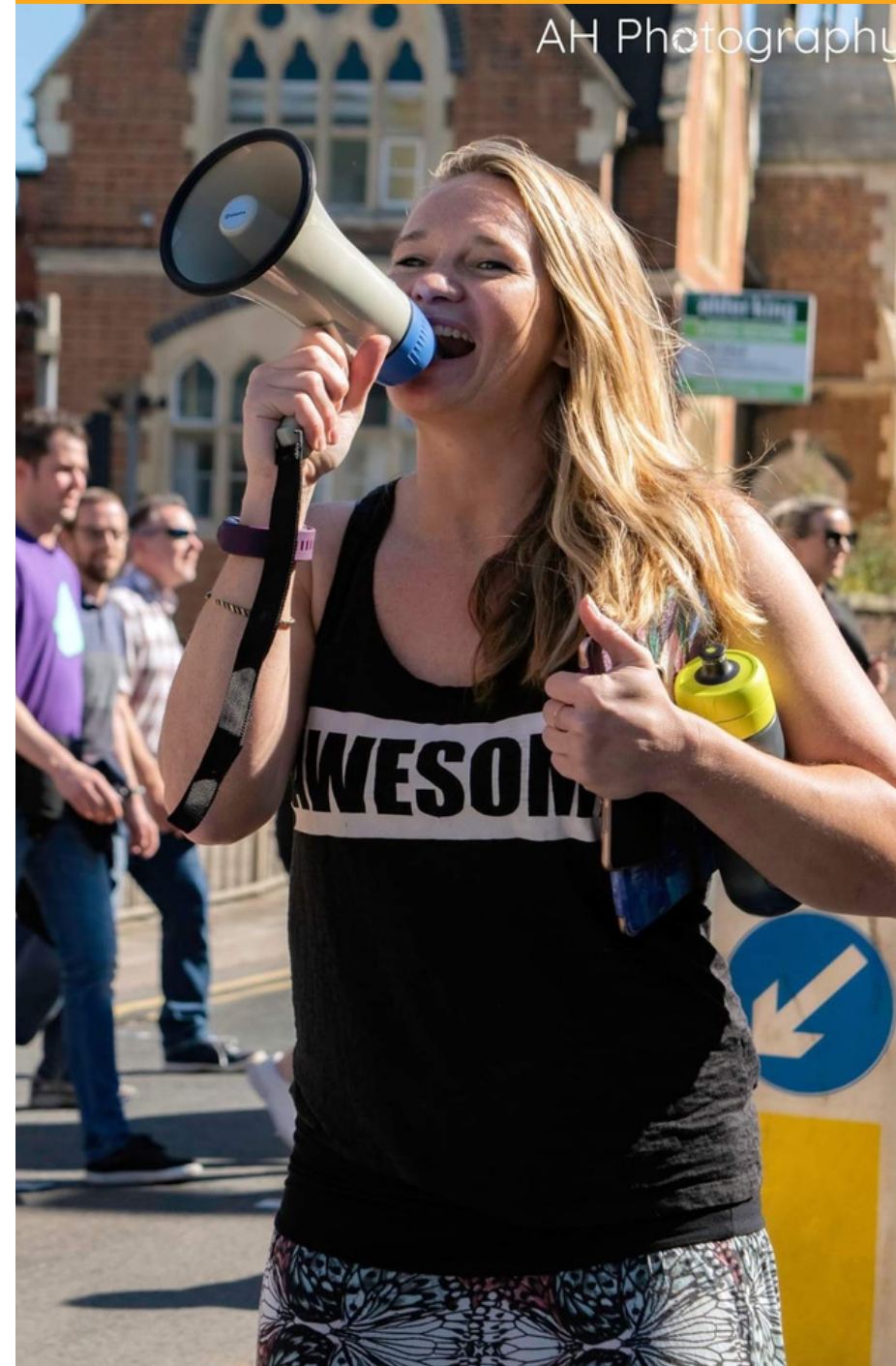
Join and collaborate with Live Smart activities



Communication: CASE STUDY

In September 2019, Green Team president Yolande Booyse organised a 1000 person strong climate strike through Cheltenham, demanding positive change in light of the climate emergency.

Students, residents, MP's and business owners all showed and secured Cheltenham's climate road map in place.



Making waves.
Creating change



Demanding
action



Money



Money

Is your game or social costing your member and the planet?



Making smarter decisions about the things we buy will help you save money, reduce your waste and be kinder to the planet. For example, the SU have committed to only buy ethically sourced clothing and support Fairtrade in the clothing and refreshments they sell- view their [policy here](#)

Did you know?

Between 2,700 - 7,000 litres of water is used to produce just ONE pair of jeans and around 2,700 litres to make ONE top- equivalent to the drinking water one person needs for 900 days



Malone, 2013;
Brenot et al., 2019

Money

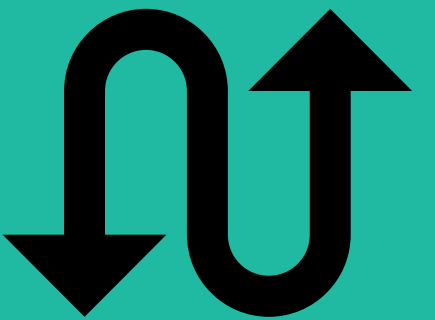
So where possible...

- **REDUCE** the amount of things you buy
- **REUSE** any old items you already have
- **RECYCLE** anything that you no longer require! What one person may consider worthless could be highly valuable to someone else!

Search local charity shops for cheap goods! They're a great place to find new outfits and support a good cause



Swap with your fellow members! Books, clothes, ideas!



Use reusable only! i.e. water bottles, clothes, items.



Try and buy sustainable products. i.e vegware party cups, Fairtrade



Before you go..

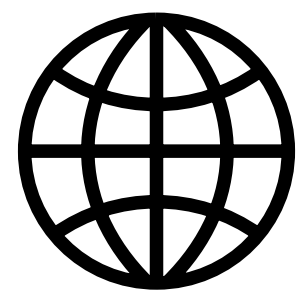


We hope you enjoyed this handy toolkit to help you and your members make more smarter choices!

Click on the logo to follow us on social media!



Check out our webpages and the Live Smart podcast!



- [Live Smart blog](#)
- [Sustainability Homepage](#)

E: Sustainability@glos.ac.uk



Click the logo to listen now!