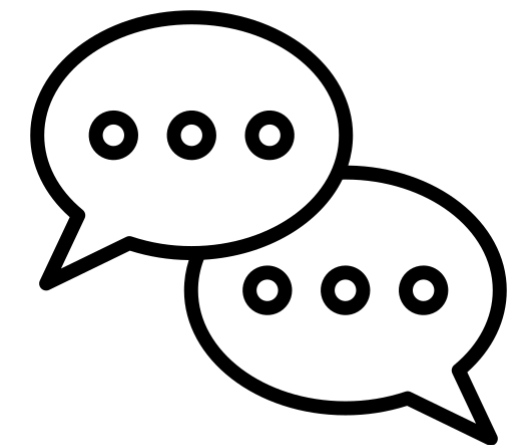


Good Sustainability Practice

Quick guide for staff to make positive impacts!

Website: Sustainability@glos.ac.uk



Setting the scene

Staff regularly tell us that our sustainability commitment is important to their sense of pride and purpose at work – for many it was part of the reason they came to UoG!

Being an original pioneer of sustainability in higher education is one of our great achievements and we are sector leaders in making it part of academic experiences as well as our operations

But what does this mean for good practices in ‘the day job’?

This quick guide gives you simple practical ideas, information and reference points that support our targets for reducing negative impacts and maximising positive benefits for sustainability.

Browse this slide deck for tips and insights in some key areas where you can help:

- **Carbon**
- **Communication**
- **Events**
- **Purchasing**
- **Travel**

Our policy commitments

We run an **Environmental Management System** accredited to the international standard ISO 14001 and which is externally audited each year. The system ensures we stay compliant and keep improving on key aspects of environmental protection.

How you can support the EMS:

- **Read these slides** – put good practices in place and talk with colleagues and the sustainability team if you have ideas for what we can do better!
- **Report concerns** - if you see something that doesn't look right (e.g. waste in the wrong place, or possible pollution incident) or if you just become aware of an environmental-related complaint from a campus user, let us know at: sustainability@glos.ac.uk

Our **3rd sustainability strategy** in the University has **6 goals**, spanning the **3 impacts** we are focusing on in this next phase of sustainability work



Strategy Goals 2022-2027

Learning	Practice	Collaboration
Goal 1 – Embed Education for Sustainability into all our courses	Goal 3 – Maintain leading performance and continual improvement in sustainability	Goal 5 – Support students to drive change for sustainability within and beyond the University
Goal 2 – Maximise our research outcomes and impact for sustainability	Goal 4 – Achieve 2027 emissions reduction targets in the Carbon Net Zero Strategy	Goal 6 – Collaborate with stakeholders to develop skills and practice in sustainability

Carbon

Supporting carbon emissions reduction conserves energy and is tangible action on climate change as well as saving money



Carbon Net Zero Strategy

This strategy is targeting a 'net zero' carbon emissions position for the University by 2030.

Listen to Dr Jon Furley, Sustainability Operations Manager, explaining the strategy in a nutshell in this [1 min film clip](#)

What you can do:

- **Get up to speed on our approach to Net Zero and read the FAQ [here](#)**
- **Build your understanding of where the big carbon impacts might happen in your area of work (e.g. from running specialist equipment, field trips or travelling)**

Insights – Carbon Emissions

There are 3 'scopes' or types of carbon emissions we measure:

Scope 1 emissions – from directly burning fuels and the road fuels for our vehicles

Scope 2 emissions – from energy we buy and off-site generation of electricity we use

Scope 3 emissions – from activities we do not own or control like travel, waste, and our purchasing of external goods and services

Energy efficiency

Heating and cooling settings for our buildings are routinely reviewed for efficiency and grant funding is used to help us move from gas to electric heating

What you can do:

- **Report overly hot or cold areas, or leaky radiators to the Estates team – don't resort to plug in heaters**
- **Wear suitable clothes for the season and bring layers for colder days**
- **Don't ignore the obvious - like switching off lights in older buildings that may not have sensors**

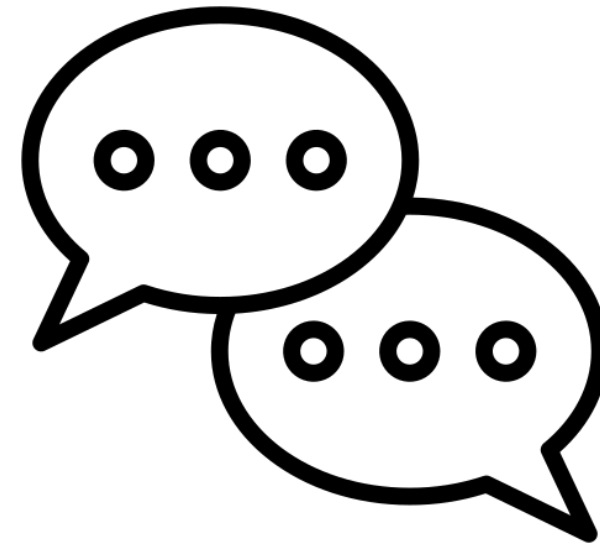
Did you know?

We exceeded our target for reducing emissions from energy use, in our 1st carbon strategy from 2010-2020!

Target was 40% reduction against our 2005 baseline and we hit 45% in 2021!

Communication

Sharing sustainability achievements strengthens our positive profile and creates change



Storytelling

The University has taken a pioneering and impactful step to create change in the sector by stopping the production of printed prospectuses in 2020

What you can do:

- **Wise up on the key ‘hooks’ for what sustainability is all about – e.g. people, planet and profit should be all joined up not separate issues**
- **Tell the sustainability stories in your area – if you have great sustainability teaching, partnerships and research going on, get the word out!**

Did you know?

Stopping printing the prospectus saved over 1,160 trees, over 23 million litres of water and over 11 million pages in 2019 alone!

Our Communications, Marketing and Student Recruitment team won several awards for this ground-breaking step!

Engaging People

Our sustainability achievements are powered by collaborations with students, staff and partners – we're a UN Regional Centre of Expertise in this!

What you can do:

- **Celebrate the small actions – do you know someone making a difference – nominate for sustainability award**
- **Educate where you can e.g. if creating a printed product, make sure to use FSC paper and display the badge**
- **If you're communicating externally, take opportunities to share the message of our sustainability commitment as core to our mission e.g. in writing job adverts, bidding for grants, forming partnerships and collaborations**

Insights - how students see sustainability

Check out the [Live Smart blog](#) for student perspectives on sustainability issues such as:

- **Tech impacts**
- **Shopping**
- **Veganism**
- **Fairtrade**
- **Recycling**

Events

Running events responsibly benefits our local community and the planet – and role models our values in action to all



Practicalities

Our catering hospitality has a default to avoid bottled water, disposable hot drinks cups, single use items and plastic containers - you can also ask for labels to show local sourcing and sustainable menu choices

What you can do:

- **Avoid producing waste by creating or giving out physical products - use digital materials where possible**
- **Include vegetarian options, lower carbon proteins and locally sourced choices in your menus**
- **Make sure speakers and stall holders have water jugs not bottles and know where the water refill points are**

Learn about reducing the carbon footprint of food [here](#)

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](#)

Hosting guests

Look for cost-effective local hotels that operate as social enterprises and find key sustainable travel info for guests e.g. EV charging and cycle routes between campuses [here](#)

What you can do:

- **Select event venues that are easy to walk to from bus routes or train stations**
- **Provide transport information for guests encouraging them to make low carbon choices**
- **Help set up car and taxi shares where participants might be making the same journeys**

Tips - top sustainable food picks for guests in 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.

Purchasing

Spending wisely for sustainability can save money, create value for others and help us be more inventive



Buying Better

Our procurement strategy is informed by impact assessment of our high value contracts looking at environmental, human and reputational factors not just value for money

What you can do:

- Review where you are spending and ask other teams if you can share equipment or borrow instead of buying more things that add to our carbon footprint
- If you must purchase corporate 'gifts' think of the message you are sending and choose ethical options or items with a second use – e.g. plants and seeds

Check out [WRAP](#) for more on circular economy ideas in action and reducing consumption

Did you know?

Our Catering tender process specifies and scores key sustainability requirements as part of the selection of our catering provider

Our SU is committed to only buying ethically sourced or Fairtrade clothing – see policy [here](#)

Circularity and reducing waste

The University has set targets to reduce our waste and increase our recycling rates, as part of our Environmental Management System

What you can do:

- **Bring your own cup for refectory hot drinks – reduce the single use and avoid paying the surcharge**
- **Use recycling bins in refectories – if in doubt about an item (e.g. different plastics or food wrappers) don't contaminate recycling – put it in general waste**

Insights – questions to ask in a 'needs review'

- **Why is this needed and what could prevent us from needing to buy new?**
- **Can we reduce how much we need of this?**
- **Are any goods already available at UoG?**
- **Can existing goods be repaired or refurbished?**
- **Can we hire it instead of purchasing or share costs with another team?**

Travel

Choosing low carbon transport cuts your carbon footprint, boosts your wellbeing and helps improve local air quality



Commute choices

The University has surveyed staff and students annually since 2017 to understand needs and decisions that support our travel planning based on meaningful data

What you can do:

- **Walk or cycle or use public transport to your campus – use park and ride facilities if you can**
- **Explore options for car sharing if it fits with your schedule and journey**
- **Use the flexible working policy to arrange work-from-home days that cut your journeys down**

Read our student blog on the benefits to students of switching to low-carbon travel [here](#)

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](#)

Business trips and meetings

Our work to reduce the carbon impact of routine travel activities is supported by digital improvements and our [Agile Working Policy](#)

What you can do:

- **Avoid flights - especially within the UK - if there is an alternative route that meets needs and budget**
- **Hold online meetings and workshops as alternatives that have benefits for engaging people**
- **Lower carbon field trip ideas can also help with concerns over finances and equality for students**

Insights - student life and study-related travel

Browse resources around sustainable field trips and related issues from the Royal Geographical Society [here](#)

Read student blog on travel benefits and choices [here](#)

Getting involved

We hope you enjoyed this guide to help you contribute to UoG sustainability and shape a fairer greener future for all!

- **Click on the logos at the right to follow us on social media**
- **Learn more about UoG sustainability on our [website](#)**
- **Keep in touch with any bright ideas or suggestions**



You can contact the team at sustainability@glos.ac.uk