My Sustainability Checklist

It can be difficult to know where to start with sustainability, but we've got you covered! By ticking-off these simple actions, you can have fun exploring our campuses and the local area, make a big impact, and get off to a sustainable start at Uni!

☐ **Grab a free, pre-loved item at our Swap Shop.** Find it at central campus locations throughout September and October. Shop second-hand to help save resources, waste and carbon.

☐ **Take a ride on an electric Beryl Bike!** Download the app to find hire points near our campuses. How about cycling to Falmouth with your new flatmates?

☐ **Grab a shower timer** from Glasney Lodge on Penryn Campus to help save water and protect local aquatic environments.

☐ **Indulge in a plant-based option** from one of our Food & Drink outlets, cutting your carbon footprint and delivering a bunch of wider benefits. You can find tasty options in our Sustainability Cafe on Penryn Campus, which is 100% vegetarian & vegan.

☐ **Take some time out in nature.** Track down our four biodiversity signs on Penryn Campus, discover the subtropical plants on Falmouth Campus, or embark on a coastal walk in Falmouth itself.

☐ **Catch the bus to Falmouth and cut carbon!** Buy a 'Town All Day' ticket to enjoy unlimited journeys for a day in the local area. Be sure to download the 'First Bus' app to buy ticket bundles, saving money, time and paper!

☐ **Switch off the lights after your lecture.** Keep an eye out for lights left on - maybe your lecturer has forgotten, or your new classmates haven't thought about it. You have the power to reduce our collective energy demand on campus.

☐ **Start recycling your food waste & Tetrapaks.** Set aside a used container for your food waste, bag your Tetrapaks, and recycle them both at our new on-campus drop-off points. Why not encourage your whole flat to get involved too?

☐ **Join a Green Society.** Your Students' Union has plenty of societies focused on sustainability challenges and solutions. Joining one is a great way to meet like-minded people and make big, collective impact!

☐ **Calculate your carbon footprint** using the 'popular calculator' on **carbonsavvy.uk**

We would love to see the positive impact you've been making! Post a picture of your action to social media, add the hashtag **#sustainablestart**, and tag your university!