



Robinson College
University of Cambridge

The small steps you can take that will help Robinson College's Green Journey





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- ▶ Tips on How you can make a difference and help reduce the Carbon Footprint here at Robinson College and in the wider community

- ▶ 1. Energy saving in your Room
- ▶ 2. Save Energy when washing your clothes
- ▶ 3. Being more Green around the College
- ▶ 4. Travel
- ▶ 5. What you Eat can make a difference.
- ▶ 6. Waste and Recycling



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► In your Room

- 1. Turn down heating in favour of an extra layer of clothing
- 2. Close the windows when the heating is on
- 3. Turn off all lights when you leave your room and at night
- 4. Turn off all electrical equipment rather than leaving them on stand-by
- 5. Ensure your fridge is set to the optimum temperature and not working too hard.
- 6. Close all the doors including external It helps keep in the heat.
- 7. Don't keep the tap running when brushing your teeth
- 8. Done leave your chargers plugged in when not in use



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▶ Washing your Clothes

- ▶ 1. Wash clothes on the shortest cycle that is practical for your needs. This means less water heated to a lower temperature, and a shorter spin cycle - this can also protect your clothes
- ▶ 2. Use a cold water cycle whenever possible. Soak heavily soiled items before washing and rub collars and or other stains with household soap.
- ▶ 3. Wait for a full load before washing, save water
- ▶ 4. Try and avoid heavyweight items (Heavy weight bath sheets) consider using light weight items instead.
- ▶ 5. Where possible try and use a high spin speed so clothes come out almost dry with less need for tumble drying
- ▶ 6. Don't overload the dryer, Hot air needs to be able to move around
- ▶ 7. Give items a good shake when transferring from washer to dryer, helps remove wrinkles and prevent tangled, twisted items from taking longer to dry
- ▶ 8. Try to do all your drying in one day, a second or third load can take advantage of the heat already built up in the machine.
- ▶ 9. Remove clothes from the dryer once they are dry, some modern machines will continue to rotate to prevent creasing and thus use more energy.



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► Being more Green around the College

- 1. Keep all doors closed including external and stairways
- 2. Use the water refuelling stations situated around College to top up your water bottles, don't buy plastic single use water bottles
- 3. Use the Red Brick Café 'Lug a Mug' Scheme and provide your reusable cup for your coffee/tea and also save on the price.
- 4. Having a Take Away from Garden restaurant ?- bring your own container and save on the use of disposables
- 5. Tell usContact the Green Team greenteam@robinson.cam.ac.uk with any suggestions, ideas, observations that you feel can make a difference.



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► Travel

- 1. Walk. We all know the health benefits and the reduction in carbon emissions associated
- 2. Cycle. For journeys local to Cambridge then cycling is often the quickest and most convenient way to get around the city. The benefits of cycling as a low impact aerobic exercise regime are well-documented. Cambridge is the cycling capital of the UK with 29% of adults cycling at least 5 times week compared to Croydon which has 1%. College has extensive facilities for bike storage and the Porter's Lodge has a supply of bike tools, lights and locks to purchase should you require any.
- 3. Take the bus. If cycling is not an option or the weather is atrocious then the Universal bus passes the College and gives direct access to the centre, railway station, Addenbros hospital and Eddington shops. A discounted fare is offered to University card holders on this service.
- 4. For longer journeys consider the train or coach. Cambridge station offers direct trains to London, Stansted Airport, Birmingham, Norwich, Brighton: many other destinations are available with a single change. International services to Paris, Brussels and Amsterdam are available from London St Pancras which is a three minute walk from King's Cross or a direct train from Cambridge to St Pancras low level platforms. National Express offers various coach services which depart from Parkers Piece.



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- ▶ What you eat can make a difference. What you put on your plate matters: nearly a quarter of all greenhouse gases come from agriculture
- ▶ 1. A meat free diet has been recommended as the 'single-biggest way' an individual can reduce their impact on the planet
- ▶ 2. Only eat sustainable fish. Sustainable fishing means leaving enough fish in the ocean, respecting habitats and ensuring people who depend on fishing can maintain their livelihoods.
- ▶ 3. Buy Green - Research what products are 'Green' before you buy. Some products will have labels indicating they are made with environmental safe , sustainable practises
- ▶ 4. Shop locally and avoid the plastic packaging you will find in many supermarkets
- ▶ 5. Plan meals in advance. Eating left overs and sharing meals with friends cuts down waste. Don't over produce your meals. Over a third of all food produced worldwide is never eaten.
- ▶ 6. Stock rotate the foods you buy in your fridge or cupboard. Dating your produced food helps rotation.
- ▶ 7. Eat foods in season and locally produced. Flying strawberries into the UK in winter does not help the Environment
- ▶ 8. In Garden restaurant only take what you are going to eat. Cut down on food waste.



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► Waste and recycling

- 1. Please recycle all that you can. There are recycling bins in every room for paper and cardboard and larger ones on every stairway for paper, cardboard, glass, food tins and drink cans, Household plastic packaging .
- 2. There are also glass recycling bins on High Court and Hershel Court, and various recycling bins in JCR, Library Entrance, Computer Room, Kitchens
- 3. Hostels have recycling facilities for Paper, Card, Food tins, Mixed glass, Household plastic packaging, cartons and food waste
- 4. The College also has additional recycling facilities for printer cartridges, electrical goods, batteries, mixed light bulbs
- 5. If you have any clothes, shoes , books, cd's, dvd's games or homeware that you wish to dispose of College has a British Heart Foundation recycle bank in the Loading bay for these items. A supply of bags for this use are available from the Porter's Lodge.
- 6. At the beginning of every Michaelmas term we operate a ' Bring and Buy ' sale of all unwanted goods from students (kitchen items, small appliances, general goods etc). Don't throw them away someone will have a need.