

# What is..... Ecoversity?

“ Ecoversity is the name given to the University’s programme, which aims to embed the principles of sustainable development across the Institution. ”

What does that mean for students?!

Well, it is more than just



but if we do



it reduces



so we hope you will.

We get students involved in



and



so that we can turn



into



We help students run projects like



,



and



so that more people get involved.

We produce things like



and



to help people work out how to do their bit.

What we really want is



and students with



to go out in to the



so that as the



we have done our bit.

We would love it if you would help.

Please



[www.brad.ac.uk/ecoversity](http://www.brad.ac.uk/ecoversity) to find out more and get involved.

# 102 ways to go a shade

# greener

1. Eat more fresh stuff
2. Exercise
3. Switch off unused lights
4. Walk more
5. Get to know your neighbour
6. Recycle
7. Buy less
8. Eat nutritiously
9. Repair rather than replace
10. Avoid flying
11. Have fun
12. Buy fair trade
13. Buy local
14. Grow your own food
15. Turn off all your electrical stuff at night
16. Take regular exercise
17. Cook a meal for your friends
18. Share lifts
19. Visit the countryside
20. Do some voluntary work
21. Support your local community
22. Pull on an extra jumper rather than turning up the heating
23. Make the car at home
24. Smile
25. Tell a joke
26. Join a club or society
27. Take part in the uob bird survey
28. Support slow food
29. Create calmness
30. Learn a musical instrument
31. Make a bird feeder
32. Only boil as much water as you need
33. Leave the most of what you've got
34. Buy organic food
35. Play a team sport
36. Buy local produce
37. Take part in the uob bird survey
38. Learn 5 different types of tree
39. Play a team sport
40. Buy organic food
41. Buy local produce
42. Use reusable containers to bring lunch to work
43. Buy fair trade coffee, chocolate and tea
44. Compost your food scraps
45. Skip the bottled water and refill
46. Eat less meat
47. Adjust your refrigerator and freezer temperatures
48. Take your own grocery bag to the supermarket
49. Buy unpackaged produce instead of prepackaged
50. Use reusable coffee filters
51. Avoid the drive-through
52. Only buy sustainable, environmentally friendly products
53. Keep your refrigerator and freezer full
54. Let food cool down to room temperature before putting it in the fridge or freezer
55. Buy fsc certified wood products
56. Donate unwanted items in good condition instead of throwing them out
57. Install a low-flow shower head
58. Install a low-flow toilet
59. Wash clothes at 30c
60. Hang your clothes out to dry instead of using your dryer
61. Harvest your rainwater
62. Make sure none of your water fixtures are dripping
63. Insulate your hot water heater at night
64. Have your boiler serviced
65. Get a home energy audit
66. Replace your light bulbs with compact fluorescent bulbs (cfl's)
67. Make sure to turn appliances off completely
68. Buy energy-efficient appliances when you replace
69. Buy rechargeable batteries
70. Use recycled paper to wrap gifts
71. Turn your thermostat down just a bit
72. Close your curtains at night
73. Turn your hot water heater down just a bit
74. Buy ink cartridges
75. Don't buy products tested on animals
76. Make your own cleaning supplies
77. Use your library
78. Recycle your batteries
79. Recycle unwanted treasures
80. Buy organic and all-natural beauty and personal care products
81. Make your own soap
82. Avoid toys made with pvc
83. Cruise skips for solar powered outdoor lights
84. Use less plastic
85. Buy an energy setting
86. Buy in bulk
87. Minimize use of disposable products
88. Use post-consumer recycled material
89. Take a shower instead of a bath
90. Become an eco-warrior
91. Use tree-free holiday cards
92. Avoid toys made with pvc
93. Donate unwanted books and magazines
94. Buy paper products made with recycled paper
95. Optimize your computer's energy setting
96. Get off junk mail lists
97. Use unbleached paper
98. Opt for an lcd computer monitor
99. Stop using chemical fertilizer in your garden (flower and shrubs)
100. Plant native flowers and shrubs
101. Buy organic cut flowers
102. Plant a tree.

