

GREEN GUIDE

EVERYTHING YOU NEED TO KNOW ABOUT BEING GREEN AT GIRTON



Welcome!

At Girton we have a long tradition of being green and energy efficient - but there is a lot more to do. To get involved in College activities please contact the JCR, MCR, Junior Bursar or Gardens team. To join the Girton College Green impact team, register online <https://greenimpact.org.uk/cambridge/login>

SECTION 1: RECYCLING

Recycling should be reasonably **clean and dry** (so give jars, bottles etc. a quick rinse before you put them in)

Do **NOT** recycle **greasy paper**/cardboard. The grease messes with the recycling process so, if contaminated, the whole batch may go to landfill.

Do **NOT** recycle **Pringles tubes** or **coffee cups** - they are made of mixed materials and so non-recyclable.

Recycling is good in Cambridge, and the things you can recycle here may be different to what you can recycle back home.

For example, in Cambridge you can recycle **ALL plastics**, (including film plastic and plastic packaging - even the stuff that says non-recyclable!).

The main things you *can't* recycle are polystyrene and crisp packets (because they're a combination of plastic and metal). Look out for the recycling bins in your kitchens!

Also, all college **take-away** containers are **biodegradable** so these can be composted. Follow the directions on the notice in your kitchen, or use the special compost bin in Hall.

We encourage you to **use your own bags or bins** for **recycling in your rooms** (normal bins are provided). These should be emptied into the main mixed recycling bins in the kitchens.



Clothes, books etc. can be recycled in the British Heart Foundation bins at Girton (located in the bin compound on the back drive) and at Swirles (front entrance).

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SECTION 2: SUSTAINABLE CATERING

The GIRTON Catering department is committed to catering as sustainably as possible. Our practice is to:

- Reduce use of ruminant meat & dairy products year on year
- Promote plant based foods and increase their use
- Reduce food wastage
- Source food and other products locally if possible
- Ensure that products are traded fairly throughout the supply chain
- Ensure that we only buy fish from sustainable sources
- Ensure animal welfare standards are adhered to through Red Tractor assured standards as minimum
- Use only free range eggs
- Remove plastic bottles from sale
- Warmly encourage use of keep-cups and customers' own washable takeaway containers instead of buying disposables
- Use herbs grown for us by the gardeners
- Make our menus as seasonal as possible

Fresh ideas and feedback always welcome.

Self-Catering? No need to self-cater at Girton, but if you do, please consider catering more sustainably:



- Buy fruit and vegetables in season
- Only use sustainable fish: <https://www.mcsuk.org/goodfishguide/app>
- Share food to reduce waste, or if you've bought too many tins, bottles, jars etc, donate them: <https://cambridgecity.foodbank.org.uk/give-help/donate-food>
- Eat fewer animal products, especially beef & lamb & dairy
- Make a packed lunch instead of buying a plastic wrapped one
- Use a refillable water bottle

SECTION 3: SAVING ENERGY, REDUCING WASTE

We want to see Girton's **carbon footprint** getting **smaller** and **smaller** - everyone can help by making a few small adjustments to save energy.

• UNPLUG CHARGERS WHEN THEY ARE NOT BEING USED

Mobile phone chargers, laptop docking stations and some desktop printers use energy regardless of whether they are charging or not because the voltage transformers on the plug consume energy. **Save energy by switching these devices off** and save money on your electricity bill. Unplug at the socket.

- **SWITCH OFF YOUR ROOM LIGHT** when you leave your room.
- **REPORT DRIPPING TAPS** immediately at: <https://www.girton.cam.ac.uk/girton-community/repair-request/>
- **REDUCE HEATING BILLS** Don't overheat your room. Cool it down by turning down the heating rather than opening the window.

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- **PUT A LAYER ON - NOT THE HEATING** Use additional clothing layers to warm up as a first resort. A jumper can increase your body warmth by 3° Celsius.
- **KEEP WINDOWS AND DOORS CLOSED** when the heating is on. As you go round the corridors, please close windows and doors. If everyone does their bit we can collectively make a big difference.
- **ONLY FILL THE KETTLE WITH** The amount of water you need (200ml for an average cuppa).
- **USE LAUNDRY MACHINES** only when you have a full load, or share a wash with a friend. **WASH AT 30°!**
- **PUT A LID ON YOUR SAUCEPAN** for quicker and more efficient boiling/cooking.
- **SAVE WATER -HAVE A SHORTER SHOWER.** Girton's water is metered so every drop saved is also money saved.
- **DON'T PRINT IT** - unless you really have to. Girton is paperless in terms of all committee business - all papers and minutes are on the college Moodle site.
- **CYCLE** - You're at Girton so you probably will. But if cycling isn't for you, contact the lodge for bus timetables, or walk down to Swirles and pick up the Unibus.
- **SWIRLES & ASH COURT STUDENTS - UNLESS YOU NEED THE LIFT, USE THE STAIRS INSTEAD**
- **USE A MENSTRUAL CUP**

Much cheaper than tampons in the not-so-long term and produces considerably less waste. Be open-minded and give it a try: <http://www.mooncup.co.uk/>

- **Use a reusable coffee cup.**

Girton KeepCups are available from the Lodge and Catering Departments. They make fantastic gifts and are **ALLOWED IN THE GIRTON LIBRARY!**

- **Donate/ sell old clothes.**

There are many charity shops in Cambridge that will happily receive donations. Also, several societies run "Clothes Swap" events at points during the term, e.g. CUSU LGBT run an event to donate clothes to the transgender and non-binary communities.

- **Use reusable bags/ containers.**

Invest in some "Bags for Life" or cloth bags for your shopping. This uses fewer resources and less energy than single use plastic bags and, since there's now a 5p charge on single-use plastic bags, it's cheaper in the long term. You can also use tupperware instead of sandwich bags for your lunch.



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SECTION 4: STUDENT SWITCHOFF AND GREEN IMPACT

Student Switch Off is a competition run between colleges with the aim of reducing our environmental impact. It runs various mini competitions, for which you can win prizes - last year e.g. **100 tubs of Ben and Jerry's ice cream!**



The overall college winner also gets £250 towards their June Event (a big party at the end of the year). If you want to be more involved, you can sign up to be a Student Switch Off Ambassador and spread the word about the different events taking place.

Give them a like at: <https://www.facebook.com/CambridgeSSO/> And make sure to **sign and pledge your support** to give us a chance at winning at: <http://studentswitchoff.org/unis/cambridge/get-involved/>

See how Girton did in 2018/19: <http://studentswitchoff.org/unis/cambridge/leaderboard/>

Green Impact is another competition between the Colleges and University departments, where teams of staff and students work to improve the environmental performance of their places of work and study.

Girton got a GOLD award for our collaborative work last year. Aiming for Platinum in 2019/20- Please help!

See: www.environment.admin.cam.ac.uk/green-impact

SECTION 5: GIRTON GARDENS & GROUNDS -A VAST GREEN SPACE ON YOUR DOORSTEP

We are very lucky here at Girton to be surrounded by over 50 acres of woodland, gardens and green space - wonderful for walks and sports and de-stressing and also a home for wildlife -black squirrels, grey squirrels, rabbits, foxes, badgers, ducks, deer , woodpeckers, herons and sometimes a terrapin. Pity those centrally located colleges with neither the acreage nor the healthy bike ride opportunity on a daily basis.

For glimpses of the gardens follow the Gardeners on Instagram [@girtongardens](https://www.instagram.com/girtongardens).

Pick up your free self-guided garden tour map from the Porters' lodge and have a wander. If you'd like company, come on one of our regular **garden walks**, led by an expert.

Oct 22nd 2019 2pm - Medicinal Plants with Patrick Harding. Meet at the Lodge

April 24th 2020 11am Theme TBC (suggestions welcome)

Down at Swirles there are also 50 hectares of green space: <https://eddington-cambridge.co.uk/explore/parks-and-open-spaces>.

Fancy a spot of **gardening**? You can have an allotment strip at Swirles and join the volunteer garden scheme on the main site (there is even a volunteer **shed**) - contact the Maintenance and Contracts manager (sa755@cam.ac.uk), or Junior Bursar (mh208@cam.ac.uk) for further details.

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We have regular wildlife surveys on site - moths, birds, dragonflies etc. If you want to get involved, contact the Junior Bursar. It would be good to have a twitcher board on the website, so we know what birds are about - please contact the webmaster (webmaster@girton.cam.ac.uk) if you would like to set one up.

A list of Local Nature Reserves can be found here: <http://lnr.cambridge.gov.uk/visit-the-cambridge-nature-reserves/>

The Wildlife Trust has a few reserves within cycling distance, including Trumpington Meadows and Cherry Hinton Chalk Pits: <http://www.wildlifebcn.org/wildlife/reserves>.

Girtonians also get **FREE ENTRY** to the Botanic Gardens - just show your Camcard: <https://www.botanic.cam.ac.uk/>

If you want to get out of the bubble, there are some fantastic RSPB nature reserves that are just a train or bus ride away: <https://www.rspb.org.uk/reserves-and-events/find-a-reserve/reserves-a-z/reserves-by-name/f/fendraytonlakes/> or <https://www.rspb.org.uk/reserves-and-events/find-a-reserve/reserves-a-z/reserves-by-name/l/lakenheathfen/>

For an organised extended trip, **CU Nature Society** (<https://www.facebook.com/groups/451300958255085/>) organises trips approximately twice a term. You can even volunteer to help maintain these lovely spaces - have a look at the Wildlife Trust website for opportunities: <http://www.wildlifebcn.org/work-parties>

SECTION 6: SOCIETIES & QUICK LINKS

As well as Girton JCR/MCR initiatives and the college Green Impact team there are a huge number of green societies at Cambridge. The Societies Fair in Freshers' week is the best place to find out what's on offer or visit the Cambridge Hub webpage, contact below.

- CAMBRIDGE UNIVERSITY ENVIRONMENT AND ENERGY (coordinates environmental sustainability within the University estate):
Website: <http://www.environment.admin.cam.ac.uk/students>
Newsletter sign-up:
<http://cam.us11.list-manage.com/subscribe?u=6c4d3a5230c68371276fd7dbf&id=c782d09975>
Facebook: <https://www.facebook.com/CUenvironment/>
- CAMBRIDGE HUB (coordinates lots of sustainability stuff in Cambridge and the wider community):
Facebook: <https://www.facebook.com/CambridgeHub/?fref=ts>
Website: <https://www.cambridgehub.org/>
- STUDENT SWITCH OFF:
Facebook: <https://www.facebook.com/CambridgeSSO/>
Website: <http://studentswitchoff.org/unis/cambridge/>

THANKS TO MAGDALENE GREEN TEAM FOR INSPIRATION