Sustainable living guide.

Host.

Where students are at home.

Welcome to your new home.

Host are committed to having a positive social and environmental impact.
We can achieve this with your help by focusing on:

Reducing energy consumption.

Preserving water supplies.

Reducing waste.

Reducing our carbon footprint.

Host are committed to having a positive Social and Environmental impact, a commitment which is guided by our Sustainability Strategy.

While we make our best efforts in the way we conceive and manage our buildings, we also know that the way you will be living within these walls will have a massive impact on our environmental performances – which is why we created this guide.

Our Sustainable Living Guide is not just for you to use over the next few years while you are studying.

We hope it will help you understand your everyday environmental footprint and that it will become a guide for the rest of your life.

What can you do? Let's get started.

Energy use.

Here's what you can do to reduce energy consuption:

Turn off computers, printers and copiers when you are not using them. They will continue to draw a small amount of power even if they are in sleep mode.

Please don't waste heat by having your windows open with the heating on, and switch controls to a low setting on leaving.

Make sure power saving mode is activated on the computers. As screens use most of a computer's energy they should be set to go into sleep mode after a determined amount of time.

Check how heating controls work in your accommodation and ask residences staff if help required.

Turn off lights when not in use or when daylight is sufficient.

Draw blinds on sunny days in the summer to reduce cooling requirements.

For more tips on how to save energy, check out:
www.energysavingtrust.org.uk

Water.

If we can reduce the water that we use for drinking, cooking & washing, we can also reduce the discharge to the sewerage system. Here'ss what you can do to help reduce water use:

Report any problems with dripping taps or leaks to Residences staff, as quickly as possible. A leak of only one drop per second wastes about 10,000 litres of water per year!

Keep a jug of water in the fridge to avoid running the tap unnecessarily.

If you have a dishwasher in your kitchen, only run it when it is full.

When cooking or making a drink, only fill your kettle/pan with enough water for your needs.

When washing up, use the sink or washing up bowl, and don't wash your plates & cutlery under a running tap.

Showering: Shorten your shower. Every minute less you spend in the shower saves up to two gallons of water.

Utilise the dual flush function when available on the toilets to reduce water usage.

Turn off the faucet while you are brushing your teeth and doing dishes—people have probably been telling you this since you were five, but this is just a friendly reminder.

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Waste.

Here are some things that you can do to reduce waste:

Make sure that you use the recycling bins provided.

Plan your purchases and try to buy products that have the minimum packaging where possible.

Place each type of recycling in an appropriate bin, and please do not mix them up, or contaminate with food waste.

When you leave at the end of the year, please donate any unwanted clothing, bedding, crockery, pans, etc to Charities.

Purchase a water filter or jugs to avoid the use of bottled water. Millions of water bottles find themselves in landfills every year.

Purchase remanufactured ink and toner cartridges and recycle them rather than throwing them away. Millions of cartridges find themselves in landfills every year.

Never dispose of pharmaceuticals using the toilet, sink or garbage. Most pharmacies have drug recycling programs.

Tonnes of pharmaceuticals find themselves into our waterways every year, with adverse effects on aquatic life.

For more tips on how to save energy, check out:
www.energysavingtrust.org.uk

Transport.

Here are measures that you can reduce the footprint associated with transportation:

Take public transportation as often as possible. A full bus is equivalent to taking 40 to 60 cars off the road.

Look at your University Travel Guide for advice; ask residence staff; or go on-line at the websites below for further information.

Walk or cycle to work if you are able. Doing so will benefit both the environment and your health.

Secure cycle storage spaces are provided in the residences, but we would also advise that you invest in a strong reliable D-lock to keep your bike secure when out & about.

Try setting up a carpool for your commute. Carpooling has the added advantage of reducing emissions while reducing your transportation costs.

When choosing a car, make fuel efficiency one of the deciding factors in your selection process.

Please avoid bringing a car to university, as there are plenty of alternative modes of travel, and parking on Campus is limited.

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Sustainable living guide 2024/2025.

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