

CHANGE STARTS WITH YOU

THE SUSTAINABILITY GUIDE



Leiden University
Green Office



DAILY LIFE HACKS ON LIVING SUSTAINABLY
AT HOME, AT LEIDEN UNIVERSITY AND
OUTSIDE. CHALLENGE YOURSELF!

START TODAY

Leiden University Green Office (LUGO) aims to structurally integrate sustainability in Leiden University's education, research, and facilities and also foster a culture of sustainability in the community of staff and students at Leiden University.

WATER



Challenge yourself to be aware of your daily water-use. LUGO tips:

- **Showers smart by timing your shower.** Search for the 'Smart Shower Playlist' on Spotify.
- **Store rainwater** in a barrel and use it for watering your plants/lawn!
- Only **use your dishwasher when full** and try to minimize the use of the water tap.
- **Save up** your dirty clothes for a full wash and only switch on your dishwasher when it is completely full.
- **Showers more responsible** by installing a water-saving shower head.
- Be aware of your daily water use, and check the average water use per day [here!](#)

Join the pipe

- **(Re)fill your reusable water bottles at Leiden University** by using the Join the Pipe Water Points! For more information about our collaboration with Join the Pipe, have a look at their [website!](#)
- **Steam your veggies** instead of boiling them. How? Click [here](#) for tips!
- **Calculate your water use:** watercalculator.org

FOOD



Recent reports on climate change show that to tackle the climate crisis, we need to transform our food habits and also understand how our food impacts the climate.

LUGO tips:

- **Buy seasonal produce** at your local market or try going package free at [lekkernassuh](#) in the Hague
- **Buy fair trade** and check other important food labels on voedingscentrum.nl
- Try challenging yourself to **go vegetarian or vegan** for 21 days. After that, it might even become a new habit!
- **Get creative** with vegetarian and/or vegan recipes at [Oh my veggies](#)
- **Share meals** with the people around you! Download the app [Thuisgekookt!](#)
- **Prevent food waste** at your local restaurants and supermarkets by downloading the [Too Good To Go-app](#):



WASTE



For almost everything you purchase, you are left with a certain amount of waste. The solution is the circular use of products. LUGO tips:

- **Separate your waste** at Leiden University by throwing it in the correct bin(s): paper (**blue**), drink packaging and plastics (**orange**), glass (**brown, green** or white).
- **Choose reusable!** Bring your own canvas bag when grocery shopping and avoid using plastic bags (and wrappings).
- **Check the eco labels** of the products that you purchase and use at europeesecolabel.nl
- **Start meal-prepping!** Becoming more organized in what you eat during the week, will not only reduce food waste, but it will also make you more aware of what you spend on food. For more tips, have a look at '[30 ways to reduce your waste](#)'
- **Repair café (NL):** learn how to fix your broken goods (e.x. coffee machine or bike) for free and meet like minded people! If your goods cannot be fixed try buying them **second hand!**
- **Avoid fast-fashion** and challenge yourself to find longlasting pieces in thrift shops.

Click for shops in [the Hague](#)
Click for shops in [Leiden](#)



ENERGY



By reducing your energy-use, not only are the greenhouse emissions cut down but so is the money leaving your pocket! LUGO tips:

- **Lower your heater** to the ideal working temperature of 20 degrees
- **Calculate your energy-use** at: energyusecalculator.com
- **Isolating and saving energy** can be done in a nutshell. Find the guide and motivation at milieu centraal
- **Unplug unused appliances** and avoid phantom power! Make it your new habit to check plugged devices before heading out

- **Need a push in the right direction?** Check out:

 woonbewust.nl

 Klimaatexpert.com



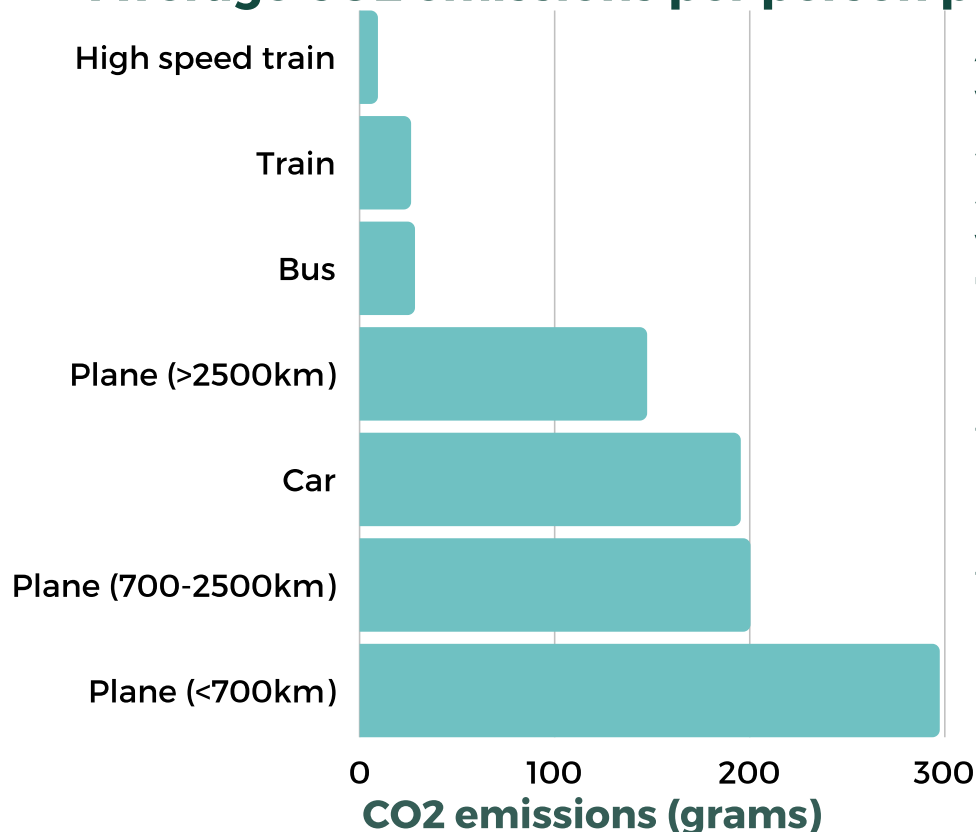
 **ENERGIE BESPAREN**
iedereendoetwat.nl

 milieu centraal | Verbeterjehuis

TRANSPORT



Average CO2 emissions per person per kilometer (grams)



A quick look at this graph will show you that high speed trains are the most sustainable way of travelling, where flights less than 700km are the most polluting. For your next trip maybe try considering taking the train or bus instead of the plane!

Find more sustainable travel tips:

- [Lonely Planet](#)
- [SustainableTravel](#)
- (Gift tip) [Duurzaam Reizen](#), by Zoë van Liere

Three LUC students did research on how to travel sustainably: a big thanks to them!

CONNECT WITH US AND GET INVOLVED!

Stay informed about activities, internships, committee and coordinator openings at LUGO and help us contribute to a more sustainable Leiden University.



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