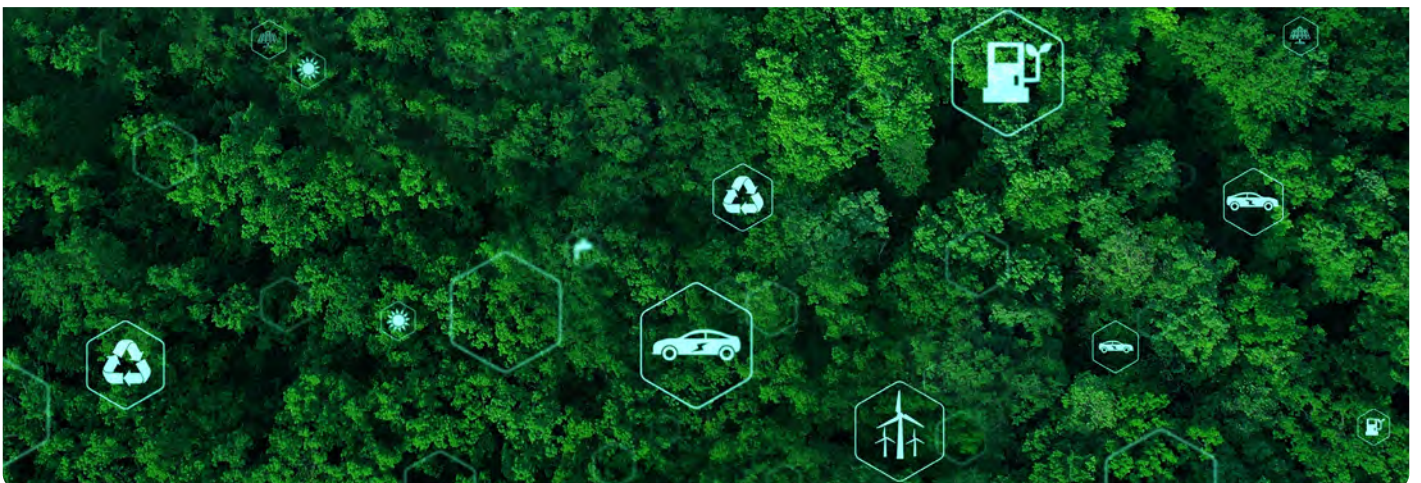




A-Z of Sustainability



For more information visit
jesus.cam.ac.uk/sustainability





A for

Aviation

Air travel is one of the least sustainable modes of transport – taking the train instead can cut your CO₂ emissions by up to 90 per cent. When deciding how to travel for a particular journey, consider whether travel is required in the first place or whether there is a way of travelling more sustainably. If flying is necessary, try to choose a direct flight rather than making one or more stops. This ensures that your plane only takes off once and is therefore more fuel-efficient.





B for

Buses and bikes

The College is near multiple bus stops, including the city's main bus station in Drummer Street and the coach ranks at Parkside. There are also five park and ride sites located around Cambridge where you can park for free and which are served by regular buses into the city centre.

Bike to work more often and use the facilities here for safe parking, changing, showering, and drying. For those living beyond cycling distance, consider multiple modes of transport where you drive to the city outskirts and ride the final stage of the journey.





C for

Cars and Coaches

Car sharing does not have to start and finish at home. Perhaps you could take your car or public transport from home to a central destination where you meet up with colleagues or friends to finish your journey.

Consider travelling by coach, particularly to major cities. Coach travel creates a much smaller carbon footprint when compared with many other vehicles.





D for

Draft exclusion

Gaps under doors can result in the loss of substantial heat, so consider introducing a draft excluder. Some are portable, while others are fitted to the door. YouTube has easy tutorials for how to make one at home.





E for

Energy use

Where possible, switch off and unplug electrical items at the end of each day and any equipment that is on standby. Switch off lights when you are the last person leaving the room, even if only for a few minutes.

When washing clothes, wait until you have a full load, wash on a shorter and cooler cycle, or share a load with someone you live with.

Consider using less energy-intensive cooking appliances such as a slow cooker rather than an electric or gas oven. Less electricity is consumed when members of a household cook together. It can also be much cheaper than cooking for one person.





F for

Food

Reduce your meat and dairy consumption and consider how you may be able to cut or eliminate ruminant meats such as beef and lamb. Tofu, seitan, beans, legumes, nuts and seeds are more sustainable options with a high protein content. Going plant-based for two-thirds of meals could cut food-related carbon emissions by 60 per cent.

Where possible, buy food that's grown locally and in season. Create a meal plan and freeze food if you've made too much. Download a food-sharing app where you can advertise useable foodstuffs that you may no longer want and where you can see what others in your area are giving away.

When ordering food for a catered event, ask people to RSVP for catering numbers and consider how much you really need.





G for

Gardens

Take an interest in the grounds of the College or your local community and engage with projects aimed at increasing biodiversity.

Stick to the paths on the nature trail to maintain the wildlife habitats that have been created there.

Try planting pots and containers and introducing biodiversity onto your patio or outside the front door. Herbs make good container plants and attract lots of wildlife. Look at [The Wildlife Trusts' website](#) for more ideas.

Check carefully for active bird nests before cutting hedges and try to avoid it entirely during March to August each year, as this is the main breeding season for nesting birds.





H for

Heating

Ventilation is important, but please ensure windows are closed when the heating is on. This includes external windows and secondary glazing where it is installed. If you are indoors for a long period, open the windows occasionally for a blast of fresh air to manage air quality.

Turn radiators down at the end of the day, especially on your last working day of the week or if you're heading home for a weekend (clockwise to close, anti-clockwise to open). Heating and hot water are major sources of carbon emission in the College and our homes.

Dress for the weather conditions; this includes indoors, so heating can be kept at a lower temperature. In winter, try to manage working in a lower temperature than you have been used to by wearing an extra layer. In summer, wear cool clothes and use fans and other mechanical cooling as a last resort.





I for

Investment

Responsible investment is an approach to investment that explicitly acknowledges the relevance to the investor of environmental, social and governance factors, and of the long-term health and stability of the economy and society as a whole. Find out more about the College's commitments by reading our [Responsible Investment Policy](#) and consider whether you can apply the ideas in your own life.



JESUS COLLEGE
CAMBRIDGE

For more information visit
jesus.cam.ac.uk/sustainability





J for

Joint action

Achieving change and developing positive new habits is much easier when done in conjunction with family, friends and housemates. Commit together and help to keep each other on track, like many already do with initiatives such as Veganuary.

Look to see if there are any local or national groups which work on the topics that you are particularly interested in.





K for

Kettles

Don't overfill the kettle when making a hot drink;
only boil the water that you need.



JESUS COLLEGE
CAMBRIDGE

For more information visit
jesus.cam.ac.uk/sustainability





L for

Life cycle

When purchasing new, research and consider how long the product will be used for and what will be its future life cycle – will it be consumed, will it be re-used, will it be recycled? If none of these apply, then there might be a better alternative available or you may wish to try to buy it second-hand.



Use less energy

Simple changes, you can make your home more energy efficient, reduce your bills and lower your carbon footprint. Now that is smart!

Reduce power time by switching off your bills. Savings can be made by unplugging inserts and leads.

Check your rooms? Adjust your thermostat so you don't waste energy on unused rooms.

Washing machine: Use a full load. Energy can be saved by washing at a 30°C wash.

Kettle: Use only what you need.

Washing machine: Turn off the spin cycle when you are finished.

Washing machine: Turn off your washing machine when you are finished.

Washing machine: Turn off your washing machine when you are finished.

Washing machine: Turn off your washing machine when you are finished.

Living Room
Turn off as many lights and appliances as possible when not in use. Energy savings can be made by avoiding standby mode.

Insulation
Consider loft and wall insulation to prevent heat leakage.

Garden
If the sun is shining turn off the tumble dryer and dry your clothes naturally.



M for

Measure and meter

Measure what you use to see if you can make any savings individually or as a household. For example, if you think you will get through a larger pack of food before the contents expire, then larger packs often use less packaging than the same amount of food contained in multiple, smaller packs, and they are better value to buy.

If you have a smart meter, run some experiments in your home with family or housemates. Which appliances use more power than others, and can you reduce how often you use them? Does it make a difference if you switch them off at the plug when not in use?





N for

Net zero

Jesus College published a [Sustainability Strategy 2020-2030](#) in 2021 which included the Aim: “To achieve Net Zero carbon status for Scope 1 and Scope 2 emissions by 2030.”

The College continues to invest in the fabric of its buildings; however, to achieve our strategy, we need everyone in the community to take action to reduce their environmental impact. Building improvements are simply not enough if we are to be successful.





O for

Organic

Some chemicals and certain synthetic materials can have a detrimental impact on ecosystems.

Where feasible, consider purchasing foods that are free of artificial pesticides and fertilisers or perhaps swap to eco-friendly cleaning products or more products made with natural fibres.





P for

Plastic and periods

Try to reduce the amount of plastic you use by buying goods with less or no packaging. Avoid purchasing single-use plastics and instead use reusable cups and food storage containers. As a bonus, you often get money off your purchase for using these.

Over 4.3 billion disposable period products are used in the UK every year. **Reusable menstrual products** are the most sustainable option to switch to, and they will save you a significant amount of money in the long-term. For people who cannot use reusable products, try to opt for biodegradable products instead of those that contain plastic and bleach.





Q for

Quick fixes

If it is a good idea, won't cost much, won't affect others and it is environmentally friendly – then just do it.

If you can't fix something yourself, ask your friends for a recommendation – there are many talented craftspeople in Cambridge who can fix bikes, clothes, small appliances, and much more.



JESUS COLLEGE
CAMBRIDGE

For more information visit
jesus.cam.ac.uk/sustainability





R for

Refill, Reuse, Recycle

Opt for refillable products such as washing-up liquid and laundry detergent – some local Cambridge shops sell refillable soap, washing-up liquid, detergent, and fabric conditioner. Buy loose leaf tea and a tea strainer – lots of tea bags are coated with plastic so are very difficult to compost.

Try and ensure things you no longer use will be reused by someone else either by giving to charity shops or posting on freecycle sites.

Clean and rinse containers to ensure recyclable materials are not contaminated and unable to be recycled. Recycling points are all around Jesus College. General waste, dry mixed recycling, food waste and mixed glass are the types of waste being collected so far. Batteries and crisp packets can also be recycled in the Roost. Larger plastic bags can be recycled at many of the supermarket chains in the city.





S for

Shopping

Consider the origin of things you purchase on behalf of the College or for your personal use to minimise the impact of transport. Cut down on product miles by buying from local producers if possible.

When buying clothes and goods, opt for quality over quantity, and care for and repair existing clothes.

Consider buying second-hand, perhaps from one of Cambridge's many charity shops (behind the Grafton Centre or Mill Road are good locations) or shop from preloved websites and apps. Upcycling is a great way of getting exactly what you want for less money than buying new.





Photograph © Chris Loades

T for

Trees

Trees for Streets is a national tree-sponsorship scheme which makes it easy for you to donate and contribute to the planting and watering of trees in your neighbourhood. Cambridge City Council runs a local **sponsor a tree** scheme as part of the national programme.



JESUS COLLEGE
CAMBRIDGE

For more information visit
jesus.cam.ac.uk/sustainability





SUSTAINABLE DEVELOPMENT GOALS

U for the

United Nations

The UN has 17 Sustainable Development Goals reflecting the biggest challenges facing global societies, several of which are incorporated into the College Sustainability Strategy. Take the time to familiarise yourself with these goals and challenge yourself to help contribute to their achievement.





V for

Volunteering

See what local volunteering opportunities exist to help the environment. Perhaps you can help at a food bank, organise a litter pick with colleagues, family, or friends, or attend a similar clean-up event in your community.



JESUS COLLEGE
CAMBRIDGE

For more information visit
jesus.cam.ac.uk/sustainability





W for

Water conservation

Try to limit your shower to four minutes or less to reduce water consumption and the energy used to heat the water.



JESUS COLLEGE
CAMBRIDGE

For more information visit
jesus.cam.ac.uk/sustainability





X for

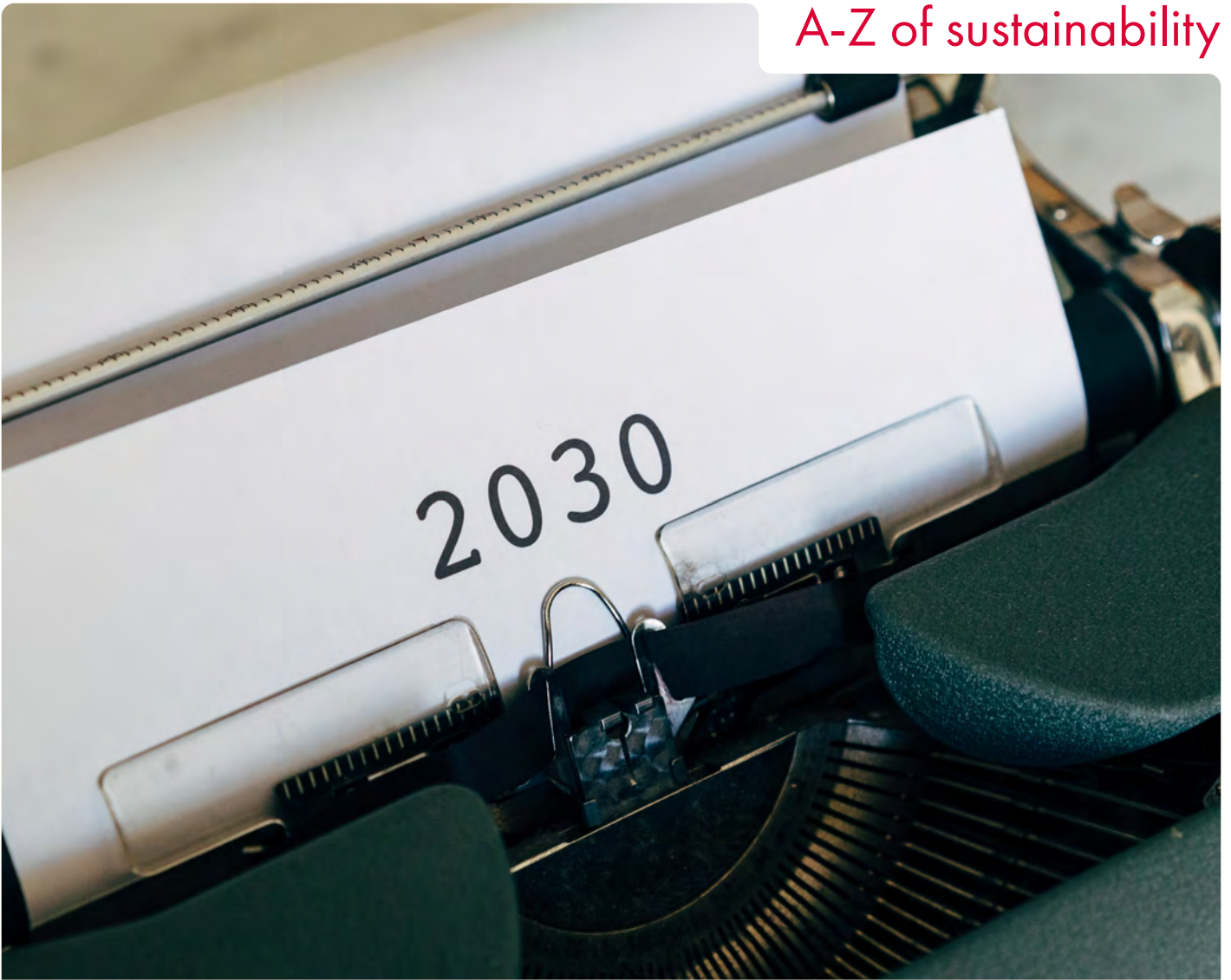
Xeroxing and paper

(Or as we say in the UK, photocopying). Try to avoid it unless it is necessary. Recycle spent cartridges and resist the urge to take leaflets that will only end up in a pile in your room unless you'll use them.

Set your printers and copies to double-sided and grey scale as a default, and only print what is necessary. Consider going digital with newspaper subscriptions.

Collect and use scrap paper before recycling it.





Y for

Year

2030 is our ambition to achieve Net Zero Scope 1 and Scope 2 emissions as a College. Time is tight, as a community we cannot afford to delay in making meaningful changes in our behaviour.



JESUS COLLEGE
CAMBRIDGE

For more information visit
jesus.cam.ac.uk/sustainability





Z for

Zero waste

Segregate your waste into the correct recycling bin to help us to achieve our ambition of sending zero waste to landfill.



JESUS COLLEGE
CAMBRIDGE

For more information visit
jesus.cam.ac.uk/sustainability

