



University of St Andrews
from first to foremost

600 YEARS
1413 – 2013

StAndrewsability: The University of St Andrews Guide To Sustainability

2010-2011



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The University of St Andrews Sustainability Guide is lovingly brought to you by the Environment and Energy Team at Estates, in collaboration with the Sustainable Development Society and Transition St Andrews.



Foreword

We face many challenges today. The world remains an unequal place, with many people hungry or threatened. The planet continues to experience biodiversity loss and pollution, resource scarcity and global warming. But here at the University of St Andrews we are not bowed by these challenges. We believe we can contribute to the development of alternative futures, through research, education and, importantly, through our own behaviour. David Orr proposed six principles to rethink education in a way that can resolve many of our current societal and planetary problems:

- 1) All education is environmental education
- 2) Master yourself, not the subject
- 3) With the acquisition of knowledge comes responsibility
- 4) What will be the impacts of a particular form of 'knowledge'?
- 5) Educational institutions should be exemplars!
- 6) Learning process is as important as content (Orr 2004)

We hope that as all of us, students, academic and support staff, learn more about sustainability challenges, we will be able to rise to them and accept our responsibility. We will think beyond the bounds of our disciplines and reflect on the way in which we all learn. We can make this institution and the surrounding area in Fife a place renowned for sustainability, where we have the courage and the intellect to develop new ways of being.

This excellent guide will help us all start our journey, as individuals, or together. We can join Transition: University of St Andrews, or we can just begin by being more careful about where we shop or how we recycle. We can also make friends, taste new foods and have fun creating a new world. I hope this guide will inspire and inform you!

Dr Rehema White
Sustainable Development Programme Coordinator



Chapter 1: Introduction

Welcome to the first ever University of St Andrews Sustainability Guide!

I could harp on about how great the guide is, how it offers all the solutions to save the planet and make St Andrews the best place on earth, or I could be straight with you.

Just like many others before me, I am a graduate of the University of St Andrews. You would have thought that having spent the last 4 years studying Sustainable Development, the production of a guide on 'being sustainable' would be quite straight forward. Well it is in fact quite the contrary. Producing this guide, with the invaluable help of the Sustainable Development Society, Transition St Andrews and the Environment and Energy Team at Estates, required a lot of thinking about what 'being sustainable in St Andrews' actually meant.

There is no one size fits all, and this guide does not begin to pretend that there is. What we do hope is that as you read this guide you will understand more about what it means to be part of St Andrews, to live in this small coastal town, and study at the only University with a 'Raisin Weekend', and what stands to threaten such an existence. In a world of shifting financial, environmental and social pressures, we must find our own way to protect what we treasure, and in the process, challenge our values. We must remind ourselves that this lifestyle, town, world and resources, are not just solely for us. It's for the other people we work, study or travel with, or Hamish the town cat, or as most famously referred to in discussions of sustainable development, for the future generations yet to come.

In the face of the devastating impacts of climate change, peak oil, the financial crises, unprecedented losses in biodiversity, poverty and human rights abuses, the world is changing. Don't get me wrong, I'm not a fan of doom and gloom but the extent of change necessary to prevent such predictions is vast. So let's break it down, step by step. And here, you can start with the points explored in this guide.

Hanna Plant

Sustainability Officer – University of St Andrews Estates



Chapter 2: Sustainability in Education and Policy

What is 'Sustainability'?

Well, to be honest, there is no definitive definition. In simple terms:

Sustainability means using the resources of the planet in a way that is equitable and ensures that we don't leave it any worse off than when we arrived here.

Rather than a traditional style of trade-offs between benefit and cost, it encourages consideration of the social, environmental and economic impacts of activities, to ensure that massive social or environmental benefits aren't ruled out simply because they cost money or require people to consider changing their behaviour. Trying to live sustainability can take many forms – lessening your carbon impact through driving less, eating more locally or turning down your heating to minimise global warming enhancing social capital through building bonds within the local community to ensure it is a happy and more resilient* place to live, thinking further-afield and aiming to buy more responsibly and ethically, and many other actions. This guide should give you a good few ideas about how to easily be more sustainable in your living within St Andrews, but it is by no means exhaustive.

- * **Resilient:** able to withstand external pressures, such as job-losses due to financial problems or even a ban on food imports or the implications of carbon-cutting initiatives.

There are trade-offs to be made in sustainability. For example, we all travel to St Andrews, which has a carbon impact, but we are (hopefully!) enhancing our intellectual and social capital by being here. What is an easy behaviour change to some, may seem impossible to others, and people's priorities differ. As you read, try to think about the impact areas that apply most to your way of living, and consider what you could do to minimise your lasting negative effect on the planet. Sustainability is not about preaching to people how to live, despite how it is often portrayed by the media, but about individuals making a conscious choice to consider others, and the planet, in their activities. Otherwise the behaviour change is unsustainable (sorry...!)

The Role of Higher Education Institutions in Addressing Sustainability

Sustainability research is a complex issue because it is interdisciplinary and doesn't necessarily provide an immediate financial gain – therefore businesses tend to ignore much of it. The onus therefore often falls on academic institutions to lead the way in this essential area of research.

Academic institutions such as St Andrews pride themselves on their research as much as on their teaching. For sustainability to become mainstream it is vital that all academic departments contribute to research which will assist the human race in adopting a more sustainable lifestyle, and that all research extends outwards in a way

that is accessible to all. This can happen through the publication of articles and other documents, the facilitation of cross-departmental research or discussions, and through direct teaching.

Finally, it is essential that higher education institutions practice what they preach, by making choices and challenging internal behaviours in a way which reflects the outcomes of such research. Through doing so they can provide a positive role model for other educational institutions, business and individuals to adopt more sustainable ways of conducting their day-to-day activities.

Education for Sustainability: The Sustainable Development Degree Programme

The Sustainable Development (SD) degree programme is exceptional, not only within the UK, but globally. This uniquely interdisciplinary programme is coordinated from the School of Geography and Geosciences, but topics are taught from 11 different schools across the University. The first graduates only qualified in 2008, and since then the course has flourished. Three cohorts have now graduated from the undergraduate degree and the recently established postgraduate programme is now into its 2nd cohort.

The SD Programme is now considered Scotland's flagship higher education degree programme related to sustainability, and was showcased by the Scottish Government as an example of good practice within Scotland's contribution to the UN Decade of Education for Sustainable Development (2005- 2014). In 2009 the SD programme also won the **2009 Green Gown award** for best UK Course promoting sustainability. The Green Gown Awards recognise exceptional initiatives being taken by universities and colleges across the UK to become more sustainable.

Throughout the sustainable development degree, be it undergraduate or postgraduate, students critically appraise the definitions of, and responses to, the sustainability agenda. Setting out on the road towards sustainability is an enormous challenge, requiring social, economic and environmental concerns to be balanced. The SD programme explores the issues underlying many of the most challenging global problems such as climate change, poverty, natural resource depletion, peak oil, declining biodiversity and social justice by using the UN five priority areas:

- Water and sanitation
- Energy
- Health
- Agriculture
- Biodiversity

The Environment and Energy Team: Estates

Fuelled by tea and biscuits (fair-trade tea of course), the **Environment and Energy** team help to manage issues affecting the University that relate to Sustainable Development such as carbon emissions, biodiversity, waste reduction, transportation and resource use, to name just a few. Without these guys, almost everything included in this guide wouldn't exist. Not only are they working hard for the environment, but they are also a

significant financial asset to the University. Carbon efficiency means financial efficiency and this team knows it!

Roddy Yarr – Environment and Energy Manager

Roddy has been managing the team with gusto since 2005 and with the help of his trusty bicycle he's still going strong. Roddy oversees all activities within the team and engages with the University governance and the local communities on any and all environment and energy developments. Along with such engagement, he keeps the team entertained with the occasional Homer Simpson impression. To Contact Roddy, email him on: try@st-andrews.ac.uk



David Stutchfield – Energy Officer

David's got all the energy in the world! Well, maybe not quite the world, but certainly the University. David makes sure that all University buildings have the energy and electricity they need whilst keeping the efficiency high, and the carbon emissions low. David enjoys sailing on the high seas, and looking out of his desk window at the boats in the sailing club. To contact David, email him on ds51@st-andrews.ac.uk



Barbara Aiken – Environment Officer

Barbara is the 'recycling guru' of the team, with a MSc in Environmental Management from the University of Abertay, Dundee. Barbara deals predominantly with waste management, travel, grounds management and Students Association involvement with environmental issues. Barbara keeps things chatty in the office, and of course, makes a mean cup of fair-trade tea. To contact Barbara, email her on barbara.aitken@st-andrews.ac.uk



Graeme Noble – Graduate Engineer

Graeme is a recent graduate from the University of Edinburgh and works on all the technical building stuff around St Andrews such as risk assessments and making sure we don't all end up underwater or on fire. Graeme is the only non-tea drinker in the team, but enjoys a pint and a good hike into the hills. To contact Graeme, email him on gan6@st-andrews.ac.uk



Hanna Plant – Sustainability Officer

Hanna is also a recent graduate from the sustainable development undergraduate degree course at the University of St Andrews. Hanna works on engagement and outreach to staff and students on sustainable development issues. It was of course her surname that got her the job. To contact Hanna, email her on hp65@st-andrews.ac.uk



For more information on the Environment and Energy team and what they do, visit the Environment page on the University of St Andrews website:
www.st-andrews.ac.uk/environment/

St Andrews Sustainability Institute (SASI)

The St Andrews Sustainability Institute (SASI) is a group of people at the University of St Andrews, working towards a sustainable future. Researchers from across the whole University are working on the sustainability jigsaw through SASI, pulling together the pieces needed to create a sustainable world. SASI's mission is:

"To facilitate research, teaching, knowledge transfer and debate in order to enable the transformational change required to integrate sustainable thinking and actions into the foundations of everyday life"

SASI also organises research projects, seminars and debates to support the University in its progress towards sustainable development. Additionally, SASI are fundamental to the assistance of the Postgraduate courses in Sustainable Development at St Andrews. In recognition of their hard work, the university was awarded the first ever award for **Outstanding Contribution to Sustainable Development** in the Times Higher Awards 2006. The Institute's Director, Professor Jan Bebbington, provided the foreword to this guide.

Policies and Strategies on Sustainable Development

The University of St Andrews is at the forefront of the sustainable development movement. In December 2005, the University approved a **Sustainable Development Policy and Strategy**. The Sustainable Development (SD) Strategy outlines the commitments made by the University towards continuous improvement of its environmental, economic and social performance in order to reduce its sustainability impacts. There are 7 key objectives with annually updated targets to help deliver these objectives. The SD Strategy has paved the way for several significant developments. In 2008, the University was awarded the **Carbon Trust Standard** and in 2009, the University strengthened its commitment to sustainability by signing a **Climate Commitment**. The next significant progression is the production of a new Sustainable Development Strategy to lead us through the next decade.



Chapter 3: Energy and Carbon Considerations

Carbon Dioxide (CO₂) is in the very air we breathe. We need it for all forms of life, but too much and it becomes a threat to life. An excess of carbon dioxide in the atmosphere is drastically exacerbating the process of global warming, resulting in dangerous climate change. Unless carbon emissions are dramatically decreased on a global level, then the planet could warm by anything between 1.1°C and 6.4°C over the next 100 years. Any of these figures will mean sea level rise with potential flooding of coastal areas, biodiversity loss, weather extremes, shifts in seasonal patterns and a scarcity of valuable resources such as fresh water. To make sure your living is 'sustainable', leaving the world as we enjoy it today for future generations, reducing your carbon footprint* is essential.

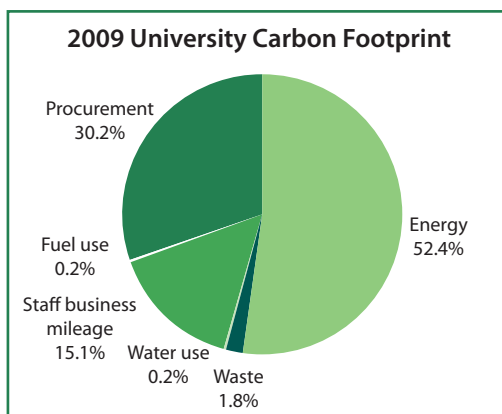
- * **Carbon Footprint:** A 'carbon footprint' measures the total greenhouse gas emissions caused directly and indirectly by a person, organisation, event or product. (Carbon Trust 2010)

A Low Carbon University

The terms 'carbon emissions', 'carbon reduction' and 'carbon footprint' are pretty much unavoidable, especially for publicly-funded organisations like the University of St Andrews. In working closely with the [Carbon Trust](#), the University is steadily working on reducing its carbon footprint. The Carbon Management Programme, [Strategic Implementation Plan](#) describes in detail the University's commitment to reducing its carbon footprint by tackling a variety of issues, through constant analysis and modification of the University's environmental, social and economic impacts.

The University of St Andrews is aiming to become carbon neutral for energy consumption by 2015. This will be achieved through a 75% renewable energy mix by 2015 of wind power, solar power and biomass. Energy consumption currently results in the majority of the University's carbon emissions, making up 52% of total emissions in 2009.

The UK's Climate Change Act commits Scotland and the rest of the UK to reducing carbon emissions by 80% by the year 2050 (on 1990 levels) but if this is to be achieved, there must be action on almost every level of society.



A Carbon Individual

It is vital that action to reduce carbon emissions happens on an individual level as well as an institutional one.

The average carbon footprint for a UK resident is 12 tonnes. If you look at the table below, you'll see that the richer the country, the higher the carbon footprint. So spend less, lower your footprint! Simple and very student friendly!:



Location	Average Footprint (tonnes)	GDP per capita (\$000s)
USA	20.0	\$39.9
China	3.6	\$1.5
France	6.7	\$34.1
Brazil	1.9	\$3.7
UK	12.0	\$36.3
World	4.5	
UK target for 2050	2.0	
Sustainable World	1.5	

To calculate your own carbon footprint, check out these online carbon calculators:

Centre for Alternative Technology. The Carbon Gym:

<http://carbongym.cat.org.uk/carbongym/>

- Find out your carbon footprint with a nifty video on how to reduce it

WWF Footprint Calculator:

<http://footprint.wwf.org.uk/>

- This will calculate both your carbon footprint and your ecological footprint

The Carbon Diet:

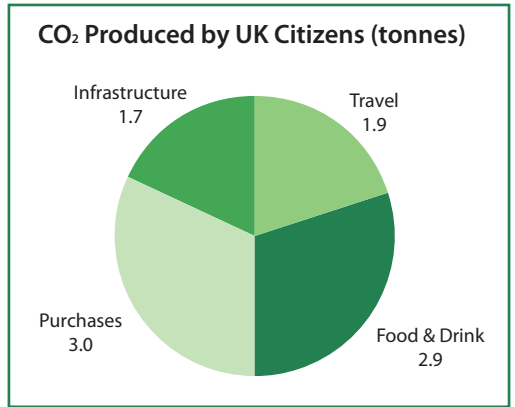
www.carbondiet.org/

- Graph it, reduce it and compare it! The Carbon Diet is one of the best tools for putting your carbon footprint into perspective.

Both these calculators will ask you basic, easy questions about your lifestyle to help you understand how much carbon you emit and why.

The 4 main culprits for your carbon footprint are:

- Purchases (32%)
- Food & drink (30%),
- Travel (20%)
- Infrastructure (18%) (carbon emitted by the government on your behalf, e.g. building roads).



If you can start by being more conscious of how, when and where you consume the most carbon, that's a good start. Find lots of handy hints and tips for dropping your footprint on the website: www.carboncounted.co.uk/Remember, carbon is money, so think thrifty (students should be no stranger to that!), think efficient, and you're already on your way to reducing your carbon footprint.

Chapter 4: Being Sustainable at Home

They say home is where the heart is, and if both your heart and mind are in it, then there is no better place than home to start living sustainably! There are many simple but important measures you can take on a daily basis when at home, be that a family home, student flat, or University halls of residence.

1. Electricity

- Turn off your lights whenever possible.
- Use energy-efficient light bulbs – Energy efficient light bulbs last up to ten times longer than ordinary bulbs, and 100 W energy-saving bulb can save you up to £60 over the lifetime of the bulb.
- Switch off all electrical appliances when they're not in use.
- Turn down the heater and keep cosy with a sweatshirt – Turning the temperature down by 1 degree Celsius can save 8% on your heating bill. Ideal daytime temperature is 19-20°C, ideal night-time temp is just 16°C.
- Turn off the heater when you open your window – Up to 35% of heat from the home is lost through the roof and windows.
- Close your curtains at night in order to retain the heat from the day.

2. Water

- Cut down on your shower time.
- Don't leave the water running while you brush your teeth – On average a person uses 150 litres of water a day, one third of which goes straight down the drain without being used.
- Buy a water filter and avoid plastic water bottles.
- Fit a 'flush adjuster' in your toilet – Every time you flush your toilet, up to 13 litres of water gets washed away. By fitting a flush adjuster (a harmless bag of crystals) in the cistern, you can save 3 litres of water with each flush!

3. In the Kitchen

- Put a lid on your saucepan to reduce the amount of heat that escapes.
- Only put as much water as you need in the kettle.
- Allow food to cool before putting it in the fridge or freezer (also better for Health and Safety reasons!).
- Don't leave the fridge or freezer door open for any longer than necessary.
- Eat as a vegetarian at least once a week – Meat and dairy products have the highest carbon footprints of any food group.

4. In the Laundry Room

- Wash your clothes at 30 or 40°C – that is enough to clean them and remove all but the toughest stains.
- Save up your dirty laundry and do full loads to save energy.
- If you aren't doing a full load of washing, use the half- load/economy setting.

5. Recycling

- Make good use of the recycling facilities, located around St Andrews (see the map in Chapter 7) and in student halls.
- Re-use items as much as possible and fix things up when you can before throwing them out (or advertise them on St AndRe-Use)!
- Compost your food waste: it's so easy to buy a compost bin from the local hardware shop on South Street, or check out the 'Sort-It.org' Fife Council website to order a compost bin and get some handy tips on how to do it right:
www.sort-it.org.uk/

STANDEN Energy Champions

Are you living in St Andrews, in rented or privately owned accommodation? Have you been wringing your hands over your energy bills or maybe even aware that you could lower the carbon footprint of your home but just don't know how?

Well the St Andrews Energy Network, (STANDEN) are here to help. STANDEN are a group of 6 energy champions, working in partnership with Energy Saving Scotland Advice Centre, South East and the Home Insulation Scheme. The initiative is funded by the Climate Challenge Fund and is committed to reducing the carbon footprint of St Andrews by 3% from 2008 levels.

To do this, they are engaging with residents in the town, by helping them to reduce their energy consumption in the home, and thus lowering not just their energy bills, but also their carbon footprint. They offer the following services:

- Free and impartial advice on reducing your energy consumption in the home.
- Free energy and carbon assessment of your home.
- Advice on using smart monitors, heating controls.
- Free energy saving gadgets such as, TV power-downs, smart monitors, energy saving light bulbs and radiator panels.

This service is open until March 2011 to all those living in St Andrews. All you have to do is live in a privately rented or owned house within the town. To register your home for all the energy reducing help you could ever need, contact Iris Graham at STANDEN on irisgraham@live.co.uk or visit their website at www.standrewsenergy.org

In University Student Halls of Residence

Inter-Hall Energy Competition

Put your energy into saving energy, and your hall could come out victorious and win £1,000 in the annual Interhall Energy Competition! Since 2006/7, halls of residence have competed against each other for the title of "Most Energy-Efficient Hall". Over the course of 8 months (Sept-March), the competition measures how much more energy efficient each hall has been in comparison to its energy consumption in previous years. What's in it for me, you say? Well, the hall coming 1st place is awarded £1,000 of prize money, 2nd place £500, and 3rd place £250. The prize is given to the winning halls' committees to spend as they see fit – from donations to charity to throwing a massive party, it is up to the committees to decide! In 2009/2010, the winner was Albany Park. What can you do to beat them this year? Cut back on energy by following some simple tips and suggestions, and your hall could be the next Energy-Efficient Champion! More info on www.st-andrews.ac.uk/interhall/

Hall Environment Representative – Be a Champion

Do you dream of saving the planet? Are you a motivated individual with ideas, drive, and a passion for action? Think global and act local by running for environmental representative in your Hall Committee! Environmental Reps can do as little or as much as they would like: from coordinating efforts towards the Interhall Energy Competition, to hosting movie nights and green-themed events, to improving signs and recycling efforts in hall, to finding ways to reduce residents' carbon footprint...the list is endless! If you are a resident, your Environmental Rep is also the person you should approach if you have any questions or concerns of an environmental nature. Your E-rep will always be receptive to any good suggestions or ideas; after all, Hall Committees are there to represent its student residents.

For more information on what you can do in student halls and 'living green', see the Students' Association Green Living Guide at: www.yourunion.net/campaigns/content/183965/sustainability/green_living_guide/

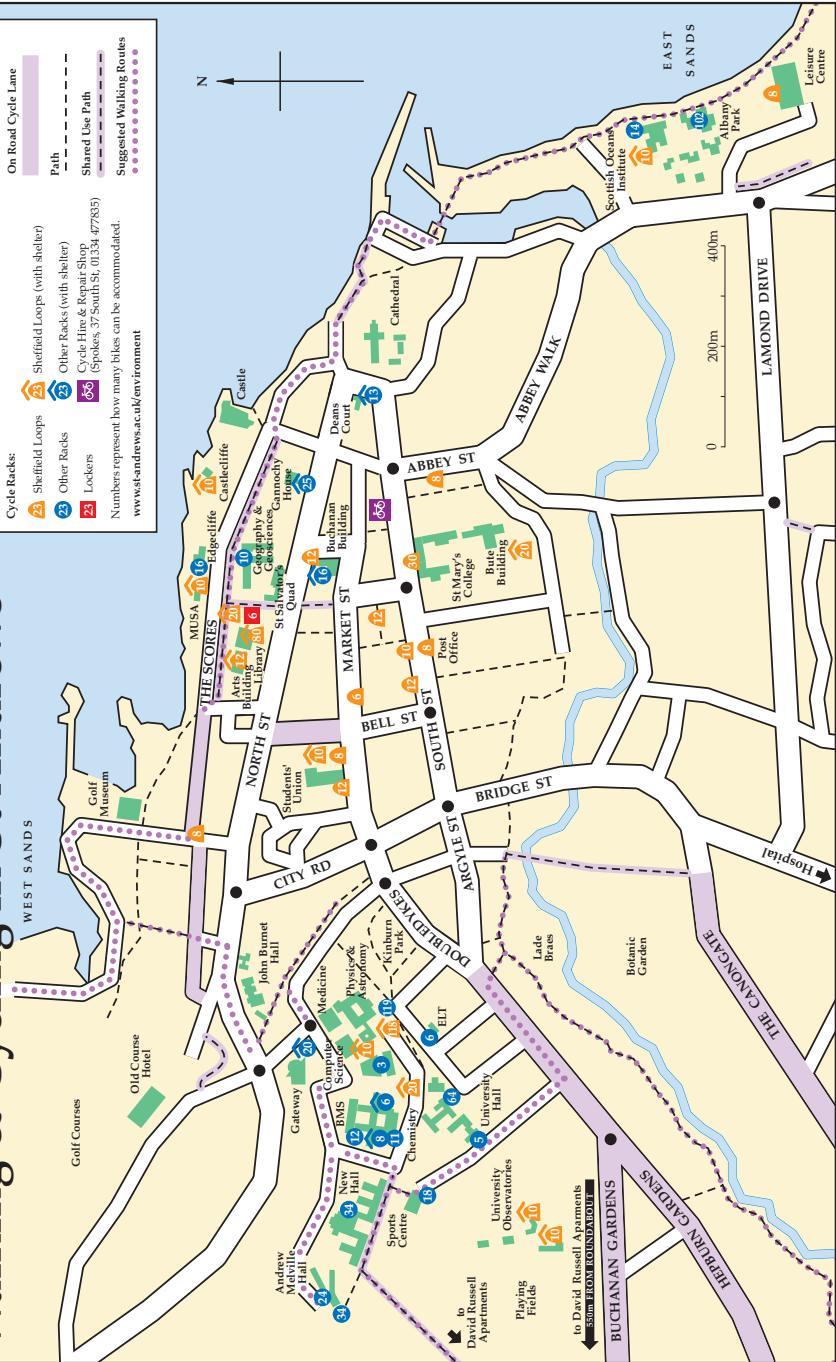
Chapter 5: Talking Travel

The choices we make when going from place to place have a huge impact on the planet. Travel makes up 25% of the average UK carbon footprint, and that's before you even look at pollution (both noise and chemical), congestion, and waste from scrapped cars. Cars are the key culprits associated with carbon emissions in travel, and with more people on the roads, congestion (especially in a small town like St Andrews) is a huge problem. To reduce car use, Estates have made it easy for you to leave your car at home:



- Take the bike – St Andrews has been cycle friendly since 2005 with clearly marked cycle routes on almost all main roads in and around St Andrews with plenty of places to lock up your bicycle in town. (See cycle and walk route map on page 15). Cycling is a great way to stay in shape and do your bit for the environment.
- If you're a full time member of University Staff then you're eligible for the cycle to work scheme. The scheme is the UK's number 1 for providing tax-free bicycles. To register visit the website www.cyclescheme.co.uk/c22c88
- If that doesn't apply to you, then you can also pick up a cheap bike at one of Bike Works second hand bike sales – check out the Students Association website for details.
- To keep your bike in tip top shape with some basic info on bike maintenance, visit www.lcc.org.uk/documents/Maintenance.pdf
- Car Share – whether you own a car or are looking for a ride, the LiftShare scheme can get you places! By logging onto the LiftShare website at www.liftshare.com/uk/ and registering, you can find a lift to where you need to go or help someone out in need. It's easy to use and a great way to save on your carbon footprint.
- If LiftShare can't help you on your car-sharing quest, then try the GoCarShare website at www.gocarshare.com/
- Take the bus or the train! For full bus timetables visit: www.st-andrews.ac.uk/visiting/Bustimetables/ and for cheap and easy rail tickets visit the Student Travel Service office on the 1st floor of the Students Union (if you ask they can also give you a carbon emission score on every train ticket you buy). By using public transport from St Andrews to Edinburgh you can save 18kg of carbon by taking the train and 20kg by taking the bus, instead of jumping in your car.
- To have a look at the Universities low carbon Travel Plan, with some handy tips on carbon efficient driving, (if you really do have to take the car) then check out the University website at www.standrews.ac.uk/visiting/Travelplan/sustainabledriving/
- To find out the best public transport routes and calculate the associated carbon emissions, anywhere in the UK, visit the Travel Direct website at www.traveldirect.info

Walking & Cycling in St Andrews



KEY

Cycle Racks:

- Sheffield Loops (with shelter)
- Other Racks (with shelter)
- Cycle Hire Racks (with shelter)
- Lockers

Numbers represent how many bikes can be accommodated.
www.st-andrews.ac.uk/environment

On Road Cycle Lane

Path

Shared Use Path

Suggested Walking Routes

Bike Works

Ever heard about those second hand bike sales happening outside the Union? Or just got there a little too late and seen the last bike being ridden away into the sunset on Market Street? Well BikeWorks want you to know that they're not going anywhere!

BikeWorks are a social enterprise based in Glenrothes (less than half an hour away by bus / car, and within cycling distance for the very enthusiastic!) who not only take in old, disused bikes and repair them for re-use, but they also provide valuable skills in bike-maintenance to job-seekers, strengthening their chances of future employment. In 2007 BikeWorks won the Social Enterprise Award in The Fife Business Diversity Competition and they work in close partnership with Fife Council's Green Travel Plan, promoting healthy living in Fife.

BikeWorks will also be coming to St Andrews once a month to sell second hand bikes at very student-friendly prices, helping you to 'get on yer bike!'.

For more information on BikeWorks visit their website at www.fifebikeworks.org.uk/ To find out about the bike sale dates each month, look out for it on the student association website: www.yourunion.net/ or contact Emma Weir, the Students' Association Sustainability Officer on ew235@st-andrews.ac.uk.



Chapter 6: Shopping and Food

Eco shopping

Looking for places to get fresh local produce or environmentally friendly cleaning products? This section of the green guide is designed to help you to shop in places that will benefit the local economy and reduce your carbon footprint.

Local Food

To eat locally produced fruit and vegetables (to cut down on your 'foodprint' and support the local economy), John Birrell and sons on South Street can provide for all your veggie needs. All their fruit and vegetables either comes from the food market in Glasgow or from local suppliers, and so is not only fresher but gives a better deal to local farmers. There is also a farmers market on the first Saturday of every month in the Argyll Street car park, buzzing with stalls and different local Fife produce, but it ends at 1pm so get there early!

Food-wise, Kerachers Fish Merchant supplies locals with fresh fish straight from the North Sea and poultry too, and you can get your cheese from I J Mellis. Both of these can be found on South Street (South Street is obviously the place to go for locally sourced food!). Rather than heading to Tesco, give these places a try as often as you can afford to!

In addition to local shops, local farms such as the Pillars of Hercules are true Fife ambassadors for local organic produce. For more information on their produce, farm café, veg box scheme, and surrounding wildlife walks, check out their website at

www.pillars.co.uk/

Charity Shops

The numerous charity shops in the centre of town are some of the best in Scotland and well worth a visit for a cheap bargain (see page 19 for a full list of the charity shops open in St Andrews). By buying second hand you are helping to reduce landfill waste and saving the energy that would have been used producing brand new products.

Oxfam (on South Street) also stocks many fairtrade and ethical items, such as fair trade jewellery, dried fruit, chocolate, recycled stationary and environmentally friendly cleaning products.

Plastic Bag Free St Andrews

The University of St Andrews and Fife Council are now part of a massive campaign to take plastic bags off the high street and out of our homes. The Sustainable Development Society and New Hall Student Residence are now producing cotton bags to take with you when you shop, instead of sending more and more plastic bags on the fast track to landfill. Watch out for bags like this and remember to take them with you!



Fairtrade University St Andrews

Whether it's grabbing a coffee on the way to an early morning lecture or buying some clothes at the weekend, how it was made matters. Fair Trade is a growing, international movement working to ensure that producers in poor countries get a fair deal.

As part of their wider sustainability commitments, both the Students' Association and the University are active supporters of the fair trade movement, and the town of St Andrews became an official Fairtrade town in 2006. More information about the St Andrews Fairtrade Town Steering group is available on their website (www.fairtrade-standrews.org.uk/).

From what was born as a student led campaign, the University of St Andrews achieved the Fairtrade University Status in April 2006. Whether you are a student, member of staff or a visitor to the University, you can continue to support fair trade by using the wide range of fair trade products available, which include tea, coffee, sugar. Bananas, chocolate (yum!), apple / orange juice and even t-shirts and sweatshirts (available from the Bess Union shop).

In April 2010 a joint steering group was established to co-ordinate the University community's support for fair Trade and to ensure the University retains its Fairtrade status. The steering group meets regularly and is open to all members of the University community; for more information or to get involved please contact the Chair of the steering group, Duncan Smart, at ds445@st-andrews.ac.uk.

For more information on Fairtrade at the University of St Andrews, go to: www.st-andrews.ac.uk/visiting/Fairtrade/



StudentCooking.TV.

This year the University has joined forces with StudentCooking.TV to take St Andrews on the ultimate healthy eating experience!

StudentCooking.TV are a film production company based in Loughborough, who make promotional films for healthy eating and cooking for students – and this year they're coming to St Andrews!

The team at StudentCooking.TV have been busy sampling all the local produce, checking out the shops for some tasty Fife delights and filming it all along the way. These films will be posted up on a special webpage on the University website, designed to encourage students to eat healthily, cook more of their own food and understand about the values of food such as fair-trade, organic, nutrition-focused and low carbon diets. Not only can you watch the videos for some delicious dishes, healthy hints and shopping savvy, but you can also share a bit of your own expertise! The site will allow people to film their own videos to post up on the website to share and excite in all variations of culinary knowledge.

Watch out for this logo around the University, and to find out more or to help you get thinking about what favourite dish you want to have your friend film, check out www.studentcooking.tv



Chapter 7: Waste and Recycling

Take a minute, and think about ALL the stuff you've ever owned. Ever had in your house. Remember that old washing machine from your childhood, where is that now? Or your first laptop, what's happened to that?

Everything we buy, and all the stuff we accumulate and then throw out, doesn't just disappear into thin air on leaving your hands. It goes somewhere. Waste recycling and re-use is about directing all that 'stuff' in a way which is not going to be harmful to the environment, and allows us to make the most of the precious resources we have. Despite how it may appear during your weekly shop to Tesco, natural resources, the basis of everything we consume, are steadily running out. As an individual, living in the UK, and here in St Andrews, you have significant potential to make a difference. Scotland is aiming for a 70% recycling rate with only 5% going to landfill by 2025 and St Andrews in Fife are one of the leading institutions for waste recycling with a 61% recycling rate last year (08-09). Fife Council has one of the highest recycling rates in Scotland and in 2009 they recycled 45% of waste as part of their target for zero waste to landfill by 2020.



By reducing your waste, you can not only reduce your carbon footprint and help the environment, but also save on cash. Keep in mind that the more you consume, the more money spent, the more waste you produce and the more carbon is emitted. The following links can help you to reduce your consumption and so reduce waste:

Story of Stuff:

www.facebook.com/home.php?#!/pages/Sustainable-Procurement-Centre-of-Excellence-for-Higher-Education/209122553180

- A series of short, and entertaining videos on what we consume and where it goes. Great for the interested 'waste-reducing' novice!

Sort It Fife:

www.sort-it.org.uk/index.asp?AuthID=14

- If you have something you need to get rid of, this website can tell you exactly where and how to either recycle it or dispose of it properly in Fife. Fife council even run a free pick up service for large electrical items such as old fridges or cookers.

St AndRe-Use:

www.facebook.com/group.php?gid=128369933455

- Got stuff you don't want at the end of the semester or need new things at the start? St AndRe-Use is an exchange site for people's things. One mans trash is another mans treasure! Just post up on the Facebook wall or drop it off at the storage near University Hall at an opening time and away you go!

For recycling in the University, there are a number of sites around the town. The map on the following page details all sites and what you can recycle.

For more information on how to recycle through the University, visit the Waste and recycling website page at: www.st-andrews.ac.uk/students/tech/WasteandRecycling/

If you would rather give to your favourite charity, then there are charity shops in abundance around St Andrews. Just stroll along South Street and Bell Street for the majority of the 9 charity shops around the town (most are open from 9am-5pm):

- **Shelter** – Logies Lane
- **Barnardos** – Bell Street
- **Cancer Research UK** – South Street
- **British Heart Foundation** – Bell Street
- **Oxfam** – South Street
- **Save The Children** – Greyfriars Garden
- **Sense Scotland** – Greyfriars Garden
- **Sue Ryder Care** – South Street





St Andrews Recycling Points



Recycling Points are situated locally to allow you to recycle the following materials:

ST ANDREWS	Glass	Paper	Cans	Tonnes	Bottles	Plastic
1 West Sands Car Park LHS car park KY16 9JR	✓	✓	✓	✓	✓	✗
2 Albany Park KY16 8BP	✓	✓	✓	✓	✓	✓
3 Students Union St Manns Place KY16 9UA	✓	✓	✓	✓	✓	✓
4 Double Dykes Road Car Park Double Dykes Road KY16 9DX	✓	✓	✓	✓	✓	✗
5 Morrisons Supermarket 45 Largo Road KY16 8PJ	✓	✓	✓	✓	✓	✓
6 Shopping Centre Tom Morris Drive KY16 8EL	✓	✓	✓	✓	✓	✗

Recycling Centre - Argyll Business Park, Largo Road

To find your nearest Recycling Point please visit www.fifeirect.org.uk/wasteaware or call the Recycling Helpline on 08451 55 00 22.

Chapter 8: Students in Sustainability

Student life in St Andrews generally revolves around the Students' Association, the organisation which provides activities, events and services to suit all tastes across the St Andrews student population. Through its countless affiliated societies the Association organises almost every student event in St Andrews, however it also runs many campaigns around issues of interest to St Andrews students, one of which is sustainability. The Director of Student Representation (dorep@st-andrews.ac.uk) Siena Parker is responsible for co-ordinating all campaigns, and actively represents student concerns to the university about green issues, along with the Association Sustainability Officer, Emma Weir (see below for contact details).

As well as having a long standing commitment to sustainability enshrined into its work the association operates a dedicated Sustainability Sub-Committee, which organises a series of environmental campaigns and helps the student body to live sustainably. Key activities of the Sustainability Committee include:

- Working with the university's estates department to run the Interhall Energy Competition
- Organising an annual Green Week, in which special events are put held to promote ethical and green living to the university community
- Monitoring the actions of the Students' Association itself to ensure it becomes more sustainable
- Working to ensure St Andrews University retains its Fairtrade Status (see page 17), which was first awarded to the University in 2007.



The Sustainability Committee is chaired by the Association Sustainability Officer and includes all the sabbatical officers of the Association. Staff from the Estates department (see page 7) attend committee meetings to enable good association-university co-ordination when tackling sustainability issues, and many environmental societies also have representatives on the committee. Like all of the Students' Association sub-committees all members of the student population are automatically members of the Sustainability Committee, and can attend the committee meetings and get involved.

For more information on when the Sustainability Committee meets, contact the Association Sustainability Officer, Emma Weir, on ew235@st-andrews.ac.uk.

Sustainability Savvy Societies

St Andrews students have always been an active voice on environmental and sustainability issues, and since the publication of the first Green guide in 1989 (available in the special collections section of the University Library) nothing has changed. There are a number of sustainability-related societies and groups, including

- The Student Garden group
(find the garden on Hepburn Gardens next to the football fields)
- Tree and Frog
- The Vegetarian Society (VegSoc)
- St AndRe-Use
- The Greenpeace society (brand new this year so join up quick!!)

And that's just to name a few! For more details, find all of them on Facebook.

The 3 key umbrella societies (and the main contributors to this guide) are:

One World Society

One World offers student activists a chance to make positive change in the world. As a sub-group of People&Planet (the largest student campaigning network in the UK on environment and human rights), One World have all the skills and resources to run campaigns such as Ditch Dirty Development and Transition Universities.

Last year Ditch Dirty Development OneWorld members protested against RBS funding damaging oil extraction in Tar Sands, Alberta. Thinking about the environment on a global level makes us realise how doing our bit in St Andrews becomes part of a bigger movement.

Transition: St Andrews

Transition, one of One World's leading campaigns last year, has now been launched and aims to make St Andrews a low carbon university town, resilient to the threats of climate change and peak oil. Working closely with the local community, the Transition team have been facilitating practical action, such as promoting composting and recycling, promoting the local food movement (Fife Diet) and campaigning for the University to use solar panels. The movement aims to bring together those interested in a more sustainable future from across all disciplines, departments, societies and networks. To find out more about Transition St Andrews and to get involved, visit the Transition St Andrews website at: www.st-andrews.ac.uk/~oneworld/transition

Sustainable Development Society

The Sustainable Development Society (SDsoc) is dedicated to raising awareness and encouraging action towards sustainable development. The society undertakes both academic and practical activities to implement sustainability actions at all scales, ranging from organising an annual seminar series featuring keynote speakers to running a joint initiative with the university's estates department to reducing the use of plastic bags in St Andrews . . . and everything else in between!! In addition the society acts as the social hub for students studying any of the sustainable development courses offered by the university.

To get involved with SDsoc please email sdsocmail@st-andrews.ac.uk or find them on Facebook as: 'The Sustainable Development Society'.

For more info on societies and how to get involved, visit the Students' Association Societies Portal at: www.yourunion.net/societies

Important Links (in order of appearance):

Estates Environment Team website: www.st-andrews.ac.uk/environment/

SASI website: www.st-andrews.ac.uk/sasi/home/

University of St Andrews Sustainable Development Policy:

www.st-andrews.ac.uk/media/SD_policy.pdf

Carbon Trust website: www.carbontrust.co.uk

University of St Andrews Climate Commitment: www.st-andrews.ac.uk/ccc.pdf

University of St Andrews Strategic Implementation Plan:

www.st-andrews.ac.uk/media/sip.pdf

The Carbon Gym website: <http://carbongym.cat.org.uk/carbongym/>

WWF Carbon Footprint Calculator website: <http://footprint.wwf.org.uk/>

The Carbon Diet website: www.carbondiet.org/

The Carbon Counted website: www.carboncounted.co.uk/

Sort-It Fife website: www.sort-it.org.uk/

STANDEN website: www.standrewsenergy.org

University of St Andrews Inter-hall Energy Competition webpage:

www.st-andrews.ac.uk/interhall/

Students Association Green Living Guide: www.yourunion.net/green

Cycle Scheme website: www.cyclescheme.co.uk/c22c88

London Cyclists Trust Cycle Maintenance Guide:

www.lcc.org.uk/documents/Maintenance.pdf

Lift Share website: www.liftshare.com/uk/

GoCarShare website: www.gocarshare.com/

Local Bus Timetables: www.st-andrews.ac.uk/visiting/Bustimetables/

Travel Direct website: www.traveldirect.info

BikeWorks website: www.fifebikeworks.org.uk/

Students Association website: www.yourunion.net/

Pillars of Hercules Farm website: www.pillars.co.uk/

St Andrews Fairtrade Town Campaign website: www.fairtrade-standrews.org.uk/

University of St Andrews Fairtrade webpage:

www.st-andrews.ac.uk/visiting/Fairtrade/

Studentcooking.TV website: www.studentcooking.tv

St AndRe-Use Facebook page link:

www.facebook.com/group.php?gid=128369933455

University of St Andrews Waste and Recycling web page:

www.st-andrews.ac.uk/students/tech/WasteandRecycling/

St Andrews Transition website: www.st-andrews.ac.uk/~oneworld/transition

This booklet is available in Large Print, Braille or Audio,
on request to Print & Design on 01334 463020



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Produced by Print & Design, University of St Andrews. September 2010.
Printed on 150gsm Era Gloss 50% recycled paper.
Photographs courtesy of Hanna Plant and the University of St Andrews.

The University of St Andrews is a charity registered in Scotland. No: SC013532.