

# 10 GOLDEN RULES

## Living Sustainably at the University of Worcester

1. Drink tap water, or use a water fountain on campus
2. Use active transport: walk, cycle and use the stairs rather than lifts
3. Reduce paper use: double sided photocopying, re-use scrap paper, don't re-print emails and other documents unless absolutely necessary, hold paperless meetings
4. Eat more fruit and veg locally produced and minimally processed
5. Turn off lights, computers, chargers etc when not in use
6. Turn down the thermostat and wear an extra layer
7. Use your own mug, not disposables
8. Hold video conferences and Skype calls rather than asking people to travel to meetings
9. Only fill the kettle with enough water for the number of cups you are making
10. Think before you buy: do you need it or can you share it?



“change today protect tomorrow”

[www.susthingsout.com](http://www.susthingsout.com)

*Digital magazine linking curriculum, campus, community*

[www.worcester.ac.uk/discover/sustainability](http://www.worcester.ac.uk/discover/sustainability)

