

Welcome to the UEA Sustainable Ways newsletter, April 2017 edition.

We wish all students the best of luck in their revision and exams this term. Remember to take breaks – the bluebells around the Broad are stunning right now!

- SustainableUEA helped to stand up for climate science on Earth Day (page 2)
- How does the University choose energy-saving projects? (page 3)
- May is Focus on Travel Month: find out more... (page 4)
- What are some benefits of long-distance rail travel? (page 4)
- Blog: Zahra Khosroshahi speaks out about ethical fashion & taking responsibility (p.5)

AROUND THE CAMPUS IN 5 WALKS

The Library Green Impact team held a week of walks for all UEA staff.

The week started off with a ‘ramble along the river’, followed by ‘say hello to the horses’ on Tuesday. UEA’s resident ponies and horses were more than happy to relieve walkers of their bag of carrots! ‘Walk the woodlands’, ‘see the sculptures’ and ‘gaze at the gardens’ walks. The walks were held over lunch time to encourage staff members to take a break during the day and care for their wellbeing.



www.ueagreenerlibrary.wordpress.com/

What's on?	Event details
03-06 May: UK Green Film Festival @UEA <i>The Enterprise Centre, UEA, various times</i>	The UK Green Film Festival is being hosted at UEA for the second year. Join for FREE screenings and events that draw upon and bring together intersecting interests in environmental issues and film. Find out more and book your free tickets: www.uea.ac.uk/about/sustainability/events/green-film-festival
06-07 May: One Planet Norwich Festival <i>The Forum, Norwich, 10am–4pm</i>	SustainableUEA and a number of local groups will join the One Planet Norwich Festival: www.facebook.com/events/1844922395764078/
18 May: ENV 50th Anniversary lecture, ‘Climate change & global decarbonisation’ <i>1 Wimpole Street, London (Livestream: UEA Thomas Payne Study Centre Lecture Theatre, 18.40 for 18.50 intro by Prof Claire Reeves)</i>	This presentation by Prof Corinne le Quéré will show the latest data on climate change, its impacts and underlying drivers. It will present the rapid evolution in the carbon emissions responsible for climate change, and show new evidence for very recent progress towards full decarbonisation. www.uea.ac.uk/events/-/london-lectures-climate-change-and-global-decarbonisation

ANY QUESTIONS?



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STAND UP FOR CLIMATE SCIENCE ON EARTH DAY

SustainableUEA, CHAIN (Climate Hope Action in Norwich), and local groups took over the front of the Forum on Earth Day (22 April).



The event was part of a global movement, the ‘March for Science’.

Campaigning groups spoke

to people from across the region, sharing facts and ways for individuals to make a difference. Greenpeace, The RSBP, Transition Norwich and Norfolk Against Fracking joined in the conversation about climate change and climate action.

The day also included Brazilian street percussion, with dance from UEA Capoeira Society, followed by speeches from local experts.

Scarlet Prentice, Secretary of UEA’s CarbonCrew Society, talked about local action and the implications of climate change on the UK.

“Our 40% imported food supply is not an island. Neither is our economy isolated. Climate change is happening, and its happening to us here in the UK.”

– Scarlet Prentice

Other speakers included Prof Corinne Le Quéré, Director of the Tyndall Centre for Climate Change Research, and author of multiple assessment reports for the IPCC (Intergovernmental Panel on



Climate Change); Ellin Lede, PhD researcher into pro-environmental and behaviour change at UEA (photo, left); and Hayley Pinto, local doctor and Chair of CHAIN.

James Robinson, Director of the RSBP in the Eastern region, shared how action in your local area, whether bird reserves or other volunteering, can make a real difference and how he viewed the impacts of climate change.

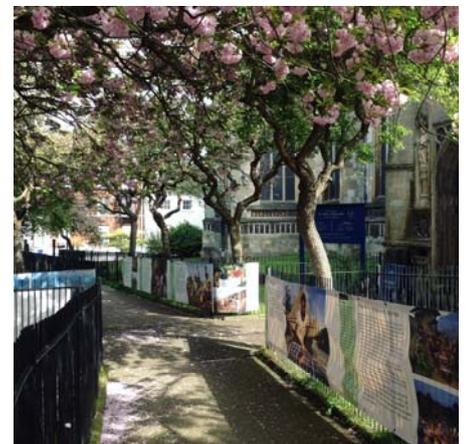
“Climate change is already affecting wildlife, and the impacts are only going to get worse through this century.

We know this because of the compelling scientific evidence on the effects of a changing climate. We also know nature is a great ally in helping wildlife and people cope with climate change, for example by helping us to manage flooding, and science is helping us to understand these benefits too.

We all need to stand up for climate science and there are opportunities for everyone to get involved and build our understanding, especially through the volunteer survey schemes run by wildlife organisations.”

The day also saw the launch of the WHOLE EARTH? exhibition.

The 60-meter banner has toured globally and has been named a modern-day



Bayeux Tapestry. It consists of powerful pictures and text describing global challenges and solutions.

How can universities develop responses and be the ones to lead the way to global change?

WHOLE EARTH? will be shown at the One Planet Norwich Festival in the Forum, 6–7 May, and then hosted on campus.

Watch this space for details of the campus launch!

Hear from Prof Corinne Le Quéré on 18 May, in TPSC LT from 6.40pm. See UEA Events for details.

APRIL WAS FOCUS ON ENERGY AND CARBON REDUCTION MONTH

So how does the University save on energy and carbon?

Target 2020 outlines UEA's strategy on energy and carbon reduction. It explains the University's Energy and Carbon Reduction Programme (ECRP) and its two main targets:

- Reduce energy consumption by 25% by 2020, against a 2013/14 baseline.
- Reduce campus carbon emissions by 35% by 2020, against a 1990 baseline.

The Estates Energy Reduction Team is responsible for delivering these goals. They report to the Estates Senior Management Team and through to the Sustainability Board, chaired by Prof Philip Gilmartin, Dean of Science and member of the UEA Executive Team.

UEA'S ENERGY AND CARBON REDUCTION PROGRAMME (ECRP) GOVERNANCE

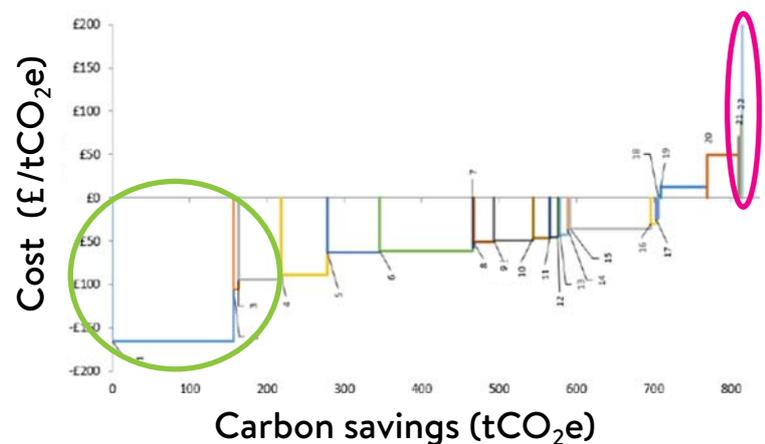


Several efficiency projects are underway:

- Installation of cavity wall insulation in ITCS, the Registry, the Council Chambers, the Multifaith Centre, Congregation Hall, and the Student Support Services building.
- Voltage reduction. Electricity across UEA is currently supplied at 240 volts, but most appliances will run happily with 220 volts. The difference is often wasted as heat. The change should make no noticeable difference to the working environment.

- Replacing School of Biology fume cupboard fans to be more efficient.
- Changing lights to low-energy LED alternatives across campus, both internally and across the UEA grounds.

Projects are chosen based on how much energy and carbon they will save, how much they will cost, and their energy-saving payback time. One way to visualise this is by using a 'MACC Curve':



The green circle is the previously mentioned voltage reduction project, and shows both a big monetary and carbon saving. This makes it more likely to happen than the pink-circled proposed project (a new air handling unit in the Science Lecture Theatre), which would cost the University money, offer no payback and will yield a minimal carbon saving(*).

UEA is able to carry out these projects through funding schemes, such as Salix, which provide money for reinvestment into energy-saving projects. UEA also has an internal reinvestment programme thanks to annual carbon tax savings.

The Sustainability, Utilities and Engineering Team are increasing metering across campus to improve the breakdown of energy-use data, which is more useful to building users.

If you have any ideas that you think could reduce carbon and/or energy within the University let us know at sustainability@uea.ac.uk

(* – however, all potential projects are collected and considered as part of the Energy and Carbon Reduction Programme)

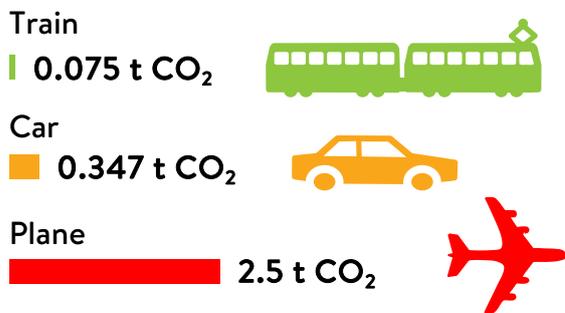
MAY IS FOCUS ON TRAVEL MONTH

Travel accounts for around one quarter of all carbon emissions in the UK.

The below infographic shows the different emissions (tonnes of carbon dioxide equivalent, or 'tCO₂e') released into the atmosphere to make one return journey from Norwich to Aberdeen.

When compared against the maximum amount of CO₂ a person should release to halt climate change (the left-hand grey bar), it is shocking to see how much carbon is emitted for a relatively short, internal flight.

Norwich to Aberdeen and back via trains, planes and automobiles: a carbon footprint breakdown



The maximum amount of CO₂ a person should produce per year to reduce climate impact

2.0 tCO₂e

The amount of CO₂ a citizen of the EU produces each year on average

9.1 tCO₂e



Of course it is not always a simple case of getting the train everywhere, but if you're traveling to Europe, they have an amazing train network. Could you adapt your holiday plans to incorporate more of a journey and travel in a more scenic way? Or, if you plan to do some traveling while abroad you could do it by train. *The Man in Seat 61* is a fantastic website that will all but plan your journey for you: www.seat61.com

As summer is just around the corner, taking the time to walk or cycle into uni before being in the library or office all day will help wake you up, as well as being an easy way to keep fit.

#SUSTYSCANDI – COMBINING TRAVEL AND RESEARCH (... & CAKE)

By UEA Environmental Officer, Catrin Darsley:

I visited a number of Scandinavian universities on a trip this Spring to find out more about their methods for developing education for sustainable development, and improving operational sustainability.

Travelling between Copenhagen, Gothenburg, Stockholm and Helsinki by train and ferry was a great way to appreciate the changing landscapes. The views from my mobile office were stunning (the Finnish and Swedish archipelagos are worth the trip alone), and trains home from Stockholm were comfortable and easy to organise. Journey time meant mental space for consolidating meetings; always tricky to manage around distractions at home! (*The international cake appreciation was great, too... it'd be rude not to!*)



NEW @SUSTAINABLEUEA BLOG: JOIN THE FASHION REVOLUTION

April held Fashion Revolution Week and blogger Zahra shared her top tips and key facts...



Let's get one thing straight: fashion is political. Whether we like it or not, the choices we make and the clothes we wear come at a cost – and I don't mean just for us. While the prices of clothes have gone down over the years, making 'fast fashion' favourable for a lot of us, the human and

environmental costs keep going up.

You may recall the tragic collapse of Rana Plaza complex in Dhaka, Bangladesh. This incident cost 1,134 lives and injured over 2,500. After the incident in Bangladesh, **Fashion Revolution** was born: a movement that demands the answer to these types of questions. Isn't it our right, as consumers to know how our clothes are made and at what cost? To make this a bit more concrete, let's talk numbers and facts:

- The world consumes about 80 million new pieces of clothing per year (a 400% increase in just two decades)
- About half of our clothes are made out of cotton, and 90% of that cotton is now genetically modified, using too much water as well as chemicals
- Aside from the cruelty, the leather tanning process is one of the most toxic practices in the fashion industry
- 97% of our clothes are made overseas which often means we cannot be sure of its regulations
- About 85% of all garment workers are women and global fashion brands continue to profit from their use of cheap labour in foreign countries.

I'm not here to just overwhelm you with these facts and figures. Fashion Revolution represents something great. It demonstrates resistance, and it shows that we demand transparency and justice. Don't ever forget your power as a consumer and buyer. You vote with your money. This is why, on April 24th, so many people wore their clothes inside out, got on Social Media and asked:

#whomademyclothes.

<http://fashionrevolution.org/get-involved/ways-for-everyone-to-get-involved/>

My Top Tips for Turning Your Fashion Ethical & Eco

Who ever said you can't be ethical and fashionable? Waving fast-fashion goodbye doesn't mean you can't rock your favourite styles, look awesome – and be mindful of our planet.

Tip #1: Get smart!

Educate yourself and don't be shy to go into a store and actually ask, "What does this brand do to be sustainable." I've spent the last year sending a lot of emails. And vague answers are often pretty self-explanatory! We have the right to demand from every single brand to be transparent. Also, watch *The True Cost* – you won't regret it.

Tip #2: Remember this is a journey.

Don't expect your entire wardrobe to be replaced with organic cotton and bamboo overnight. It's expensive and the point isn't to buy more. I do recommend opting for a more minimal wardrobe and donating the items that don't enhance your fashion or you no longer need. And over time, you can curate the wardrobe that defines you – with fewer but better pieces

Tip #3: Say NO to fast-fashion.

In my opinion, no good comes out of it. Most (if not all) fast-fashion brands are unethical and don't have the quality you're after. The clothing industry uses a lot of our resources (water, land



etc.) and leaves our planet polluted – so choose well-made pieces that last. And if you're really into change, then check out charity and vintage shops and buy second-hand clothes.

Tip #4: Celebrate your favourites!

I've chosen some of my favourite clothing brands to share based on accessibility and price. They're obviously not cheap because **a T-Shirt shouldn't cost the same as a latte**, but these brands are affordable. I opt for ethical brands when it comes to buying new clothes – but also, it feels pretty nice to support companies that really do try and care!

Fatface, People Tree, Patagonia, Veja (shoes: they have vegan options too!), Wills Vegan Shoes, Matt & Nat, Beyond Skin, The Great Beyond, Miik and Luva Huva... what are your favourite ethical brands?