

## Sustainability in Physics

The University is committed to Sustainability, making it one of the 6 key aims for the institution. To support this it maintains a team of sustainability professionals with an annual capital investment budget of at least £2million a year. You can read all about the Universities work on sustainability [here](#).

In Physics we have Sustainability Action Committee that meets every 4-6 weeks, if you are interested in joining email [phys-exec-office@bristol.ac.uk](mailto:phys-exec-office@bristol.ac.uk).

We have some general guidance below on what you can do within the school to save energy and resources:

### Printing:

- Avoid unnecessary printing and print double sided where possible
- Give all empty toner cartridges to the estates assistants for recycling
- Avoid printing out papers to take to meetings. Use a laptop or tablet to make notes as often as possible.

### Recycling:

- There are recycling bin points around the building with separate bins for paper, metal, glass, plastic and cardboard. There is a foil crisp packet recycling station in the common room and a pen recycling bin in the ground floor foyer area.
- Food waste and tea bags can go in the two small green bins in the common room.
- Any confidential paperwork needs to be put into a Shred-it bin (there is one in room 3.23) or into Shred-it bags. These can be ordered from sustainability, whom you also [contact](#) to organise collection once they are full.

### Catering:

- We have crates of glasses and hot drinks mugs in the 3<sup>rd</sup> floor storage cupboard. The glasses options include standard tumblers, wine glasses and champagne flutes. Staff can borrow these for meetings and events providing they wash them up and put them back in the crates. Email [phys-exec-office@bristol.ac.uk](mailto:phys-exec-office@bristol.ac.uk) for availability. The Exec team in 3.23 can give you access to the cupboard on the day.
- The physics common room has glasses, mugs, plates, bowls and cutlery which are available for everyone to use. Please either wash these items up and put them away or put them in the dishwasher below the sink.
- We try and minimise catering waste as much as possible. If you order catering and there is food left over, you can leave this for staff & students on the table by the recycling bins in the common room. Make sure to throw away anything that is left at the end of the day.
- If you have left over tea bags/sugar etc. you can save this for future meetings or put it by the water boiler in the staff common room for people to use up.
- If you have unused plates/cups/napkins etc. we can keep these in the 3<sup>rd</sup> floor storage cupboard/Enderby cupboard for future events just give them to the Exec team in 3.23.

### Electricity:

- Make sure to switch off lights when you leave the office for an extended period.
- If you are leaving your monitor for more than 5 minutes, make sure to put it into Sleep mode (on the bottom left Windows menu choose Power > Sleep). Sleep mode enables IT to update computers overnight.
- Always make sure any unnecessary equipment i.e. Heaters are turned off when you leave.
- Please switch off desktop printers and laptop and mobile phone chargers when not in use. These can use energy regardless of whether they are charging or not because the voltage transformers on the plug consume energy.

## Travel:

- The University encourages staff to consider the environment when choosing how to travel to work.
- The cheapest way to travel by bus is to buy tickets on the [First Bus app](#)
- There are lots of resources for staff who cycle to work. Find out all about cycling and where to find bike storage and showers in Physics in our [Cycling at University of Bristol](#) guide.
- University staff can buy discounted annual tickets for rail/bus journeys, these can be purchased with an interest free loan
- Full information on all your travel options can be found [here](#)
- If you do drive, car sharing is encouraged (when safe to do so). The University of Bristol [car sharing scheme](#) is a free web-based ride-matching platform developed specifically to help staff find one or more car share companions.

## Working From Home

### Electricity:

- Make sure to switch off lights when you leave the room for an extended period.
- If you are leaving your monitor for more than 5 minutes, make sure to put it into Sleep mode (on the bottom left Windows menu choose Power > Sleep). Sleep mode enables IT to update computers overnight.
- Always make sure any unnecessary equipment i.e. Heaters are turned off when you leave.
- Please switch off desktop printers and laptop and mobile phone chargers when not in use. These can use energy regardless of whether they are charging or not because the voltage transformers on the plug consume energy.
- Turn down your central heating by 1- 2°C to reduce energy usage and only heat the rooms you are in where possible.
- When making hot drinks, only boil as much water as you need.

### Printing:

- Avoid unnecessary printing and print double sided where possible.
- Recycle any empty ink cartridges, use the [Recycle Now Website](#) to find out where to do this.

### Recycling:

- We encourage you to recycle as much as possible at home, if you aren't sure what and where you can recycle at home use the [Recycle Now Website](#) for guidance.

### Food

- You can reduce the carbon footprint of your diet by eating more plant-based foods and considering protein sources with a lower carbon footprint. Use this [BBC calculator](#) to find out more about how different foods compare.
- You can also reduce the carbon miles of your fruit and veg by eating foods that are in season, this [helpful guide](#) is a good place to check seasonal foods all year round.