



A student guide to everyday sustainable living

intro



Our mission

We know that it can be difficult to integrate sustainable practices into your everyday, especially when you're trying to juggle studies, work, leisure time and everything else in a student's life.

We also know that everyone experiences sustainable motivation differently, has different priorities, and different lifestyles to integrate it all into. For this reason, we brainstormed some little habits that can make your environmental footprint smaller, and strung them along an average day that most people studying at university can relate to. Everybody wakes up, gets ready for the day, and eats, everybody has had broken clothes or needed to go to the shops quickly before dinner, and many people have asked themselves what more they can do without having to exert too much more energy or invest too much more time in an already busy life. This guide is for all these people, and we would be thrilled if you manage to turn even one of these tips into a new habit.

Yours for the Earth
Selina and Muguette

Good morning!

What is the first thing you do when you get out of bed in the morning? A mindful morning routine can set you up for the rest of your day and prepare you for a packed day at university - both mentally and physically.

Your daily morning routine at home is already a great place to start living a more sustainable lifestyle.

Getting in the habit of being aware of your **energy usage** can both have a positive impact on your environmental footprint and your wellbeing. Here we gathered some eco-friendly tips to help you start your day green!

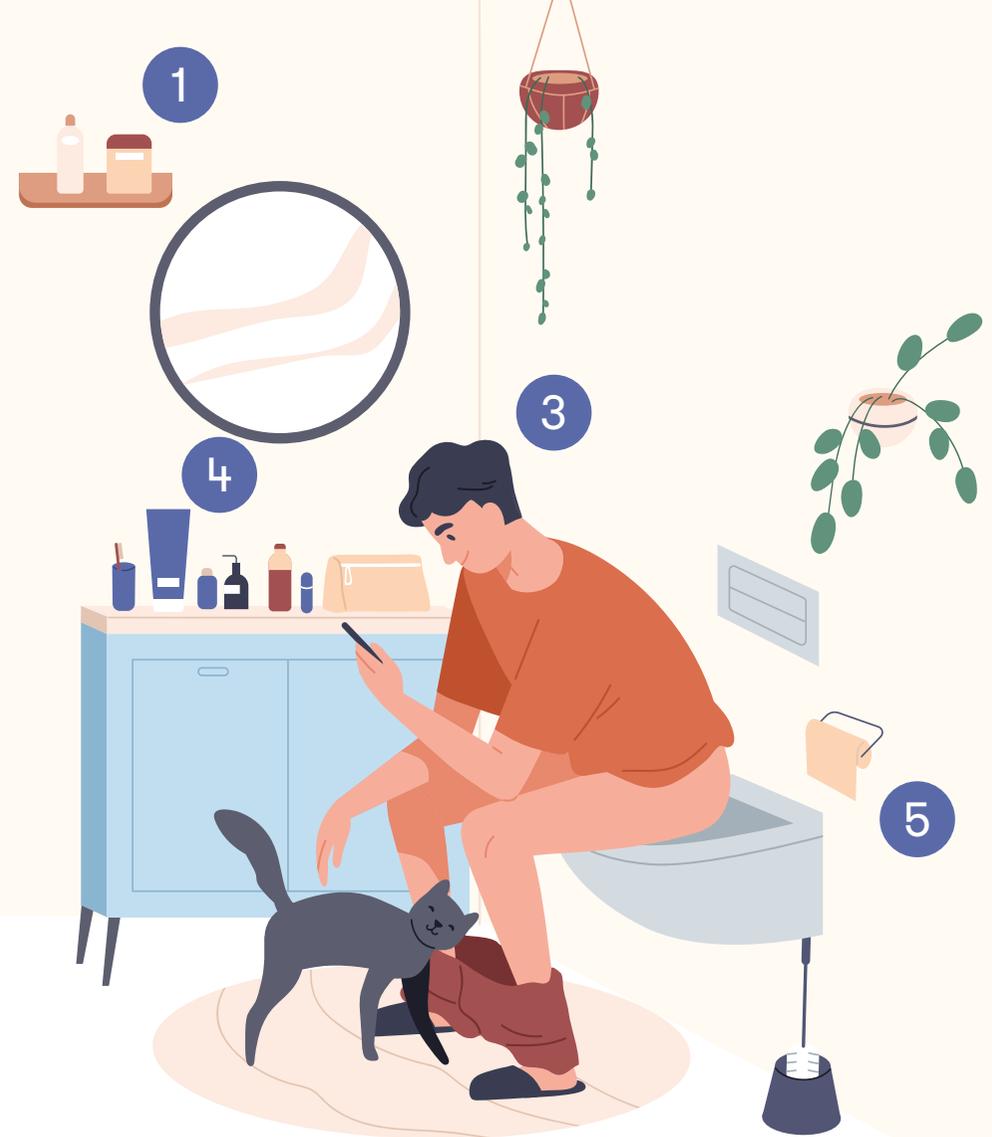
- 1 Only use the lights you need and always turn down the heater when you have your window open (don't forget to put on a warm jumper if you feel cold).
- 2 Be mindful of your coffee consumption. Aim for sustainably produced coffee, only make as much as you really drink and switch to plant-based milk. Also, if you drink your coffee on the go, always carry a reusable coffee cup with you to avoid disposable coffee cups.



Eco-friendly Bathroom Routine

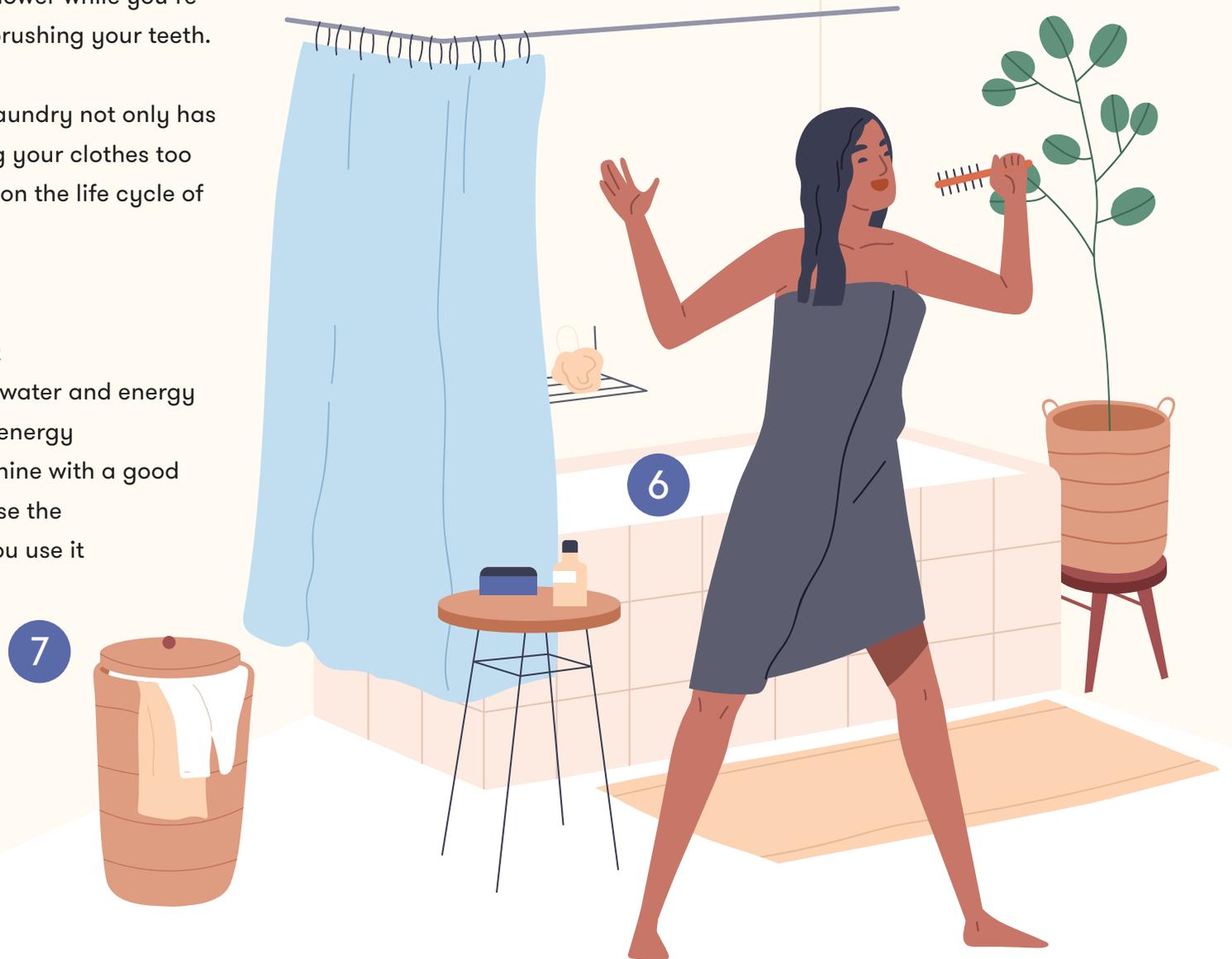
Your bathroom is another great place to start more sustainable living habits and do your part in caring for the environment. To reduce your environmental footprint, **avoid single-use plastic** and incorporate more zero-waste or DIY products in your bathroom routine. Here are some tips on how you can make this routine kinder on the environment:

- 1 Use more plastic free products! Ditch as many plastic bottles as possible by using solid soap, solid shampoo and solid hair conditioner or even **making your own**. Visit **Unverpackt** in Basel to get to know these sustainable alternatives.
- 2 Switch to products made from bamboo, such as your toothbrush and your hairbrush.
- 3 Avoid single-use products and find re-usable alternatives such as organic cotton pads to clean your face. If you are a person that menstruates, there is a great selection of **organic and fair products** or even reusable pads, menstrual cups or period panties.
- 4 Take a closer look at the products you use in regards to **hidden microplastics** (they can be in your toothpaste, peelings or in your sunscreen)
- 5 Look for recycled options when buying toilet paper or Q-tips



Always be aware of your energy and **resource usage** - especially in the bathroom.

- 6 How long are you letting the shower or tap water run? Be mindful and turn off the water in the shower while you're applying shampoo or soap. Same for brushing your teeth.
- 7 How full is your **laundry** load? Doing laundry not only has a big impact on the planet but washing your clothes too often can also have a negative impact on the life cycle of your clothing.
- Wear your clothes more than once
 - Use organic or DIY laundry detergent
 - Only do full loads of laundry to save water and energy
 - Avoid ironing and your dryer to save energy
 - Consider investing in a washing machine with a good quality energy rating so as to minimise the environmental footprint every time you use it



Mobility

The way you move through the world can impact both your mood and health, and the world around you. Be aware of the choices you make when getting from A to B and inform yourself about **sustainable mobility**.

The **Sustainability Office at the university** also provides a **great summary** of how to commute in a sustainable way.

- 1 If possible, walk
- 2 Ride your bike
- 3 Take public transportation



Lunch Time

The decisions you make about how you nourish yourself are often those that receive a lot of attention in popular culture when it comes to sustainability. By opting to eat more sustainably (whether that means more local food, less animal products, or less packaging), it can both be good for the environment and for your health. Whether you prepare your lunches at home with leftovers (for which you can use our **sustainable recipe book**), buy your meal from the university mensa (who value sustainability with their local, seasonal **menu options**), or support a local restaurant who prioritises sustainability (see our **sustainability map** for a handy list), there is a variety of ways you can keep your meals tasty, diversified, and sustainable. Remember when eating out to be mindful of packaging - always bring a tupperware and your trusted reusable bottle! If we jump ahead to dinner time, **TooGoodToGo** is always a great option if you are too tired to cook your own meal and want to help save food.



Extracurriculars

Solidify your environmental values by living them in your personal time. For example, pick up trash on the streets or on walks in a park.

Strengthen your environmental potential by collaborating with **environmental groups** on projects within the comfort of the university context. Here, you can learn about how to help co-students, staff and the university in general to become more sustainable (environmentally, socially and financially).

Looking to branch out past the uni context? These following groups can help you branch out into all the different facets of sustainability: **Fairteiler**, **Basel Vegan**, **Impact Hub**, **Umwelt Plattform**, **Urban Agriculture**, **Árbol Co(n)razón**, and a long list of more groups on **Basel Wandel**'s website.



Reduce, Reuse, Recycle and Repair

The clothing industry, especially fast fashion, can have adverse effects on all levels of sustainability (environmental, social, and financial). The best solution to this is reduce your consumption and buy **only what you need**. Buying good quality clothes that will last, as well as fixing what you can, can also save you from always buying more unnecessarily (which is true for clothing as well as **technological gadgets**). If you can't avoid buying new clothes, make sure it's somewhere with environmental, social, and financially sustainable values. We recommend secondhand or anywhere on our **sustainability map**.



Mindful Grocery Shopping

What kinds of products you put into your shopping bag or what kind of food you plan to cook, can both have a substantial impact on the planet. When buying your groceries, little changes can add up and have a positive impact on your environmental footprint. Because there are numerous variables to consider, we prepared a handful of tips to make it easier for you to incorporate sustainability into your food shopping habits:

- 1 Shop **local and look for seasonal** produce
- 2 If possible, choose fresh foods (they are less processed and thus have a smaller carbon footprint). Also, give 'ugly' and unshapely fruit and veggies a second chance - they are more at risk of ending up in landfill, but taste as good as the conventional ones and have a much more unique shape!
- 3 Be aware of the **packaging** your products are wrapped in (if you can't avoid plastic packaging, maybe go for the ones you can recycle afterwards)
- 4 Carry a shopping list with you to avoid **food waste**
- 5 Incorporate more veggies in your diet and try out some **plant-based recipes**, since **animal product consumption and production** has an significant adverse effect on the environment and can be tackled by even small changes
- 6 We recommend visiting grocery stores that we listed on our **sustainability map**



Time to Relax

- 1 When you're at home studying or living that Zoom life, remember that there are little things you can do to make your online presence and technological gadgets more sustainable! Consider switching to a **sustainable company** to buy your products, use a sustainable search engine such as **Ecosia** and be aware of your **energy usage**.
- 2 Something important to remember is that we are all constantly learning about what it means to live 'sustainably' and no one has all the answers. There are many sources where you can inform yourself, one of them being our **sustainability map** for the region of Basel with many sustainable stores and businesses. You can also watch **documentaries**, listen to **podcasts** or read **books**. Don't forget to participate in our '**Event Series for Sustainability**' to learn more and connect with like-minded people and experts.
- 3 Sustainability should neither be about guilt, nor about 'do's' and 'don'ts.' Bringing more sustainability into your everyday life can also bring a sense of self-worth and peace, while also having practical effects on your mental health. Consider meditating and practicing self-kindness (which both serve personal sustainability), as well as populating your living quarters with herbs and other plants.



We hope
you have
a green day!

This guide was created as a project of the
AG Nachhaltigkeit of the University of Basel.

Concept: Selina Maria Reusser, Muguette Müller
Design: **Andreas Räber**