GREEN LIVING

Everyday Sustainability Tips for Halls Living

AUB is a creative community that's committed to and shares a passion for the disciplines of art, design, media and performance.

We recognise that our activities impact upon the environment and living in student halls provides a unique opportunity to adopt sustainable habits that can make a meaningful difference both during your time at university and beyond.

By being mindful of everyday actions - such as reducing energy and water use, minimising waste, and choosing more environmentally friendly products - you can contribute to a healthier living environment and support wider sustainability goals.

Small, consistent changes made collectively by residents can have a significant positive impact, helping to create a more responsible and environmentally conscious community.

Here are some tips to follow:

Energy Saving

- Switch off lights and appliances when you leave your room
- Avoid leaving devices on standby
- Use natural light during the day
- Keep heating reasonable - put on a jumper instead of turning it up

Water Conservation

- Take shorter showers (aim for 5 minutes)
- Turn off the tap while brushing teeth
- Report leaks quickly - wasted water adds up fast

Waste & Recycling

- AUB's waste contractor Suez use General Waste bins and Dry Mixed Recycling Bins.
- See waste posters for what can and cannot be recycled.
- Food waste (if provided)

Avoid contamination (e.g. greasy pizza boxes often can't be recycled)

Plan meals to reduce food waste

- Store food properly (label it in shared fridges!)
- Cook in groups to reduce energy use
- Try more plant-based meals—they have a lower environmental impact

Reduce & Reuse

- Use a reusable water bottle, coffee cup, and shopping bag

Buy second-hand:

- Kitchen items
- Clothes
- Textbooks
- Swap items with flatmates instead of buying new

Smart Shopping Choices

- Choose minimal packaging products
- Support ethical and sustainable brands where possible
- Avoid fast fashion—buy quality over quantity

Laundry Habits

- Wash clothes at lower temperatures (30°C)
- Only run full loads – if you don't have a full load, could you share with a friend?

Low-Carbon Travel

- Walk or cycle to campus
- Use public transport
- Avoid unnecessary car use

Be a Sustainable Flatmate

- Share cleaning products and appliances

Agree on:

- Recycling habits
- Energy use
- Food sharing rules

Easy Mindset Shifts

- "Do I need this?" before buying
- "Can I reuse this?" before binning

Small actions x many students = big impact!