



THE CAMBRIDGE *green*  
CHALLENGE



Who wants a  
room  
thermometer?!



Have you  
needlessly left  
the Flow Hood  
on again?



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## Thought for the Week:



The average office PC pumps out 10% of the heat of a typical hand dryer.

Another reason to Switch it off when it's not in use!



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## Thought for the Week:

Have you read the University's new Sustainability Vision, Policy & Strategy yet?



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Thought for the Week:



Can you source your  
supplies from closer  
to Cambridge?

Reduce your delivery  
miles!



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Thought for the Week:



That plastic cup you  
just put in General  
Waste will take

**500 YEARS**

to decompose.

Recycle it next time.



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**Thought for the Week:**

Do you know  
which light  
switch does  
what?  
If not, why not?!



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**Thought for the Week:**

Starting a typical lamp  
uses about the same  
electricity as just  
**2 seconds running  
time.**

It's worth switching  
off!



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## Thought for the Week:

Most screen savers use the same amount of energy as when the screen is in normal use.

Edit the Power Options or switch it off instead!



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## Thought for the Week:

A dripping tap can waste up to 5000 litres of water a year.  
Report it to Facilities.



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## Thought for the Week:



Reducing your PC monitor brightness from 100% to 70% can save up to **20%** of the energy the monitor uses.



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## Thought for the Week:



If you prefer editing a hard copy, print it out **2 Pages Per Sheet** and **double-sided**.

Quarter your paper usage!



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## Thought for the Week:

Climbing up stairs for  
**1 minute** uses the  
energy you get from a  
Malteser.  
Avoid the lift and earn  
a treat!

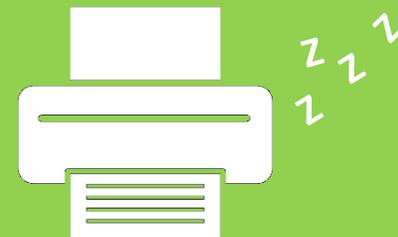


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## Thought for the Week:

Your printer has a Sleep  
Mode. Enabling it usually  
halves electricity  
consumption.

Could it even be  
switched off overnight?



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## Thought for the Week:



Leaving a water bath  
on overnight uses  
the same electricity  
as boiling a kettle 20  
times!



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