

The University's sustainability newsletter

Hitting the switch on energy use

All University staff and students are being challenged to turn off unnecessary lights and equipment, and switch off computers when not needed during the University's second Switch Off Week, beginning 10 November.

Saving energy can cut costs and promote a better environment, without reducing the University's ability to support our world-leading research.

Through a whole range of events, including a touring Switch Off Week Roadshow, a Dark Skies Stargazing evening and a series of short film screenings, the Environment and Energy Section (E&E) hopes to help individuals, departments and colleges to reduce their combined carbon footprint.

Toby Balson, Environmental Officer with E&E, said: "We're running lots of events and activities for Switch Off Week, and it's really easy to get involved. If everyone takes just three simple actions – switching off unneeded lights, computers and equipment – then Switch Off Week will be a success. So let's all pull together and see how much we can save!"

Throughout the week staff and students will be visibly showing their support for greening their University by making energy saving pledges, as well as wearing a silly jumper to work to take part in Thermal Thursday. Those taking part can enter into two photo competitions, sharing their photos and having the chance of winning prizes.

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Professor Jeremy Sanders FRS, Pro-Vice-Chancellor for Institutional Affairs and Dr Jonathan Nicholls, Registry making their energy saving pledges.

During the week, we will all be pledging to:

- Switch off electric heaters, dress appropriately for the weather and tell the Maintenance Unit if you are too hot or too cold.
- Switch off lights when you are not using them.
- Switch off computers at lunch and at night time.
- Switch off lab equipment when it is not absolutely necessary to be on.
- Switch off photo copiers, printers and other office equipment every night and ensure sleep modes are enabled.

The results of the week will be published across the University, and buildings will get to see their savings as a percentage of their normal energy use. Buildings with half hourly data (which accounts for 96% of the University's energy use) will receive daily reports of their buildings electricity use, so you can track your savings throughout the week.

Any savings achieved during Switch Off Week that translate into long-term savings will directly benefit your department under the **Electricity Incentivisation Scheme**, which provides financial rewards and penalties to individual departments, based



on whether they have used more or less electricity than they have been allocated as a target.

The energy saved by students in their college during Switch Off Week will, along with other metrics, go towards crowning a college the ultimate winner of Student Switch Off in June, a competition, where students compete for a chance to win prizes for themselves and money for their JCR/MCR summer garden party.

Staff and students are encouraged to create their own events and initiatives within their college or department. These might include a an energy exhibit, a fridge and freezer clean-out day, a climate- or energy-related film night, climate quiz, a coffee morning brainstorming session, competitions and pledges and energy audits.

What can be achieved!

The first ever Switch Off Week at the University of Cambridge, held 18-24 February 2013, resulted in an overall drop in electricity use of 2.1% thanks to efforts by staff and students to turn off equipment and lights when not required.

This figure reflects the energy saved in comparison to the week before, adjusted to account for the weather that week. Staff and students across many departments were inspired to turn off lights and computers and other equipment, saving the equivalent of £5,000 or 50,484 kilowatt hours (kWh) by the end of the week.

Some buildings saw tremendous savings over the week with departments such as Old Schools, Careers Services and Estate Management seeing reductions ranging from 7% - 20% in their electricity use. These are an indication of the benefits of the small effort of switching off idle equipment, leading to drastic cuts in overall energy consumption.

For more information on Switch Off Week, including events, competitions, results and more, visit: www.environment.admin.cam.ac.uk/switch-off-week.

What's on during Switch Off Week

Monday

9.00 - 14.30

Switch Off Week
Roadshow @ University
Library

10.00 - 16.00

Eco Racing exhibit @
Judge Business School

18.00 for 18.30 start

Dark Skies Stargazing at
Astronomy (free ticketed
event)

Tuesday

08.30-15.00

Switch Off Week
Roadshow @ Downing
Site quad

10.00 - 16.00

Eco Racing exhibit @
Judge Business School

12.45 - 13.45 Cambridge

University Eco Racing
talk @ Judge Business
School

Lunch time Photographic
exhibition, 'Waste and
Recycling in a Kenyan
Slum' @ Department of
Geography

18.00-19.00

Chris Goodall, 'Keeping
the lights on – how to
address the UK's looming
power shortage' @ Mill
Lane Lecture Theatres,
Room 3 (free ticketed
event)

Wednesday

09.00-14.30

Switch Off Week
Roadshow @ Chemistry

13.00-14.00

Green World Rising films
screening @ Department
of Chemistry, BMS
lecture theatre

15.30-16.30

Environment and Energy
at UAS Open Meeting @
LG19, Faculty of Law,
Sidgwick Site

Thursday

09.00-14.30

Switch Off Week
Roadshow @ Centre for
Mathematical Sciences
(CMS) cafe

All day event

Thermal Thursday event
and competition

14.00-16.00 (tea/
coffee from 13.30)

GreenBRIDGE seminar:
'Teaching Sustainability
to Engineering Students'
@ CRASSH Alison
Richard Building

Friday

10.00-14.30

Switch Off Week
Roadshow @ Old Schools,
Combination Room

12.00-14.00

Film showing 'Solar
Mamas' @ Department
of Geography, Large
Lecture theatre

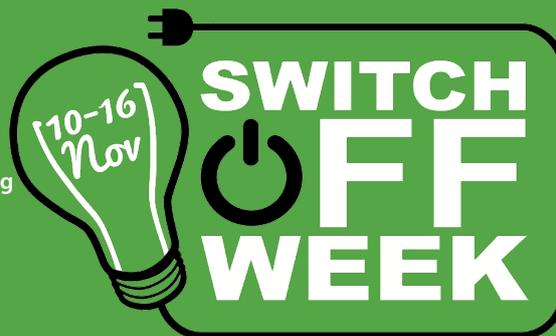
14.00-15.00 Presentation
by Prof Jeremy Sanders
to Regent House
members & Old Schools
colleagues

18.00-20.00

Pedal powered cinema -
showing of "The Artist"
@ University Centre (free
ticketed event)

Friday – Sunday
THE BIG WEEKEND
SWITCH OFF!

For more info
on all event &
competitions
& how to sign
up visit: www.environment.admin.cam.ac.uk/switch-off-week



www.environment.admin.cam.ac.uk

✉: environment@admin.cam.ac.uk

🐦: @CambridgeSust | 📘: CUenvironment



THE CAMBRIDGE *green*
CHALLENGE

Save energy with your thermals!

Thermal Thursday is taking place on 13 November. As part of Switch Off Week staff and students will come to work dressed for the winter weather- looking good whilst saving energy!

Prize for the most original and entertaining photo!

Send submissions to **Facebook, Twitter or environment@admin.cam.ac.uk**.
Deadline for entries Friday 16 November.



Registration is now open for Green Impact 2014-2015

Join 54 teams who have already taken part across the University.

Green Impact is the University's environmental accreditation scheme. It supports and encourages departments and colleges across the University in reducing their environmental impacts.

Supported by the Environment and Energy Section, teams in departments sign up to an online workbook and progress through simple, clear and easy criteria towards recognised awards and targets.

The scheme is great for those people who want to make a difference but are not sure how, and also supports those who are already beavering away for environmental and wellbeing causes in their corners of the University.

Sign a team from your department or college up today:
www.greenimpact.org.uk/cambridge.



Student opportunities

Get involved to gain and develop project management, teamwork and auditing skills! Benefit your CV at the same time as the University.

Green Impact is a scheme developed by the National Union of Students bringing staff and students together to enable and showcase positive changes in environmental practice. The scheme audits and awards departments and colleges based on their sustainability and encourages direct action in the workplace.

We are currently recruiting Green Impact Project Assistants! Training takes place 20 November 2014.

Green Impact Project Assistant: These are students who are recruited to provide extra support and assistance in completing a team workbook. Students commit to volunteering for only 1 hour a week and are trained by the NUS to support their team efficiently.

Apply now!

www.environment.admin.cam.ac.uk/getting-involved/green-impact/students.



Victory for the Institute of Metabolic Science

University of Cambridge's Institute of Metabolic Science (IMS) took the first place in Cambridgeshire Cycle Challenge, racing past 145 workplaces as it totted up the highest number of commuter trips.

The Cambridgeshire Cycle Challenge, currently in its fourth year, is a free web based competition for Cambridgeshire businesses with the aim of encouraging more people to cycle either to work or for leisure or training.

From 15 September to 12 October every cycle journey undertaken by participants was logged and each journey contributed to their team's performance. This year over 1300 people participated.

Many IMS employees commute to Cambridge Biomedical Campus site by bicycle every day as cycling is one of the most efficient and convenient ways of travelling around Cambridge and getting to work. The Challenge helped to encourage individuals to take up the habit and to create a sense of community between cyclists in the IMS by giving them opportunities to share their thoughts and concerns regarding cycling infrastructure and safety around Cambridge.

Jonathan Fort, the Institute's Environment and Energy Coordinator notified all staff in the IMS about the Challenge inviting the cyclists to take part. Jacek Mokrosinski (Post-doctoral research associate) volunteered to set up and manage the team.

Jacek said "When I heard of the Cycle Challenge, I instantly knew that could be great fun. I decided to call all my colleagues and encourage them to join the team – not because of the competition but rather to meet them and feel that we share the same cycling



The winning team made up on: Andras Nagy, Patsy Tomlinson, Erik Schoenmakers, Jacek Mokrosinski, Nicholas Heeley, Rachel Knox, Martyna Kazek, Jordi Lanuza, Cornelia Gewert, Rachel Larder, Maria Adams, Matthew Banton, Joseph Poley-Wolf and Sarah Finer

experience every day. Thanks to that I met a few new cycling buddies and I feel encouraged even more to cycle every day, mostly because I am part of a big community. I believe that together we can also be heard better when it comes to appeals for better cycling infrastructure and safety improvement for cyclists in Cambridge and around Cambridge campus."

"I started cycling to work many years ago and the main reason to go on a bike was that everyone – from students to professors – did cycle at my former work place. I felt odd not being one of them. So when arriving to Cambridge I didn't need to be convinced that cycling is convenient and enjoyable way of commuting. Finding out that so many of my new colleagues cycle was a great news and I wanted to encourage and strengthen the community among cyclists."

The winners team of 14 cyclists from the IMS won first prize for the Cambridge City category having made more journeys and covering twice the number of miles than their nearest competitors. The Institute of Metabolic Science was ranked

first among employers from Cambridge city with 29 journeys per participant on average, 360 commuter journeys and 940.6 miles cycled in total.

To find out more about Cycling in Cambridge, including financial support and safety and security, visit: <http://www.environment.admin.cam.ac.uk/what-are-we-doing/travel/cycling-cambridge>.

Join the One World Challenge

The One World Challenge brings people together to challenge them to live a more sustainable lifestyle for three weeks. In a small group of friends, changing everyday habits and sharing ideas becomes easy and fun.

In previous One World Challenges more than 2000 people have participated completing more than 100 000 actions. But most importantly, we had fun!

Join the Cambridge challenge, 3 November - 23 November, help Cambridge University reduce it's carbon footprint and register: www.oneworldchallenge.me.

Subscription: If you'd like to receive *Greenlines* directly please contact us on the details below



THE CAMBRIDGE *green*
CHALLENGE

www.environment.admin.cam.ac.uk

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