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THE CAMBRIDGE *green*
CHALLENGE

Green Impact Launch

University of Cambridge
2017/18

Peter Lumb, Environmental Manager

Today

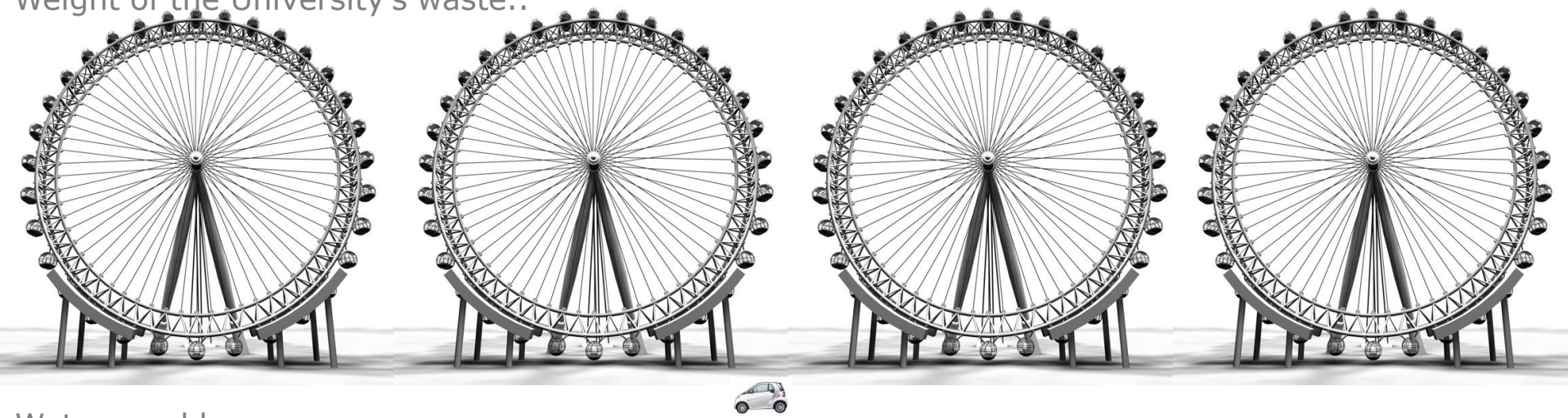
- **What is Green Impact?**
- **How it works**
- **What happened last year?**
- **What support is available?**
- **What's new this year?**
- **Lunch and networking**

What is Green Impact?

- Sustainability awards scheme, now in 6th year at Cambridge
- Over 300 organisations across UK also take part
- Recognition for those already taking action on environmental & sustainability issues
- Guidance for those unsure how to act
- Aims to make sustainability change using an approach based on ‘social change theory’



Weight of the University's waste..

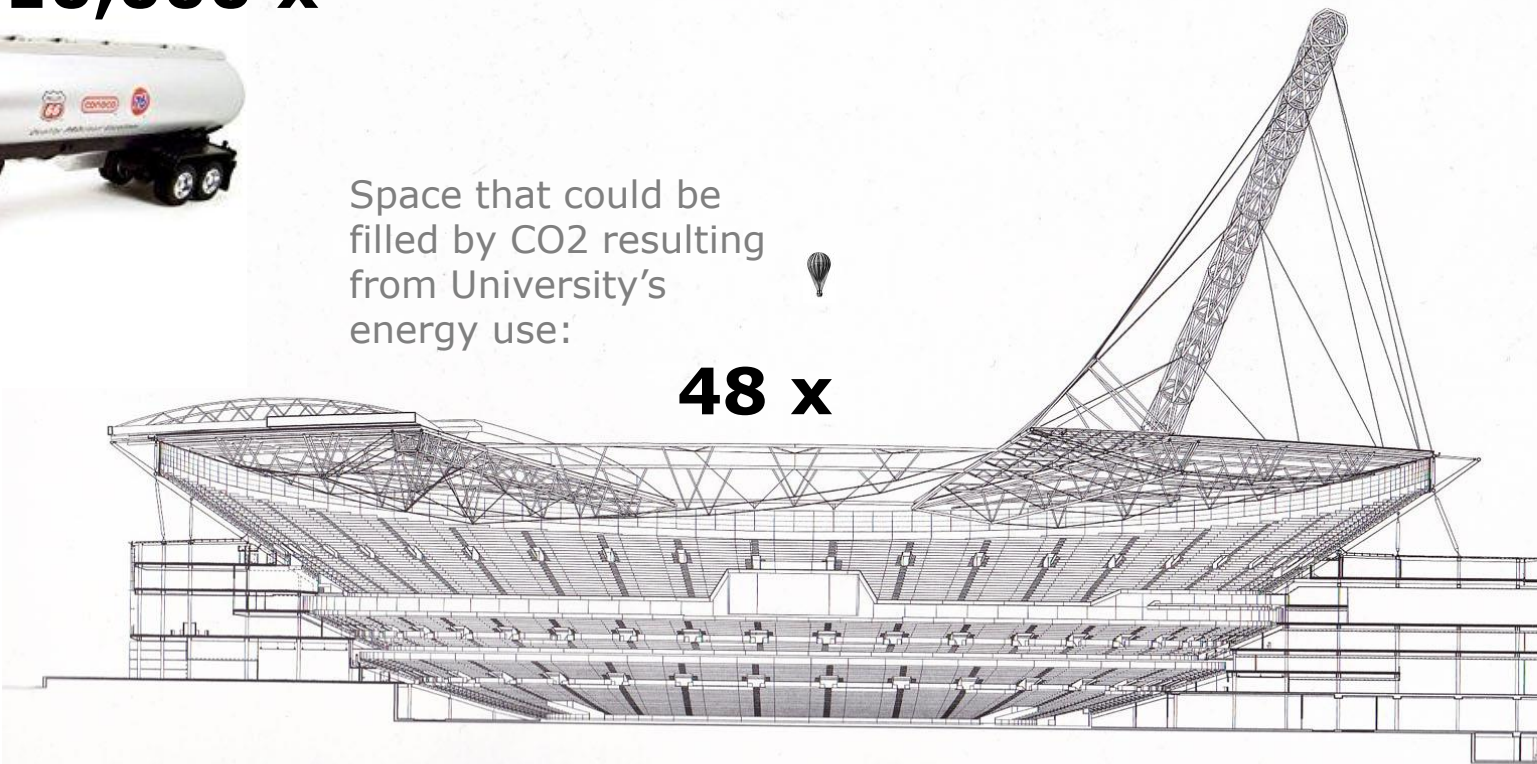


Water used by University per year **10,000 x**



Space that could be filled by CO2 resulting from University's energy use:

48 x



Generating sustainable behaviours?

- It's a delusion we can change peoples' behaviours, people change their own behaviours
- But... we can give them a nudge and help make the change easy and desirable



make it HABIT

This Lever is about reinforcing and reminding.

- Once people have made a change, what can we do to help them keep doing it?



make it UNDERSTOOD

This Lever raises awareness and encourages acceptance.

- Do people know about the behaviour?
- Do they believe it's relevant to them?



make it REWARDING

This Lever demonstrates the proof and payoff.

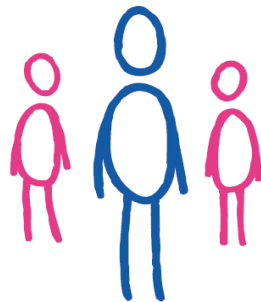
- Do people know when they're doing the behaviour 'right'?
- Do they get some sort of reward for doing it?



make it EASY

This Lever establishes convenience & confidence.

- Do people know what to do & feel confident doing it?
- Can they see it fitting into their lives?



make it DESIRABLE

This Lever is about understanding people's perceptions of themselves and their relationship with broader society.

- Will doing this new behaviour fit with their actual or aspirational self-image?
- Does it fit with how they relate to others or want to?



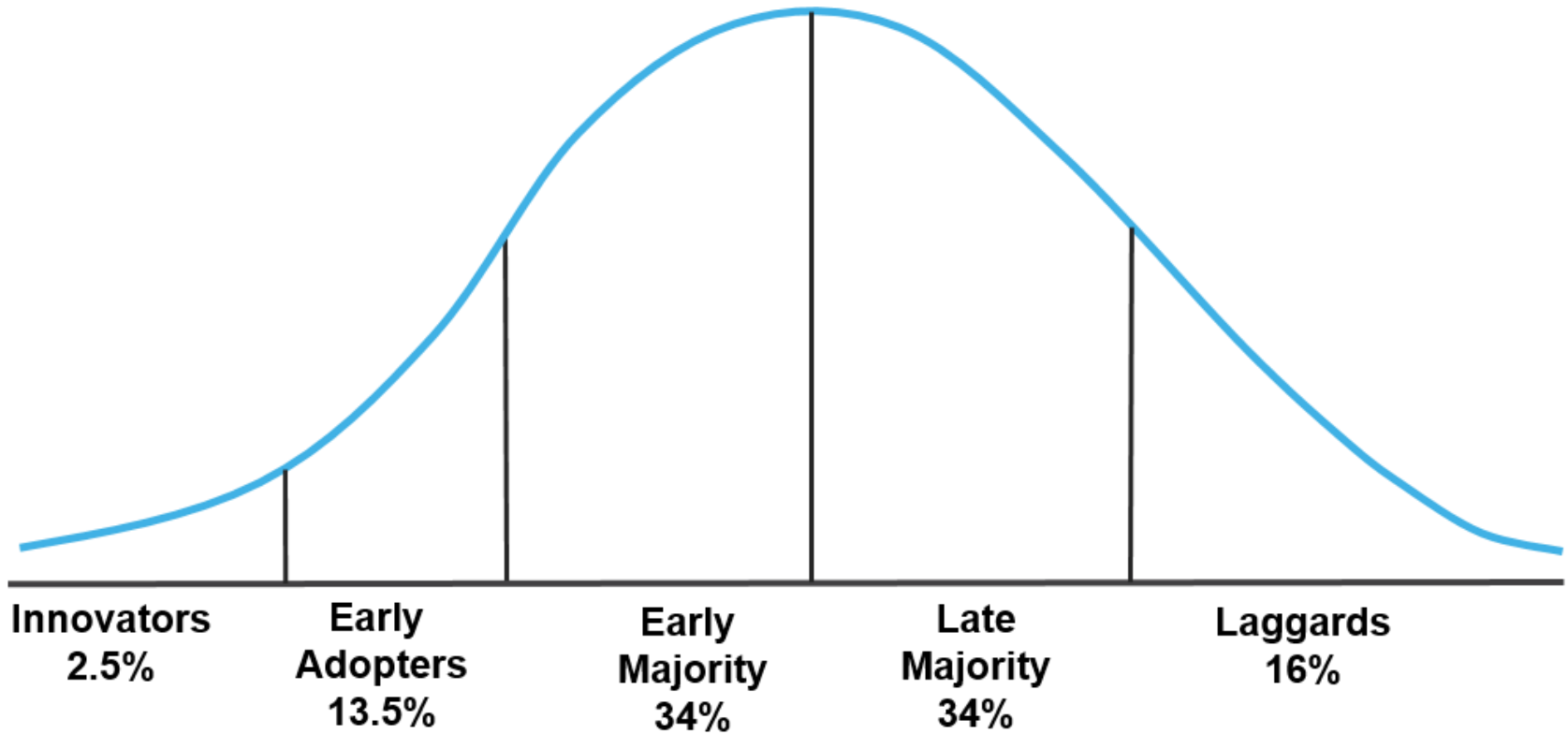
Green Impact at the University of Cambridge

Last year...

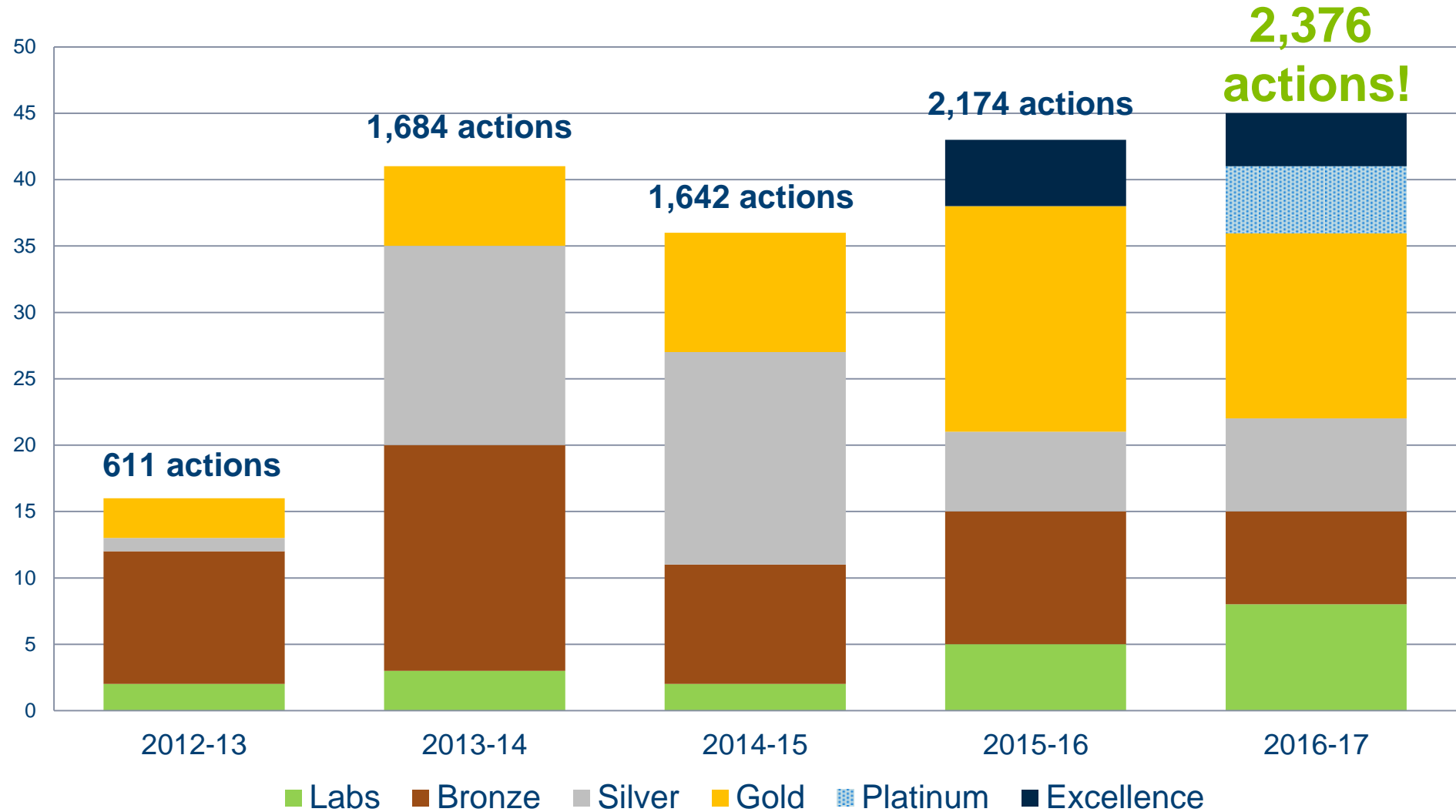
- Teams in **28 Departments**
- **8 Laboratories** and...
- **13 Colleges**...
- Made up of **220 staff and students.**
- Encouraged **4,748** colleagues to take sustainability action...



New behaviour adopters



Participation in Green Impact at the University of Cambridge



How does it work?

- Intro
- Bronze
- Silver
- Gold
- Excellence
- Labs
- Colleges
- Special
- Submit

Welcome to Green Impact!

Green Impact is a change and engagement programme – it helps people from across the university understand sustainability and social responsibility, shows you what you can do to make a difference, and supports you in achieving these actions. For more information on the programme please go to www.nus.org.uk/greenimpact.

Welcome to the programme at The University of Cambridge!

If this is the first time you've visited the toolkit, please watch the instruction video below. Then you can register for the programme by clicking on the link to the right.

Login

Register

Lost Password

Tweets by @CambridgeSust

Environment & Ener...
@CambridgeSust

The Annual Staff Travel Survey is now open and we'd love to hear from you
surveymonkey.co.uk/r/UoCstafftrav
.... Thank you for your patience

Oct 18, 2017

Environment & Ener...
@CambridgeSust

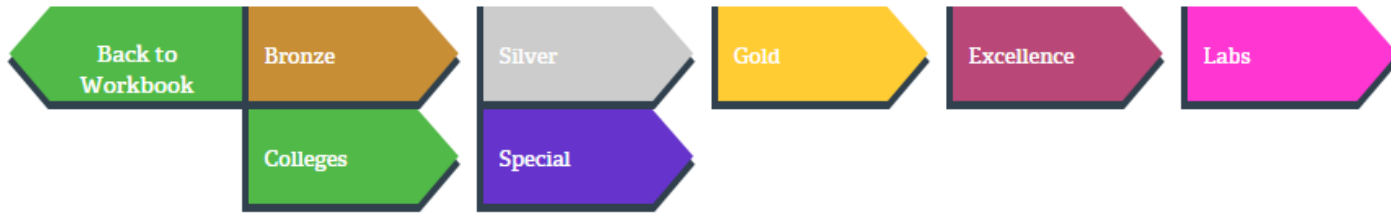
In 2016, the University of Cambridge had 5 finalists in the Green Gown Awards 🏆🏆



Finalists in the



WORKBOOK PREVIEW - Organisation: University of Cambridge



Save Changes

Completed 0 of 20, Total Points 0 of 94



[+ Show All](#)

(B001 - B005) Embedding & Communication - [Hide All](#) Completed 0 out of 5

B001	Criteria	Further Information	How you will be audited	Comments/Evidence	Total Points	9			
<p>Comments</p> <div data-bbox="73 933 1591 1056" style="border: 1px solid #ccc; height: 86px;"></div>					Not Done	N/A	Done		
<p>Upload Evidence</p> <div data-bbox="65 1210 278 1276" style="background-color: #800000; color: white; padding: 5px; display: inline-block;">Upload a file</div> <p>View all evidence</p>									

How to win an award...

Bronze award: Complete all 20 actions in 'Bronze' workbook



How to win an award...

Silver award: Complete all Bronze actions plus all 16 in Silver workbook



How to win an award...

Gold award - Complete Bronze & Silver actions, and achieve any 130 points from the Gold tab (including 8 mandatory requirements).



How to win an award...

Platinum award – as above, but achieve 250 points from the Gold tab!



How to win an award...

Labs awards: Bronze = 70 points, Silver = 130 points, Gold = 190 points, Platinum = 350 points.



How to win an award...

College awards: Bronze = 60 points, Silver = 120 points, Gold = 185 points, Platinum = 350 points.



How does it work?

Sign up

- Staff and students form team to represent their department or college

Take action

- Progress through online workbook with actions on sustainability

Audit

- Teams are audited by Cambridge University students

Awards

- Celebration event with awards presented to teams

Green Impact at the University of Cambridge

Last year's top teams!

Top teams overall:

- 1) **830 points** - Cancer Research UK
- 2) **651 points** - Madingley Hall
- 3) **587 points** - Obs & Gynae Green Team
- 4) **501 points** - Cambridge Trust
- 5) **449 points** - Corpus Christi College



What do people say is the best bit about Green Impact?

"Listening to people's ideas and coming up with simple solutions."

"Realising monetary savings in our energy usage."

"Making people aware and realising what impact they can have."

76% had fun taking part in Green Impact

89% felt good about themselves as a result of being part of Green Impact

"Raising awareness while having fun and building team spirit!"

"Bringing the department together."

"Seeing the difference we made!"

**What happened last
year?**

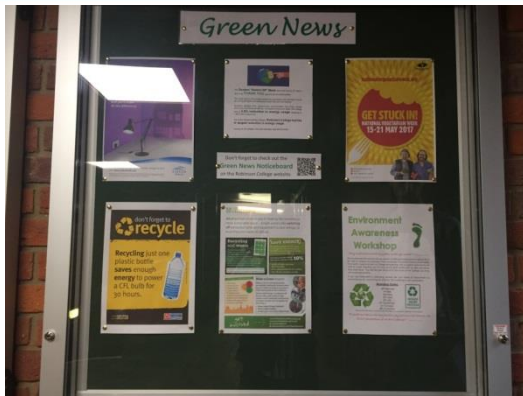
Question Time!

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Green Impact at the University of Cambridge

Communication and events – examples from last year

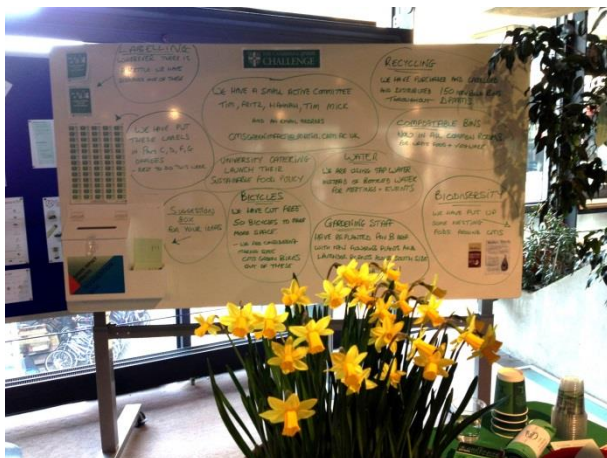


Spreading green messages at Robinson College



Awareness posters and reminder stickers at Philosophy

Pledge Christmas tree at Architecture



Green Impact whiteboard at CMS



Sustainable food talk at Geography

Green Impact at the University of Cambridge

Communication and events - examples from last year



Green Formal Freshers' Feast at Emmanuel College



Green-themed bop and cake sale at Jesus College

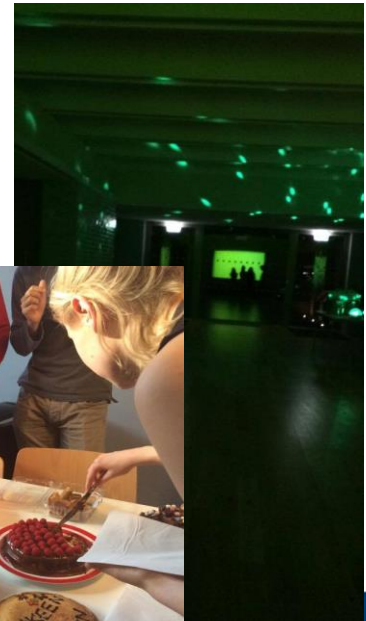


Insect tasting at Earth Sciences



Halloween carving and cooking at St Catherine's College

'Thermal Thursday' at CRUK



Green Impact at the University of Cambridge

Promoting recycling - examples from last year



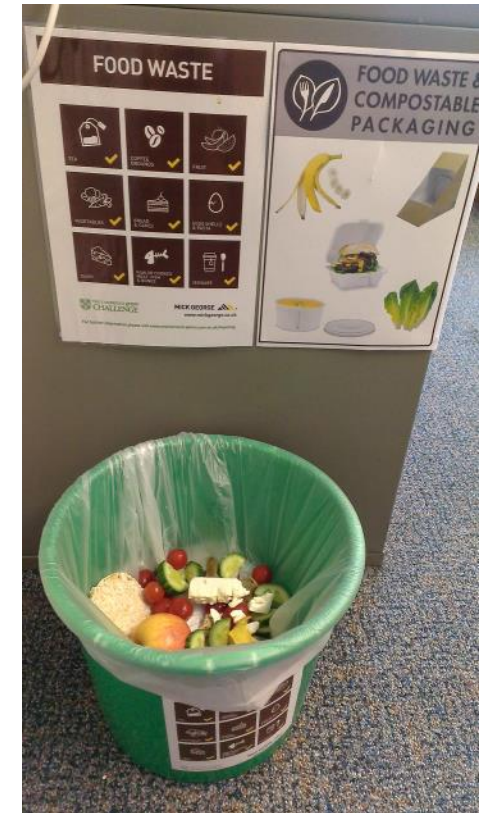
Clearly labelled bins in DRC



Composting initiative at Wolfson College



Recycling event at Centre for Mathematical Sciences



Food waste collections in Philosophy

Green Impact at the University of Cambridge

Saving resources - examples from last year

Re-usable bottles at Madingley Hall



Bag re-use at Churchill College

£6.50

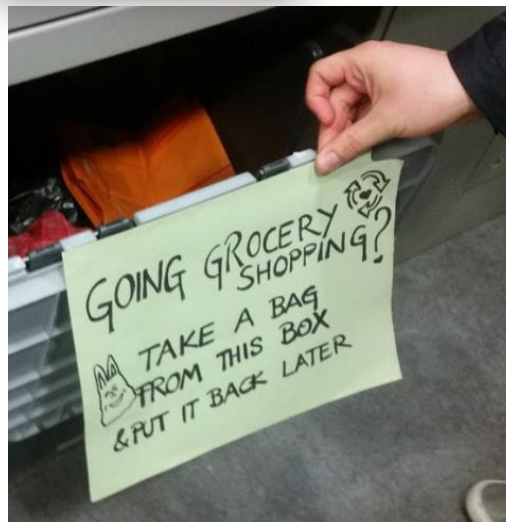
- 100% recyclable
- Save money
- Save the planet
- Buy one in hall!

Save **10p** on hot drinks each time you use it!

KeepCups at Emmanuel College



Paper use awareness at Greenwich House



Stationery amnesty box at Psychiatry



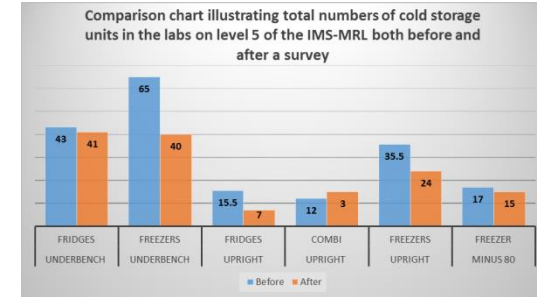
Green Impact at the University of Cambridge

Saving energy - examples from last year

Efficient freezer use at the Sainsbury Lab



Freezer reduction initiative at IMS-MRL



Energy audit at Faculty of Philosophy

Energy and housekeeping audit checklist

Conducting energy audits on a regular basis helps identify energy waste and identify opportunities for improving energy practices. This aids carbon emission reductions, can make working environments more comfortable, ensures Health and Safety guidelines are met and helps improve communications between your estates department and the people that work in your building.

On the following pages is an audit checklist. It is designed to stimulate questions about energy practices. Not all questions will be applicable in your department but we've tried to make them as relevant to as many people as we can. Some questions may be difficult to answer without external help (e.g. is there roof insulation?), however, these questions are still worth asking as issues may have been overlooked.

Most of the measures are simple good housekeeping measures which can be implemented immediately. Other measures are low cost (e.g. fitting timers, pipe insulation or draught proofing) and will involve some expenditure and/or contacting estates.

1. Basic information

Date of energy audit:	30 March 2017
Department/Building/Area covered:	Philosophy Faculty and Library areas, raised Faculty Building
Persons conducting audit:	Heather Sanderson (Faculty administrator) & Clare Dickinson (Estate Services and EEC)
Normal occupancy hours of building:	8am - 5pm - Fri between 8.30-6.30 Cognitive Institute: as above, plus evenings and weekends
Cleaning times:	Approx 5-7 pm, Mon-Fri

Efficient CHP boiler at Churchill College



Well-maintained equipment at Geography Science Labs

Green Impact at the University of Cambridge

Sustainable travel - examples from last year



**Green Travel event
at Corpus Christi**

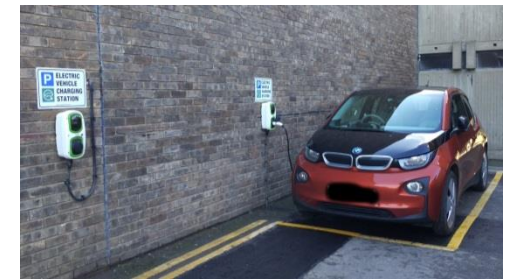


**CRUK sustainable travel
and pool bike event**

**Slow bicycle
race at
Greenwich
House**



**Electric
charging
points at
Churchill
College**



Green Impact at the University of Cambridge

Biodiversity and grounds - examples from last year



**St Catherine's
College student
allotment**

**'Buggingham
palace' at Corpus
Christi College**



**'BirdCam'
box at
Clare
College**



**Cambridge
Trust
rooftop
garden**

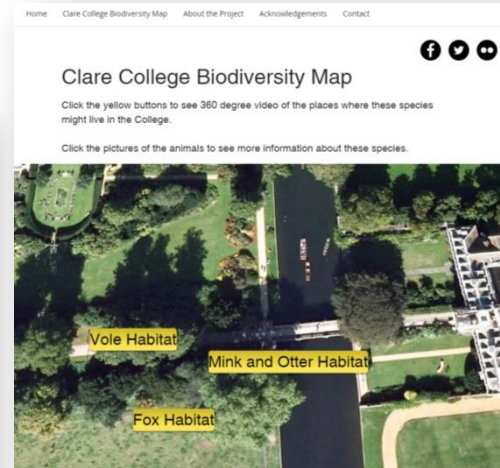
Beyond Gold...

Last year's Green Impact Excellence projects

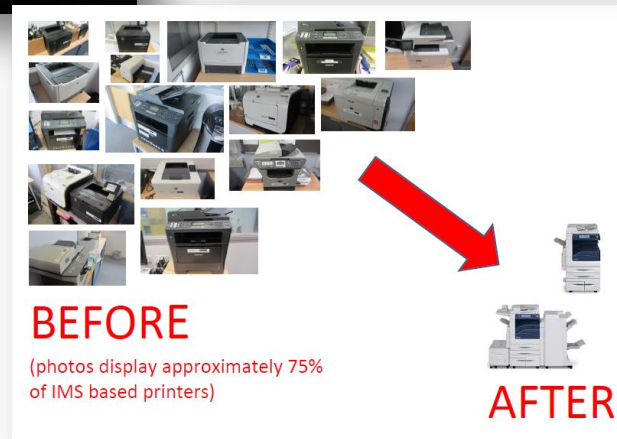
MML's schools engagement project



University Counselling Service's charity recycling scheme



Clare College's biodiversity mapping initiative



MRC Epidemiology's IT energy efficiency project

Important Dates

25 Oct

- Launch!

25 April

- Submit workbooks

Early May

- Audits conducted by student auditors

June

- Award Ceremony

**What support is
available?**

Advice & Support available



Environmental Coordinators

Sustainable
Labs Officer



Living Lab
Coordinator



Transport
Coordinator



Building Energy Managers /
Energy Coordinator



Student
Engagement
Coordinator



environment@admin.cam.ac.uk
greenimpact@admin.cam.ac.uk

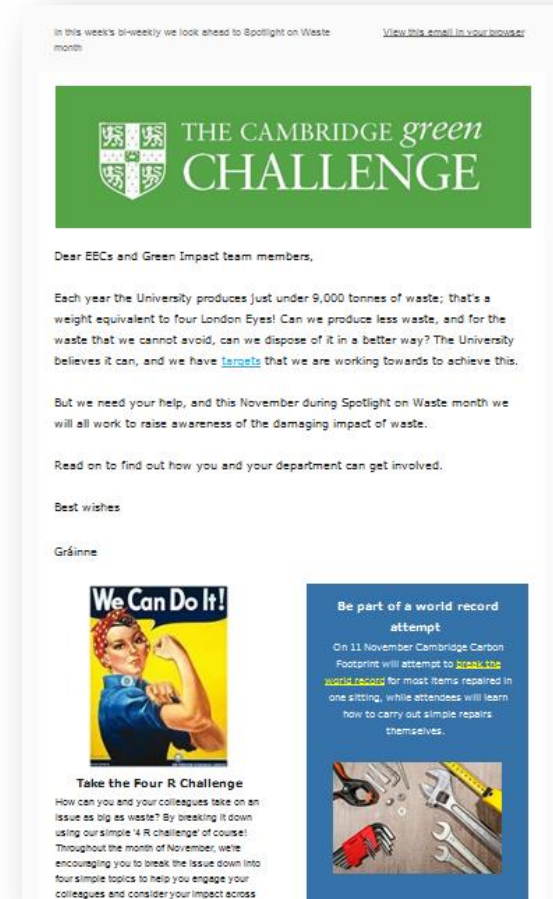
Advice & Support available

www.environment.admin.cam.ac.uk/greenlines



Greenlines: Monthly sustainability newsletter for University

Bi-weekly digest: Twice-monthly update for EECs and Green Impact Team members



Upcoming events...

‘Spotlight On’ months are as follows:

- **November 2017** - Spotlight on waste month
- **February 2018** - Spotlight on sustainable research month
- **April 2018** - Spotlight on travel month

Other events to keep an eye out for:

- **14 December** - Thermal Thursday
- **22 December** - Switch off for the holidays
- **24 March** - Earth Hour
- **31 March** - Clocks change - get on your bike!
- **22 April** - Earth Day

www.environment.admin.cam.ac.uk/events

First Green Impact Workshop of the year

21 November (time & venue TBC):

- *“Running environmental events and engaging others in sustainability”*
- Followed by networking lunch and Green Impact drop-in surgery



Advice & Support available

Guidance page

www.environment.admin.cam.ac.uk/guidance



THE CAMBRIDGE green CHALLENGE



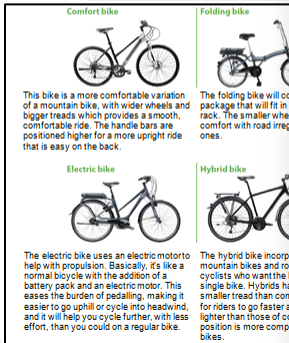
Waste and Recycling Guidance Document

For University of Cambridge Departments

INSERT NAME OF INSTITUTION Cycling at Work Guidance

1. Introduction
The University of Cambridge is committed to reducing the environmental impact of its travel and therefore is encouraging INSERT NAME OF INSTITUTION staff to cycle during the day between sites and for work meetings. Staff members can either use their own bicycle or use the INSERT NAME OF INSTITUTION pool bikes. This document is a best practice guide for cycling at work and provides guidance on how to reduce risk of the University's public liability insurance for cyclists.

2. The INSERT NAME OF INSTITUTION Pool Bike Scheme
There are INSERT NUMBER OF BIKES AVAILABLE pool bicycles available, which are easily adjusted to suit various riders of different heights. They are suitable for you, standing astride the frame with both feet flat on the pedals. The 2.5cm clearance between the top tube and the crossbar. The figure shows the correct clearance. REMOVE IMAGES BELOW FOR BIKES WHICH ARE AVAILABLE.



You can borrow lights, high visibility waterproof clothing and panniers from the INSERT WHERE THEY ARE PARKED and labelled with the following information:



Ultra Low Temperature Freezers – Management Guide

Laboratories typically account for a significant majority of the University's total carbon emissions whilst occupying a minority in terms of space. Ultra Low Temperature Freezers (ULT freezers) typically operate between -70 and -80°C, consuming between 10-20kWh per day, roughly twice the average daily consumption of a U.K household (8kWh/day).

An audit of select departments within the University of Cambridge (2013) found that many ULT freezers were consuming significantly more energy than needed due to poor management and maintenance.

The following guidelines provide advice on how to manage your ULT freezers more effectively to reduce energy consumption and prolong freezer life whilst safeguarding samples.

- 1. Close the doors!**
Ensure that the internal doors are shut properly before the main door is closed promptly. This prevents warm air entering and reduces ice build-up.
- 2. Keep an Inventory**
Minimise how long the door is kept open by keeping an up-to-date inventory stuck on the outside or near each unit. It should detail clearly both the sample and the location. If possible keep samples in boxes on racking, to allow for quick retrieval.
- 3. Label your Samples Clearly**
Label clearly all samples, including contact details and if possible an 'expiry date'. Remove old samples where possible, particularly when members of staff leave.
- 4. Manage your Space**
Freezer space should be maximized whilst ensuring that samples do not block grills, vents or obstruct the airflow to and from coolers, as this will compromise temperature control. Avoid large empty spaces - the energy a freezer uses is spent cooling the air that enters upon opening the freezer door. Use spare polystyrene ice boxes to fill spaces or share freezer space with other labs.
- 5. Position your Freezer**
 - Store in a well-ventilated area away from sources of heat and out of direct sunlight with low ambient temperatures. High ambient temperatures increase energy consumption and may also increase the risk of freezer failure.
 - Ensure that there is space around the unit's vents (keep 10cm of space around behind and on top). Do not store items on top off or around ULT freezers.
- 6. Make sure your freezer is reaching its temperature set point**
If you can hear the compressor running constantly, or if the freezer does not reach its set point (as seen from another thermometer), inform the lab manager or relevant maintenance staff to have the unit looked at immediately.



Staff inductions: Best Practice Guide

In order to meet our energy targets as a University, it is important for new staff members to be aware of the University's commitment to sustainability, and to motivate them to contribute in any way they can.

A really helpful tool to achieve this is by targeting the inductions of new staff. The University has a high turnover of staff (although it varies greatly from department to department), and as a result inductions are an effective way of establishing a message and an attitude that can spread quickly through the department. Introducing new staff to the environmental and energy goals of the University, and motivating them to take part, should be a key objective of all departments.

How can you help to embed positive environment and energy behaviours through staff inductions?

- 1) *Organise a coffee meet with every new member of staff*

This approach has the advantage of being personal and relaxed; with the sheer volume of induction information new staff are hit with, there are merits to not following a rigid induction list, but simply having a conversation about the sustainability commitments of your department. This is a highly sociable way of introducing new staff to the department's sustainability practices and helps confirm to new staff that other members of the department are able to behave in an environmentally-conscious way; this opens the door to them following suit. Depending on the staff turnover of your department, however, this method can be time consuming.

- 2) *Obtain a slot in your departmental induction presentation / meeting*

The benefit of this approach is that you can get your message across to more people than by having one-to-one inductions with all new members of staff, but on the other hand new members of the department are less likely to feel personally engaged by the sustainability initiatives being discussed. Try to keep the groups small enough to ensure members feel they are being addressed personally. The Environment and Energy Section are happy to help with, or give, induction presentations.

- 3) *Produce hand-outs for all new staff*

Induction hand-outs can be a useful way of reaching the maximum possible number of people and giving them the information they need, there and easily accessible. It is recommended to use hand-outs in association with other induction mechanisms.

Any of these resources should focus on sustainability issues at the department. Here are some of the recommended points to weave into the induction material.

- Does the department have a Green Impact team? Who is on it?
- How your department is reducing its environmental footprint
 - o reducing energy usage – turn off equipment when not in use

www.environment.admin.cam.ac.uk
environment@admin.cam.ac.uk
@CambridgeSust
#UoCEnvironment

Why is saving energy important?

Nearly 50% of the CO₂ emissions produced in the UK come from heating and cooling in buildings (Carbon Trust).

Leaving a typical window left open overnight in winter will waste enough energy to drive a small car over 35 miles (Carbon Trust).

Boiling everyone boiled only the water they needed every time they used the kettle, we could save enough electricity in a year to power the UK's street lighting for nearly seven months. (Energy Saving Trust).



What's new this year....

Some changes this year...

- There are 9 new actions in the Gold workbook,
- This includes a brand new section on 'Health & wellbeing'
- There are 4 new Labs actions
- There are 5 new Colleges actions
- General updates to some criteria



Environmental Sustainability Induction

- A comprehensive introduction to sustainability at the University
- Energy, waste, water, travel and procurement
- Online course
- Takes 20 minutes to complete

Available from:

www.environment.admin.cam.ac.uk/induction



New data!

Energy data - Metering Improvement Project is getting underway



- More data on sites across the University estate
- Helping you understand & measure performance

Waste data – Mick George Ltd (University's trade waste contractor) bin chipping and weighing

- Monthly site-by-site weight summaries for Mixed Recycling and General Waste bins
- Data is available on site-by-site basis - Can support recycling engagement & improvement.



New posters and email footers

THE CAMBRIDGE *green* CHALLENGE

Join our Green Impact team!

We are taking part in the University of Cambridge's sustainability awards scheme. Over 70 workplaces, departments and Colleges across the University have improved their environmental performance through Green Impact.

Join us and help to build a more sustainable University.

GET IN TOUCH
greenimpact@admin.cam.ac.uk
www.environment.admin.cam.ac.uk

green impact

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green impact

THE CAMBRIDGE *green* CHALLENGE

We can achieve great things working together!

In 2015/16 at the University of Cambridge, we saw:

- A NEW 'zero waste to landfill' waste contract introduced
- Compostable packaging and cutlery rolled out across the University's cafes
- 2,174 sustainability actions completed by Green Impact teams
- A 10% cut in carbon emissions since 2013/14
- 23 'Living Laboratory for sustainability' projects undertaken
- 75% of staff regularly commuting to work by sustainable modes of travel
- Over 30 energy and carbon reduction projects installed in university buildings, which will save an estimated 870 tonnes of carbon a year.
- 1,867,298 kWh generated via onsite renewables
- The University vehicle fleet awarded 'Go Ultra Low' status

Play your part in making the University more sustainable – take part in the Cambridge Green Challenge.

FIND OUT MORE AT
www.environment.admin.cam.ac.uk

green impact

THE CAMBRIDGE *green* CHALLENGE

Play your part in the Cambridge Green Challenge

This month, spend...

- 2 minutes** reading the Greenlines newsletter to hear the latest sustainability news from around the University of Cambridge. Sign up at: www.environment.admin.cam.ac.uk/greenlines
- 20 minutes** getting involved in the University's environmental accreditation scheme, Green Impact. You'll be supported to improve the environmental performance of your department or College and get an award at the end of the year too! See more at: www.environment.admin.cam.ac.uk/green-impact
- 2 hours** becoming your department's Environment and Energy Co-ordinator (EECs) are staff volunteers who provide a local focus point for environmental and energy issues in their departments and buildings. You'll be supported to engage your colleagues in making small changes to everyday work practices that collectively make a big difference across the University. Find out more at: www.environment.admin.cam.ac.uk/EECs

green impact

THE CAMBRIDGE *green* CHALLENGE

Join our Green Impact team!

Building a more sustainable University.

FIND OUT MORE AT
www.environment.admin.cam.ac.uk

green impact

What's next - new Green Impact teams

- Take our 'quick guide to Green Impact'
- Register with online workbook:
www.greenimpact.org.uk/cambridge
- Email/ask around your department and see who is interested
- Hold a launch event or first meeting
- November's 'Spotlight on Waste' month – see our guide!

Green Impact is launching for 2017/18 and we'd love for you to be involved!

A simple guide for new Green Impact teams

What is Green Impact?

Green Impact is a simple and effective way for people to make positive changes to the workplace and our environment, improve their health and wellbeing, connect with other staff across the University and provide students with excellent opportunities.

How does Green Impact work?

Staff take part by doing fun and engaging actions in an online toolkit. The actions are split into different categories, such as bronze, silver and gold. Teams can be made up of a department, college, building, lab or even a floor of a building – whatever suits you. You can register now and then start recruiting members before getting going with the toolkit. You'll receive support at every step of the process and could win an award later in the year.

Will Green Impact be a lot of work?

No. On average you can spend as little as a few hours a month doing it. Different teams find different ways of completing Green Impact, depending on the award level they choose to go for and the number of people in their team. Before we allocate awards you'll have at least six months to complete the actions and there will be lots of support available. If it's too much, you can do just a few actions this year and receive a 'working towards Bronze' certificate.

Why should I get involved?

Green Impact is easy, free, fun and rewarding. By participating you'll get to:

- make the university a more enjoyable and efficient place to work;
- work with new people from both within and outside of the university;
- learn about social, health and environmental issues and make a real impact;
- be recognised for positive actions you're doing already;
- attend (and maybe win something at!) the annual awards event.



How will I be supported?

You'll receive regular communications (but we promise not to spam you!) and there will be support events throughout the year. Of course, write at the end of the phone and email if you need us – contact details are below. You can also be buddied with a trained student volunteer (a Green Impact Project Assistant) to help add capacity to your team and provide them with a development and learning opportunity.

What awards can be won?

Working Towards Bronze - Start doing any of the actions even if it's only a few;
Bronze - Complete all the Bronze actions;
Silver - Complete all Bronze and Silver actions;
Gold - Complete all Bronze and Silver actions and 130 points from the Gold actions.
There are actions specifically designed for colleges and laboratories, plus special awards handed out at the end of the year for innovative ideas and committed people.

How do I get involved?

Simply register your team name and contact details at: www.greenimpact.org.uk/cambridge

For further support

- Have a look at the helpful video guide on the Green Impact workbook homepage.
- Keep an eye on the Greenlines newsletter, (environment.admin@cam.ac.uk/greenlines) for details of support, workshops and more.
- Email greenimpact@admin.cam.ac.uk or call 01223 337786 with any questions.



To download a copy of this document, and other guidance, visit www.environment.admin.cam.ac.uk/guidance

What's next - existing Green Impact teams

- Let us know any changes to team membership, and lead contact(s) for the year.
- Take a copy of the guide for existing teams – this covers:
 - Changes to criteria this year
 - Common queries about the workbook (for instance migrating last year's evidence)
 - Which previous actions need re-doing if going for Silver or Gold.

Green Impact is back for 2017/18!
A guide to what's changed - for existing Green Impact teams



themselves. To remove any members of your team who are no longer involved, email greenimpact@admin.cam.ac.uk with their details.

What are the options for Gold-winning teams?

There are five options for Gold-winning teams who want to go even further:

1. Go for **Platinum**. Platinum is similar to Gold and works in the same way, but requires a new and challenging points total to be met! This is good for teams who want to do more, but are keen to follow the structure provided, by the Gold tab.
2. Go for **Excellence**. Now in its third year, Excellence projects are a way for your team to take a break from the 'normal' workbook and focus on one bigger project. For a briefing document on Excellence, visit: www.environment.admin.cam.ac.uk/guide/excellence

Excellence support

Excellent teams hoping to carry out an Excellence project, visit the link below for the four documents needed at each stage of the year: www.environment.admin.cam.ac.uk/guide/excellence

This year's event calendar

- Spotlight on Waste rights - November
- Spotlight on Sustainable Research Month - February
- Spotlight on Travel Month - April

What support is available?

- In October, training was carried out for Green Impact Project Assistants. These are students trained in leading or assisting Green Impact teams in completing the workbook. If you need some extra support this year, why not get in touch?
- Keep an eye on the Dreamlines newsletter, or the 'liveable' digest (sent to your Environment & Energy Coordinator), for details of events, loans and more.
- Email greenimpact@admin.cam.ac.uk or call 01223 337786 with any questions.

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To download a copy of this document, and other guidance, visit www.environment.admin.cam.ac.uk/guide

Thanks for coming!

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