

EBF SUSTAINABILITY GUIDELINES

As the EBF, we want to offer the greatest value for students from the Faculty of Economics and Business. But we also want to ensure that everything that we do has a positive impact for the people involved in our association and the planet where we live and work.

We are currently asking more of the planet than that it can offer us. By joining our forces and taking small steps, we can have a positive impact on people and the planet. Below you can find guidelines that will help to reduce our impact on society and the environment. Implement these guidelines in your daily work and take the next step to a more sustainable world.

RECYCLING

In the interim there are recycling bins, wherein you can separate your waste. There are bins for paper, plastic, organic waste, cups, and other waste. By choosing the correct trash can, we can support the recycling process of products. If you have paper or cardboard, you can also put it in the paper bin or in the blue container on the Interim. You can crush it to make it smaller, which saves space in the container.

Eating habits

By mindfully choosing what you eat you are able to make a difference. Some foods have a smaller carbon footprint than others. For instance, meat is a quite resource draining nutrient. Especially red meat requires lots of water and feed to produce. Nowadays there are many delicious plant-based alternatives on the market. Try one and be amazed! Furthermore, some foods have to travel across the whole world before it ends up on your plate. Try to buy from local sources, like a farmers market. It's often even more tasteful! Next to that, not all the food that is bought is unfortunately consumed. An estimated 15% to 30% of the food bought by households is thrown away. That's a real shame! By cooking just the right amount and using tupperware to store leftovers you are able to significantly reduce food waste. And Lastly, you could use a reusable drinking bottle to save up on plastic waste.

PAPER USAGE

1. Copying images on both sides of a sheet of paper can save up to 50% of paper costs.
2. Changing the default settings in Word, so that you can put more text on each page, can save up to 15% of paper! In Word, go to Layout → Margins → Narrow.
3. When you are printing, also reduce your font size to 10 to decrease the amount of paper required.
4. Print only the pages you need by using the 'Print Selection' function.
5. Print two pages per sheet if your agenda is longer than one page or on other documents where it is possible.
6. Use the print preview function before printing any document to avoid copy-mistakes.

Energy use

There are many ways we are able to reduce our energy consumption. Resources are finite and if we want to pass on the world to our children in a good state, we need to be mindful of our electricity usage.

Here is a list of easy ways on how you can save energy:

- Unplug unused electronics and turn of your laptop/pc/tv off instead of using standby;
- Turn of unnecessary light;
- Wear a cozy sweater instead of heating up the radiator;
- Buy second hand products;
- Travel to campus by bike.



TOGETHER, WE CAN CREATE A MORE SUSTAINABLE WORLD.