



### Sustainability information for Hughes Hall

The College has a commitment to sustainability and anticipates all students will share that commitment. Below is some advice and information to help.

#### Heating

- If you have control over the temperature control, try to aim for a temperature between 18 °C and 21 °C!
- Dress appropriately for the season - wear a jumper to keep warm.
- Keep windows and doors closed when the heating is on.



#### Lighting

- Remember to switch off lights when they are not in use or when leaving the room.

#### Waste and recycling

- Recycling is really good in Cambridge; most things can be recycled, including **ALL PLASTICS!** The main things you can't recycle are polystyrene and crisp packets (because they're a combination of plastic and metal).



Also please note: **Recycling** should be reasonably **clean and dry** (so give jars, bottles etc. a quick rinse before you put them in) **Do NOT recycle greasy paper/ cardboard.** The grease messes with the recycling process so, if contaminated, the whole batch may go to landfill. **Do NOT recycle Pringles tubes or coffee cups** – they are made of mixed materials and so nonrecyclable.

The main thing is keeping food waste away from recycling. The contaminant can cause the whole batch of recyclable materials to be treated as general waste.

- All **take-away containers** from hall are **biodegradable** so these can go straight in **compost bins**.





- There are three main bins: **Mixed Recycling**, **General Waste** and **Compost** bins. You'll find them in your kitchens and around college. Consult the instructions in your kitchen, because it may be slightly different off-site compared to on-site.
- **Glass** can be recycled in the appropriate bins on site.
- These are key exceptions that **CANNOT** be recycled: crisp packets, paper towels/tissue paper and polystyrene (they need to go in the general waste bin).
- You'll find a separate **battery** recycling bin next to the pigeon holes; you can recycle your **pens** and printer cartridges at the library.
- The college is charged half price for recyclable waste disposal compared to general waste. The costs saved can help fund other things for students.
- It is important to reduce and reuse as well as to recycle. Donate unwanted items to charity. There are a whole variety of charity shops on Burleigh Street, near the Grafton Centre.

### Water

- Save water by turning taps off when brushing teeth.
- Only fill the kettle with the amount of water you need (this saves energy too).
- Use laundry machines when you have a full load.

### Food

- **Check the labels** when buying groceries to see where they are coming from – you might be surprised! Try and choose options with fewer air miles: do you really need those apples from New Zealand? Why not buy Spanish grapes instead? Loads of websites have seasonal recipes if you need inspiration!
- There are often **big differences in price** as well. Some veg is reliably local and cheap all year round – broccoli, carrots, onions, potatoes etc. Canned and frozen food (if you have a freezer) can also be a cheap way to buy vegetables.
- Adopt a plant-based diet. Why not try the vegan or vegetarian option? (Did you know the biggest impact individuals can make around food is reducing meat and dairy intake).
- All the takeaway boxes, including sandwich boxes, in the dining hall are compostable; they can go in the compost bin! However, to decrease single-use items, why not bring your own re-usable Tupperware?
- Organic waste goes in the **compost bins** provided in every kitchen on on-site accommodation.
- Can't get through a whole loaf of bread before it goes off? Why not get together with others in your kitchen and take turns to buy certain food stuffs? You could draw up a rota to ensure everyone knows when it's their turn. Butter/ spread, milk, bread are just some of the things that are good to share like this.





- For other times when you have (still edible) food that you know you're just not going to use, you can **give it away** via the "[Hughes Hall Food Exchange](#)". You'll be able to make a post in the group describing what you're offering and willing recipients will get in touch. Free food and you reduce wasted food, what's not to love!
- If the food is unopened, non-perishable and in-date, you can instead **donate** it at various donation points around Cambridge, including in Sainsbury's
- **Buy in bulk.** This reduces the amount of packaging per weight of food.
- **Eat fewer animal products.** Animal agriculture is widely regarded to be detrimental to the environment. Cut down a bit on meat and dairy, the positive environmental consequences would be significant.
- Make a packed lunch, no disposable plastic packaging, and a lot cheaper!
- Use a refillable water bottle, tap water in Cambridge is totally drinkable!

### Save energy

- Switch off electrical devices when they are not in use, including: Toasters, Kettles, Microwaves, Televisions, Monitors and Hair straighteners.
- Mobile phone chargers, laptop docking stations and some desktop printers use energy regardless of whether they are charging or not because the voltage transformers on the plug consume energy. Save energy by switching these devices off and unplugging them when they are not in use.
- Use a saucepan lid for quicker and more efficient boiling/cooking.
- If there are lifts in the building - take the stairs whenever it is possible to do so.
- Think before turning the heating up – would you be warm enough if you put on another jumper and pair of socks? Draw the curtains to keep the heat in and don't block radiators!
- Washing laundry on the cold cycle or at a maximum of 30°C. Washing at 30 °C reduces your energy consumption by 57% per cycle compared to 40 °C (Energy Saving Trust).
- Double check if you turned the tap off all the way.
- Remember to switch off lights when they are not in use or when leaving the room.
- Skip the tumble dryer – dry your clothes on the airing racks.
- Check if your fridge is set to the correct temperature, it should be 5 °C



### Getting around

- Cycling is the best way to get around Cambridge. You can always park your bike on at Hughes hall (make sure you register with the porters), and most departments will have a shower and cycle parking available.
- Cycle pumps and cycle repair tools are available in the side entrance of the main building on-site.
- The University offers lots of discount / interest-free loans to buy a bicycle.  
<https://www.environment.admin.cam.ac.uk/what-are-we-doing/travel/get-cycling>
- Why not walk? Cambridge is extremely walkable and beautiful by foot.
- The [Universal](#) bus service is a University-subsidised bus (£1 per journey), offering a sustainable way of getting between University sites.
- Sign up to the [CamUniShare](#) network to find a car-sharing partner or team. Save money on petrol and meet new people! Find drivers, passengers and cyclists online instantly for free.

### If something isn't working properly

- If something isn't working properly in your room (e.g. dripping taps, lights not working, or the room is too hot), please report it.
- Maintenance forms are really easy; you can find them on the Hughes website.

### Environmental initiatives in College

- Want to be more proactive? Join the Hughes Hall Green Impact Team - find us on Facebook.
- Join the Hughes Hall Vegan and Vegetarian society!

### Key contacts

- Go read the detailed guide! <https://mcr.hughes.cam.ac.uk/>
- For University-wide information and initiatives, email: [environment@admin.cam.ac.uk](mailto:environment@admin.cam.ac.uk)

