

# ENVIRONMENTAL ADVICE



UNIVERSITAT DE  
BARCELONA

Oficina de Seguretat,  
Salut i Medi Ambient

The University of Barcelona proclaims and guarantees in its Statute a policy of respect for the environment and sustainable development. But what can we do when we are at the University?

During the time we spend, we consume energy and water, we buy products, we generate waste and we carry out other actions that have an impact on the environment. When this is multiplied by the entire university community, the impact of our activity on the environment is very significant.

Therefore, in addition to the decisions taken by the UB to reduce this impact, **we need to participate** by changing the way we buy products, the way we use energy in buildings and the way we move around.

## MOBILITY: HOW TO GET THERE

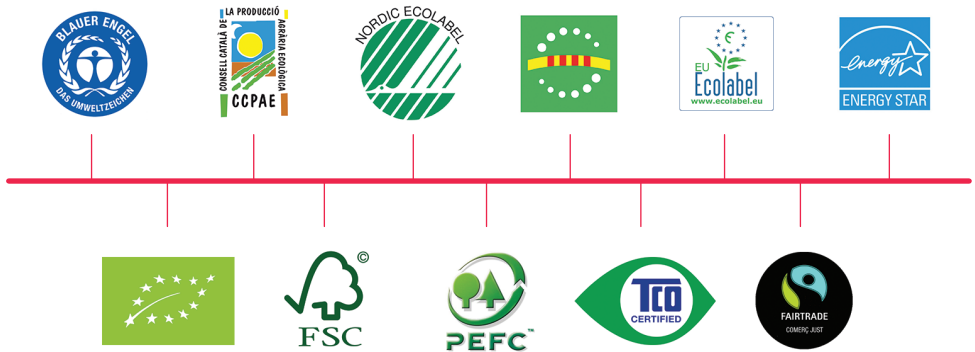
Mobility is the activity that has the greatest environmental impact at the UB. Every day, more than 100,000 journeys are made between the places of residence and the University's centres. We can make them more sustainable by following the recommendations below:

- Check if we can move on foot in a reasonable time.
- Opt to use the bicycle as a regular means of transport, as it is the healthiest and fastest way to make journeys of less than 5 km. There are more and more safe routes.
- Look for public transport alternatives for any journey throughout the day, whether in the Barcelona metropolitan area or from anywhere in Catalonia.
- Carpooling with family, friends, colleagues, or neighbours making the same journey.
- Apply efficient driving techniques, if using a car or motorbike, to reduce pollution associated with motor vehicle use.



# BUY GREEN

When deciding what to buy, we often only look at how it looks or the price. However, there are many other things we can consider, such as the energy used to make it, the resources used or the waste generated by its use. It is about paying attention to the **whole life cycle of the product**.



When buying office supplies, electronic equipment, laboratory equipment, furniture or any other product, the following tips should be taken into account:

- Before buying, think about whether it is really necessary and find out about the energy consumption involved. Often what we need can be shared with someone else who already has it.
- Choose products made from recycled materials and/or materials that are recyclable.
- Choose products with an environmental label or certification. In the case of new electronic appliances, select the most efficient model.
- Choose products that are long-lasting and/or reusable.
- Avoid buying disposable products.
- Buy products that generate little waste. Avoid products with unnecessary packaging.
- Reduce paper consumption wherever possible, applying saving and reuse criteria.



## ENERGY CONSUMPTION

We have tens of thousands of electricity consumption points (lights, computers, appliances, etc.), and each of us decides when they are switched on and off. That's why your participation is essential to the UB's efficient use of energy. We recommend:



- Use natural ventilation to maintain a comfortable temperature, especially in summer.
- Use heating or air conditioning only on the hottest days. If you have individual air conditioning, regulate the temperature correctly: maximum 26°C in winter and minimum 20°C in summer.
- Turn off the air conditioning at the end of the activity.
- Switch off appliances and equipment when you have finished using them. If they are left in standby mode, they also consume energy.
- Unplug the mobile phone charger. If not, it continues to consume energy!
- Make maximum use of natural light, making correct use of curtains or blinds according to weather conditions or time of day.
- It is very important to turn off the lights whenever we leave a space.
- Use the stairs instead of the lift whenever possible.

## WATER CONSUMPTION



The UB's water consumption has improved greatly in recent years, but there are a number of things we should remember to do in our daily activities so that we don't waste a drop:

- Turn off the tap when you have finished using the water.
- If you detect any water leaks in the university, report them to the maintenance service or to the centre's information point.
- Do not use the toilet as a waste bin.

# WHAT DO WE DO WITH THE WASTE?

Our society is not very efficient in the use of natural resources. This is evidenced by the large amount of waste generated in all our activities. The UB has defined procedures for managing all materials and products that are no longer useful. It must be aware of them and follow them:



- Municipal waste and assimilable fractions: paper and cardboard, light packaging, glass, organic matter and the rest (what could not be sorted in the four previous fractions).
- Special waste, which is generated in laboratories and workshops and requires controlled management due to its hazardous nature.

Before starting the management procedure, we must prevent the generation of waste by putting into practice the traditional **3Rs: reduce, reuse and recycle**.

- Before starting our activity, thinking about alternatives that allow us to avoid generating waste.
- During the activity:
  - Employing good practices to reduce the amount and hazardousness of the waste we generate.
  - Avoiding disposable products.
  - Extending the useful life of the products, materials and equipment we use.
- When we generate the waste, making sure that we leave it in the right place, following the UB's management procedure.



**Everyone is responsible for depositing the waste they generate in the appropriate container.** Without this participation it will not be possible for each waste product to receive the treatment it deserves.