



Cairo University



Community Service and  
Environmental Development Affairs



Students

**Sustainable Life**

Guide



# Students Sustainable Life Guide



Cairo University has realized that climate change and environmental sustainability challenges pose a serious threat to its future and the resignation of its affiliates. It has also realized for a long time its responsibility to face these challenges as part of its own responsibility towards the future. Cairo University aims to create a sustainable campus that primarily enhances its research and teaching mission while

adhering to its collective responsibility, and recognizes that the challenges it faces are complex and interdependent and require an ever-evolving approach to achieving sustainability.” Cairo University is uniquely positioned to participate in and support sustainable development not only through research and education, but also through its operations. Sustainable development at Cairo University includes more than just reducing the impact of the campus on the surrounding environment, as the university strives to develop a strong community that supports the preservation of everyone who passes through its gates with expansion and progress in research.

As a society, we don't always do what's best for the economy, the environment, or even for us. You could say that many of our human activities are not sustainable. Fortunately, the United Nations is taking action to stop (or at least slow) our bad habits. The United Nations has written 17 goals (such as clean air, water, social justice and education for all) to lead governments and citizens toward a better and more sustainable future. To achieve these goals, we need everyone to do their part, from national leaders to college freshmen.

College life is charming and fast-paced; it's adventure around every corner. But it's also a time when it can have a major impact on the environment. Round the clock coffee, food on the go, phones to charge, people to meet, places to go, things to buy, books to read, papers to write; the list is endless. Here are some small steps you can take in your daily life to reduce your impact on the environment and live more sustainably.

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You must Say

**No**

To Plastic





**There are many ways to invest in reusable alternatives which not only cost you lesser but can also guarantee longevity. The following are the alternatives to plastic that every student should invest in:**



**Use the reusable plastic water bottles or stainless steel bottles instead of the regular plastic water bottles.**



**Use paper cups or reusable cups instead of plastic cups, which tend to release toxic chemicals when exposed to something very cold or hot.**



**Get yourself a reusable mug. There are so many benefits to a reusable mug. The liquid stays warmer for longer, less spills, better for the environment, coffee at a reduced price and a chance to show off your sense of style.**



**Whether you're eating your lunch at your university or from where you live, make sure you carry your own lunch box (which is obviously not a plastic box).**

**You must  
know that  
sustainability  
starts from your  
home**



**There are many daily habits you can work on that will help you conserve energy in a number of ways. We benefit from a green lifestyle not only by ensuring that we live on a healthy planet but also by saving money in the long run. Here are some easy-to-learn habits we've included in our Student Sustainable Living Guide:**

- Turn off lights and electronic devices when not needed
- Use sunlight instead of electric lights
- Use pot lids when cooking to reduce the power required
- Hang clothes to dry naturally instead of putting them in the dryer



# Shop less, shop smart, shop local



Advocating for environmental sustainability goes hand and hand with supporting economic and social sustainability. One way to live environmentally, socially, and economically sustainable is to shop small and support local businesses. Local means you are supporting the local economy and reducing product transport miles.

Consider the packaging before making a purchase, for example choose bulk fruits and vegetables, and choose the milk in aseptic cartons package rather than a plastic carton. Try to avoid plastic containers made of petroleum.



# Use Sustainable Transportation



## Getting around on foot

Walking to your university is one healthy habit that will not only benefit you but also the environment.



## Getting around on bike

If walking just isn't fast enough for you, but you still need your fresh air fix, then biking across campus is a great alternative. Cycling can be a great option too, wherein you get your daily dose of exercise and, at the same time, avoid air or noise pollution.



## Getting around by bus

Use public transport like buses, trams, or trains instead of exploring the city in your personal vehicles. They are in fact more affordable means of commuting and are environment-friendly as well.



## Donate food and don't waste it

Have you ever overestimated your ability to eat and cooked or ordered too few toppings only to find yourself throwing away the leftovers? While it's always better to be safe than sorry, asking or cooking more than you can handle isn't a mistake, but

wasting what's left can be a mistake, especially if someone else could benefit from it. One pro tip in this student's guide to sustainable living is to donate leftovers either for recycling purposes or for those who can't afford food on a daily basis.





# Go for a «no waste» lifestyle

Don't throw everything into the first container you see. Learn where the waste goes. Recycle right. Plan meals and make every effort to reduce food waste. Over a million tons of food waste is disposed of in Ireland each year



# Conserve water



- **Check your toilet for leaks.**
- **Stop using your toilet as an ashtray or wastebasket**
- **Put a plastic bottle in your toilet tank**
- **Take shorter showers**
- **Install water-saving shower heads or flow restrictors**
- **Turn off the water while brushing your teeth**
- **Turn off the water while shaving**
- **Check faucets and pipes for leaks**
- **Use your automatic dishwasher for full loads only**
- **Use your automatic washing machine only for full loads only**
- **Don't let the faucet run while you clean vegetables**

**Think**  
about the  
impact of  
**wasting**  
energy



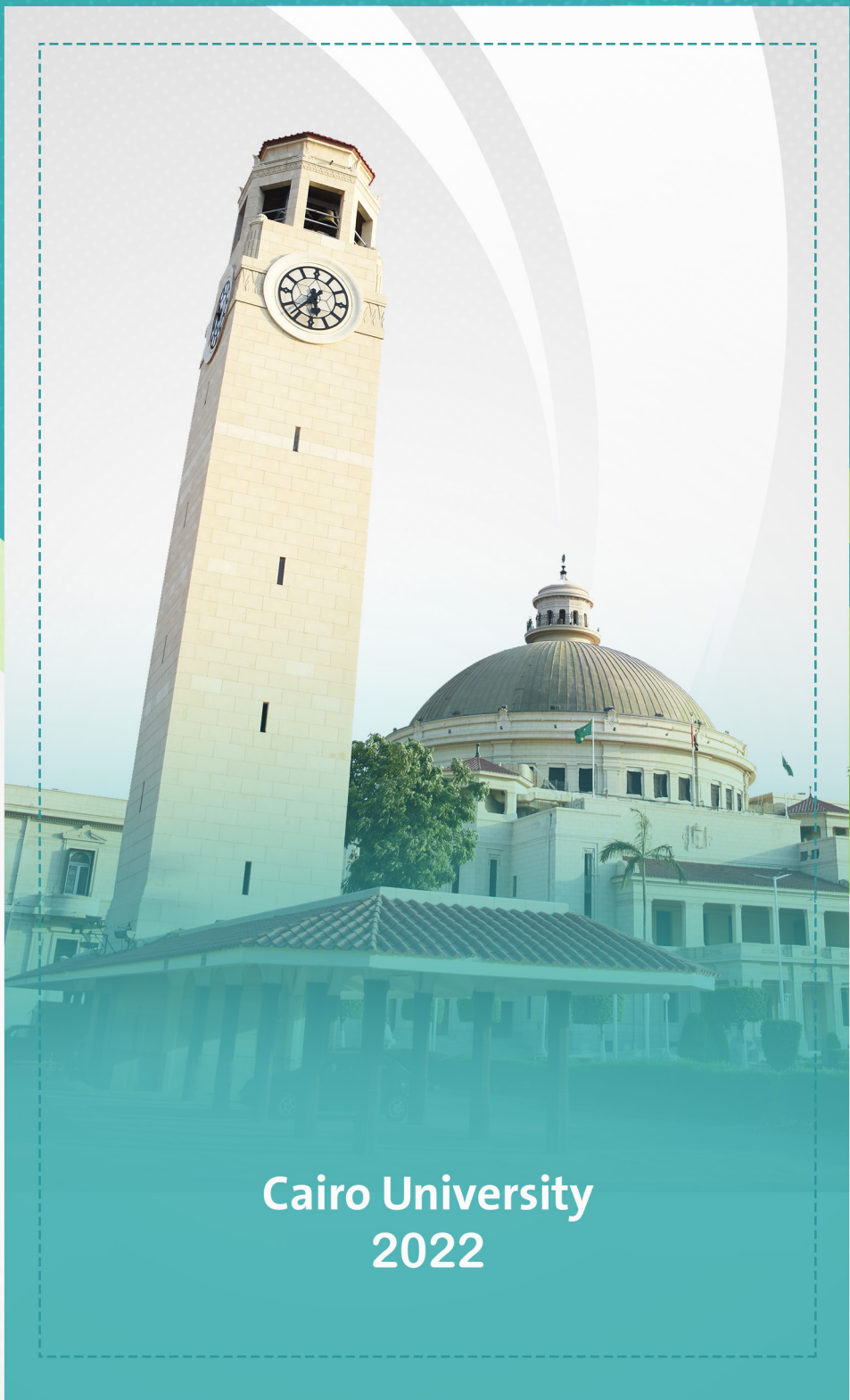
- Turn off computers and monitors, turn off equipment when not in use, turn off lights, do not leave equipment charging overnight, and choose energy-saving LED lights. Replace old appliances with energy-efficient models. Let your hair and clothes dry naturally instead of turning on the machine. Set your thermostat to low in summer.

# Eat less meat and dairy products



**«Reducing meat and dairy consumption will have positive effects on greenhouse gas emissions and human health. It will also help biodiversity, which must be conserved to ensure the world's growing population is fed. Changing our diets will lead to a more sustainable future and complement food security goals while addressing global food inequalities,»**

In all, replacing meat with plant-based alternatives will result in a reduction in global agricultural land demand reduced by 11 percent — an important challenge as the world sees increasing income levels and with it, an increasing demand for meat, milk and refined sugar.



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