

Student Checklist

(Print out and stick on your fridge as a reminder.)

Energy

- Turn off appliances and power points when not in use
- Wash laundry on cold
- Use an outside washing line rather than a tumble dryer for drying clothes
- Close blinds during the day in summer to limit the need for aircon
- Switch to energy-saving, LED lightbulbs
- Set thermostats to 20c max in winter (heating) and 25c min in summer (aircon)

Transport

- Limit car use as much as you can. Walk, cycle or use public transport instead
- If your family is buying a new car? Can you buy an electric/hybrid? [Learn more →](#)
- Pack as light as possible when you travel. (More weight = more energy/emissions.)

Water

- Turn the tap off while brushing your teeth
- Limit the length of showers to 4 minutes
- Fill & chill re-useable water bottles rather than running the tap to get cold water
- Collect rainwater in buckets to use on the garden rather than tap water

Waste (Reduce, Re-use, Re-cycle)

- Pick up & bin litter when you see it (but wear gloves & wash your hands after)
- Say “no” to single-use plastics like straws. Instead use re-useable bags, bottles, cups, etc
- Take a re-useable water bottle with you whenever you go out
- Limit the new clothes that you buy and recycle old things at an Op Shop
- Recycle old clothes rather than send them to landfill [Learn more →](#)
- Buy the odd-shaped fruit and vegetables
- Switch from disposable batteries to re-chargeable
- Re-use wrapping paper or use alternatives to disposable paper (eg Furoshiki)
- Choose gifts that have minimal/no plastic packaging

Food

- If you have a garden, start growing your own vegetables, herbs and fruit
- Try “Meat Free Mondays,” (one day a week when you don’t eat meat)
- Buy locally sourced products before imported, to reduce transport emissions
- Download the [Darwin Challenge](#) app to track your impact on the environment

Other

- Donate to carbon sequestration programmes, like tree-planting, to offset the emissions you can’t avoid.

WE PLEDGE to take these actions to reduce our carbon footprint. Signed: