

### 1. Do not create waste

The first and the most important rule of sustainability is not create waste at the first place. Instead, reduce your consumption to what you need and be careful about your purchases.



### 2. Be a regular at SKL

Instead of buying books, use the amazing library, SKL. Remember, you can also donate your books!



### 3. Recycle!

It is simpler than it sounds, there are recycling bins in each building on the campus! You can easily separate your waste to the correct recycling bin. Also, you may find alternative online 'garage-sale' platforms to sell and buy second hand, such as KUSales.



### 4. Choose lower carbon emitting foods

Did you know that plant-based food has lower carbon emission? Our campuses have a variety of vegan and vegetarian options to choose from? For vegan & vegetarian options on campus, you can follow @kuveganism on IG



### 5. Use a water dispenser

We have many water dispenser around campus. Instead of buying plastic bottled water every day, you can use a reusable water bottle and save both the planet and your pennies! You can find one of the water dispensers next to Migros.



### 6. Use reusable bags for shopping

Instead of using plastic bags every time, you can use a reusable bag and reduce your plastic consumption. Plastic waste is one of the most crucial environmental crises that we face today.



### 7. Hitchhike & Carpool

Did you know we have a hitchhiking spot on the Rumelifeneri Campus? Hitchhiking reduces your carbon emission by simply increasing the number of the beneficiaries of a trip. Next time, try to check if someone is hitchhiking on the spot or simply take a person or two to your car from the shuttle line. It is a cool socializing trick as well :)



# 14 Ways to Reduce Your Carbon Emission at KOÇ!

## Tips & Tricks from Koç Students



## Wanna Know Your Impact? Visit:

[footprintcalculator.org](http://footprintcalculator.org)

&

[earthday.org/foodprints-calculators/](http://earthday.org/foodprints-calculators/)

Did you know that coffee requires a lot of water and travels intercontinentally. It is not the best friend of a reducetarian. Next time, either simply reduce your coffee intake or try different beverages, such as locally grown teas.

### 8. Drink less coffee

### 9. Carry a thermos

Did you know that bringing your own thermos to Nero will gain you an extra stamp on your Nero card? This way you would not only save a lot of carton and plastic, but you also go faster to a gift coffee of your choice! Remember, coffee cups are not recyclable due to their inner plastic coating!



Controlled prints, searching for pdf versions of the books, reducing your toilet and wet paper consumption, using 2nd hand book shelves are great ways to reduce your paper consumption! Also, try to be cautious about your paper towel consumption as well.

### 10. Save paper



### 11. Say no to single-use plastics

Plastic take out cups, plastic coffee cups, plastic staws, plastic forks and spoons... Remember that all of these plastic utilities decompose in approximately 600 years! And the they are a source of microplastics. Next time, say no to single-use plastic by using reusable alternatives.

While enjoying your life, it is possible to find the balance without making boring or limiting choices! For that, we encourage you to check out the carbon footprint of your every-day items and actions to be aware. You will be surprised to learn new concepts, such as fast fashion, overshoot day, microplastics, 0 day, 3Rs of recycling, 2° C, landfill and many more!

### 12. Educate yourself on sustainability

### 13. Save Energy

Turn off the lights as you leave a classroom and decrease the heating in your room. You can call 3020 for any heating issues.



When goods travel, their carbon emission increases. Search for local options for all your needs, including locally produced and sustainable cosmetic and hygiene goods. Also, there is a Farmers' market in Sariyer.

### 14. Shop locally