



THE ETHICAL GUIDE

TO LIVING

SUSTAINABLY AT

WARWICK

2023-2024



ETHICAL GUIDE



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WELCOME TO THE UNIVERSITY OF WARWICK'S ETHICAL GUIDE TO LIVING LOCALLY

Whether you have arrived from a 12 hour flight or a 12 minute drive, this guide will help you live ethically and sustainably during your time here. We hope it helps to make sure you get the most out of living on and off campus!



LIVING ETHICALLY AND SUSTAINABLY



We'll introduce environmentally-friendly businesses across Leamington Spa, Coventry and on campus. You'll find our favourite local grocers, vegan cafes, independent retailers, things to do in the charming Warwickshire countryside, and volunteering projects that need you.

Learn how simple lifestyle changes can reduce your energy consumption, reduce waste, and save you money. If you're interested in working in the not-for-profit sector during or after university, we have a section dedicated to Warwick volunteering projects, and what graduate opportunities are open to you following final-year.

LIVING ON CAMPUS

Reduce waste, save money, live sustainably



REDUCING WASTE

FOOD

Bring your re-usable containers to the **Zero Waste Shop** located at Student Union Reception for plastic free food and refillable toiletries and cleaning products!

Unopened food? Donate to Coventry Food bank in Rootes Grocery Store.

Plan your meals, make a shopping list (and stick to it!), freeze leftovers, and share with flatmates.

At the end of each term, eat up everything in the fridge and take opened cupboard items home.

ENERGY

Cut the Flow is an inter-block energy and water saving competition across the halls of residence on campus.

Two prizes are awarded at the end of each term to the block that reduces their energy and water consumption the most.

So switch off plugs, turn off lights and other electronics. Turn off taps, take shorter showers and report any leaks.

FAST FASHION

CLOTHING

Pop Swap is held every Tuesday in the Student Union Atrium, enabling students to swap their Circling and POP costumes each week.

Swap Shop enables students to swap unwanted clothes! Keep an eye on @warwickunisust for upcoming Swap Shops.

reStore repair workshops run several times a term to fix your broken items from clothing to electricals!

Download apps like **Vinted** and **DePop** for second hand clothes!



LIVING IN

COVENTRY AND KENILWORTH

Reduce waste, save money, live sustainably

KENILWORTH

Kenilworth Market takes place every Thursday near the Holiday Inn. Farmers, retailers, and fishmongers turn up to fill the entire square with low-cost, local produce.

Joe Richards the Greengrocer sells low-cost, British seasonal produce. You can buy fruit and vegetables by weight, local chutneys, and discounted sweet items.



COVENTRY

Down to Earth is an organic, independent shop stocking wholefoods, fairly traded goods and locally-sourced produce. They also deliver grocery boxes locally, and offer a range of plastic-free or biodegradable house and body products.

Five Acre Community Farm is located between Coventry and Rugby. The local community can support farmers by signing up for a weekly share of the harvest for £7-£12.

The Pod is a social activism program in Coventry. You can help on their allotments or visit their city café. Bring back your own food and learn about stopping food waste.



LIVING IN LEAMINGTON

Reduce waste, save money, live sustainably

ZERO WASTE

Zero, CORE and Gaia stock a range of organic, ethical, vegan food and a selection of tea and spices. They also sell refillable, reusable and plastic-free cleaning and personal hygiene products. Try doing your grocery shopping at these zero-waste shops using refillable tubs and jars!

Ikigai is an independent, Japanese inspired, eco-conscious homeware store who also sell natural, homemade products.

The **Leamington Reuse Centre** sells pre-loved items including furniture, books, board games, clothes, ornaments, bedding and more!



MARKETS

Leamington Produce Market and **Covent Garden Quarter markets** are held several times a year and provide locally produced fresh produce, cakes, jams, craft gins, beers and more.

Eco Fest shows how easy it is to live a healthy, sustainable, plastic-free life. They showcase eco-friendly products, vegan and vegetarian food and wellbeing sessions. Held September 2nd at Pump Room Gardens.



CHARITY SHOPS

There are loads of great charity shops in Leamington like **Oxfam** and **British Heart Foundation**

Perfect for that last minute Circling costume, second-hand book or simply to spice up your wardrobe.

Try buying pre-loved items and take surplus stuff to the charity shops!



EATING ON CAMPUS

Support local, eat well, save food waste

CAFÉS

Curiositea brings in cakes and bakes from local suppliers, offering vegan options for all milkshakes and drinks.



SAVE WASTE

Many outlets on campus are signed up to **Olio** and **Too Good To Go**. These apps enable you to save food waste and get discounted food at the end of the day!



MARKET DAYS

Market days on the Piazza offer a vibrant mix of mouth watering, fresh street food and local, fresh produce.

Come along and try some new fresh, local food from a wide range of producers!



EATING IN LEAMINGTON

Support local, eat well, save food waste

LOCAL CAFÉS

Temperance: by day, a vegan café and art gallery – by night, a bar and live music venue. They serve delicious vegan food until 3pm and a huge range of loose leaf tea and cake until 7pm.

Boston Tea Party: The first café to ban single use takeaway cups, Boston Tea Party is a local leader in sustainability. They have a takeaway cup loan system where you can borrow a takeaway cup for a refundable deposit of £3.50.

Warwick Street Kitchen are a local, ethically minded café and offer a 100% homemade menu. They have food to suit all diets, and use only compostable or reusable crockery.



LOCAL RESTAURANTS

As an independent restaurant, **The Drawing Board** is very flexible and creative with its dishes, and will happily whip up a specific vegan wonder, such as a vegan roast dinner or vegan birthday cake, if asked in advance. It seems it's time for vegans to get back to The Drawing Board.

The Clarendon is a quirky pub situated at the very top of the town's Parade. As well as offering live music events and drinks aplenty, this spot also has a fantastic food menu which features lots of tasty vegan food!



EATING IN COVENTRY

Support local, eat well, save food waste

LOCAL CAFÉS

The Pod is a social enterprise, created to represent the Coventry Food Union. With the mission statement that no one should suffer from hunger, and food should bring us together, this café serves vegan food from community allotments.

Not only does the coffee taste good at **The Revive Coffee Shop**, it is ethically traded. The beans are grown and roasted by women in Brazil, Guatemala & Nicaragua. A portion of profits go to people who were affected by the Rwandan genocide.



LOCAL RESTAURANTS

Metropolis is an independent restaurant which upskills unemployed young people to make the world a fairer and more inclusive place. 50% of their profits go to charity community projects.

Falafel Corner is a hugely-popular creator of fresh, made-to-order vegan falafel, as well as organic juices. With take-away as the focus of the business, why not bring your own Tupperware and stock up?



EATING IN KENILWORTH

Support local, eat well, save food waste

LOCAL CAFÉS

The Almanack is a popular and stylish spot in the centre of Kenilworth town. They are open from breakfast until late, and every meal champions local produce.

Arden's Café is a sustainable way to eat and drink on a lazy afternoon. Vegan milks, reusable ceramics and a focus on bringing Warwickshire food into its menu, it's not to be missed.



LOCAL RESTAURANTS

Instead of getting a takeaway, enjoy the stylish ambience of the **Indian Edge restaurant**. Curries are often made without dairy, making for excellent vegan nights out.

The Cross is an award-winning pub that combines Michelin-starred food with an award-winning vegan menu and a welcoming, relaxed atmosphere.

VOLUNTEERING ON CAMPUS

Help your local area be more ethical and sustainable

VOLUNTEERING AND SOCIETIES

Volunteer with **Warwick Sustainability** and help make your campus a better place by becoming a **Green Champion** or **Cut The Flow Ambassador**, getting involved in **litter picks**, helping out with the **Hedgehog Friendly Campus** initiative and many other projects which contribute towards your **Warwick Award**.

There are also plenty of opportunities to volunteer in social, educational & environmental projects in the local community with **Warwick Volunteers**. You can visit their social media @warwickvolunteers or check out their website <https://volunteers.warwick.ac.uk/> for more information on these fantastic opportunities!

Warwick SU also has over **300 different societies** for you to get involved, with a range of green and ethical societies you can get involved with! Find out more on their website <https://www.warwicksu.com/societies-sports/societies/>



VOLUNTEERING IN LEAMINGTON AND COVENTRY

Help your local area be more ethical and sustainable

ENVIRONMENTAL CAMPAIGNING

Greenpeace Coventry is a local branch of Greenpeace UK working to deliver on national environmental campaigns from deep sea mining to the cost of energy crisis.

Coventry Green New Deal are another campaign group that aims to work with local citizens to build a cleaner, greener Coventry.

Green New Deal Rising also have a branch based in Coventry and campaign to local MPs to vote for the Green New Deal.

Plastic Free Kenilworth tackles plastic pollution in the local area and encourages locals to cut down on single use plastic waste.

Warwickshire Climate Alliance raise public awareness of the challenges of climate change, and to enhance the local connections that allow campaigners to share knowledge and collaborate in developing local campaigns.

GREEN SPACES

Friends of Canley Green Spaces organise activities to improve green areas of Canley such as creating a wildlife pond and planting trees.

The Food Union in Coventry aims to build a sustainable vegetable garden that encourages growth of food and biodiversity in the local area and help those living below the breadline.



SOCIAL JUSTICE

LWS Night Shelter is based in Leamington and offers free food and shelter for homeless people in the area. You can volunteer or donate items they are in need of such as blankets, clothes and tinned food.



WASTE ON CAMPUS

Know how to handle different waste streams correctly



RECYCLING
ONLY USE TRANSPARENT GREEN BAGS

- CARDBOARD
- PAPER
- CARTONS
- TINS
- PLASTICS
- GLASS & JARS

DO NOT THROW IN CLEAN RECYCLABLE BIN

- FOOD WASTE
- POLYSTYRENE
- FACE MASKS & GLOVES, WIPES, TISSUES



NON RECYCLABLE
ONLY USE CLEAR OR TRANSPARENT GREY BAGS


- FOOD WASTE
- POLYSTYRENE
- PLASTIC BAGS & FILM*
- FACE MASKS & GLOVES
- WIPES, TISSUES
- DIRTY PACKAGING

* YOU CAN RECYCLE THIN FILM PLASTICS AT THE LOCAL TESCO STORE IN CANNON PARK.

DO NOT THROW IN NON RECYCLABLE BIN

- GLASS
- KNIVES & SCISSORS
- BATTERIES
- SMALL ELECTRICALS

- NO KNIVES SHOULD BE PUT IN GENERAL WASTE
- A SHARPS BIN IS AVAILABLE IN EACH KITCHEN



SHARPS BIN

- KNIVES & SCISSORS
- BROKEN GLASS
- TIN LIDS


SHARPS BIN SHOULD BE USED FOR KNIVES, TIN LIDS & BROKEN GLASS



Clothing Bank
We accept used good quality clothing, shoes, handbags, hats, CDs and DVDs

- CLOTHES
- SMALL ELECTRICALS
- PACK FOR GENERAL DONATIONS
- BOOKS

- CLOTHES
- ACCESSORIES
- DVDs, CDs, VINYL
- BOOKS
- HOMEWARE
- SMALL ELECTRICAL EQUIPMENT IN WORKING ORDER



Recycle your batteries here

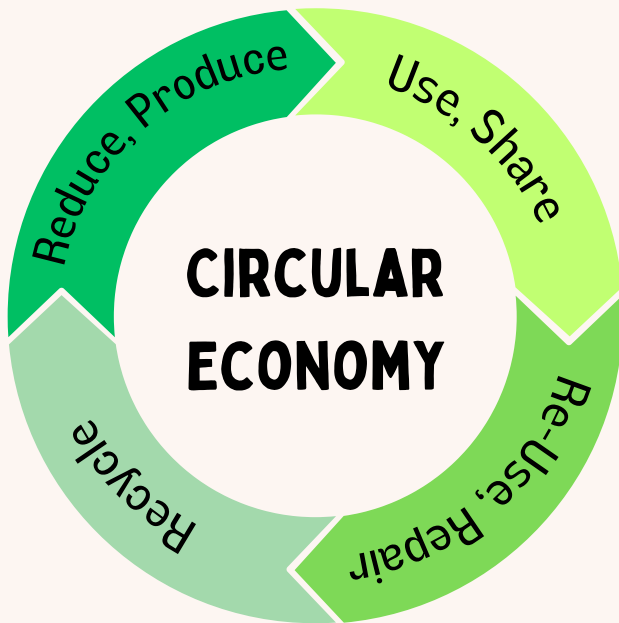
- BATTERIES

MOBILE PHONE OR LAPTOP BATTERIES SHOULD BE TAPED BEFORE BEING PUT IN THE BOX. THEY ARE A FIRE RISK IF IN CONTACT WITH OTHER BATTERIES.

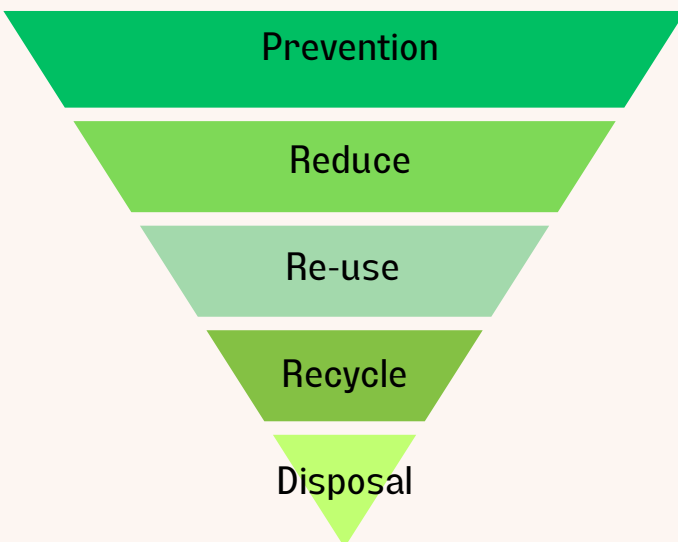
- TAPED BATTERIES

WASTE

Remember the circular economy and waste hierarchy principles



The **circular economy** model encourages production and consumption based on reducing, sharing, re-using, repairing and recycling to extend the life of products and materials to reduce waste.



The **waste hierarchy** encourages us to take a new perspective on waste. We often think recycling is the best way to reduce waste, but first we must prevent waste in the first place, reduce our consumption and re-use things!

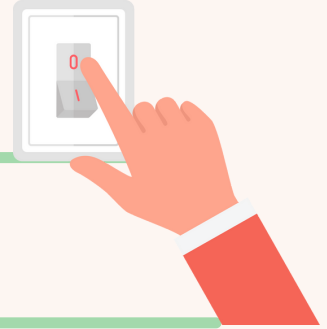
Top Tips: Check your bins: do you have a food bin? How does your recycling bin work? Can your energy provider provide a smart metre to help you cut your energy cost and consumption? Does your landlord have solar panels?

SAVING ENERGY

Save electricity and water and keep your bills affordable

1

Turn off lights and appliances at the wall



2

Layer up before putting the heating on

3

Reduce fridge temperatures to 3-4 degrees

4

Wash clothes at 30 degrees on eco-setting

5

Take shorter showers and turn off water between washing

6

Only boil what your need

7

Identify leaks and report them

8

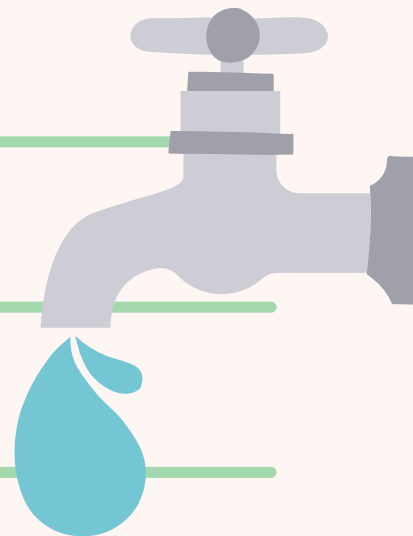
Use a washing up bowl

9

Put dishwasher on a Friday overnight on eco-setting

10

Use dual flush appropriately and only flush toilet roll





FOOD WASTE



If waste was a country it would be 3rd largest emitter after the USA and China.

1

Make a meal plan every week

2

Write a shopping list and stick to it

3

Check the cupboards before writing your shopping list!

4

Save and freeze leftovers

5

Use leftover yoghurts and fruit to make smoothies

6

Freeze bread and only take a couple of slices out at a time

7

Share spices, tinned food, pasta and rice with housemates

8

At the end of term, eat up and freeze up!

9

Donate unopened food to the local food bank

10

Use your food bin as a last resort! Find fun ways to save peelings, cores and seeds.

ACTIVE ON CAMPUS

Stay healthy and active during your studies

SPORTS SOCIETIES

There are over **60 sports societies** on campus for you to try! Attend a taster session and try something new, improve your skills, represent **#TeamWarwick** and make some great friends who you can go **Circling** with!

WARWICK SPORT

The new **Sports and Wellness Hub** has top-quality facilities including a climbing wall, gym, fitness classes, swimming pool, netball courts and more! Get yourself a student membership and enjoy all the hub has to offer!



ROCK UP AND PLAY

Rock Up and Play enables you to pay and play as you go. No pressure, no obligations - just **rock up and play!** Sports available include badminton, netball, squash, athletics and football. A great choice if you are a beginner wanting to try out something new!

RUNNING AND WALKING

Take a stroll through **Bluebell or Tocil woods**. Sign up for a **biodiversity walk** with Warwick Sustainability and check out a list of **Campus Walks** on the University website. Try using the **Slow Ways app** for nice walking routes!

ACTIVE ON CAMPUS

Active Campus Checklist!

- Find the bluebells in **Tocil Wood** in Spring
- Do a free **Warwick Sport** class on the Claycroft Activity Zone
- Attend a free taster session or **Rock Up and Play** for a sport you haven't tried before
- Watch the sunset on **Windmill Hill**
- Watch our ducks and geese behind **Bluebell**
- Find the **Diamond Wood**
- Do the **Campus Energy Trail**
- Take an **electric bike** around Lakeside and Tocil
- Do the **Campus Sculpture Trail**
- Squirrel watch along **Canley Brook** to Gibbet Hill
- Watch the sunrise at **Cryfield Pavilion**
- Go on a **Charging Bike** in the Library to study
- Do the Coventry or Leamington **Park Run** - even if you intend to walk it!
- Walk, run, or cycle to Earlsdon along **Kenilworth Road**
- Attend a **biodiversity walk** or **litter pick** with Warwick Sustainability!
- Look for our **hedgehog tunnels** and **bug hotels** on campus
- Attend a **walk-talk-walk** around campus and meet some new friends!
- Check out the **Campus Walks** on our website to find nature walks and green spaces
- Check out the **allotments** behind Arthur Vick - you could even join **Allotment Society** and help out!



ACTIVE OFF CAMPUS

Stay healthy and active during your studies

CYCLING

The **Sustrans 52 Cycle Route** is an amazing opportunity to go from campus into the heart of Coventry, or through Kenilworth to Leamington. **Connect 2 Kenilworth** is a proposed Kenilworth-University cycle route currently underway!

RUNNING AND WALKING

Want to try running? Attend your local **Park Run** in Leamington, Coventry or Warwick! Perfect for all abilities! Want to build fitness first? Try a **Couch to 5k!** Rather take a quiet stroll instead? Walk from Leamington to Warwick along the canal!



LOCAL TEAMS

There are loads of **sports clubs** throughout Leamington, Coventry and Kenilworth including running, football, netball, swimming, dance and yoga, so if you are just graduating and want to keep up your favourite sport in the local area, check out some of the fantastic clubs on offer!

NATURE

Enjoy the extensive woodland walks at **Newbold Comyn**. Admire the beautiful flowers and hire a boat in **Jephson Gardens** in Leamington, stroll around the lake at **Abbey Fields** in Kenilworth or take a trip to the **War Memorial Park in Coventry**. Get out in nature and reap the benefits!

TRANSPORT ON CAMPUS

Reduce air pollution and congestion

CYCLING ON CAMPUS

Coventry's **West Midlands Cycle Hire (WMCH)** scheme has now been expanded to include over **120 bikes** and **18 docking stations** on campus.

If you have just started as a staff member, you can enjoy a **Cycle to Work Scheme** and acquire a new bike.

You can sign to join the **The Bicycle User Group (BUG)** and help improve facilities for staff and students who ride bikes.



BUSES ON CAMPUS

The **West Midlands Bus on Demand** is a new, flexible bus service. It does not follow a specific route or timetable. Instead, you book a journey through the app and a bus will pick you up at a time and location you choose. This initiative operates across Coventry, Kenilworth, Leamington Spa, Meriden, Warwick Parkway railway station, University Hospital Coventry & Warwickshire and Wellesbourne campus.

11/11U/12X - This service is ran by National Express. All run to Coventry, and the 11 runs to Kenilworth and Leamington upon return.

U1/U2/NU1 - This service is ran by Stagecoach. Takes you to Leamington directly.

Buses are incredibly affordable and there is the option to buy **termly bus passes** to save money.



TRANSPORT IN LEAMINGTON AND KENILWORTH

Reduce air pollution and congestion

TRAINS AND BUSES

Leamington Spa train station is at the bottom of the Parade, beyond the Church with easy access to London Marylebone, Birmingham New Street and Solihull. See if you can spot the beautiful **Railway Station Gardens** maintained by Friends of Leamington! **Kenilworth** train station serves Leamington and Coventry.

Coventry is one of the most well-connected stations. It'll take you an hour to get to London, 20 minutes to reach Birmingham. There are also frequent trains to Glasgow, Reading, Manchester and more. There are also train stations in **Tile Hill** and **Canley**.

There are regular buses between Leamington, Kenilworth, Coventry, Warwick and Stratford so you can easily explore the local area, (plenty of **castles** and **Shakespeare!**)



CYCLING

Kenilworth is home to the University's most renowned cycle route, **Route 52**. This takes you through Campus to Cryfield, Crackley Woods, and along the Kenilworth Greenway.

For Coventry from the university, follow the cycle route from **Gibbet Hill** alongside the road, or follow the **52** signposts from Cannon Park through Canley, Earlsdon, and then into Coventry.



FINAL TOP TIPS

Live ethically and sustainably

Propose a sustainable project to the £5000 **SU Sustainability Fund**

Use the **pay-as-you-feel sale** in freshers week for kitchenware!

If you buy a lot of coffee, buy a **reusable cup** and keep it in your bag

Remember your **reusable bags** when you go shopping and try plastic-free bags.

For lunch and leftovers, use **tubs with lids** instead of clingfilm and plastic sandwich bags

Buy **second hand clothes** using Swap Shop, Pop Swap, Vinted / Depop / charity shops

Avoid unnecessary printing. Make use of **QR codes!**

Cook more fresh, healthy, **plant-based food** instead of ordering takeaways

Try **refillable, plastic-free subscriptions** for cleaning products and cosmetics to reduce waste!

CARE AND WELLBEING

Look after your wellbeing and access support and advice

Academic pressures or exam stress	Personal Tutor - for discussion of marks and modules Student Advice Centre - for plagiarism or complaints
Adjusting to university life	Residential Life Team - go to your Resident Tutor or Warden Student Advice Centre - for family, housing, or relationship problems
Alcohol and legal highs	GP - to access NHS medical help from the University Health Centre Personal Tutor - if addictions or abuse may affect your studies
Anger issues	University Counselling Service - access individual, group or email counselling, based in Westwood
Anxiety	Mental Health and Wellbeing Services - access a specialist mentor University Counselling Service - access counselling in Westwood
Bereavement/Grief	University Counselling Service - individual, group or email counselling
Bullying or harassment	Dignity at Warwick - contact department online here Student Union Advice Centre - located inside SUHQ
Depression or low mood/self-esteem	GP - call the University of Warwick Health Centre on Mental Health and Wellbeing Services - access a specialist mentor
Exam stress	Study Happy (Library) - classes and workshops designed to relieve stress
Hate crime	Dignity at Warwick - make a complaint online University Support Services - University House
Loneliness	Nightline - available 9pm to 9am, or via email Sabbatical Officers - Welfare/Societies/Sports offer social opportunities
Perfectionism/ Procrastination	University Support Services - specialist help from University House Study Happy (Library) - classes and workshops to study efficiently
Relationships	Student Union Advice Centre - advice for survivors and consent
Sexuality	LGBTQ+ Officer - a part-time officer found in the SU University Support Services - find specific guidance from University House
Sexual health	SU Gum Clinics - held in the SU monthly, check Wall Planner SU Welfare Officer - to access safer sex materials and for advice

CARE AND WELLBEING

Look after your wellbeing and access support and advice

CRASAC	Tower Street, Coventry - supporting victims of sexual violence, relationship abuse, and rape in Coventry and Warwickshire
Coventry and Warwickshire Mind	Brunswick Street, Leamington or Windsor Street, Coventry - from alcohol abuse to anger, or depression to anxiety, Mind will listen and help focus your problems on solutions
Recovery Partnership	Court Street, Leamington Spa - helping people who have suffered from alcohol addiction take new directions
Quit4Good	Local pharmacies - Quit4Good Warwickshire operates in many pharmacies, with trained specialists on hand to give advice
The Laura Centre	Coming soon - a non-profit based in helping the bereaved, coming to Coventry and Warwickshire
Cybersmile	Warwickshire - tackles online social abuse and hate crime - operates online https://www.cybersmile.org/advice-help
Relate	Coventry Business Park - delivers counselling in family problems, relationship issues, and sex therapy
Time Out Counselling	Palmer House, Coventry - provides free or low-cost services to those struggling with mental illness, or hidden issues they cannot talk to others about
ISHS	Integrated Sexual Health Services, Coventry Health Centre, Stoney Stanton Road - offers sexual health appointments for advice, provisions, or disease prevention
Samaritans	Moor Street, Earlsdon - runs support groups with Cruse and takes phone calls when feeling suicidal - 116 123
Sycamore Counselling	Nuneaton - low-cost sessions working to resolve anger, victimisation from bullying or manipulation, and anxiety - 024 7674 4544
Mental Health Matters	24/7 phone hotline to call when suffering from any mental health issue - 0800 616171

In case of a crisis, call 999 if a life is at risk. Use 111 for non-critical emergencies, and call Samaritans if you or a friend is harbouring suicidal tendencies.



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Please note that due to the nature of this guide, information may change in the future.