
Tips for Students and Staff

The topic of sustainability may seem problematic at first glance. Many people feel that they have to do everything 100% or there is no point in starting at all. But we think that every action counts. So for inspiration, here are some simple tips for students and university staff/employees that anyone can incorporate into their day.

Simple sustainable tips for every day, the office and beyond:

- Save energy! Turn off the lights in rooms you are not using at the moment (e.g. when going to a meeting or lunch).
- Avoid bottled water! You can always use tap water or filtered water from dispensers.
- But at the same time, don't waste water! For example, in kettles only use the necessary amount of water, do not wash dishes under running water, but in the sink or dishwasher,...
- Consider replacing your oldest appliances, and choose new ones according to their energy labels.
- Avoid disposable packaging, plates, cutlery, etc.! Carry your own water bottle (don't buy bottled), find out more about the [REkrabička](#) and [REkelímek](#) programmes.
- Reduce paper consumption, e.g. use double-sided printing, avoid misprints and unnecessary copies, prioritize online communication.
- Try to use products repeatedly as much as possible! For example, minor defects can be repaired or things you don't need can be reused (sharing/renting, second-hand) by someone else.
- Make use of public transport options, ride-sharing apps or alternative modes of transport (electric/scooter, electric/bike).

