

GUIDE TO ECO LIVING



WELCOME BACK TO BISHOP'S UNIVERSITY!

With a beautiful surrounding landscape of rivers, farms and neighbouring mountain ranges, Bishop's has arguably the most unique campus in the country. This guide is to help you adapt to a sustainable way of living while also providing you with tips and tricks to encourage you to help Bishop's goals in reducing energy consumption and in conserving our beautiful surrounding environment. Sustainable choices are not only beneficial to the nature lover but to everyone; they can help with health and budgeting.

If you have any questions or if you wish to get involved, don't hesitate to reach out to the SD Office !

MANAGING YOUR WASTE PROPERLY:

If unsure about which trash item goes in which bin in the Quebec province, there is an app/website called "**Ca va ou?**" that allows you to check how to properly sort all your trash without any misinformation. Find the link in the QR code on the left!



COMPOSTING OFF CAMPUS

Most off campus housing doesn't currently have many composting options, however your landlord has a legal duty to provide you with composting bins if you ask.



On campus we use compostable packaging like the one you can see here.

Also, all cups and containers for food to go on campus are compostable since September 1st, 2022 !

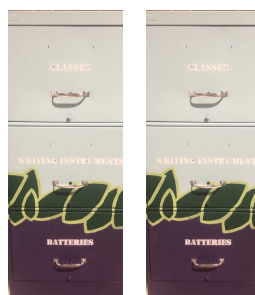
RECYCLING

Usually there is a blue recycling symbol and the numbers 1-7 inside of the triangle that gives you indications: Mostly all metals (also tin foil scrunched into a ball), cardboard, paper and all plastics with the number 1-5 can go into the recycling / #6, goes into the garbage / #7-PLA goes to compost. Unbroken glass can go in the special bin behind Paterson and masks can go in the appropriate recycling bins.



ECO-CENTERS ON CAMPUS

Starting in fall 2022 there will be file cabinets in the SUB, in which you can get rid of waste that doesn't belong in the trash.



Sustainable Development Initiative:
Use your reusable mug on campus for a 25 cent discount



SUSTAINABLE CONSUMPTION



One of the best ways to reduce your carbon footprint is to consume food sustainably. Students' lives are hectic and it is hard for them to go anywhere for food besides their local convenience store. There are two great options to shop local sustainable produce:

BISHOP'S FARMERS' MARKET

- In the fall of 2022 Bishop's University will host its first ever farmers' market. In the quad there will be local produce for sale from 11:00 to 1:30 PM:
 - Friday, September 2nd
 - Friday, September 9th
 - Friday, September 16th
 - Friday, September 23rd
 - Friday, September 30th
 - Friday, October 7th
 - Friday, October 14th
 - Friday, October 21st
 - Friday, October 28th



SQUARE QUEEN FARMERS' MARKET

- 10AM-2PM every Saturday from August-October.
- A great opportunity to buy local vegetables from farmers across the Eastern Townships.

SUB

SQUARE QUEEN

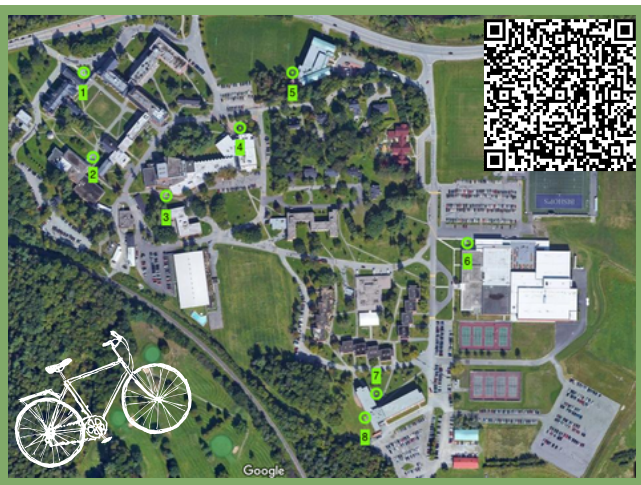


COMMUNITY FRIDGE ON AND OFF CAMPUS

Another way to reduce food waste is to use the **Bishop's Community Fridge**. It is filled weekly by the *Sustainable development student interns* with donated foods from local grocery stores and leftovers from catering events that would have otherwise gone into the garbage. Students are also able to donate food items that are about to go bad. Please help yourself !

USE ECO-FRIENDLY TRANSPORTATION

There are bike racks located all around campus (see the map on the left) and the city of Sherbrooke is very bike-friendly with a lot of designated lanes that connect Lennoxville to the city. You can also choose to use **PUBLIC TRANSPORT**. A bus stop is available next to the arches! Bishop's students benefit from a 20% discount on Limocar Bus Tickets to Montreal. A final way is to **CARPPOOL** with other students to reduce the amount of cars on the road and limit the use of gas. All of these options can greatly reduce your cost in gas, your greenhouse gas emissions and air pollution. Stay tuned about the educative events: *Sustainable Transportation Week* happening in September and the *Month of Cycling*, taking place in May!



All the coffee served on campus is certified FairTrade and Bishop's is now a FairTrade designated Campus !



Contact the Sustainable Development team for comments/questions or get involved
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SUSTAINABLE PURCHASING



BUYING FROM LOCAL THRIFT STORES

Thrift stores aren't just for fur coats and partying outfits. They can be an affordable choice for students and a great way to reduce waste! There are several options that are just a short bike ride away.

Another great way to make sure old clothes don't go to waste is to offer them to the those who need it. There are bins beside *Provigo* and the Blue Barn that give us the opportunity to recycle clothes rather than throwing them away.



Bishop's University annual Garage Sale

Various items to sell, fund raising for the WUSC Student Refugee Program
In the old Arena, during Move-in Weekend

Boutique Elle Dit

Offers women's clothing and accessories at an affordable price
178 Queen Street, Unit 2

Estrie Aide

Non-profit organization with huge selection of everyday items and clothing
345 Wellington S Street

Boutique Encore Thrift Store

Offers women's clothing and accessories
3355 College Street

DONATING OLD CLOTHES



Before throwing away your clothes, consider taking them to one of the local donation bins. There are two bins right outside of the student village, just behind the Blue Barn and outside of *Provigo*. If you have old party clothes, you can give them to one of the local thrift stores.

ECO PRODUCTS AT DOOLITTLE'S COOP

Did you know that you can find many ecological products at Doolittle's Coop, located in the SUB? They sell: ecological toothbrushes; soaps and deodorant; period products; reusable mugs; zero waste items and much more!



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GET INVOLVED!

Many committees and groups exist on campus where you can get involved and help to promote sustainability! Find more at:
<https://www.ubishops.ca/sustainable-development-at-bishops-university/#involved>



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