



A
FRESHERS
GUIDE TO
SUSTAINABILITY





BRING A TOTE BAG
WHEN OUT SHOPPING



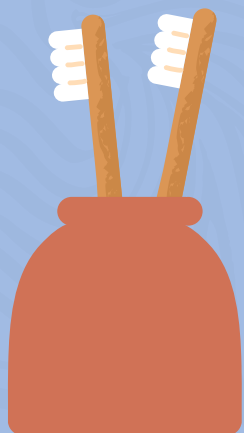
OPT FOR A
REUSABLE
COFFEE CUP



TRY TO BUY FOOD
WITHOUT PLASTIC
PACKAGING

EASY CHANGES YOU CAN MAKE TO REDUCE YOUR WASTE

BUY A BAMBOO
TOOTHBRUSH
INSTEAD OF
PLASTIC



USE A REUSABLE
WATER BOTTLE

MAKE AN EFFORT TO
SORT YOUR WASTE AT
HOME & RECYCLE
PROPERLY





USE PUBLIC
TRANSPORT

BUY A STUDENT
LEAPCARD FROM THE
UCCSU OFFICE



SIGN UP TO CORK
COKE BIKES

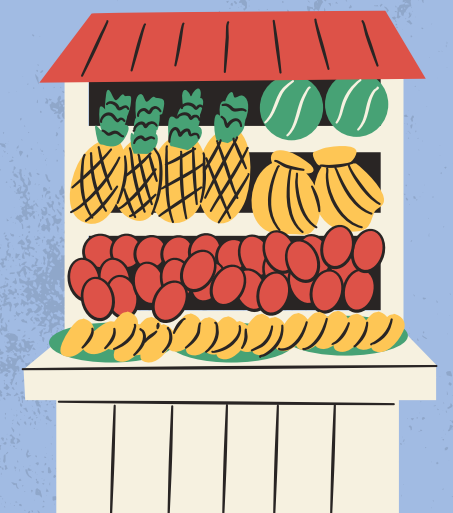
EASY CHANGES YOU CAN MAKE TO REDUCE YOUR CARBON FOOTPRINT

REDUCE YOUR
CONSUMPTION OF
MEAT & DAIRY

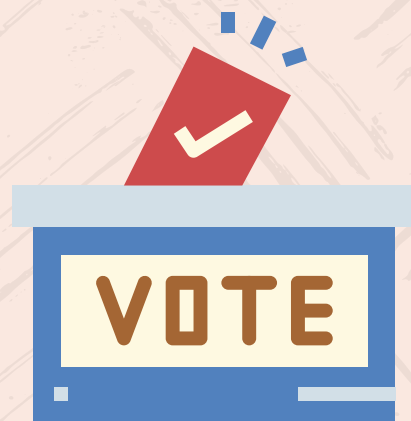


BUY SECONDHAND
CLOTHES

EAT SEASONALLY
AND EAT LOCAL



INDIVIDUAL ACTIONS
ARE IMPORTANT, BUT
WE NEED SYSTEMIC
CHANGE IF WE WISH
TO AVOID THE WORST
EFFECTS OF
CLIMATE CHANGE...



REGISTER TO VOTE
AND USE YOUR VOICE
TO DEMAND CLIMATE
ACTION FROM OUR
LEADERS

STRIKE
FOR
CLIMATE!



GET ACTIVE AND GET INVOLVED

CORK GROUPS:

UCC ENVIRONMENTAL SOCIETY
UCC CO-OPERATIVE SOCIETY
UCC GREEN CAMPUS
UCC COMMUNITY GARDEN
CORK ENVIRONMENTAL FORUM
FRIDAYS FOR FUTURE CORK
EXTINCTION REBELLION CORK
CORK ZERO WASTE & COBH ZERO WASTE

NATIONAL GROUPS:

FRIENDS OF THE EARTH IRELAND
CLIMATE CASE IRELAND
STOP CLIMATE CHAOS
LEAVE NO TRACE IRELAND
FRIDAYS FOR FUTURE IRELAND
NOT HERE NOT ANYWHERE
EXTINCTION REBELLION IRELAND
VOICE IRELAND