



Sustainability at Home Awards

Participants' Guide 2022/2023

Introduction

Welcome to the Sustainability at Home Awards!

With hybrid working now well established, and many students studying on and off campus, the Sustainability Awards continue to support those working remotely through the Sustainability at Home Awards (formerly the Working from Home Awards).

This Award scheme is an opportunity for staff and students from across the University to continue to take meaningful action towards sustainability wherever you work. It sits alongside the Sustainability Framework and Lab Awards, offering a way for members of the University to keep momentum in their sustainability journey, in a structured and supported format.

Whether you are working from home regularly or occasionally, studying remotely, or are a distance learner, we invite you to take part in this accessible Award, and continue to make a positive impact.

If you would like to discuss the Sustainability at Home Awards further, or have any questions, please contact Rachael.Barton@ed.ac.uk.

Sustainable Development Goals

As with the Sustainability Framework and Lab Awards, all of the criteria and actions in this framework contribute to at least one of the UN [Sustainable Development Goals](#) (SDGs). The SDGs aim to end all forms of poverty, fight inequalities and tackle climate change, while ensuring that no one is left behind.

Beside each action you will find a link to take you to more information about that SDG.

How to take part

We want the Sustainability at Home Awards to be as accessible as possible, with the focus on taking action in an effective and flexible way.

To take part in the Award, simply:

1. **Choose 10 or more actions** from the list below
2. Carry your actions out
3. Then fill in this simple [form](#) to tell us what you did
4. Tag us on social media to share photos, stories and updates of your progress!

Twitter: [@edsust](#) | Facebook: [EdinburghSustainability](#) | Instagram: [@uoe_sustainability](#)

Once you have completed the online form, we will review your submission and get in touch to confirm your achievement. All successful participants will receive a certificate documenting your Award, and will be highlighted for recognition at our next Awards Celebration.

Timeline

There is no fixed timeline for the Sustainability Awards, and so you can complete the Award at your own pace. We would recommend trying to complete your actions within a six-month period, and if you want to be recognised at the next Awards Celebration, complete by the end of March.

Note – actions must have been carried out during the 2022 or 2023 calendar years (not restricted to the academic year).

Ready to do even more?







Once you have completed the Sustainability at Home Awards, there are a wide range of further activities, projects and training courses you can get involved in.




















Consider:









- Joining our other [Sustainability Awards](#)
- Joining the [Sustainability Champions Network](#) – open to both staff and students
- Taking a [training course](#) – such as Introduction to Sustainability, or Carbon Literacy Training
- Attending an [event](#)


Sustainability at Home actions and criteria

Choose **10 or more** of the following 27 actions to complete.

Theme	Action	Links to Sustainable Development Goal
Communications & Engagement	Take an online training course e.g. Introduction to Sustainability, Carbon Literacy, Modern Slavery	
	Write a case study for SRS on previous initiatives	
	Join the Sustainability Champions Network	
	Attend SRS hosted online events	
	Calculate your personal carbon footprint (using the WWF tool)	
	Watch an environmental/social justice documentary	

	Volunteer – staff can use the special leave policy to take one day of leave per year to volunteer	 
	Set up or maintain an online sustainability notice board or blog, sharing ideas and news with colleagues/other students/friends	
	Set up an office green team or sustainability committee for the department	
	Run a charity/fundraising activity	
Resource Efficiency	Carry out comprehensive recycling of all paper, plastic, glass, metal and other materials	
	Take steps to reduce food waste	 
	Reduce use of single-use plastic e.g. food wrappers	
Travel	Give cycling or active travel a go, and consider for future journeys e.g. take a bike maintenance class, hire a bike, swap a journey to travelling by bike or walking instead of your usual method Staff Cycling Community Teams chatroom	
Energy	Turn off all electronic items when not in use, including at the end of the day and lunchtimes e.g. lights, monitors, computers/devices	  
	Only heat/cool the room you (and any other members of the household) use during the day	  
	Think of an idea for the Sustainable Campus Fund - draft a proposal, get departmental approval, submit an application	  

Purchasing	Buy fair trade tea, coffee, sugar, hot chocolate for your breaks – from Fairtrade certified at supermarkets to specialist coffee delivery services	
	Buy more sustainable options for any necessary work/study items	
Health & Wellbeing	Include regular movement into your day - stretching, going for a walk, screen breaks Sport & Exercise have advice on staying active at home	
	Set up a remote walking group	
	Try more plant-based food options e.g. plant milk, vegan lunches	
	Share healthy recipe ideas with others	
	Take part in mental wellbeing focused activities e.g. events/courses from the Chaplaincy	
	Share resources and ideas for maintaining health and mental wellbeing with others	

	Grow something - plants, herbs, vegetables	
	Improve biodiversity where you live	