

# MESA

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## Sustainability Guidelines





## MESA Sustainability Guidelines

This document is written to set the first steps towards a more sustainable association. It includes guidelines and ideas to organise events keeping in mind the ecological footprint of MESA. This information is relevant for all committees, the board and the members.

### **Waste**

Try to limit and recycle your waste. Groningen has separate places for paper waste and glass waste. Avoid single-use plastics, there are enough alternatives that are easy to use. Preferably, think about material that is reusable like metal cutlery or more sustainable materials such as paper, bamboo etc. Buy responsibly. Some things can be bought second hand like cutlery. Also think about more eco-friendly versions of a product like eco dishwash soap or eco toilet paper. Try not to print material if not really necessary. If this can not be avoided, print on both sides and look for more sustainable paper like FSC paper. When carrying necessities, try to avoid using plastic bags that might be thrown away ultimately. If possible, use cotton tote bags or anything else that can easily be reused.

### **Transportation**

Always think of what is the most sustainable way to travel. Public transport is often a better option, and a train is more sustainable to travel with than travelling by bus or plane, since it can take more people over longer distances. When flying by plane, compensating for CO<sub>2</sub> is a way to limit emissions slightly. Electrical transport is also preferred. Cycling is the best option for both the planet and yourself.

### **Catering**

Think about the food you're buying and about making meals vegetarian. This causes a great amount of emissions to be avoided and is also often cheaper. For buying food, try to look for local and organic options. Ask people to bring their own material, for example cutlery, a plate and a cup to events such as the introduction camp. Think twice before you food away; you might actually make someone else happy with what you no longer need. For example, hand out jars of peanut butter that are leftover.

### **MESA Inventory**

From now on, all of the material that is the property of MESA is inventoried, along with the location of the material. All committees can use this material for MESA events. If you have any material that might be useful, donations are welcome. Examples are cutlery, cups, decorations, costumes etc.

**Study books**

Study books do not have to be bought again every year, try to sell them on to someone else or borrow them from each other. We have a MESA Bookfair Facebook group that makes this possible.

**MESA clothing**

When buying committee shirts or event merch, think about how it is produced and more sustainable options such as organic cotton.

**Reports**

We think it is valuable to think about other ways we can improve ourselves as an association sustainability-wise. Prior to each new study year, think of ways to further be more sustainable, and preferably write this down in a short report. At the end of the year, you can reflect on this plan and write suggestions for the upcoming years.

Written on 8-5-2021

Alexander Breunis

Chairperson of the 5th board