

TRU Green Guide & Green Guide Challenge

The **TRU Green Guide** is designed to help TRU students live more sustainably on campus and at home. And if you do the **Green Guide Challenge** you can win lots of great prizes!

Starting on page 5 of this guide are nine areas of sustainability, and within each of the nine areas are three sustainability actions students can take. With the Challenge, every time you do even one of the three actions in any of the nine areas, you win a prize! (Prizes listed at the bottom of each challenge page). Then if you do the same thing for all 9 areas, your name gets put in the draw for the Grand Prize of either an electric scooter, an e-reader or a TRU tuition credit – each worth \$500!

To participate in the Challenge, click [here](#) to fill in your information. Someone from the TRU Sustainability Office or a Student Sustainability Ambassador will then contact you.

To learn more about sustainability at TRU or to get involved on campus, email the Sustainability Office (sustain@tru.ca) or drop by; we're in the Human Resources building .

And follow us on social media* or visit our [website](#) for more info.

* [Instagram](#) – [TikTok](#) – [Facebook](#) – [Twitter](#)

TRU's Mission

Thompson Rivers University is a comprehensive, learner-centred, sustainable university that serves its regional, national, and international learners and their communities through high quality and flexible education, training, research and scholarship.

Land Acknowledgement

TRU campuses are on the traditional lands of the Tk'emlúps te Secwépemc (Kamloops campus) and the T'exelc (Williams Lake campus) within Secwépemc'ulucw, the traditional and unceded territory of the Secwépemc. The region TRU serves also extends into the territories of the St'át'imc, Nlaka'pamux, Tâilhqot'in, Nuxalk, and Dakelh.

Why Does Sustainability Matter?

Sustainability is based on a simple principle: Everything that we need for our long-term survival and well-being depends, either directly or indirectly, on the health of the natural environment.

Sustainability matters because “There is no Planet B”. The alternative to being sustainable is being unsustainable, which is no alternative at all.

Being sustainable means different things to different people. It may mean reducing waste, conserving energy, choosing green transportation, or just making small every-day changes in your life. Every decision you make affects the world around you. We are all connected. This guide can hopefully help you make the right choices in these nine key areas.

Water

Conserve water! We have the award-winning Kamloops Center for Water Quality where water is tested daily.

- Drink Kamloops tap water - It's great! Recent blind taste tests score it better or on par for taste with leading bottled water brands. And it's free!
- Only use what you need: take 5-minute showers; don't let your taps run when washing hands or brushing teeth; and fix leaky taps asap (it's easy!)
- Join *Fill It Forward* and make the world a better place with your water bottle. Get a sticker from the Sustainability Office, then scan it to support water projects in developing nations and get entered to win weekly swag, like TRU water bottles! 😊

Prize: Stainless steel water bottle



Transportation

Use active or alternative transportation methods to get to campus. Doing so will lessen the impact from one of Canada's largest emissions sources: single-use vehicles. For ideas, visit [here](#).

- Grab your sneakers, bike or skateboard and leave your car at home. Commuting can also be exercise time – and you'll feel great!
- Take advantage of the TRU UPASS for free unlimited access to transit and download the transit app for real-time bus schedule.
- Consolidate your trips or carpool with your friends to school, gym or the grocery store in the least number of trips possible.

Leaving your car home one day per week, can reduce your CO2 by 0.5 tons per year. That's a lot!

Prize: Reflector safety tag or 3 [Kamloops BC Transit](#) bus tickets



Health & Wellness

Nurture your body with plenty of nature.

- Keep your body moving. Exercising regularly will keep you fit and positively impact your mental health. A better mood is only a work-out away!
- Enjoy picnics on the beach, go camping, or spend time in nature. These things can make you healthier and happier.
- Use websites like EWG's Skin Deep to test your personal care products for their impact on the environment.

For more in-depth information visit TRU's Wellness Center

Prize: \$6 Voucher to [TRU LEAP Program](#)



Zero Waste

Take the time to understand Zero Waste Stations. You can do it. You're smart; you're a university student! And if you're confused, ask for help. There's a global waste epidemic happening right now. Every small step helps.

- Above all, practice the 3 R's of waste management: Reduce-Reuse-Recycle. The simplest thing to throw away, is one you don't have! 😊
- Recycling is still important since making new things from recycled materials is less energy intensive than making them from virgin materials (mined, harvested, etc.). Recycle everything you can.
- Throw your food and 'compostable paper' (paper towel, tissue, food-soiled containers) into Compost so that they don't end up in the landfill (creating methane gas); and create a soil amendment too! But no liquids in any bins – they make a mess!!!

Prize: Reusable shopping bag



Purchasing

Don't just be a consumer, be a sustainability consumer! The Law of Supply and Demand says that what we 'demand' is what will be 'supplied' by the market. If we buy 'junk', more 'junk' will continue to be supplied. Buy what you need and buy durable goods. Go for quality! Consider purchasing choices as sustainability choices.

- Separate your wants from needs. Before buying anything, ask yourself if you really need it. And resist the urge of impulse buying.
- Do your research beforehand and shop from stores and manufacturers that follow sustainability-friendly practices.
- Instead of buying new things, visit a thrift store or borrow from a friend.

Prize: Reusable Straw



Food & Dining

Eat food. Not too much. Mostly plants.” This is great advice from Michael Pollan (The Omnivore's Dilemma). TRU offers a variety of dining outlets and each of them practices sustainability on many levels.

- Eat healthy foods. Being sustainable means being healthy (‘chips and cake’ are still ok sometimes 😊).
- Visit local Farmer’s Markets. The Kamloops market is open mid-April to the end of October on Wednesdays and Saturdays. Fresh is delicious.
- Reduce your meat consumption; try starting with one day a week. Creating meat produces lots of energy and leaves a big carbon footprint.

As we transition back to a normal campus, avoid single use plastic items and focus on reusable cutlery and food containers; while following all Covid protocols.

Prize: \$6 TRU dining gift card/ Soup & Bun from Scratch Cafe



Building Energy

In BC and TRU most buildings are heated with natural gas, a fossil fuel. It's TRU's largest reported source of carbon emissions so use it sensibly! Even BC's clean hydro-generated electricity has a carbon-footprint. Did you know BC still imports small amounts of coal-generated electricity from Alberta?

- In winter, before turning the thermostat up, layer up! Put on a sweater, vest or wool socks to keep warm. And in summer, instead of turning up the A/C to say cool, wear casual shirts or use a fan to move air around. Be energy wise!
- Window blinds can also help with cooling or heating. Close them during hot days to keep things cool, or open them to let radiant heat in. Easy!
- 'If you're not using it, turn it off'. This simple and sage advice applies to light switches, computers... any electronic device you can think of!

Prize: [Fortis shower timer](#)



Printing & IT

The environmental effects of paper production include deforestation, the use of enormous amounts of energy and water, as well as air pollution and waste problems; causing 26% of landfill waste. Since paper use is so energy intensive, it's the third thing that TRU annually reports to the BC government in its CO2 report (also building energy and vehicle fleet fuel).

- Stop and think, “Do I **really** need to print?” Instead, save to the cloud, use e-books, and only print if necessary.
- Print efficiently. If you **need** to, do so double-sided and buy paper with high recycled content (it's only a bit more expensive).
- Regularly maintain your devices so they last longer. If buying new, properly recycle old ones (TRU has electronic recycle bins in Old Main and CAC).

Prize: Pack of 50 sheets of copy paper ([Sugar Sheet paper](#))



Getting Involved & Learning

There are so many ways to get involved and be part of our team. We have lots of cool projects and we're always working on ways to be more sustainable. And TRU offers many ways to learn about sustainability, either formally or informally – just ask!

- Become a sustainability ambassador or volunteer with our office; join a club or committee; start a project. Help promote and encourage the TRU community to be more sustainable.
- Choose from over 200 TRU sustainability focused or related courses or take a certificate course in Leadership in Environmental Sustainability.
- Apply for a Sustainability Grant to improve TRU's operational environmental performance, or Sustainability Research Grant (x2 each for \$5000).

Prize: [Reusable Cutlery Set](#)

