SUSTAINABILITY WEEK
MONDAY 5th – FRIDAY 9th MARCH 2018

MONDAY
Volunteering Opportunities for all
Want to volunteer but not sure where to start? Join this informative with Daniel King.
11:30-12:30, 4.311

Posture and Stride Workshops
Learn the Simply Stride method to boost your performance!
Four 30 minute sessions to choose from:
• Outdoor walking (x2)
• Indoor posture/walking
• Indoor posture (inclusive for those with reduced mobility)
12:30 – 14:30, Email dm16141@essex.ac.uk to sign up

TUESDAY
First Buses
Find out more about all the great deals available for bus travel & the handy mTickets app.
11:30-14:30, Square 3

Transport and Travel Information
Find out how to reduce your impact and even get fit! Information on local buses, walking, cycling and carsharing.
11:30-14:30, Square 3

WEDNESDAY
Dr Bike
FREE bicycle safety check and affordable maintenance. Lots of affordable bikes for sale too.
08:30-14:30, Square 5

vTeam Big Spring Clean!
Join the vTeam’s annual community litter pick. Help tidy on or off campus. You’ll be rewarded with food!
12:00-16:00, Meet Sq 3.

THURSDAY
Sustainability on campus
From Green Impact and Student Switch Off, to food waste, Fairtrade tea & coffee and indoor plant kits – come to find out what you can do to make a difference!
11:30-14:30, Square 3

FRIDAY
Wivenhoe Park adventure
Explore Wivenhoe Park with LiFTS’ very own Ruth Raymer. Attendees receive a hot drink at Lakeside café afterwards.
12:00-12:45, Meet @ Lakeside Café

Introduction to Mindfulness
Discover the benefits of Mindfulness with qualified practitioner, Dr Caroline Barratt.
13:15-13:45, The Hex

Give & take shop
Donate items you no longer need, or come and choose some that you do! Some freebies too 😊
13:00-14:30, Square 4

Chair-based yoga & movement
Yoga with Yan! More OH activity to promote work-based wellbeing.
13:15-13:45, The Hex

Love Essex Hate Litter
Join the Grounds team to make our campus beautiful (part of the Big Spring Clean).
12:00-13:00, Meet Sq 3.

Pulp Friction!
Not sure you’re into cycling? Make a smoothie using pedal – power and maybe you’ll be converted!
12:00-14:00, Square 3

Hydrate, Feel Great!
Staff session organised by Occupational Health – discover the benefits of staying hydrated at work.
13:10-13:30, NTC.1.03

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Green Impact Power Week

Green Impact Teams, are you ready to power through your workbook?
Complete as many actions as you can between 5th – 9th March for a chance to win prizes!
Overall prize, plus runners up prizes in Bronze, Silver and Gold levels

Photo Competition

Budding photographer? Spotted something special?
Send us your best photograph, within the theme of ‘Love Your Campus’
The winning photograph will be displayed on campus, plus you’ll get your own framed copy.

Everest Challenge

Can you climb Everest? (Or at least the equivalent!)
Scaling the highest peak is approximately 58,070 steps.
Record your steps for the week – can you climb more than once?
The individual who records the most steps wins a £25 Amazon voucher.

Book recommendations

Thought Sustainability was just about hugging trees?
Think again!
Art, health and wellbeing, exercise, travel and so much more intersect how we can reduce our impact.
Visit the Albert Sloman Library and Waterstone’s bookshop for great recommendations.