

**A
student's
guide
on**

**how to
save
money
and the
planet**

**at
the
University
of
Bath.**



Sometimes it feels like...

you have to choose between saving money and being eco-friendly.

Actually, the greenest purchase is the one you don't make

And other times...

it feels like what's the point in trying when it seems no one else wants to.

But actually...

60% of university students want to learn more about sustainability and make a difference.

Also, 42% of university students (that's nearly half) are looking to pursue careers that actively tackle climate change.

You can save money

Sometimes the sustainable choice can be more expensive but in this guide we've shared top tips to show this isn't always the case.

And make a difference

Helping the planet isn't all up to you but individual actions do have an impact. These tips will help you make a positive impact on your wallet and the environment.



Climate Action



Food

Did you know?

On average, students throw away £5.25 worth of food every week. That's £273 a year.

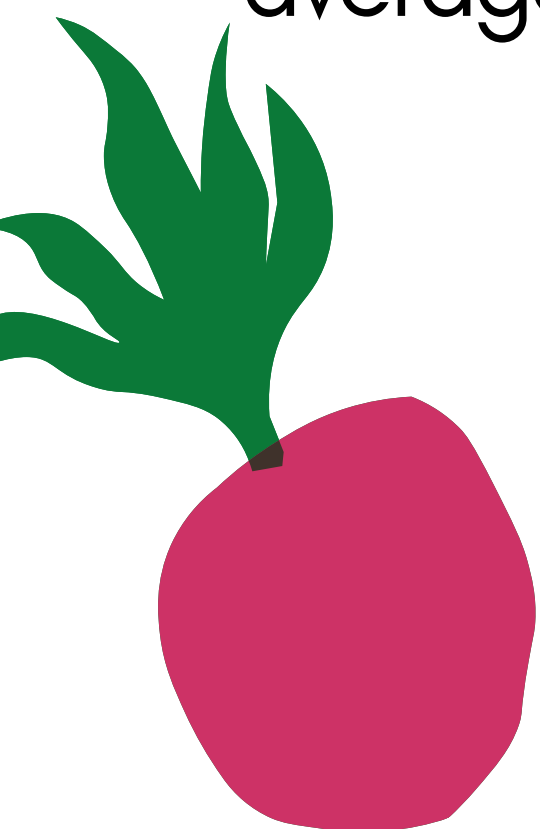
Plan ahead

Making a shopping list and a meal plan before going food shopping can save you an average of £200 a year.



Make leftovers count

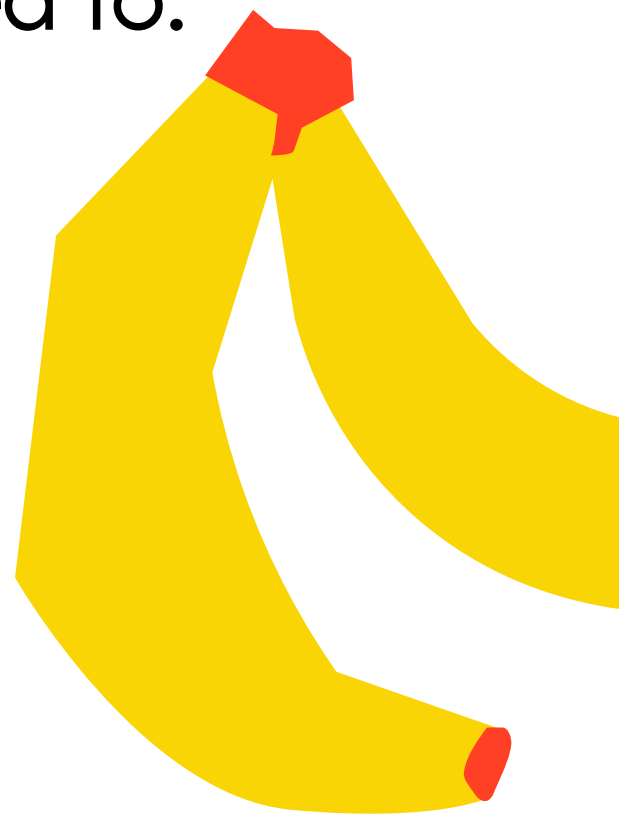
If you make too much food, put it in the fridge, it can last 3-4 days there or more in the freezer. Plus, it will save you money on eating out when you don't need to.



More vegetables = more money

A plant-based diet could make your food shop a third cheaper. If your weekly shop is £40, that's more than £13 you could save by cutting out meat and dairy.

If you want to save money but still eat meat and dairy, you could try going plant-based at home but not when you're out for meals or at family and friends.



*try it
for
a month
and see*

Did you know?

74% of Bath students said that beef and lamb should be replaced on campus to reduce the University's environmental impact.



Munch Box and the Community Fridge

You can pay £2.50 for a container full of leftover food from campus restaurants with Munch Box.

The Community Fridge is outside Fresh supermarket on campus and is there for you to leave in-date food to avoid it going to waste, and also take food for free.



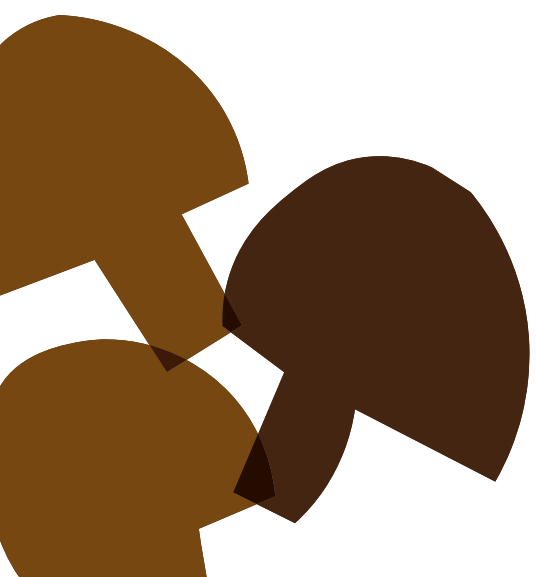
Too Good To Go

An app that lets you buy a bag of leftover food from The Market and Fresh supermarket on campus, as well as restaurants in Bath for really cheap.

*could be
for
tomorrow's
lunch*

Make the most of it

When cooking, try using everything. For example, the stem of a broccoli tastes good and gives a great crunch to a stir fry. Pumpkin and squash seeds with salt go in the oven to make a tasty snack.



Fashion

Did you know?

On average, second-hand clothes are 30% cheaper than buying brand new.

That means if you've put aside £30 for a new jumper, you could buy one second-hand for £21 and save that extra £9 for something else.

Save money while online shopping

If you've got your eye on a new item, it's always worth checking second-hand online shops before you buy.

You could find the same item or something even better, for cheaper.

Here's a few shops to get you started: Depop, Thrift+, Vinted, Asos Marketplace, Rokit, Thrifted, Beyondretro, Oxfam online.

this goes for everything, not just clothes

Swap clothes and discover vintage

The Students' Union and the Sustainable Fashion Society at Bath regularly put on clothes swaps and vintage fairs, follow them on Instagram to keep up to date @uob_sustainable_fashion.



Did you know?

Students at Bath spend an average of £42 a month on clothes and sometimes the items don't get worn more than 3 times.



Try selling before donating

People say that Vinted is the easiest platform to sell on. Try it out to give your old clothes a second chance and maybe make some money too.

Fashion

Explore charity shops

Buying from charity shops is not only good for your bank account and the planet but it's also for a great cause. Plus, you might find something really special.

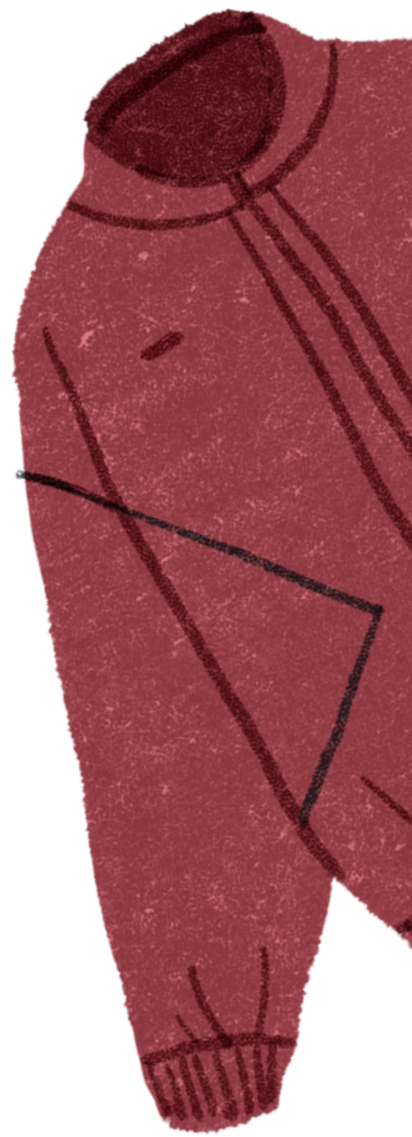
Some charity shop hidden gems are:

- Mercy in Action on Union Passage,
- Women's refuge on Walcot Street,
- Dorothy House on Argyle Street.

cash only, really cheap

Give makeovers a go

Before throwing something away, you could try dying it a different colour, buying an iron on patch, or sewing a hole with bright coloured thread. Mending can save you money.



Waste

Did you know?

You could save £141 per year by simply using tea towels and wash cloths, instead of buying kitchen roll and wet wipes.



Save on coffee

If you bring a reusable cup to get your coffee, lots of places give you money off. For example, on campus, bring your keep cup to save 20p.

If you get coffee every day, then in two weeks you'd have enough money saved for a 'free' coffee.



Haircare

Shampoo bars can cost a lot less than in bottles. You can buy a bar in Boots or Superdrug, they last longer and work just as well as 'normal' shampoo.

use your student discount



Embrace a reusable bottle

Tap water in the UK is safe to drink and free. Investing in a reusable bottle will save you money on buying water when you're out.

There are lots of water fountains on campus and in the city centre. Use the Refill app to see your nearest fountain.

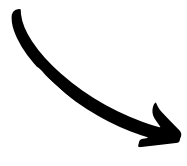
Waste

Did you know?

Using soap bars could save you around £50 a year. Soap bars last a lot longer, they're just as hygienic and often smell incredible.

Period products

they're really comfortable

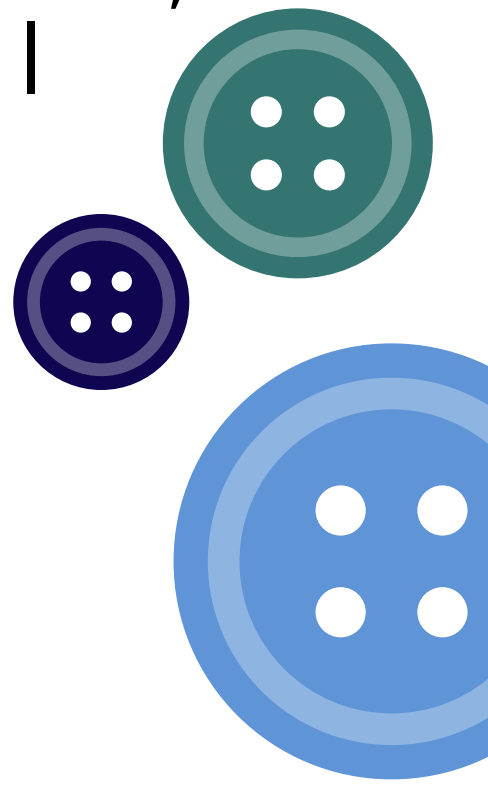


If you buy one or two packs of pads every month, you could be spending more than £80 a year but if you invest this same amount into reusable cotton pads, you could save money year on year.

Repair or borrow

Before spending money replacing an item, ask yourself, can this be repaired? Will I need it long term or could I borrow it?

Check out Share and Repair on George Street for help with repairing and borrowing a wide range of items.

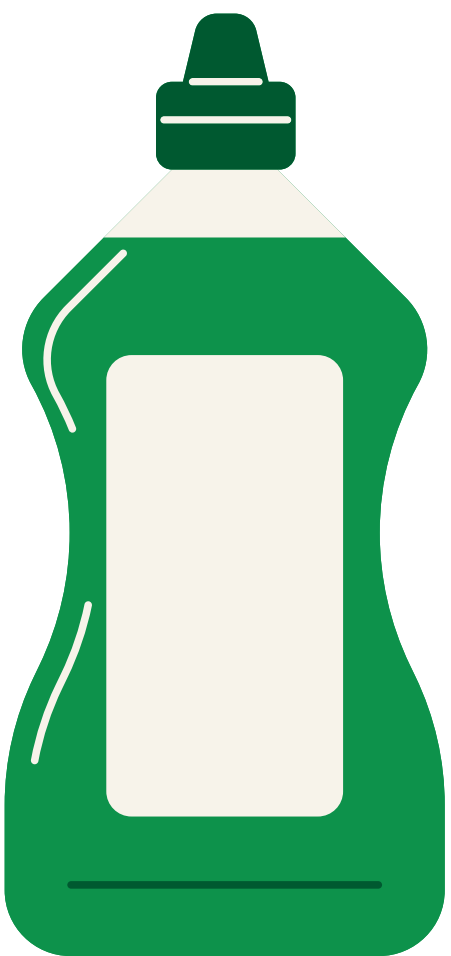


Try refilling

Refilling doesn't have to be like Instagram, you don't have to buy all new, fancy containers.

For example, if you've bought washing-up liquid and it runs out, just use that same bottle in the shop.

Try the refills in the shop on campus, Harvest on Walcot Street and Refillable on London Road.



Bills

Did you know?

Saving money on your bills doesn't have to be complicated, small things can help a lot too.

For example, if you heat your home at 19°C, instead of 20°C, you could save £75 a year.

Money down the drain

Turning the tap off when cleaning your teeth or shaving is an easy way to save money on your water bill.



Pot lids are important

Using pot lids when cooking can mean your food cooks faster and you use less energy.

It's easy, but not breezy

Draught excluder pillows for your doors can keep the cold out and the bills low. Also, turning down radiators in empty rooms can save money, like in your housemate's room if they go on holiday.

Etsy is a good place to look

More time, more money

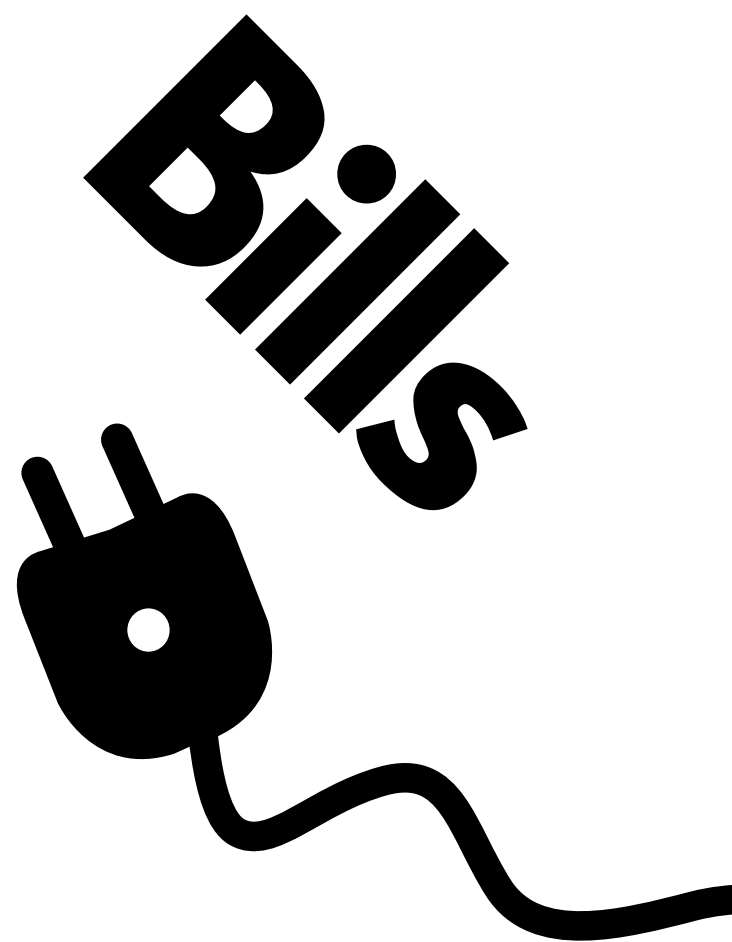
Taking short showers can save water, money and time. A 4-minute shower (that's 2 songs long) could save you as much as £128 a year.



Did you know?

Switching off devices at the switch could save you as much as £25 a year per item.

So, if you switch your game console and TV off at the wall instead of with the remote, that's already a £50 saving.



Wash eco-nomically

There's a few things you can do to save money on washing:

1. Wash your clothes on an eco cycle
2. If you don't have an eco setting, wash at low temperatures like 30°C
3. Only put a wash on when you have enough clothes to fill the machine or share a wash with your flatmates.

Quicker is better

When putting the kettle on, only fill it with as much water as you need. The water will take less time to boil and save you money on electricity.

plus, you'll spend less time waiting



Make it a habit

Get into habits that will save you money. For example, when you leave a room, remember to switch off the light.

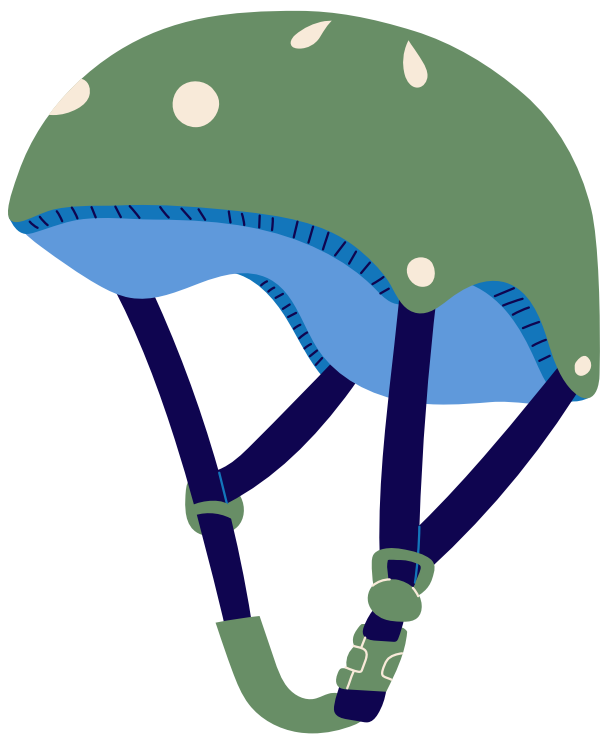
Travel

Did you know?

On average, University of Bath students spend £55 a month on transport. That's nearly £700 a year.

Free for a month

You can get free bus travel with Travelwest for your whole birthday month if you apply at least 7 days before the 1st of the month.



Try before you buy

If you're unsure about investing in a bike, you can hire one from the SU for a week. Best of all, it's free, all you need is your sport membership.

It doesn't have to be costly

Getting a bike doesn't have to cost the earth. At Julian House on Corn Street, you can buy a second-hand bike and get one serviced if you buy it elsewhere. You can also buy a cheap, secure D-lock from the University Shop.



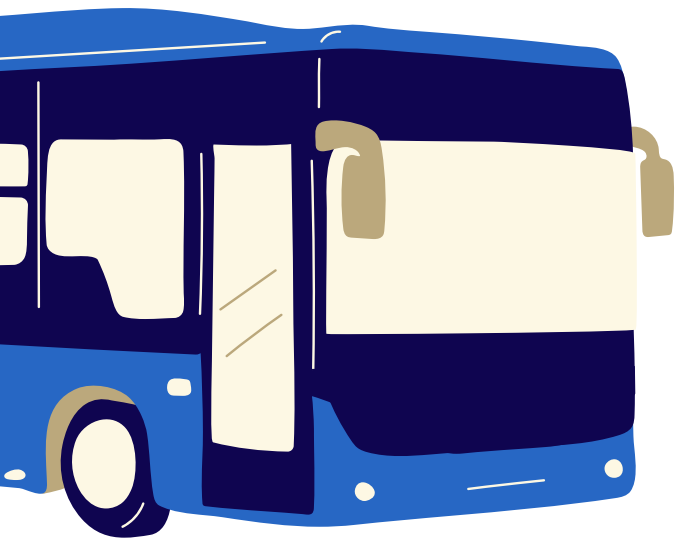
all the money goes to their homeless charity

Did you know?

You can get a 1/3 off train tickets for a year, for only £30. A 16-25 Railcard can save on average £159 per year which means it can also pay for itself.

that's an open return to London for £45, instead of £70.

Travel



Avoid the queues

Walking or cycling can save you money, but it also means, no more waiting in queues for the bus or being stuck in traffic or being late for classes.

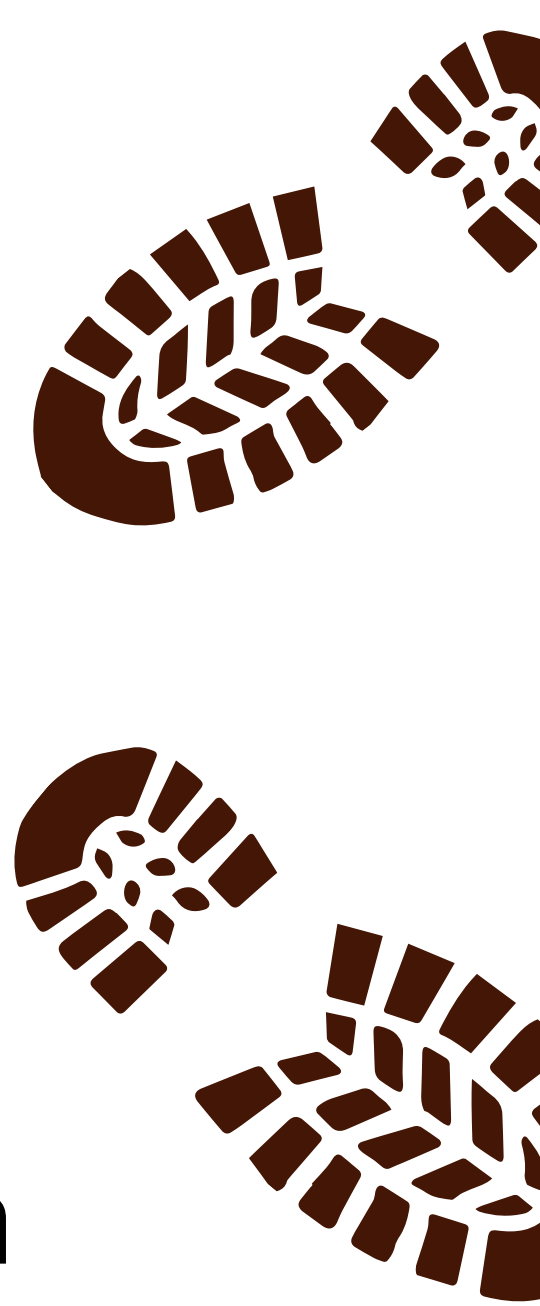
Walking saves lives and money

Research shows that 10,000 steps a day can help lower your risk of 13 types of cancer, lessen the risk of heart disease and reduce your risk of dementia by 50%.



Let Bath be your free gym

Save yourself money on a gym membership and instead make use of all the beautiful green spaces that Bath has to offer.



Money

Did you know?

Your money can have an impact on the planet even when you're not spending it.



Green banking

When you open a bank account your money doesn't just sit there, it is used by your bank to invest in different businesses. For example:

Barclays, HSBC, Santander, Lloyds and more, invest billions of pounds into fossil fuels each year.

Check your bank's rating and consider switching to a greener bank at no cost.

this includes your money

Green investing

Investing your money can be risky so you have to be careful, but finding out how your investments impact the planet costs nothing.

Cryptocurrencies in particular are not environmentally friendly because they use a lot of energy. For example, mining Bitcoin uses as much electricity as powering Sweden every year.

However, if you use an investment management service, you can simply request to opt into a socially responsible portfolio.



Did you know?

The best thing you can do for the planet that costs no money at all is using your voice.

You can tell your friends about this guide or start a conversation about an interesting fact you learnt here.

Psychology tells us that people are influenced by the people around them, that means your opinion can truly make a difference.

Who will you get on board?

Green pensions

When you start a job, you're likely to be automatically enrolled in a pension fund.

Your pension is then invested by your pension provider but you can call them and choose an ethical plan, it's easy and free.

*good
knowledge
for the
future*

Green spending

If you've decided to spend money on something new, buying from a local or independent shop can often cost about the same as the big businesses but you'd be helping a small business instead.

Money



To recap, this guide will help you to:

- Save money
- Cut down on waste
- Fight climate change
- Improve your community
- Help the planet

Trying doesn't mean doing it right all the time

Remember, its not all or nothing

This guide is not about making you or others feel guilty, its about showing you what you can do, when you feel like you can.

You can change things

Find out more

Visit the University's Climate Action Hub for more details about all the topics covered in this guide and for other ways you can get involved.

University of Bath student studying sustainability.

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Beatrice Clementel



Climate Action



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