

how to start make a promise

A promise to the planet, and to yourself. Start with the four R's – reduce, re-use, recycle, re-think. Use this guide and other resources to lessen your impact while on campus and in the other parts of your life. Here are tips and helpful hints on how to incorporate these R's into your life.

water



Water is a precious resource and at Royal Roads we try to conserve every drop. You can help us achieve our conservation goals by taking a few simple steps.

What you can do

- Drink tap water – fill your personal water bottle on campus. Use campus water bottle refilling stations located in the Habitat Café and in all the LIC galleys. Victoria's tap water is clean and perfectly safe to drink.
- Take shorter, more efficient showers.
- Turn off water while brushing your teeth, or rinsing a razor while staying on campus.

food



What you can do

- Buy locally and seasonally grown fruit and vegetables. Many are available in nearby grocery stores.
- It's all about balance in your decision making: organically grown or local food versus imported foods, and their countries of origin. You'll find a lot of options here in Victoria, not only produce but sustainably-harvested seafoods and Fair Trade Certified coffee.
- Use reusable containers if you are bringing your own meals. A microwave can be found just outside of Habitat Café, and they are also on all floors of the Learning and Innovation Centre where you can store your lunch in the fridges as well.
- Bring your own grocery bags when shopping. You'll find that several local grocery stores do not provide plastic bags anymore but they do sell reusable cloth bags at a low cost.
- Plant your own vegetable garden, or a kitchen shelf herb planter. Join the Royal Roads Community Garden.

power



The power of teaching and learning; the power of thinking and doing. The power to change things for the better; for us, for the future.

What you can do

- Turn off lights when rooms are not in use.
- Campus buildings take advantage of natural light with large windows; it may not be necessary to turn on a light.
- When you are finished working, set your computer to "sleep", turn off monitors and work-surface lighting.
- On warm days open a window to adjust room temperature.

paper



On campus we try to reduce waste where ever possible. There are a few easy ways to create less waste.

What you can do

- Reduce paper usage by switching to emails, USB memory sticks, or online/e-teaching and testing.
- Set your software and printers to double-sided as your default.
- Decrease margins, and use smaller print on your documents when printing for personal use.
- Always recycle waste paper in campus recycling stations or re-use waste printing paper as scrap paper for notes.



compost



other recyclables



coffee cups & paper towels



refundables



waste



paper

transportation



The roads in most cities are filled with single-occupancy cars, and the Greater Victoria region is no different. Heavy rush hour traffic is an increasing problem here, but change can start with you.

What you can do

- Ride-Share and carpool. Get to know your cohort and share rides to campus or join an organized Ride-Share program.
- Take the bus. There are two bus stops right on campus. Full-time undergraduate students are automatically enrolled in the U-Pass program that provides them with unlimited access to all public transportation within the Victoria Regional District.
- Bike to campus. Bike racks are available outside all buildings on campus, and showers are available at the Recreation Centre and the LIC. You can use the Galloping Goose Regional Trail, a bike highway that connects campus and downtown Victoria, Langford, Sooke and everything in between.
- Choose to live within a reasonable walking distance to school or work.

on-campus successes

Recycling and composting programs divert 72% of materials from landfill, and our paper towel composting diverts an additional 10 tons.

waste



What you can do

- Continue recycling and composting while living in residence. Look for recycling areas in student lounges and outside of classrooms.
- Purchase products with minimal packaging.
- Use microfiber cloths and rags to dust computer screens and work areas, rather than paper towels. This will eliminate the need to use chemical cleaning products.

community



A Green Campus

- We guard and steward this 277-hectare National Heritage Site, a temperate rainforest ecosystem.
- Royal Roads is home to one of the last characteristic Coastal Douglas-fir ecosystems in British Columbia and has seven of the eleven largest "veteran" Coastal Douglas-firs in the province.
- The campus sits above a vital federally-designated migratory bird sanctuary.
- The site is comprised of 80% native plant species, creating a rich and biologically diverse range of native habitats for wildlife.

Get involved on-campus, join the RRUSA students association or start your own group.

consume conserve