

# POSITIVE CHANGE: ECO-SMART CHOICES

## Energy

- If you contract with an energy company, a strong choice is wind power – the most sustainable form of energy in the Netherlands. A select list of potential suppliers:
  - [GreenChoice](#)
  - [PureEnergie](#)
  - [Eneco](#)
  - The energy market is in transition. Be sure to research internet options for new wind power energy suppliers coming into Rotterdam.
- Save electricity (and pay less on your energy bill) with a few easy steps:
  - Turn off/ unplug electronic devices when they are not in use. Devices in standby mode and some chargers suck energy when plugged into a power outlet.
  - When buying new devices, especially refrigerators that run 24/7, select the greenest energy label (A+++). Not only does this save energy, but it also saves your money.
  - Use LED lights wherever possible. Buy LED light bulbs for conventional sockets, too.
- Wash laundry at 30°C or 40°C. Hot water is not needed to wash clothes. The hotter the water temperature, the higher your energy consumption. Make sure your machine is full and avoid overloading for cleaner items.
- Dry your laundry on a clothes rack instead of using an electronic dryer.
- Boil water for hot beverages- put a lid on the stove pot or use an electronic kettle. Only boil the water amount than you need.
- Let hot food cool down before you put it in the refrigerator. Allow frozen foods time to defrost in the refrigerator- saves cooling energy.
- Stir-fry vegetables in a non-stick pan or steam them in a small amount of water instead of boiling them in excessive water - saves energy and water.
- Use a dishwasher, when available. Make sure it is full before running. Always run on eco-mode.



## Heating

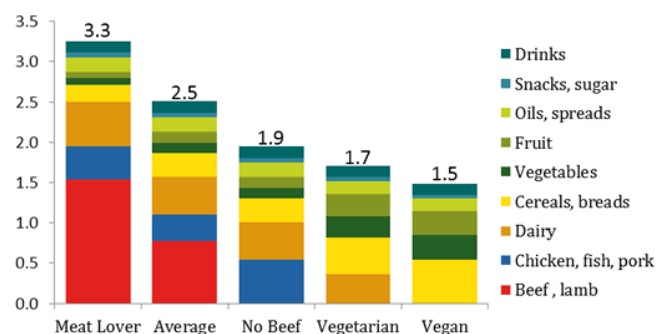
- Turn off home heating units when away from home.
- Only heat the room that you use, not the whole house. Keep doors to unused unheated rooms closed.
- In winter, turn the heating down to 19°C or 20°C and wear thick socks and a sweater when seated. This will greatly reduce your heating expenses.
- If the house has old windows, close the curtains at night to reduce energy loss through the windows.
- In winter, open the window for 5 minutes each day to freshen your room/ apartment. This uses less heating energy than leaving the window cracked open all the time.



## Food choices

- Eat more vegetables, grains, legumes, nuts and fruits - less meat, fish, eggs, and dairy. A plant-based diet is the single most effective way to battle climate change and reduce water and land consumption at the same time. It can also help you concentrate better and give you more energy, while being animal-friendly.
  - Connect with the [Erasmus Food Lab](#), learn about plant-based foods make meals in the cooking studio.
  - Many [campus restaurants](#) and [caterers](#) have plant-based food (vegan) options. Some examples are the soup and salad bar in the 4<sup>th</sup> floor [Company cafeteria](#) of the Mandeville Building and the [Etude](#) cafeteria of the Tinbergen Building. In the [Food Plaza](#) the full menu at [Jack Bean](#) is plant-based, review organic and locally sourced options at [New Fork](#), and vegan options listed at the [Erasmus Pavilion](#), or locate carry-out options in the [Spar University](#) supermarket.
  - To eat plant-based at home, check out [Gewoon Vegan](#) for a handy list of 100% plant-based foods in local supermarkets.
  - Sign up for the [Vegan Challenge](#) (in Dutch) to get 3 free tasty, easy, and quick plant-based recipes for the whole month of October each day, or [Challenge 22+](#) (in English) each month! Or in January- [Veganuary](#)
- Avoid food waste.
  - Shop frequently, buy smaller quantities to avoid food waste. If you shop or make meals in bulk, freeze the extra amount to last longer.
  - Keep the best-before date food items in the front of your refrigerator and newer products in the back, so the visible items are eaten first.
  - If you have leftover food, pack it in reusable containers for lunch the next day, or repurpose it in new meals.
  - If you have a blender, blend the greens of carrots or beets and other leftover greens together with a banana, other fruit, and water or juice into a morning smoothie. Also works with overripe bananas! Healthy and tasty start to the day.
- Drink tap water instead of bottled water or soda that comes in plastic bottles or cans. Tap water in the Netherlands is safe and tastes good. It is healthier than consuming sugar-filled drinks. For extra flavour in your tap water, add a slice of lemon, fresh fruit, mint, or cucumber slices. There's a cold water tapping point on Tinbergen Plaza, between the Spar Supermarket and the Mandeville Building and in the EUR Library.

Sample Diet Footprints (t CO<sub>2</sub>e/capita)



Note: All estimates based on average food production emissions for the US. Footprints include emissions from retail losses and consumer losses. Each of the four example diets have been based on 2,600 kCal of food consumed per day, roughly the same as an average American. This equates to around 3,900 kCal of supplied food.

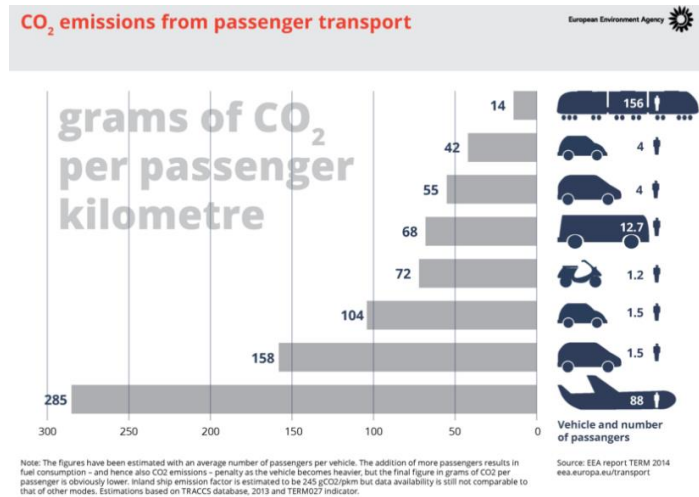
Sources: ERS/USDA, various LCA and EIO-LCA data

Shrink That Footprint



## Transportation

- Ride a bike, bus, tram, or metro in the city. Use a train or megabus for longer distances.
- Cars congest, pollute and require expensive parking.
- Choose the train (not the plane) for travel within Europe. All trains in the Netherlands and all long-distance trains in Germany run on wind-powered renewable energy.
- Driving a car: car-pool or car-share. E-Car rentals for short-term throughout the city.
- If you must travel by plane buy CO<sub>2</sub> offsets to neutralize your CO<sub>2</sub> emissions.
- Trams 21 and 24 both pass by Rotterdam



- Centraal and Rotterdam Blaak railway stations. They stop in front of Woudestein football stadium, which is a 7-minute walk to the Mandeville Building. Tram 7 from Rotterdam Centraal stops at the main entrance of the campus. The closest metro stop is Kralingse Zoom (Lines A, B, and C), with a 12-minute walk to the Mandeville Building.
- The campus bicycle parking areas are located:
  - On the ground floor of the Mandeville building (indoor designated space in the parking garage).
  - Below the K.P. van der Mandeleplein (entrance to underground parking between the Erasmus Pavilion and the Theil building)
- A bicycle repair shop (Campus Bikes) is located on the ground floor of the Polak Building, on the side of the V Building and the Van der Goot Building.
- Bicycle repair material and bicycle pumps can be used for free at the security office (W-Building) (outside of the bike repair shop hours)

## Personal care

- Soap bars last longer and cost less than liquid soap in disposable containers. They interrupt the plastic waste cycle. [Lush](#) in the city centre and [Kruidvat](#) outlets throughout the city sell shampoo bars and bio soaps.
- Avoid body or facial scrubs containing microbeads. Read the labels. Avoid products with the following ingredients: Polyethylene (PE), polypropylene (PP), polyethylene terephthalate (PET), polymethyl methacrylate (PMMA), nylon, ADA 2014, polylactic acid.
- If you need to use sprays or foam, avoid materials in metal cans with aerosol; they use a lot of energy in production and produce unnecessary flammable waste.
- Consider eco-friendly shaving supplies. Decrease disposable plastic waste.
- Select feminine hygiene materials with low impact on environment.

## Materials

- Reduce and reuse
  - Avoiding waste is the first objective. Reducing and reusing is better than recycling.
  - Use refillable water bottles (Dopper) instead of disposable paper or plastic. Use a campus ErasmusMug for coffee on campus. Say 'no' to disposable paper cups.
  - Store leftover food in reusable storage containers instead of aluminium foil or plastic bags.
  - Bring your own shopping bags to the store or market and avoid plastic bags.
  - If you buy fresh fruit and vegetables at the market, you can bring your own reusable produce bags or containers to avoid packaging waste.
  - Read and edit on electronic media devices. But when you must print documents, reduce paper consumption by: smaller printing margins, smaller fonts and tighter line spacing. Check for page breaks before printing. Print double sided. Print black and white.
  - Think before you print. If you have to print, use 100% recycled paper as utilised in all RSM print centres.
- Recycle
  - When you are stuck in a situation with disposables, make sure they are recycled instead of putting them in the residual waste bin. Sort according to waste streams (paper, plastic, waste, etc.)
  - On campus: Find recycling containers (for sorting by waste streams) in the Erasmus Food Plaza and throughout every floor of the campus study programmes.
  - In the city: Every neighbourhood in Rotterdam has paper recycling bins and glass recycling containers. The orange plastic recycling containers are placed next to the larger grocery stores. Please use them. Stop plastic waste on the streets of the city. It eventually ends up in the canals and later the sea.
  - Get a battery charger and rechargeable batteries for your battery-powered devices. NiMH batteries can be recharged up to 500 times. Not only does this prevent waste, but it also saves you money in the long run. If you have the old generation disposable batteries, most grocery stores collect them in special boxes by the exit. Do not put them in household or office garbage.

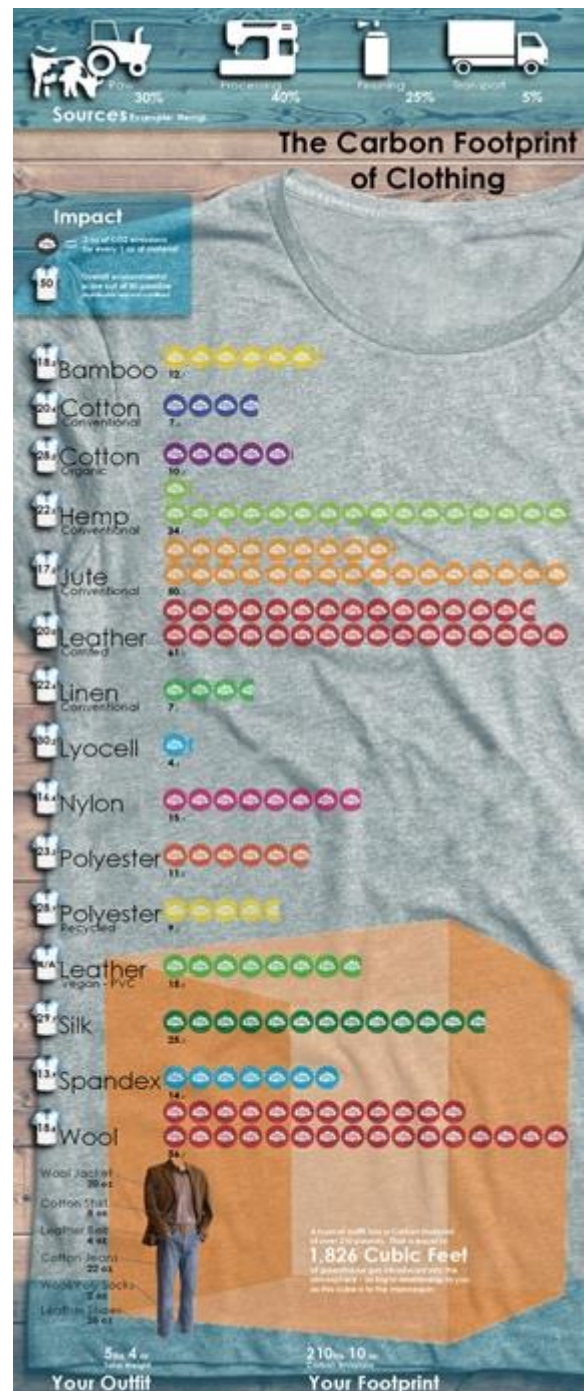


## Home Care

- Choose eco-friendly household cleaners like vinegar, baking soda, soap, and isopropyl alcohol.
- Minimize the use of detergents by using microfiber rags to clean in your home.
- Avoid chlorine bleach. It is a toxic concentrated corrosive and a hazard in your home.
- Read the labels. Avoid products that contain microbeads. Avoid products with the following ingredients: Polyethylene (PE), polypropylene (PP), polyethylene terephthalate (PET), polymethyl methacrylate (PMMA), nylon, ADA 2014, polylactic acid.
- Local grocery stores sell at least one brand of eco-friendly household cleaner or make your own naturally.

## Fashion

- Save money and make social impact. Avoid 'fast fashion'. Buy durable and timeless clothes basics that can easily be combined to create different outfits.
- Repair and mend clothes rather than buying new ones. Keep an eye open for Repair Café days in Rotterdam.
- Read the label. Avoid clothes made from animal materials, such as leather or wool. They have the biggest carbon footprint.
- Two business suits are adequate.
- Wash clothes less often, with eco-friendly detergents, and on cooler temperatures to make them last longer.
- Avoid buying clothes that require chemical cleaning.
- Look for regularly organised clothes swaps on campus. Swap nice clothes you no longer wear.
- Check out the local second-hand and vintage stores for clothes. Some examples:
  - [Twice as nice](#)
  - [Reshare Store](#)
  - [The SwapShop](#)
  - Tweedehands Chic en Nieuw on Oostzeedijk Beneden 153A
  - Search internet 'Tweedehands kleding' current listings
- Donate clothes that you don't use anymore to organisations posting collection or swap days. In addition there are many clothes containers located in the city.



# Campus Map

## Map campus Woudestein



### Legend

Bus	Pay station	Road
Metro	Cash station	Water
Tram	Bicycle parking	Under construction
Parking	Information	Buildings
Tennis courts	Sport Centre	Footpaths
Library	Graduates	Main entrance
Food & drinks	Shops	

### Building codes

<b>A</b> Erasmus	<b>M</b> Van der Goot
<b>C</b> Theil	<b>T</b> Mandeville
<b>H</b> Tinbergen	<b>POLAK</b> Polak
<b>J</b> Bayle	

Buildings E, F, G, N, P, Q and V have a building code, not a name.  
Emergency: +31 10 408 11 00

Erasmus University Rotterdam  
Make it happen.



Colored markers

Purple = 2 bicycle garages

Blue = water tap

Orange = recycling stations

**Thank you for caring & making positive choices**

Join projects of [Positive Change Initiative](#) or discuss your ideas with us to co-create; live sustainably and be action oriented for collective victories in sustainable development.



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Sustainability Coordinator

Positive Change Office

Mandeville Building

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Read more about the EUR's mission and vision regarding sustainability here - <https://tinyurl.com/5auh56p9>