



POSITIVE CHANGE: ECO-FOOTPRINT GUIDE

Energy

- If you contract with an energy company, please select wind power – the most sustainable form of energy in the Netherlands. A list with potential suppliers:

- [Current](#)
- [GreenChoice](#)
- [PureEnergie](#)
- [Eneco](#)



- 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, but avoid overloading it.
- Dry your laundry on a clothes rack instead of using an electronic dryer.
- If you boil water, put a lid on the pot or use an electronic kettle. Only boil the water than you need.
- Let hot food cool down before you put it in the refrigerator. Let frozen foods defrost in the refrigerator to save 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. This saves energy and water.
- Use a dishwasher, when available. Make sure it is full before running. Always run on eco mode.



Heating

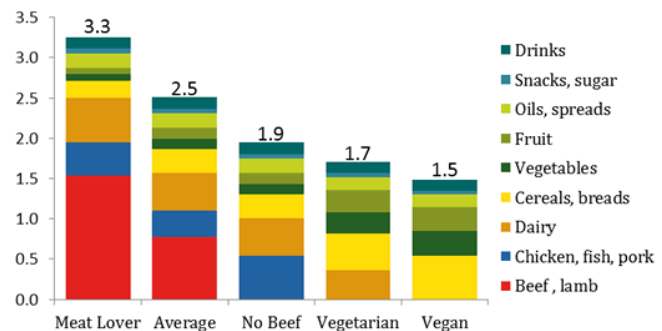
- Turn off home heating units when away from home.
- Only heat the room that you use, not the whole house. Keep doors to unused unheated rooms closed.
- Turn the heating down to 19°C or 20°C and wear thick socks and a sweater when seated. This will greatly reduce your heating expenses.
- If the house 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, 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](#) to learn more about plant-based foods.
 - Many campus restaurants and caterers have plant-based food (vegan) options. Some examples are the soup and salad bar in the 4th floor [VITAM cafeteria](#) of the Mandeville Building and the [Etude](#) cafeteria of the Tinbergen Building, the falafel pita at [Has](#), the gado gado at the [Satébar](#), the hummus and grilled veggie sandwich at [New Fork](#), the lentil salad in the [Erasmus Pavilion](#), or get your own bread, peanut butter, hummus, or soy yoghurt with granola 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 Dutch 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!
- 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 CO₂e/capita)



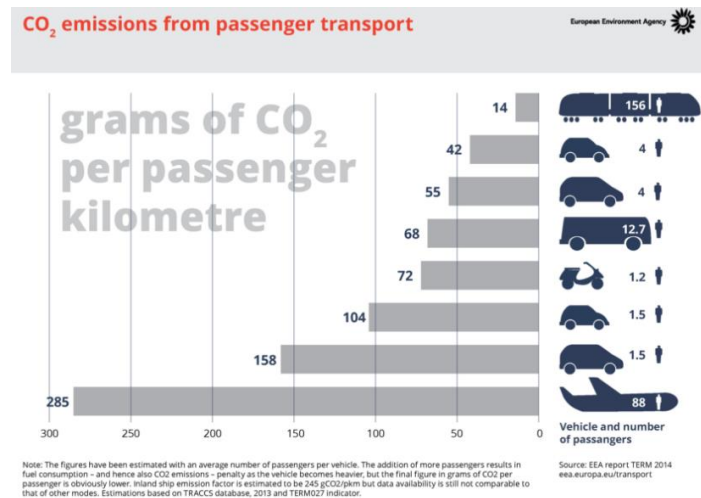
Note: All estimates based on average food production emissions for the US. Footprints include emissions from retail losses and consumer losses. Each of the four example diets have been based on 2,600 kCal of food consumed per day, roughly the same as an average American. This equates to around 3,900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

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



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 are now run on wind-powered renewable energy.
- For Cars: car-pool or car-sharing [BlaBla Car](#) is a good service.
- If you must travel by plane buy CO₂ offsets to neutralize your 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)
 - Between the Mandeville Building and Sanders building (ground parking on Tinbergen Plaza).
- Repair material and bicycle pumps can be used for free at the security office (W-Building).
- A bicycle repair shop (Campus Bikes) is located on Institutenlaan, Tinbergen Building (HT-46).



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 center (Beurstraverse/ Koopgoot) also sells 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-razors.
- Select feminine hygiene materials and paper products with low impact on environment.

Reusable 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 plastic 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 paper, plastic, and food waste in the Erasmus Food Plaza. Erasmus University has a plan to roll out waste stream containers in designated areas, more each year.
 - 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.



Cleaning

- 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.
- Do not use chlorine bleach.
- Do not use products that contain 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.
- Most local grocery stores in Rotterdam sell at least one brand of eco-friendly household cleaners.

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.
- Read the label. Avoid clothes made from animal materials, such as leather or wool. They have the biggest carbon footprint.
- Wash clothes less often, with eco-friendly detergents, and on lower 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: <https://www.twiceasnice.nl/>
 - Tony's Garage Sale: <http://www.tonysgaragesale.com/>
 - Fase 2: <https://www.yelp.nl/biz/fase-2-rotterdam>
 - Sister Moon: <http://www.sister-moon.nl/>
- Donate clothes that you don't use anymore to charity. There are many clothes containers placed all across the city. Place clean used clothes in closed plastic bags to protect them from the weather before putting them in the large metal containers located throughout 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

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

Buildings E, F, G, N, P, Q and V only 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
the right choices**

Join [Sustainable RSM](#) ; be a force for positive change!



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Mandeville Building

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