

# POSITIVE CHANGE: ECO-FOOTPRINT GUIDE

TIPS PROVIDED BY  
SUSTAINABLE RSM

## CAMPUS

Connect with the [Erasmus Food Lab](#) to learn more about plant-based foods.

Many campus restaurants and caterers have plant-based food (vegan) options. E.g., falafel wrap at [HAS](#), gado gado at the [Satébar](#), the hummus and grilled veggie sandwich at [New Fork](#) or the lentil salad in the [Erasmus Pavilion](#). The [VITAM cafeteria](#) in the Mandeville Building, and [Etude](#) in the Tinbergen Building offer a daily vegetarian option. Or choose your own meal at the [Spar University](#) supermarket.

There's a cold water tapping point on Tinbergen Plaza, next to the Spar Supermarket and in the EUR Library.

## CAMPUS

Bicycle parking:

- Mandeville building ground floor 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 level parking on Tinbergen Plaza).

## FOOD CHOICES



- Eat more vegetables, grains, nuts and fruits – less meat, fish, eggs, and dairy.
- Avoid food waste. Shop frequently, buy smaller quantities to avoid waste.
- Drink tap water instead of bottled water or soda.

## HEATING



- Turn off home heating units when away from home.
- Turn the heating down to 19°C or 20°C and wear thick clothing.
- If the house has old windows, close the curtains at night.

## TRANSPORTATION



- Ride a bike, bus, tram, or metro in the city. Use a train or megabus for longer distances.
- If you must travel by plane, buy CO2 offsets to neutralize your emissions.
- For car-pool or car-sharing, [BlaBla Car](#) is a good service.

## ENERGY



- Turn off/ unplug electronic devices when they are not in use.
- Use LED lights wherever possible.
- Wash laundry at 30°C or 40°C and make sure your machine is full.

## PERSONAL CARE



- Soap bars last longer and cost less than liquid soap in disposable containers.
- Avoid body or facial scrubs containing microbeads.
- Consider eco-razors.
- Select feminine hygiene materials with low impact on environment.

## CLEANING



- Choose eco-friendly household cleaners like vinegar and baking soda. Do not use chlorine bleach.
- Minimize the use of detergents by using microfiber rags.
- Most local grocery stores in Rotterdam sell at least one brand of eco-friendly household cleaners.

## FASHION



- 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.
- Participate in clothes swaps. They are regularly organized on campus or in the city.
- Check out the local second-hand and vintage stores for clothes.
- Wash clothes less often, with eco-friendly detergents, and on lower temperatures to make them last longer.

## REUSE, RECYCLE



- Use refillable water bottles instead of disposable paper or plastic.
- Bring your own shopping bags to the store or market and avoid plastic bags.
- Think before you print.
- Recycling 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.

## CAMPUS

Look for campus clothing swaps. Swap nice clothes you no longer wear. Avoid impulse shopping.

**SAVE MONEY**  
**LIVE SIMPLY**  
**STAY HEALTHY**



sustainableRSM@rsm.nl



## CAMPUS

Find recycling containers for paper, plastic, and food waste in the Erasmus Food Plaza and Sanders building.

Use a campus ErasMug for coffee and a Doppo Bottle for water refills.

If you have to print, use 100% recycled paper as utilised in all RSM print stations.