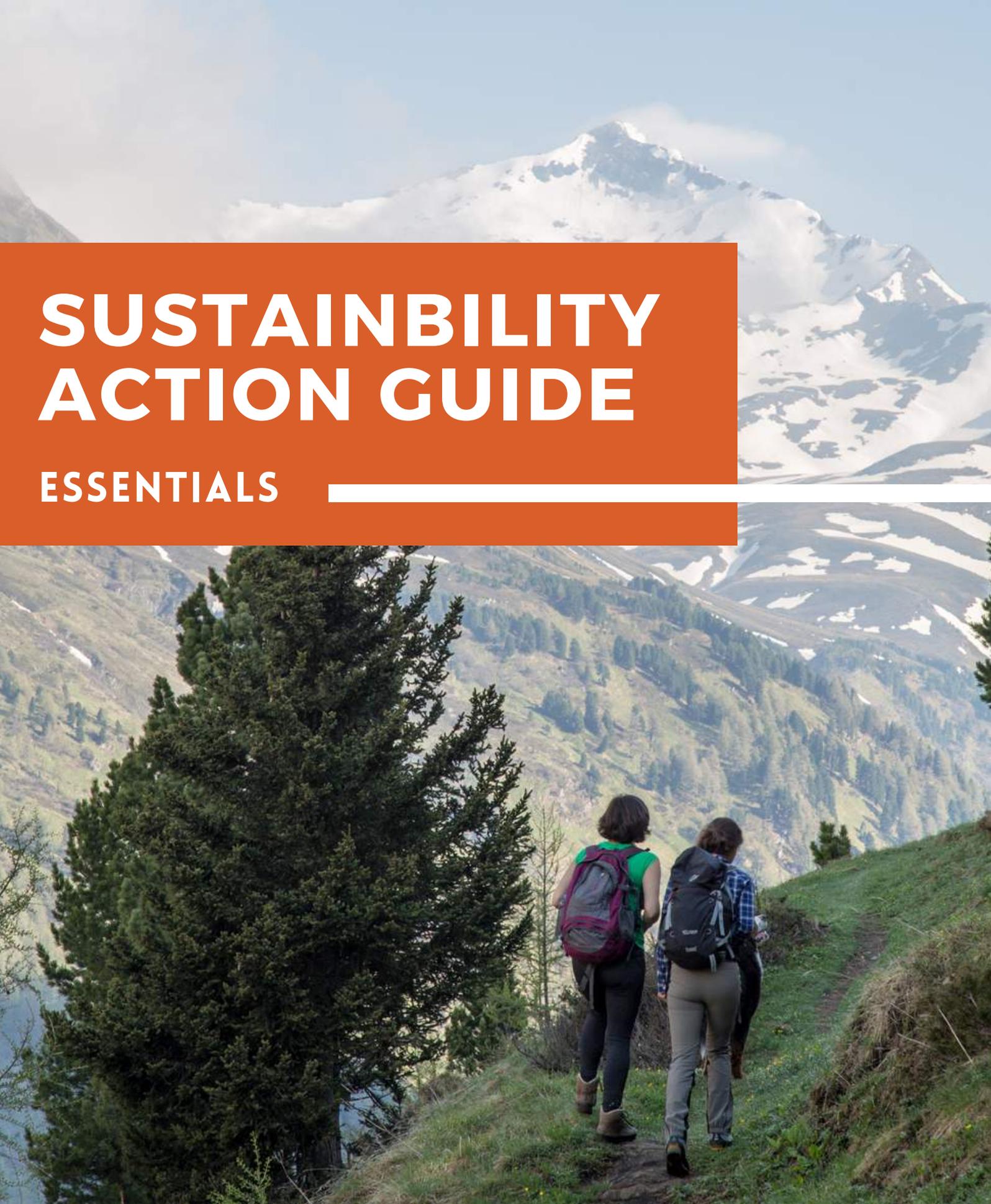


SUSTAINABILITY ACTION GUIDE

ESSENTIALS



OXFORD CLIMATE SOCIETY

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Since we first wrote this guide back in the late summer/early fall of 2021, we have all changed roles and Andrea is not part of OCS anymore. We indicate our roles at the time we put together this guide and in parenthesis our current roles. Andrea updates this guide every now and then with new resources she finds relevant and useful.

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INTRODUCTION

The COVID pandemic and the evermore frequent and extreme natural disasters experienced across the globe make it clear that our economic system, society and way of living need to change. But what and how do we need to change? How fast should this change happen? How bad are things? What can I, as an individual, and we, as a society, do?

If you stumbled upon this guide, we suspect you are already aware of the climate and ecological crises to some extent and are in search of answers to the many questions you may have. While not exhaustive, this guide provides you with useful resources to understand these crises, discover solutions to them and find out the ways in which you can be part of the change.

Only once one has understood the root causes of a crisis, can one find the appropriate solutions to solve it. Therefore, before delving into the solutions needed and actions you can take to help avert the climate and ecological crises, it is a good idea that you familiarize yourself – at least a bit – with the physical science basis and social drivers behind these crises. Understanding the social drivers is as important as having a grasp of the physical science basis. Additionally, we also need a shift in our way of thinking and nurture a system-thinking approach to understanding and addressing these crises; be sceptical of those advocating for a fictitious silver bullet solution.

Usually, the discourse around actions an individual can take is geared towards individual actions such as switching to a plant-based diet, avoiding air travel or reducing plastic use. However, we urgently need more collective and systemic actions. While it is undoubtedly good to think about actions you can take as an individual, there are limits to the actions you can take – and their systemic effects – if there is no broader change at the system level. So, while you should not think about individual and collective actions as an either/or, if you had to pick one thing to start with and the choice is, for example, between ditching meat consumption or joining a divestment action group, we'd suggest starting with the divestment action group because that is where you can deliver the biggest change. Moreover, getting together with a like-minded group of people to work towards systemic change can be empowering and help in dealing with negative emotions that can arise when confronting the climate and ecological crises (in the Websites section you can find resources that can help you deal with climate emotions).

Systemic and collective actions do not only mean going on the streets to protest, but they include a vast array of options that go from civil disobedience, art projects, climate litigation, education and advocacy, to building more resilient communities or joining a sustainability society. There is space for everyone – in fact, we need everyone on board – you just need to pick what suits you best!

This guide has two main sections. The first section is dedicated to general sustainability resources, while the second section to resources that are particularly useful during your period at Oxford (but some also after). In the first section, you can find websites, books, podcasts and documentaries where you can learn more about the climate and ecological crises from the physical science basis to the economics and politics, and proposed solutions. In the second section, you can find Oxford-specific resources regarding sustainability seminars, introductory climate courses, environmental societies you could join and tips for green living in – and after – Oxford. We hope you find this guide useful and join the movement to build a more resilient society where people and the non-human world can thrive together.

SUSTAINABILITY RESOURCES



WEBSITES

The Intergovernmental Panel on Climate Change

The IPCC is a UN body for assessing the science related to climate change. Its report aims at providing the latest evidence to policymakers. It releases a report every four years compiling the literature related to the physics of climate change and its potential future risks but also discusses adaptation and mitigation options.

Project Drawdown

Project Drawdown is a nonprofit organization that offers Climate Solutions 101, a free online course on climate change discussing the latest science with a particular focus on solutions.

350

350 is an international movement working to end fossil fuels and working to catalyse a fast and just transition to a sustainable economy. It has an introductory course on climate change as well as other resources, for instance about campaigning or digital storytelling. You can also join the movement.

Mastering En-ROADS Training Course

An eight-week free online course that teaches you how to understand and use the En-ROADS Simulator (developed in collaboration with MIT). Additionally, you will discuss the dynamics driving our climate and energy system, explore solutions and touch upon themes of equity and justice. One of the objectives is also to train facilitators that can use the En-ROADS Simulator during a variety of events to deliver insights about the climate crisis and to cultivate climate leadership worldwide.

Climate Justice Syllabus

The Climate Justice Syllabus is a free online learning tool that helps people understand the complexity of climate change and why it demands an approach of climate justice.

Carbon Tracker

A think-tank reporting on the latest news regarding climate change. With their 2011 and 2013 influential reports, they coined the terms unburnable carbon and stranded assets.

Carbon Brief

A UK-based group delivering the latest news on climate science, and policy and energy policy. Their newsletter is a really excellent resource to stay on top of the latest news around climate change!

An Audacious Toolkit: Actions Against Climate Breakdown

A three-part toolkit on climate action created by Julia Steinberger, an ecological economist and climate activist.

Resources for working with climate emotions

Confronting ecological and climate breakdown is not easy and can lead to, for instance, eco-anxiety and depression. Britt Wray put together a great list of resources you can choose from to help you confront and deal with climate emotions.

Inspirations – Stories for life

Great list of additional resources (books, movies, etc.). The folks at Stories for life aim to create new stories that overcome the narrative of separation and instead weave a new narrative of interconnection that can contribute to the design of an economy that serves life.

BOOKS

- [Climate Change: A Very Short Introduction](#) – Mark Maslin
- [Thinking in Systems: A Primer](#) – Donella H. Meadows
- [The New Climate War: The Fight to Take Back Our Planet](#) – Michael Mann
- [Merchants of Doubt: How a Handful of Scientists Obscured the Truth on Issues from Tobacco Smoke to Global Warming](#) – Naomi Oreskes and Erik M. Conway
- [The Collapse of Western Civilization: A View from the Future](#) – Naomi Oreskes and Erik M. Conway
- [To Cook a Continent: Destructive Extraction and the Climate Crisis in Africa](#) – Nnimmo Bassey
- [On Fire: The Burning Case for a Green New Deal](#) – Naomi Klein
- [This Changes Everything: Capitalism vs. The Climate](#) – Naomi Klein
- [All We Can Save: Truth, Courage, and Solutions for the Climate Crisis](#) – Ayana Elizabeth Johnson and Katharine Keeble Wilkinson (Editors)
- [Prosperity Without Growth](#) – Tim Jackson
- [Doughnut Economics](#) – Kate Raworth

- [Less is More: How Degrowth Will Save the World](#) – Jason Hickel
- [The Case for Degrowth](#) – Kallis, G., Paulson, S., D'Alisa, G. and Demaria, F
- [Think Like a Commoner: A Short Introduction to the Life of the Commons](#) – David Bollier
- [Designing Regenerative Cultures](#) – Daniel Wahl
- [The Web of Meaning](#) – Jeremy Lent
- [Braiding Sweetgrass](#) – Robin Wall Kimmerer
- [Levers of Power](#) – Kevin A. Young, Tarun Banerjee and Michael Schwartz
- [This Is an Uprising: How Nonviolent Revolt Is Shaping the Twenty-First Century](#) - Mark Engler and Paul Engler
- [How to Blow Up a Pipeline](#) – Andreas Malm
- [ACTIVE HOPE: How to Face the Mess We're in with Unexpected Resilience and Creative Power](#) – Joanna Macy and Chris Johnstone



Book reader by @Doug88888.

PODCASTS

Drilled – Investigative podcast about the fossil fuel propaganda by Amy Westervelt. Topics range from climate denialism and indigenous peoples' battle in the Ecuadorian Amazon against Chevron to the future, present and past of the gas industry's strategies to keep itself necessary and alive.

The Sustainability Agenda – Fergal Byrne explores the latest sustainability challenges and solutions with leading scientists and thinkers.



The Climate Pod – Brock Benefiel and Ty Benefiel discuss the latest news on the climate crisis with world-renowned experts on justice, science, politics, culture, activism and more.

Frontiers of Commoning – David Bollier discuss the future of the commons and how the commons can help us shift to the new economy we urgently need.

Economics for Rebels – Podcast of the European Society for Ecological Economics.

Upstream – Della Duncan explores the root causes of the problems our society (and economic system) currently faces. She "invite[s] you to unlearn everything you thought you knew about economics and imagine what a better world could look like."

The YIKES Podcast by Mikaela Loach and Jo Becker. They discuss the intersections of climate change and social justice.

Windfall, Outside/In – A five-episode series on the US offshore wind energy industry.

The Interchange Recharged – David Banmiller investigates the latest technologies that might help us decarbonise the energy system.

DOCUMENTARIES

- [WaterBear](#) – Free streaming platform with documentaries, movies and series about our planet, sustainability, community, diversity, etc.
- [Breaking Boundaries](#)
- [David Attenborough: A Life on Our Planet](#)
- [Chasing Ice](#)
- [Chasing Coral](#)
- [The End of the Line](#)
- [Seaspiracy](#)
- [Cowspiracy](#)
- [Milked](#)
- [Seed: The Untold Story](#)
- [Kiss the Ground](#)
- [The True Cost](#)
- [Ancient Futures: Learning from Ladakh](#)
- [The Economics of Happiness](#)
- [Tomorrow](#)
- [The Sequel](#)
- [A Simpler Way: Crisis as Opportunity](#)
- [The Prize: The Epic Quest for Oil, Money, and Power](#)
- [Merchants of Doubt](#)
- [Big Oil v the World](#)
- [Invisible Hand](#)
- [Gasland](#)
- [How to Change the World](#)
- [Commons: Reclaiming What is Ours](#)



- [Edward Abbey: A Voice in the Wilderness](#)
 - [Awake: A Dream From Standing Rock](#)
 - [The End of Poverty?](#)
 - [The Four Horsemen](#)
 - [The Corporation](#)
 - [The New Corporation: The Unfortunately Necessary Sequel \(2020\)](#)
 - [The Power of Community: How Cuba Survived Peak Oil](#)
-

SHORT DOCUMENTARIES AND TALKS

SHORT DOCUMENTARIES

- [Invasion](#) – Unistoten Camp
- [LN3: 7 teaching of the Anishinaabe resistance](#) – Suez Taylor
- [The World's Worst Oil Related Disaster You've Never Heard Of](#) – VICE

TALKS

- [Positive tipping points to avoid climate tipping points](#) – Prof. Tim Lenton
- [Faster than forecast: Communicating climate disruption](#) – David Spratt
- [The True Impacts of Gas & Fracking](#) – Esteban Servat
- [How to Save the Planet: Degrowth vs Green Growth?](#) – Prof. Samuel Fankhauser and Prof. Jason Hickel; moderated by Kate Raworth
- [The Green Transition Part 1: The Problem with Green Capitalism](#) – Upstream Podcast featuring different guests
- [Growth in GDP, Extraction and Pollution in the Global Economy](#) – Circular Methabolism Podcast with Dr. Dominik Wiedenhofer

SUSTAINABILITY AT OXFORD



Welcome to Oxford! In this section of the action guide, you can find out how you can get involved with climate action and sustainability during your time at Oxford. It is easy to feel overwhelmed by all the societies and talks available to you at Oxford, so consider this a starting point for engaging with the climate and ecological crises while you are here.

There are lots of different ways to get involved. You can learn more about the climate and ecological emergencies by **attending talks** or enrolling in unique **climate educational programmes**. You can **campaign** for change in your college or on a wider scale. There is also a range of **climate societies** at Oxford that approach climate action from a variety of angles so that together we have the greatest possible impact. Finally, we have included a list of resources around **green living**, which we have organized into seven broad categories: food, waste, fashion, travel, green spaces, banking and online.



TALKS AND EDUCATION

Oxford is home to some of the leading researchers in climate science, economics and policy. This means there are always opportunities to hear about cutting edge climate and sustainability research whether from Oxford academics or visiting speakers from all around the world.

Oxford Climate Society talks take place every week, and their term card never disappoints. OCS hosts a diverse mix of speakers covering everything from the science of new climate technologies to global climate justice. You can find out more on their [website](#) and [Facebook page](#). You can also check out past talks on their [YouTube channel](#).

The Environmental Change Institute is a research institute that holds regular [academic talks](#) open to the public. Similarly, The **Department of Geography and the Environment** hosts [academic talks](#) as does the **Smith School of Business and the Environment**. In all cases, the talks are usually aimed at an audience that already has some knowledge of climate change and/or sustainability research.

The Oxford Martin School is a research organisation with academics working on technology, population, health and climate. They often hold events on various climate and sustainability issues; check out [their website](#), where you can find also recordings of past events.

Common Ground is a social enterprise comprising a café and a shared workspace in Jericho. Keep an eye out for [climate-related events](#) such as plastic-free workshops and film screenings.

If you are looking for more of a formal educational programme, the **Oxford School of Climate Change** brings together a diverse group of participants and provides them with a comprehensive education in the core issues underlying climate change, as well as solutions that have emerged across the world to address it. The nine-week programme is organised by the Oxford Climate Society and takes place every term. You can apply for the programme on the [OCS website](#).

Oxford Climate Society Net-Zero Home School Series

A holistic five-part series on how we can achieve net-zero whilst considering issues of equity and perspectives from the Global South with world-leading climate experts:

Day 1 - [Understanding Net Zero](#)

Day 2 - [Pathways to Net Zero](#)

Day 3 - [Nature and Land in Net Zero](#)

Day 4 - [Engineering Net Zero](#)

Day 5 - [Achieving Net Zero](#)

CAMPAIGNING

On 15 March 2021, the University of Oxford has approved its [Environmental Sustainability Strategy](#), which aims to achieve net-zero carbon and biodiversity net gains, both by 2035. The setting of such ambitious targets was partly due to the hard work of students campaigning to incentivise climate action within the university and pushing for divestment from companies without a net-zero plan. There are various ways you can get involved in these campaigns, see below.

Action Team – Oxford Climate Society

While Oxford University has committed to reducing its carbon emissions and fostering biodiversity net gains, colleges differ in how much action they have taken and how invested they are. There are various ways in which you could help to push for carbon reduction and sustainability at your college:

- [Decarbonise Oxford](#) is a student-led campaign that aims to have colleges adopt sustainability targets at least as ambitious as those adopted by the university. We believe students can play a pivotal role in getting their colleges to respond to the climate and ecological emergencies by demanding transparent sustainability plans and targets. We know student lives are busy; being a college representative for the campaign can make a big difference without making a big time commitment. If you are interested in taking part, reach out to the Oxford Climate Society by sending a message on [Instagram](#).

- Every term, the Action Team runs workshops for students and staff on how to tackle climate action and sustainability in your college. The workshops cover a range of ways to cut carbon emissions and be more sustainable, including having more sustainable food, setting carbon targets and carrying out carbon audits. The workshops host talks by leading academics or industry experts, with plenty of opportunity for discussion. You can find out more [here](#).

To find out what your college is doing, get in touch with your [college Environmental Officer](#). This is also an opportunity to discover how you can get involved with activities around sustainability that are already happening at your college. If your college does not have an environmental officer, you could consider becoming one (see section "Key players at Oxford").

Oxford Climate Justice Society

The Oxford Climate Justice Society campaigns for divestment of the university and colleges from fossil fuels. Thanks to their action, the University of Oxford announced formal divestment from fossil fuels on 27 April 2020 following a university-wide resolution with no opposition. In spring 2021, the society published a [report](#) outlining the ongoing ties of the university and colleges with the fossil fuel industry. The society is now running a divestment campaign at the college level. [Get in touch](#) if you want to get involved in their campaigns.

School Strikes

Youth Strike 4 Climate has held many demonstrations and marches in Oxford. University students are welcome to join in solidarity (although the organisers request that speeches are limited to school strikers). Keep track of whether there are any demonstrations coming up on the [Student Climate Network website](#).

Extinction Rebellion Oxford

[XR Oxford](#) is the local group of Extinction Rebellion. XR is a non-violent direct-action climate movement with global outreach demanding urgent action in the face of the climate and ecological emergencies. XR is actively engaged in protests, civil disobedience and building a regenerative society. Everyone can join. If you join there is more than you can do to help the movement besides putting yourself on the front lines. To find out about the wider XR moment check out [their website](#).



Media and the arts

- While the arts have been involved only to a limited extent in climate and environmental action so far, they can play a vital role not only in raising awareness but also in envisioning possible alternative futures ahead of us. We, indeed, desperately need to provide glimpses of hope in how our society could look like in the future, once we have solved the climate and ecological emergencies. RISE is an artistic zine celebrating creativity in the face of climate change bringing together artists, poets and writers.
- Anthroposphere, The Oxford Climate Review is an international, student-run publication on climate change. It is an interdisciplinary print magazine founded at Oxford University and open to students from around the world.

KEY PLAYERS AT OXFORD

The Oxford Student Union is the representative body for all the students at the University of Oxford. Its members are elected by the student body. You can normally book meeting rooms at the SU building on Worcester Street, as well as find out about opportunities for a range of volunteering positions through them.

Most colleges have **environmental and ethics officers** – students elected by the JCR or MCR/GCR to address sustainability in their college. You can find a list of the elected officers in your college [here](#). Get in touch with your environmental and ethics officer if you want to find out what climate action is happening at your college and how to get involved.

The Sustainability Team sits within Estates Services, one of the central administrative departments of the university. The Sustainability Team works on reducing the environmental impact of the university as a whole. They developed the University Environmental Sustainability Strategy, which provides a more detailed climate and environmental policy for the university (it is important to note that the Sustainability Team is in charge of the university's estates and departments but not the colleges, which are autonomous bodies). They also run the national scheme **Green Impact**, a step-by-step guide designed for students and staff. The scheme helps students and staff in improving the sustainable practices of their building, department or college.

There is a wide range of **student societies** at Oxford dedicated to fighting climate change in various ways; these are listed below. These societies are student societies to which you can sign up or that you can join if you are interested in getting more involved.

STUDENT ENVIRONMENTAL SOCIETIES

There are over 400 student societies at Oxford University. Student societies are a great way to meet other fellow students with similar interests and passions. Listed below are the student societies specifically focused on environmental issues. You can either take part by attending events and socials they organise or get more hands-on and join their committees. Different societies will hold committee elections at different times and some involve more time commitment than others, so check out their websites or Facebook pages if you are interested.



Oxford Climate Society is an award-winning society committed to providing information about the climate emergency and for pushing for climate action within the university. You can attend their weekly talks, sign up for their educational programme (the Oxford School of Climate Change) or attend one of their workshops for students and staff with information about how to make colleges and departments more sustainable.



Nature Conservation Society offers talks, film screenings and outdoor events on a wide range of current and contentious conservation issues, given by distinguished speakers.



Oxford Climate Justice Society is a group of students, academics and alumni who are dedicated to campaigning for the University of Oxford and its many colleges to divest their endowments from fossil fuels.



Oxford Sustainability Society was set up to encourage sustainable lifestyle and actions at all levels of life in and around Oxford. In the past, they have campaigned to reduce food waste in colleges and organised sustainable clothing swaps.



The Oxford Vegan Society is a social hub for the plant-based student community, putting on socials, meet-ups, giveaways and film screenings.



Oxford Waste Society began in response to the global pollution crisis holding talks and discussions aiming to find solutions to global waste issues from fast fashion to food waste.



Oxford Energy Society primarily acts to organise events relevant to matters surrounding energy and climate change.



Oxford Society for International Development (OxSID) aims to promote and facilitate discussion about the challenges and advances in the field of international development amongst students at the University of Oxford.

LOCAL ENVIRONMENTAL GOUPS

The local societies and organisations listed below are not affiliated with Oxford University but you can join them if you are interested.

Abundance Oxford is a not-for-profit community harvesting, redistributing and preserving group. They harvest excess fruit and veg from back gardens across Oxford and redistribute it to community groups who want and need fruit.

OxClean is an Oxford Civic Society initiative dedicated to keeping Oxford clean all year round and to ensuring the city remains a pleasant place to live, work and visit.

Low Carbon Oxford is a network of organisations with a shared vision of Oxford as a low carbon city. They are all working together to achieve emission reductions in Oxford.

Good Food Oxford aims to identify and catalyse actions by individuals and organisations to promote healthy, fair, ethical and environmentally sustainable food systems in and around Oxford.

Oxford Hub. The Environmental Sustainability team works with the Hub to create volunteer projects with an environmental focus. This includes OxUnboxed, which is a local refill shop.

Oxfordshire COP26 Alliance is a coalition of local climate change-focused community groups working together in the run-up to COP26.

Friends of the Earth Oxford is Oxford's local branch of environmental action group Friends of the Earth. They work on promoting a healthy and sustainable environment.

Oxfordshire Trees for the Future works on planting trees around Oxfordshire.

GREEN LIVING IN OXFORD— BUT NOT ONLY

In this section, we provide tips on green living in – but not only – Oxford: from parks and sustainable local businesses to why you should care about the bank you choose and non-toxic household products (with DIY resources!). It is structured in seven subsections: food, waste, fashion, travel, green spaces, banking and online.

If you decide to embark on the road to living more sustainably, we suggest starting by picking one or two things that appeal most to you – it can be overwhelming to start changing every aspect of your daily life all at once. So start from one or two and then you can progressively add new ones as you feel like it. Check out **Take The Jump** or **the Oxford Carbon Challenge** to roughly quantify your carbon footprint and get some ideas from things you may consider starting with.



The single biggest thing you can do to reduce your carbon footprint is to reduce the meat and dairy products you consume. Obviously going vegan or vegetarian would be amazing, but it might not be for everyone – whether that is due to health issues or dietary restrictions. However, you can already make a big difference by cutting down meat consumption to once or twice a week – the key is cutting down on beef.

Support meat-free Mondays at your college!

Most of the colleges are adopting meat-free Mondays, but the more you show up for them the better! If there is a low turnout for meat-free meals it can discourage colleges to keep it up, whereas if there is strong support, they might even extend it to several days a week.

Switch to plant-based milk

A new start and a chance to switch up your milk. Switching to plant-based milk would immediately reduce your carbon footprint. In fact, dairy production releases three times as much GHGs as plant-based milk production. Check out [this article](#) from the Guardian to understand the environmental footprints of the several plant-based milk options out there.

Reduce food waste

- The [OLIO App](#) connects neighbours with each other and with local businesses so surplus food can be shared, not thrown away.
- The [Oxford Food Surplus Café](#) transforms surplus food into delicious healthy meals accessible to all, where customers are able to contribute either what they can afford or what they think the food, space and idea are worth.
- [Too Good To Go App](#) connects businesses who have surplus food with members of the public who want to rescue this food at a discount or retail price and collect it from the stores.

Smaller Portions

If you struggle with finishing your food, check if your college offers smaller portions – sometimes you can get half a baguette sandwich for half the price, a range of soup sizes or just smaller portions in the hall for a lower price. This can really reduce your food waste and saves you from paying for food you will not eat.



Check out a veggie-friendly restaurant

If you are interested in going more plant-based, check out some restaurants with a range of veggie/vegan options. These might just give you the inspiration to give it a go at home and hopefully prove how diverse and good plant-based food can be. Here's a list of possible restaurants:

- Gloucester Green Market Wed-Sat (off George Street)
- The Covered Market Mon-Sun (access via High Street, Market Street or through the Golden Cross on Cornmarket Street)
- Happy Friday Kitchen (Cowley)
- The Coconut Tree (St Clement's Street)
- The Gardener's Arms (Plantation Road)
- Banana tree (George Street)
- Skogen Kitchen (King Edward Street)
- The Handle Bar (St Michael's Street)
- Turl Street Kitchen (Turl Street)
- Greens Cafe (St Giles)
- Oxford Food Surplus Cafe (pop up)
- Common Ground Café and Shared workspace (Little Clarendon Street)

Local Markets

Farmers' markets, refill shops and veg boxes tick many sustainability boxes: reducing food waste by buying the correct quantities, reducing single-use plastics, and eating local. Here's where and when to find these great markets in Oxford:

Oxford Farmers' Market at Gloucester Green

A farmers' market in the heart of Oxford, running alongside the weekly antiques and craft market. All produce grown within 30 miles of Oxford.

1st Thursday of the month, 9am - 2pm
3rd Thursday of the month, 9am - 3pm
Gloucester Green, George Street Oxford
OX1 2BU Oxford City Centre.

East Oxford Farmers' and Community Market

Community-run, friendly market selling staples from sources within 30 miles of Oxford, plus a range of other products such as jewellery, clothing and second-hand books.

Every Saturday, 10am - 1pm
East Oxford Primary School, behind
Union Street, off Cowley Road, Oxford
OX4 1JP
2 miles from Oxford City Centre
eastoxfordmarket@gmail.com
www.eastoxfordmarket.org.uk

Summertown Farmers' Market

Stalls selling local produce, as well as delicious fresh street food.

Every Sunday, 10am - 2pm

07413 662838

<https://www.facebook.com/summertownfarmersmarket/>

Banbury Road, Summertown, Oxford OX2 7DE

SESI Pop-Up Shop

Refill a wide range of organic, fair-trade, and local food, and supply detergent refills.

Every Saturday from 10am-1pm at East Oxford Farmers' and Community Market (see above).

Flo's Refill Shop

Refill staple food items, detergents, and environmentally sound baby products.

<https://www.flosoxford.org.uk/flos-refill-shop>

Every Saturday and Wednesday from 12.30pm-5pm at Flo's The Place in the Park, Rymers Lane.

Waitrose & Partners Unpacked

Refill staple food items, detergents, coffee, wine and beer, or borrow a box from them.a

<https://www.waitrose.com/ecom/shop/featured/groceries/unpacked>

Every Monday-Saturday from 8am-9pm and Sunday from 10am-4pm on 110-120 Botley Rd.

Wild Honey

Refill a wide range of soaps, shower gel, shampoos, softeners and detergent. Bring your own container.

<https://www.wildhoneylove.com>

12 South Parade: Monday-Friday: 9am-6.30pm, Saturday: 9am-6pm, Sunday: 10am-5pm

Veg in Clover Organic Box

Scheme based at Sandy Lane Farm where a large selection of vegetables is grown. Additional veg sourced from local farms and wholesalers. Deliveries in most parts of Oxford are made by pedal van.

01865 427359 / 07931109623

www.veginclover.co.uk

Sandy Lane, Tiddington, Oxon OX9 2LA (11 miles from Oxford City Centre) veginclover@hotmail.com

Cultivate Veg Van

Local food cooperative bringing fresh, local, sustainably-grown fruit and veg direct from producers to you.

Locations across Oxford

info@cultivateoxford.org

Thu: East Oxford 3pm - 8pm

Fri: Jericho 12noon - 6pm

Sat: Headington 9.30am - 3pm

Sun: Summertown 10am - 2.30pm

Every 2nd and 4th Saturday at North Parade Avenue 10am - 2.30pm, also at some farmers' markets.

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Ox Co-Op

A student volunteer-run co-op making environmentally and socially sustainable food more affordable and accessible to Oxford's student population.

Place your veg box order on a Sunday evening and collect it from the pop-up shop (which also sells larger provisions) on the 1st floor of the TSK on Friday afternoon (during term time).

Friday 3.30pm - 5.30pm

Oxford Hub, Turf St Kitchen, OX1 3DH

Oxford City Centre

oxfordfoodcoop@gmail.com

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OxUnboxed

Oxford Hub is a volunteer-ran non-profit refill shop, making low-plastic shopping available in central Oxford. They sell a wide range of bulk dried food, loose-leaf tea, toiletries, and household cleaning products.

Friday-Sunday 10-6 (subject to volunteer availability)

36 Little Clarendon Street, Oxford OX1

2HU

<https://www.oxfordhub.org/oxunboxed>

07384 718332

hello@oxfordhub.org



Oxford Recycling

A new city means... new recycling guidelines! Check out the [Oxford City Council website](#) for what can and cannot be recycled in the different bins. Important things to remember wherever you are:

Rinse out food residue from containers before you recycle

It does not need to be squeaky clean but it should be free of all food. For jars, fill with hot water, screw the lid back on and shake up and down to save cleaning time.

If in doubt leave it out!

Chucking a non-recyclable item in with the rest could risk ruining a whole batch.

Do not recycle greasy pizza boxes!

This one is a question of judgement. Covered in grease and food? Put in general waste. Almost clean? Probably good to go. You can always separate the box and recycle half of it.

Take note! These tow signs below mean the item can be recycled (but check locally of course via the council website):



But the sign below does NOT mean an item can be recycled (it sneakily just means the company has put money toward a recycling scheme):



Recycling in your room

Most college rooms have two bins. One is for non-recyclable items and the other one is for recycling, not for overflow/the pizza boxes that did not fit! If it's blue, it's for recycling. Sometimes it is labelled "paper and card" but you can put other recyclable items in too (glass, plastic and cans). If you are not sure just ask your scout (the person who cleans your staircase/corridor) because they are in charge of your rubbish collection.

Food waste

Many halls and kitchens will have two bins on your way out. The green one is for food waste. Food waste is basically what it says on the tin – just remember to put sachets and other non-food stuff into general waste.

Glass bottles

Your college probably has a dedicated recycling bin for glass bottles so instead of tossing that empty Tesco's finest in the trash, try to find the glass recycling bin (on second thoughts, work out where it is before your night out). There is also the option of creating a beautiful empty bottle display for your room!

Reusable water bottles

A reusable water bottle is a great way to save money, stay hydrated and minimise plastic consumption while you are out and about. There are refill points all over Oxford, making refilling your water bottle easy and convenient. You can even find your nearest refill point by using the [Refill Oxford app](#).

College keep cups

As you will soon find out, colleges love a good ole' branding opportunity. It is also likely that you would like to have a memory of your staying at Oxford and might be looking for puffers, sweatshirts or other objects with the college initials or university logo. This might be your chance to couple your Oxford memory with something good for the environment too: you could opt for a college keep-cup or, if your college is not on the bandwagon yet, get one from the Bodleian. It is pretty standard that hot drinks can only come in the library in one of these, so since you will have one anyway, try using it in coffee shops too to double down on the environment or just to try to get that 20p discount.

Support the circular economy

- [SHARE Oxford - A Library of Things](#) enables people to borrow items that are only occasionally needed, such as DIY tools, outdoors and sports equipment, domestic and cooking equipment, etc.
- [Repair Café](#) is organized by SHARE Oxford and are free for everyone. During this time volunteers help you fix different things.



Zero waste toiletries

A simple but effective way to start reducing your plastic consumption and impact on the environment is to opt for zero-waste toiletries. For example, bamboo toothbrushes, natural shampoo and soap bars instead of liquid ones, reusable make-up remover pads (check out [Face Halo](#)). [Lush](#) is a great place to start, offering zero-waste toiletries and even make-up! Or, if you can find a local business, even better. If you want to go the extra mile, you could even check out zero-waste cleaning supplies, like [Ecover](#) and [Ocean Saver](#). You could even make your own products from simple, everyday ingredients using the suggestions and recipes described in the book [Better Basics for the Home: Simple Solutions for Less Toxic Living](#) by Annie Berthold-Bond.

Menstrual products

Reusable Period Pants

For those that prefer not to use reusable sanitary pads or anything internal, sustainable, reusable period pants are a great eco option too. A sustainable and reusable option for your menstruation needs, they are soft, stretchy and totally eliminate the need to throw anything away at "that time of the month".

Reusable Sanitary Pads

These eco-friendly, zero-waste, reusable sanitary/menstrual pads have a lifespan of between three and five years, depending on how you care for them. Machine washable and reusable,

Reusable Menstrual Cups

For those that prefer to use tampons or who are looking for an alternative to sanitary pads or pants, a reusable menstrual cup is a great, sustainable, zero-waste and eco-friendly hygiene solution. If you are looking for a super-eco-friendly, zero-waste and sustainable method of managing periods, the reusable menstrual cup is up there with the best eco-friendly hygiene products. It requires no machine washing and is healthier, greener, BPA and latex-free, and allows you to save a lot of waste and money.

Eco-Friendly Toiletry Bags & Reusable Wet Bags

If you are out and about at work, school, or just socialising in general, you might be wondering what on earth to do with used reusable period pants or reusable pads when you change them. Instead of hunting around for a plastic bag, eco-friendly toiletry bags and reusable wet bags can be a great option.

FASHION

There is no denying that fashion is everywhere – but as fun as it may be, the fashion industry is a far cry from being sustainable or ethical. In fact, [it is a highly polluting industry and involves child and forced labour](#) – check out [this podcast to learn more](#). There are many accessible options you can choose from to reduce the environmental and societal impact of your clothing. These options range from shopping at second-hand shops to eco-fashion brands or labels.

Eco-fashion refers to any brand or line that attempts to minimize its impact on the environment. Eco-fashion also tends to set strict and higher working standards for the people that are making the clothes.

Charity shops

There are loads of great second-hand shops in Oxford. Charity shops are not only great for the planet, through extending the life cycle of garments, but it is great for your wallet and the money goes to charity!

Apps

It is always best to do in-person shopping as it reduces plastic waste and emissions from having your clothes delivered. Furthermore, if you return clothes online, about half of them will not be resold but rather go straight to the landfill. As long as you avoid big brands such as H&M or Zara, in-person shopping can also support local businesses.

That said, you can also shop online sustainably using apps such as Depop and Vinted. These are second-hand clothes apps where users sell the clothes they no longer want. Facebook Marketplace and eBay are other go-to websites for second-hand fashion.

Good on You is another useful tool; this app ranks brands on their ethical and environmental performance, allowing you to make more informed choices about where you shop.

Clothes swaps

Rather than buying new, why not try clothes swapping with your housemates and friends? Also, keep an eye out for college-run clothes swap events (or set one up yourself!). Facebook swap groups are another great resource. Check out Students of Oxford Swap Shop for everyday student essentials, Oxford Gown Marketplace for all your sub-fusc needs and Oxford Ball Gown Swap and Shop for second-hand steals fit for a ball!

TRAVEL

In Oxford, you can easily get wherever you need by bike. However, from time to time, you will need to make longer journeys (we do not discuss very long journeys such as going to the Americas, Africa or Asia). Travelling by bus or train is a lot more efficient and environmentally friendly than either driving or flying. Moreover, you can enjoy the lovely view of the countryside! Buses and trains not only use a significant amount less fuel, but they also release much lower amounts of carbon dioxide into the atmosphere. And, the average Amtrak train can carry more people than the average domestic jet plane and its carbon dioxide emissions are more than four times lower.



An average inter-city bus can fit up to 55 people on board, while the average personal car can carry up to five passengers at a time. Unfortunately, the average car actually carries only between one and two passengers. Therefore, one bus can take as many as 55 cars off the road!

Around Oxford, we are lucky that walking and cycling are really accessible transport options, as they are great eco-friendly options for getting around. They are ideal for reducing your impact on the environment whilst improving your health in more than one way! Not only do they provide an easy form of exercise, but they also reduce air pollution by reducing the number of cars on the road.

Air pollution is the term given to the small particles, chemicals and gases that are released into the air. Motorised road transport contributes to air pollution through its use of fossil fuels, which includes carbon dioxide (CO₂), nitrogen dioxide and particulate matter. All of these have an impact on our health and on the health of the planet.

Useful sites

- [Traveline](#) for public transport journey planning and timetables.
- [Student travel page](#) on the University of Oxford's site, which includes information about student bus passes and bike security.
- [Oxford City Council site](#) on public transport offers a really good summary of all public transport types within Oxford and how to get to other big cities.
- [Cyclox](#) is a local organisation that encourages more people to get out and feel safe cycling.
- [Oxford Bus/Thames Travel](#) and [Stagecoach](#), the three bus providers in Oxford, offer apps to help with bus journey planning.



University Parks

Located just past Keble college, or if you are coming from the other direction, LMH's backyard. There is something for everyone in [this park](#). If you cross the river at the bridge, you will even find meadows and wooded walks.

South Parks

[A five-minute walk](#) from Cowley with beautiful views over Oxford.

Port Meadow

[This large meadow](#) is an ancient area of grazing land still used for horses and cattle. In summer you will find lots of Oxford students picnicking on the banks of the Thames and taking the occasional swim.

Oxford Botanic Garden

[The oldest botanical garden](#) in Britain and one of the oldest scientific gardens in the world. His Dark Materials readers will know this as the location of Will and Lyra's final parting – you can visit their bench and the new statue. When it gets cold in the winter check out their network of tropical greenhouses. It is free entry for Oxford students so do not forget to bring your bod card. Bonus points for spotting the hidden Cheshire Cat statue in the trees.

Wytham Woods

An ancient semi-natural woodland. Its 1000 acres are a designated Site of Special Scientific Interest and have a huge range of wildlife. Oxford students can apply for a free walking permit [here](#).

Christchurch Meadows

[Right behind Christchurch](#), as the name would suggest. With lots of cows in the meadow and the occasional rowers to be spotted on the Cherwell, this makes for a lovely walk.

Magdalen Grounds

[Flash your bod card and the porters will begrudgingly let you in](#). If you feel like a woodland walk in central Oxford, this one is for you. The walk circles the deer park so if you are an animal lover, you are in luck.



BANKING

Banks – and other financial institutions – play a major role in the economy because the money we deposit is then re-invested by the bank. So it makes a huge difference whether the bank re-invests our money to support companies that harm the environment and contribute to climate change or violate human rights, or whether our money is re-invested in businesses that work towards the well-being of our society and the flourishing of the non-human world. Therefore, through these institutions, you can exercise your values and make your consumer voices heard. By avoiding large corporate banks and choosing, e.g., smaller local credit unions, you can support financial organisations that benefit communities, rather than wealthy shareholders.

Check out how your bank is doing in this amazing report: [Banking on Climate Chaos](#). [BankTrack](#) is also full of useful resources.

Check out the web links below to find out more about ethical banking.

- <https://www.moneyexpert.com/current-account/ethical-banking/>
- <https://www.ethicalconsumer.org/money-finance/shopping-guide/current-accounts>

ONLINE

[Ecosia](#) is a search engine that turns the searches you make into funding for reforestation projects. To make Ecosia your search engine and make your searches contribute to Oxford University's tree count, download Ecosia through this [link](#).

