Transition Heriot-Watt is an independent organisation on campus that works in and with the University to promote sustainability and to grow our low-carbon community. For more information visit transition.hw.ac.uk

The GOOD LIFE GUIDE

Make the most of what the Heriot-Watt and Edinburgh communities have to offer!
New to campus? New to Edinburgh?

IT’S GREAT to feel connected to the place you live, work and study, from the people you interact with and the places you move around, to the food you eat, the stuff you buy and how you spend your time.

This guide is a collection of tips to help you make the most of what the Heriot-Watt and Edinburgh communities have to offer.

It’s all about what’s good for our bodies and our minds and what’s good for our community and our environment too. Have a browse and see what catches your eye!

 CONTENTS:

CAMPUS COMMUNITY - Top tips p3 // Waste p4-5
EDINBURGH COMMUNITY - Top tips p6-7
DO IT YOURSELF - Food for Body & Mind p8-9 // Nature & growing p10-11
GETTING AROUND - Travel to campus p12-13 // Cycling p14-15

Sustainability on campus
There is a student Sustainability Society who work to raise awareness and take action on sustainability issues on campus and beyond.

Grow your own
There is also a Community Garden Society. Staff and students grow vegetables and herbs at raised beds and a polytunnel on campus.

A WORLD OF FOOD
The campus Chaplaincy hosts many HW community activities, including a FREE meal from around the world every Wednesday. Cooked by students for students. Come join in!

FACILITIES FOR JOGGERS & CYCLISTS
Showers, bicycle racks and even a self-service bicycle repair station are among the facilities that are provided for those who jog and cycle to and/or around campus. Visit the cycling section on page 15 to find out more.

Visit the campus guidebook online to find out more about the campus trails: www.hw.ac.uk/documents/campus-guidebook.pdf

Facilities for joggers & cyclists

Find them on Facebook
New to campus?
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End of contents.
Heriot-Watt University does its best to reduce waste and send as few materials as possible to landfill. Most waste on campus is separated into General Waste or Mixed Recycling. Both are sorted further at special facilities to ensure that as many recyclables as possible are extracted and processed. Where specific types of waste are produced in significant quantities they are collected separately. Examples include paper in offices, classrooms and the library, food, glass and cans in catering outlets, and garden waste on campus grounds.

There are systems in place to ensure that materials are reused as much as possible, including halls collections at the end of each year and a swap and recycling scheme for equipment and furniture (Warp It).

Contaminated waste is a waste! It cannot be recycled properly and will likely end up in landfill. Make sure your recycling is well-separated into different types of materials where necessary and is also relatively clean. A trickle of juice at the bottom of your soda can is ok, but a couple of sips are not.

The Scottish Government is working towards a zero-waste society, where all waste is seen as a resource. Waste is minimised, with maximum value extracted from products and materials whilst in use, valuable resources are recovered and not disposed of in landfills, and most waste is sorted, leaving only limited amounts to be treated. This is all part of a newly emerging economic model to replace the linear pattern of make > use > dispose. It’s called the Circular Economy. To find out more visit zerowastescotland.org.uk

Even better than recycling is avoiding waste in the first place! Use a funky keep-cup for take-away drinks. On sale at the main reception in a variety of colour combos. Save money and cut down on packaging by bringing a packed lunch. It will probably be healthier too! Ditch the plastic bags. Use your arms, your rucksack or a cool tote-bag.

The University is home to some of the first reverse vending machines in Scotland, which provide a cash refund against empty cans and plastic bottles from drinks bought on campus.

Stay hydrated with good old Scottish tap water, which is said to be some of the best in the world!
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Charity shopping... the Edinburgh way
Whether you’re looking for something new or want to get rid of something old, Edinburgh’s charity shops are your first port of call.

Many neighbourhoods have charity shop ‘hubs’ where you can hop from shop to shop recycling everything from the curious to the mundane.

To find your nearest hub, visit changeworks.proggable.com

Shop local
Edinburgh still has many butchers, fishmongers, greengrocers, food co-ops and farmers’ markets where you can treat yourself to fresh, local produce as well as packaging-free dry goods and cleaning product refills.

Search for them online and visit edinburghcommunityfood.org.uk and edinburghmarkets.co.uk for more information.

Shop local
Order in
You can get a weekly delivery of fresh, seasonal, locally-grown produce and even eggs and milk to your door.

Find out about veg-box deliveries online at www.soilassociation.org/boxschemes.

Eating out?
Both our bodies and our planet could do with us going veggie once in a while. And Edinburgh has some excellent specialty spots for it.

Try:
- Henderson’s — for lunch or dinner
- David Bann’s — for a restaurant evening out
- Kalpa — for South Indian
- The Auld Hoose and Brass Monkey (in Leith) — for Veggie and vegan pub food.

Getting rid of furniture or other bulky items?
Don’t dump it in the street. And definitely don’t send it to landfill.

Facebook sharing groups (e.g. The MeadowsShare) and Freecycle can help find them a new home.

Otherwise, call the National Reuse Helpline (0800 0665 820) who will help you arrange to get it recycled through a variety of charities.
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REUSE and DIY

Find cheap, reclaimed and up-cycled goods – from laptops to home furnishings and clothing, side by side on Guthrie Street at the SHRUB and Remade in Edinburgh.

Shop LOCAL

Check out The Forge in Fountainbridge, a community workshop space that gives locals access to metal and woodworking equipment.

Got a DIY project? You can borrow tools from the Edinburgh Tool Library, who also offer workshops.

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Brass Monkey’s monster vegan nachos are a force to be reckoned with!

Edinburgh has a wealth of community arts, education and events projects that are an important part of life in the city.

Check out places like Out of the Blue, The Forest Café and Summerhall for cool activities, day or night. And these are only the tip of the iceberg!

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Healthy body - healthy mind

**FEEL BETTER with 1-minute meditation**
You don’t have to twist yourself in knots and mumble esoteric chants...
Just:
SIT STRAIGHT but comfortably with your feet planted firmly on the ground
PLACE YOUR ARMS in a balanced, symmetrical position
CLOSE YOUR EYES and start to focus on your breathing: in; and out
WHEN YOUR MIND WANDERS simply bring it gently back to your breathing
COME OUT OF IT a minute later feeling refreshed and ready

An active commute is a great way to build some exercise into your day, even if you only do it for part of the way.
One of the nicest routes to take is the Union Canal which runs straight to campus all the way from town.
For more routes check google maps.
If you are a walker or jogger, check out the Heriot-Watt Jog Commute who can offer you support as well as prizes!

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**Why not try...**

**GOOD FOOD**

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**SUPPER-EASY (AND SUPER-IMPRESSIVE) TRUFFLES**
Heat on medium:
1/2 can of coconut milk (don’t boil)
Add to:
500g of finely chopped dark chocolate. Stir gently once chocolate has melted, into a smooth mix.
If needed gently heat some more.
Cool in the fridge for 2-3 hours.
Roll into balls using hands and roll in cocoa powder, sugar or desiccated coconut! Yum!

**GO BANANAS FOR BANANAS GONE BLACK**
Mix:
75g of vegetable oil
100g brown sugar
2-3 black bananas, mashed
Vanilla & cinnamon
Add to:
225g plain flour + 3 heaped tsp baking powder.
Fold in gently with a fork, until mostly mixed.
Cook in a greased loaf tin at a pre-heated 200˚C for around half an hour.
Enjoy for breakfast, lunch or dessert!

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**Inspired by David Boson’s ‘One-moment meditation’ youtu.be/76eF7C12v8

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Walk, jog or cycle to campus

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youtu.be/F6eFFCi12v8

Healthy body - healthy mind

Why not try...

VEGAN BAKING

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Give nature a home

Butterfly banquet
In autumn leave an old banana out as a treat for painted lady and comma butterflies stocking up on energy before they hibernate.

Grow your own jade money-plants
- Not only pretty but also virtually immortal these are the perfect house plants. And you can grow your own!
- Simply snip a leaf and stick it in some potting soil. Yup. If it gets sun and a tiny bit of water it will soon sprout (see above left) and you can re-pot as it gets bigger.
- Water lightly, only every couple of weeks.

Grow food from scraps

TOMATO, PEPPER AND CHILLI
Rinse off & dry seeds. Use a chopstick to make a hole in the soil about as deep as your finger tip. Pop a seed in, cover over and water gently every day or two. Repot plants to individual large pots once big enough to handle.

CELERY AND LETTUCE
Submerge the base in a plate of water (change every couple of days) and put somewhere sunny. Once new leaves grow, put in soil with only leaves sticking out.

GINGER
Place a piece of ginger in soil with the smallest buds facing down. Keep in indirect sunlight and repot when it grows new shoots and roots.

FEED the BIRDS

Birds can always do with some extra food in the winter. Here’s a fun, easy, crafty way to help them out:

- Celery and lettuce
  - Submerge the base in a plate of water (change every couple of days) and put somewhere sunny.
  - Once new leaves grow, put in soil with only leaves sticking out.

- Tomato, pepper and chilli
  - Rinse off & dry seeds. Use a chopstick to make a hole in the soil about as deep as your finger tip. Pop a seed in, cover over and water gently every day or two. Repot plants to individual large pots once big enough to handle.

- Ginger
  - Place a piece of ginger in soil with the smallest buds facing down. Keep in indirect sunlight and repot when it grows new shoots and roots.

Using any old seeds (e.g. leftover from your seeded bread!) but avoid salt, especially in the peanut butter.

A more ‘relaxed’ approach to gardening can go a long way in giving your local wildlife a helping hand. Long grasses, wildflowers and weeds, buckets of rainwater, stacks of wood and piles of leaves, all can provide a shelter and a home for critters from bumblebees to hedgehogs.

For more ideas look up the RSPB’s Give Nature a Home pages online.

Want more growing? Check out the Heriot-Watt Community Garden Society (see page 3)

GROWING experiments

do it yourself...become a windowsill gardener
Give nature a home

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- Water lightly, only every couple of weeks.

Grow your own:
- Tomato, pepper and chilli
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This handy tool looks at where you’re travelling from and gives you all your travel options, complete with information on:

- **MODE OF TRAVEL** (walk, cycle, bus, train, park & ride and car-share)
- **JOURNEY ROUTE** (including map and step-by-step directions)
- **JOURNEY TIME**
- **FUEL COST**
- **DISTANCE**
- **CALORIES BURNT**
- **CO₂ EMISSIONS**

Getting around

Heriot-Watt is accessible by many modes of transport. Smarter travel that is both more active and more sustainable is encouraged.

### Getting around

**Heriot-Watt campus is well-served by bus.** If you’re a student and/or make the journey often, you can make significant savings with a Lothian Buses Ridacard.

### Efficient Driving

- Make sure your tyres are pumped up and that you are not carrying any unnecessary weight.
- Change up gear as soon as possible.
- Avoid speeding.
- Don’t idle — always switch off when stationary.

### Cycle-to-work scheme

Staff can save up to 30% on the cost of a new bike and equipment by joining. More information can be found on the HR pages.

### Bus Pass

Lothianbuses.com

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### Liftshare

Join the Heriot-Watt Liftshare scheme...

If you drive in every day, why not share your ride to campus. Save money, network and meet new people and brighten your commute!

heriot-watt.liftshare.com

### Energy Saving Trust

Visit the Energy Saving Trust for more guidance and training:
energysavingtrust.org.uk/domestic/drive-smarter

#### Energy Saving Tips

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You’re not stuck in traffic

You are traffic

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Travel by Bike

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Heriot-Watt University is a Cycle Friendly Campus

More on next page
The Bike Bothy is a bicycle workshop on campus. You can get help with anything from a flat tire to fitting new parts. It also operates a bike hire scheme.

Find out more through Transition Heriot-Watt or Oriam.

The cycling feature on google maps is generally excellent for finding the best cycle route.

Visit transition.hw.ac.uk/cyclefacilities for further information.

Lock your Bike
- Buy the best lock you can afford. Two different locks are harder to break.
- Lock it up indoors or somewhere with people around.
- Lock both wheels and the frame to a solid object.
- Remove all accessories every time.

Do you Know
- ON THE EDINBURGH CAMPUS YOU CAN USE:
  - 20 bike sheds/racks
  - 9 shower facilities in different buildings
  - 40 bicycles for hire
  - 1 self-service bike repair stand

Visit transition.hw.ac.uk/cyclefacilities for further information.

Routes

Cycle straight to and from town along the Union Canal which is a beautiful, calm and entirely flat route. It takes about 40 minutes.

You can also take your bicycle on the train to Curriehill or Edinburgh Park and cycle from there (~10 mins).

Check regularly for:
- Clean lights and reflectors
- Pumped tyres
- Noises or jolts in chain, gears or brakes
- Light coloured or fluorescent/reflective clothing and accessories
- No loose/hanging straps etc
- Helmet if you’ve got one

Watch for:
- Parked cars and opening car doors
- Pot holes, and cobbles and metal surfaces (especially tram lines) that could be slippery when wet
- And familiarise yourself with the Highway Code

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EC0215 MAIN RECEPTION and Edinburgh Conference Centre

Polytunnel

*Heriot-Watt Community Garden

A71 Kilmarnock

A71 City Centre

Research Park North

Research Park South

A70 Currie, Lanark

The Loch

Main Entrance

Cycle safety
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