

*Transforming Students Residence into more Sustainable/Green*

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*Host Name: Andreas Dionyssiou*

*Organisation: Cyprus University of Technology*

*Department: Environmental Policy Office*

*Period of Placement: 2017-10-02 to 2017-10-27*

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## Workplan

### Brief description of the Host activity

Host: Andreas Dionysiou, Founder of the Environmental Policy Office, CUT

The Environmental Policy Office of Cyprus University of Technology is under the Estate Management Service and a vital office of the Planning and Design Section of the University, and aims to integrate environmental policy into every function of the Cyprus University of Technology and cultivate an environmental consciousness to the University Community. It uses a powerful promotion and consolidation of the Environmental Policy Office using the branding name 'green@cut'.

### Brief description of the Pioneer profile

Pioneer: Dora Trabert

2002-2008 - M. Sc. in Industrial Design Engineering  
Budapest University of Technology and Economics

I had the following climate related subjects at the university: Ecodesign, Environmental law, Environmental assessment of the products, Design considering environment, Maintenance and repair, Future research.

2010 - I participated on The European Green Bikes for Peace Tour. This was a European Union funded cycling tour under the sign of climate protection and sustainability.

2012 - I took part on The Winter Journey of Climate-KIC (Delft, Budapest, Wroclaw). It was a 5-week programme for climate innovation and entrepreneurship. It offered a unique combination of climate knowledge and hands-on business experience (from validating an idea to understanding the market, structuring a business, and building a team). The topic of my group project was: Re-water system for the household.

### Project description

**Project goal: Transforming Students Residence into more Sustainable/Green**

1. Analysing the current situation at the Students Residence
2. Research about the needs of the students
3. Short run and long run proposals for implementation in order to change the current situation of the Students Residence to become more sustainable/green
4. Student Engagement (students that live at the Halls)
5. Prepare a complete essay/proposal for all of the above
6. If there is available time, implementation of a pilot project or/and the short run proposals
7. The activity/project will be finalised after the candidate's arrival/interview

## Systems Innovation & Transition Thinking

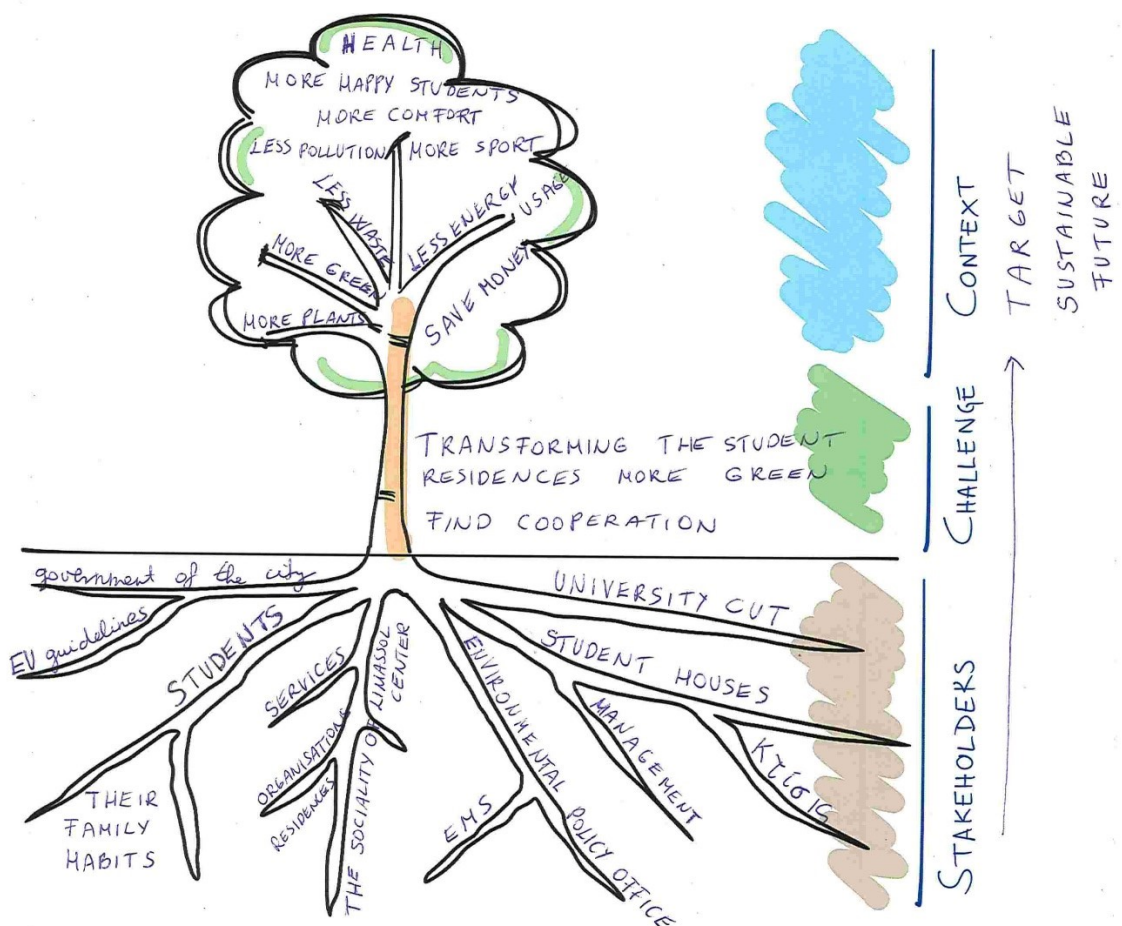
System innovation is a complex concept and even more complex to implement. At the same time, innovating a system like the local economy or a mobility scheme is very individual. It depends on the local actors, their relationships and skills, financial resources and much more.

I have used the following systems innovation tools during this placement:

- Actor tree
- Stakeholder Universe
- Sociotechnical roadmap step forwards
- Future Radar
- Trajectories of Change

### Actor tree

I used the actor tree canvas to collect all of the details of the project topic. It shows visually the stakeholders and the context of the challenge. I summarized all of the stakeholders, who has any related role in this challenge.

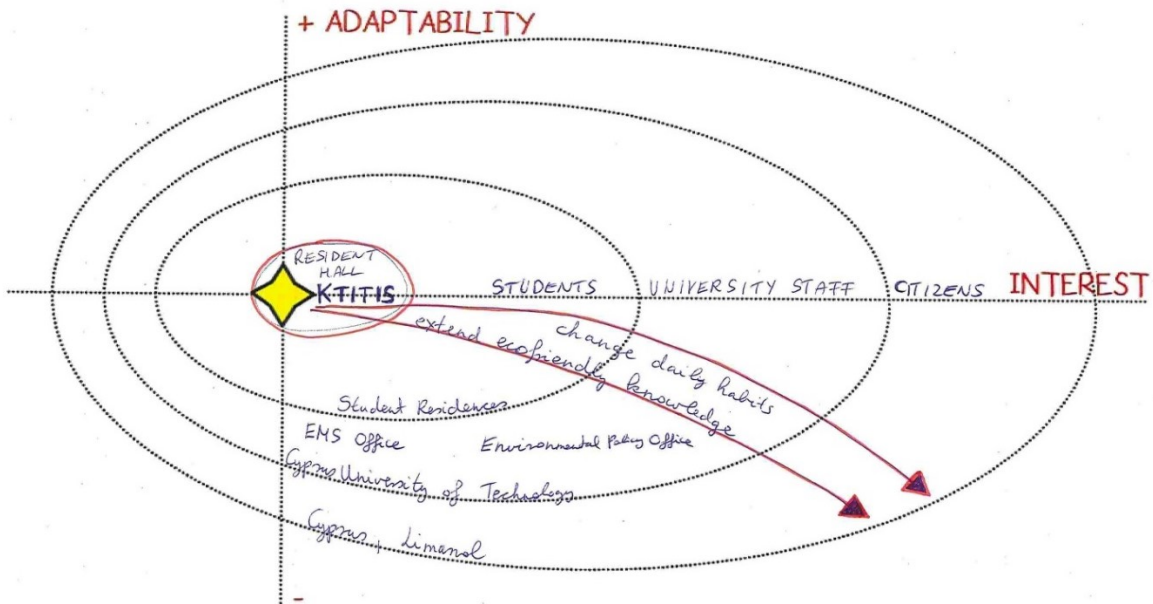


### Stakeholder Universe

With the help of the stakeholder universe canvas I placed the „KTITIS” student residence in the center and showed the wider environment in ever larger sets, like all of the student residences of CUT, the whole university, and the city. This tool help to show that small steps

can make a big change. If there will be even a little change in the daily habits of the students forward to sustainable lifestyle, and this knowledge will be extend to the whole university employees and to the citizens of Limassol, then it would be a big development in the society.

"SMALL STEPS CAN MAKE A BIG CHANGE"



### Sociotechnical roadmap step forwards

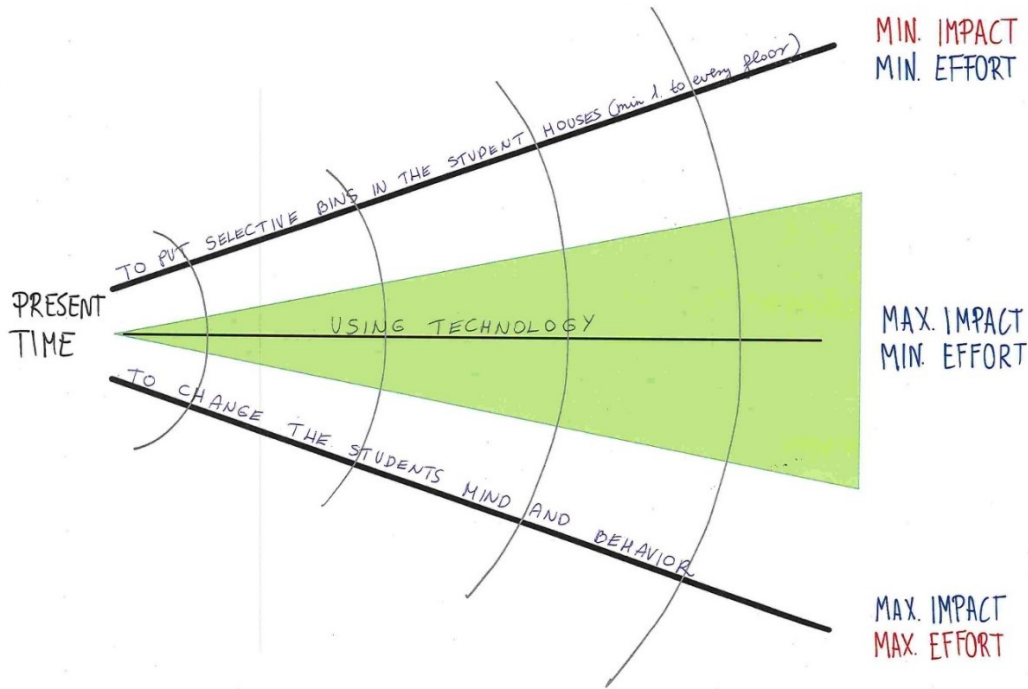
With the help of the sociotechnical roadmap I represented the current culture situation and the desired future.



CULTURE	SOCIAL	No interest in waste sorting	Not enough knowledge about environmental protection	Good green habits	VISION DESIRED FUTURE GREEN UNIVERSITY
	ECONOMIC			Sustainable living	
	ENVIRONMENTAL			using technology	
	SOCIAL HABITS	CURRENT SITUATION	Not enough selective bins	eco-friendly maintenance	
	REGULATIONS			energy saving	
	INFRASTRUCTURE			recycling	
	PRODUCTS			reusing	
	SERVICES				
	TECHNOLOGY				
	INSTITUTIONS				
ACTOR CONFIG.					
SKILLS		more education for the students and inhabitants	cooperation with other universities and green organisations		
KNOWLEDGE					
PARTNERS					
R&D					
RESOURCES					

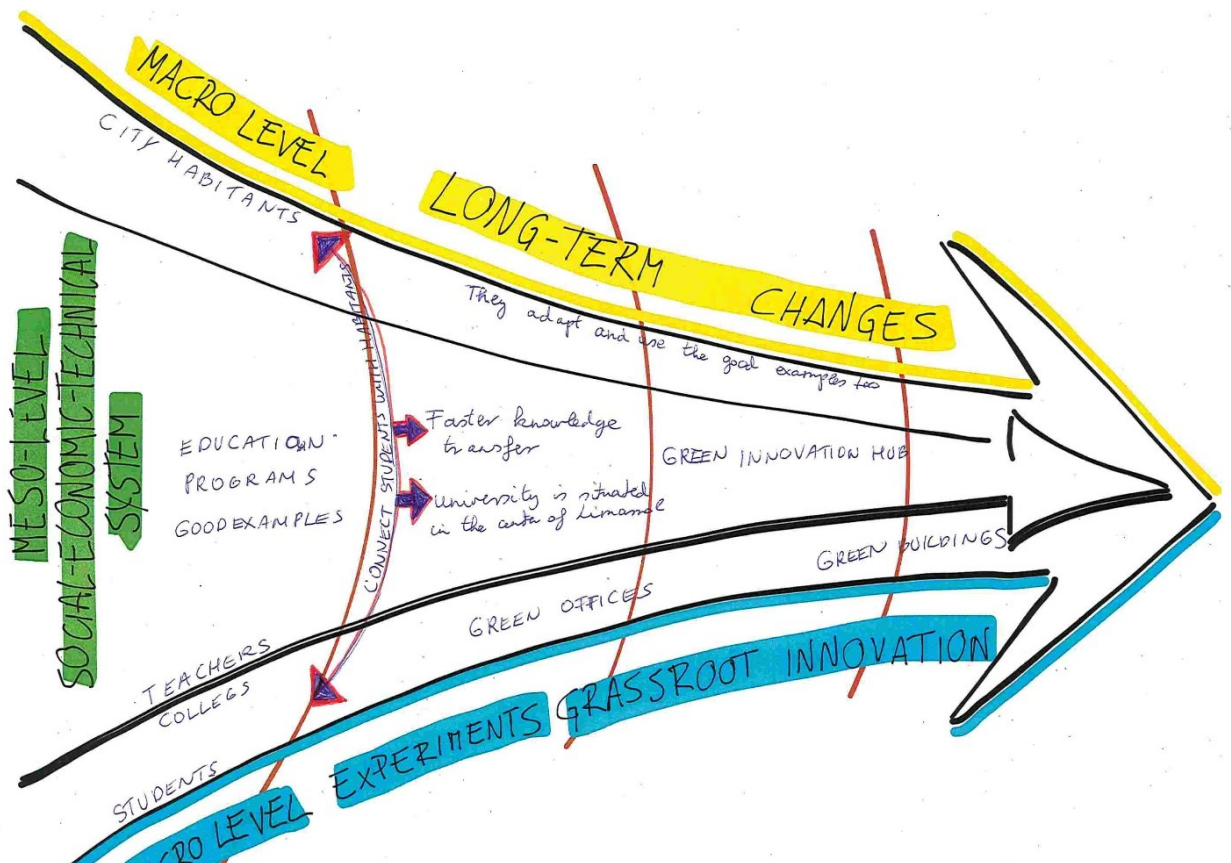
### Future Radar

The future radar canvas illustrates the possible solutions and the needed effort and how much impact they would have.



### Trajectories of Change

I used the trajectories of change tool to demonstrate the desired changes separated by micro or macro level and short- or long-term.



## Cyprus University of Technology (CUT)

<http://www.cut.ac.cy/>

### Student accommodation buildings

The student residence halls of Cyprus University of Technology are located in central positions in the Limassol city. They offer for rent 179 beds in 9 independent student accommodation buildings. The available apartments for rent in the summer season are divided in 5 types:

- Studio
- Single room
- Single room with shared kitchen
- Two bedrooms
- Three bedrooms

All of the available rooms are fully furnished and equipped. There are monthly / weekly / daily rental rates. In the prices electricity (up to 40 euros per month) is included along with water, internet access and cleaning of common expenses.



[Anel Court](#)



[Αφοί Κωνσταντίνου](#)



[Αρφάρα](#)



[Αστήρ](#)



[Ηλιάδης](#)



[Μάρκου](#)



[Ρούσσοσ Πλάζα](#)



[Πανόραμα](#)



[Κτίσις](#)



## Halls of Residence KTITIS / ΚΤΙΣΙΣ

<http://www.cut.ac.cy/studies/accommodation/studentHalls/Eastland/>



The KTISIS student house is located in the corner of Andreas Drousiotis and Georgiou Malekkidi at the Iroon Square. The building was completely renovated recently and has 32 rooms with own bathroom and shared kitchen per floor. Each room is about 21 square meters. Each room is equipped with a bed, desk, office chair, wardrobe, shelves, round table, lounge chair, small refrigerator, TV, phone, and network.

## Green university examples from all over the World

The Greenest Universities in the World:

<http://www.bestcolleges.com/features/greenest-universities/>

<https://www.topuniversities.com/student-info/choosing-university/green-universities>

### International Sustainable Campus Network (ISCN)

<https://www.international-sustainable-campus-network.org/resources/iscn-sustainable-campus-best-practices>

The International Sustainable Campus Network (ISCN) is a non-profit association of globally leading colleges and universities representing over 30 countries and working together to holistically integrate sustainability into campus operations, research and teaching. The mission of the International Sustainable Campus Network (ISCN) is to provide a global forum to support leading colleges, universities, and corporate campuses in the exchange of information, ideas, and best practices for achieving sustainable campus operations and integrating sustainability in research and teaching.

“The global higher education sector has a tremendous opportunity to lead the world in sustainable development research, promotion of solutions, and support for implementation.”

By including sustainable development in the strategic goals for all their activities, universities can create an environment that promotes holistic education of all students. To complement professional and disciplinary education, they can expose students to the practical problems that must be solved in order to achieve the SDGs. They can foster the acquisition of critical, systems-oriented thinking as well as the ability to communicate with various stakeholders within and outside academia.

### Denmark

#### University of Copenhagen

The ‘Green Lighthouse’ building at the University of Copenhagen generates its own energy from solar cells and panels, storing excess energy underground.

### Germany

#### Universität Hamburg

##### Center for a Sustainable University

The objective of the Center for a Sustainable University is to contribute to the development of Universität Hamburg to a "University for a Sustainable Future" with respect to research, teaching, education and administration. In order to achieve this they conceive measures for the implementation of a sustainable development, accompany the university in the realisation of a sustainable transformation, initiate and promote projects dealing with sustainable development, strengthen the internal and external sustainability networks and serve as a think tank and an experimental laboratory.

<https://www.nachhaltige.uni-hamburg.de/en.html>

## Norway

### University of Oslo

At the University of Oslo staff and students can use recharging stations for electric cars without charge, to promote this greener mode of travel.

## Sweden

### Linköping University

Linköping University has several on-campus restaurants that include fair trade and organic foods and is one of Europe's largest bike-friendly campuses, with segregated bikepaths that allow students to bike easily between school and home.

## Switzerland

### University of Lausanne

The University of Lausanne disposes of food waste by sending it to a nearby farm, where it is used to produce organic fertilizers and also biogas fuel, generating heat and electricity for the farm and neighbouring community.

## United Kingdom

### University of Nottingham

The campus created an environmental strategy in 2010 to be more sustainable, along with six green housing projects, gardening programs and plans for three wind turbines.

## USA

### Harvard University

#### *Healthy Sustainable Living in Harvard University Housing*

The residential real estate portfolio and its community play a critical role in the University's effort to confront the challenges of climate change and create a healthier, more sustainable campus community.

#### **Blueprint for a sustainable apartment:**

1. Install LEDs in floor, table, and desk lamps
2. Utilize power strips and install outlet timers
3. Use blinds and curtains to control daylighting, heat gain, and drafts
4. Keep air vents clear of furniture and rugs
5. Hang items in your home with removable mounting materials
6. Create recycling stations (one trash bin and one recycling bin) in the kitchen and bathroom
7. Keep reusable bags, bottles, and mugs by front door
8. Install a shower timer
9. Furnish home with pre-owned furniture or new furniture made with healthy materials
10. Do less laundry, hang it up before placing in the hamper
11. Shop local, seasonal, and organic
12. Keep houseplants for natural air filtration

#### **Green and clean laundry:**

- Not really dirty? Hang your clothes before tossing them in the hamper
- Wash your clothes on cold (it's just as effective)
- Use non-toxic detergent

- Clean lint trap for shorter dry time

#### Temperature control and comfort:

We adhere to the [Harvard Temperature Policy](#) with standards for optimal human comfort, productivity, health, and safety. Ideal settings for winter months:

- Home setting: 68-71° F, 64° F at night
- Away setting: 60° F and fan set to off

#### Minimize waste by following the 5 Rs:

- **Refuse:** One-time use items
- **Reduce:** What you buy
- **Reuse:** And repair
- **Recycle:** In single stream recycling bins
- **Rot:** Compost, where available

#### Recycling:

Single stream recycling is implemented across Harvard Housing. All recyclable materials, including paper, boxes, bottles, cans, and containers can be mixed together in the same receptacle. No sorting is required.

#### Trash:

- Food waste (where compost unavailable)
- Plastic bags
- Films & wrappers
- Styrofoam
- Used napkins
- Used paper towels
- Plastic utensils

#### E-waste, hazardous materials, bulk items:

- Electronic waste bins are located in the Property Management Offices
- Call the Property Management Office regarding the safe disposal of hazardous materials
- Bring bulk items (electronics, furniture, mattresses, mirrors) to Freecycle or the [Harvard Surplus Center](#)

#### Before you leave for the weekend, vacation, or break complete these easy actions:

- Take out trash and recycling
- Unplug small appliances and devices
- Close windows, shades, blinds, and curtains
- Check to make sure kitchen and bathroom vents are off
- Set thermostat to 60° F and shut off fan setting
- Turn off lights

#### Minimize your impact:

Donate your unwanted books, furniture, and other materials before you move out. Help benefit charities like Harvard Habitat for Humanity and reduce waste on campus.

#### More tips for Healthy, Sustainable Living:

- Go Car-Free
- Instead of driving and parking try:
  - Public transit: MBTA ([Subsidized passes for Harvard employees](#))
  - Harvard and Longwood Shuttles ([free for Harvard ID holders](#))
  - Hubway ([Membership discounts for Harvard ID holders](#))
  - Zipcar ([Membership discounts for Harvard ID holders](#))
- Drinking tap water
- Be active and mindful
- Incorporate meditation, yoga, and other wellness activities throughout your day
  - Check out the [Harvard Center for Wellness](#) for offerings
  - Stand, stretch, walk to boost mental and physical health
  - Bike, instead of ride
  - Take the stairs to increase endorphins, burn calories faster, and save electricity
- Connect with community and nature
- Get outside
- Healthy cleaning
  - Switch to non-toxic cleaning supplies which are just as effective and better for your health
  - Make your own household cleaners
- Shop the Harvard Farmers' Market
- Grocery shopping list:
  - Less red meat
  - More fresh, quality (less overly-engineered) food
  - Buy local and seasonal

#### *Green building at Harvard University Housing*

The Harvard University Housing portfolio includes five LEED certified properties and two renewable energy projects. Sustainable operation and maintenance practices are applied portfolio-wide, innovative solutions are piloted through the Sustainable Community Initiative, and staff are highly knowledgeable and committed to ongoing resource conservation and high performance building management.

#### Case Western Reserve University, Cleveland, Ohio

<https://students.case.edu/housing/resources/sustainability/speech.html>

- Each room is equipped with a recycling bin
- Green Your Room certification test (After the student complete the certification, he or she will be sent a printable, personalized certificate)
  - ENERGY
  - PURCHASES
  - SOCIAL
  - TRANSPORTATION
  - WASTE
  - WATER
- "Environmentally friendly" low-flush toilets
- Automatic lights
- Water collection roofs
- Sun-reflecting walls

### *Sustainability Ambassadors*

Sustainability Ambassadors (16 student) are the Office for Sustainability's student outreach arm. Students work on teams of two with a green focus area.

For example Ambassadors helped conduct an extensive commuting survey for our campus, held a free cycle event, headed up and did marketing for our res hall energy contest, organized an Arbor Day event, spearheaded meetings among local food and food waste related student groups and much more. Ambassadors ran a jeans recycling collection, conducted a micorbead swap event, ran our bike powered smoothie making Earth Day table, helped craft our Recycle Regatta boat and much more.

### *Cambridge University*

#### *Cambridge Green Challenge*

**All staff and students have a role to play in how the University saves energy.** Throughout the year the University's Environment and Energy Section (E&E) implements projects to reduce the University environmental impact and promote sustainability but, although a team of ten can do a lot, they cannot do everything.

Switch Off Week was a chance for all to focus together on switching off lights, office and laboratory equipment when not needed, improving the University of Cambridge's environmental sustainability by reducing our electricity wastage. Switch Off Week demonstrated that small, simple actions by individuals all add up. Total electricity use was down by 0.24% during Switch Off Week, compared to the previous week (not adjusted for weather), with a reduction of 4,898 kWh. If continued throughout the year, this would save £26,234!

### *Grand Valley State University*

Allendale, Michigan, United States

Programs at the campus regarding sustainability:

- Biodegradable plates and utensils in Campus Dining areas
- Campus Dining \$1 refill policy
- Campus Dining Composting Project
- Campus Sustainability Week
- Energy conservation housing competitions
- Environmental studies minor/Liberal studies sustainability emphasis
- Free bus rides on the Rapid
- Green roofs, rain gardens
- GVSU Farmer's Market
- Hiking trails in the Ravines and Arboretum
- LEED certified buildings
- Meatless Mondays
- Project Donation
- Recyclemania!
- Recycling on campus
- Service and Advocacy week
- Student Sustainability partnership
- Sustainable Agriculture Project (Community Garden)

- Sustainable Community Development Initiative project and volunteer opportunities
- Sustainable Community Reinvestment Fund

## University of Maryland

### *SUSTAINABILITY GUEDELINE IN THE RESIDENCE HALLS*

#### Save Energy

- Turn off your laptop, monitor, printer, room lights, television, radio, etc. when not being used and when you leave your room. Turning off your computer equipment reduces heat stress and wear on your system while saving energy. Screen savers do not save energy.
- Use CFLs (compact fluorescent lamp bulbs) or LEDs (light emitting diode bulbs) in your desk lamp.
- Use power strips to plug in your laptop, printer, cell phone charger, gaming console, television, etc. Turn off the power strip when you're asleep or off to class.
- Buy energy efficient ENERGY STAR ® electronics and appliances such as televisions, laptops, computer monitors, Blu-ray and DVD players, printers, lamps, and small refrigerators.
- In cooler months, do not open your window to cool your room. Try turning down the heat by adjusting the control valve under the front of your heat convector.
- Manage Waste
- Discuss with your roommate and floormates how to reduce consumption of disposable products as much as possible and to re-use and recycle those products you do bring into your room.
- Use the recycling totebag provided in your room for all your recyclables: metal, plastic, glass, paper and cardboard.
- Minimize your purchase and use of disposable glass, plastic and paper containers. Buy and use products in containers that can be reused and/or recycled.
- "Green clean" with reusable washcloth or sponge, not paper towels. Use green cleaning products available at the on-campus convenience stores.

#### Recycle - all together - METAL, GLASS, PAPER and PLASTIC

- Effective in 2011, Single Stream Recycling will occur in all traditional residence halls, suites, apartments and in South Campus Commons. This makes recycling all the easier as you do not need to separate your recyclables!
- Rinse glass bottles and jars, aluminum and tin cans, and plastic containers and store them in your personal recycling bin.
- Recyclable plastics can be placed in campus recycling containers include beverage bottles; microwavable food trays; laundry, dish and shampoo containers; and common food containers for yogurt, butter, salad dressing, milk and juice.
- Mixed paper includes unwanted mail, pizza boxes and cereal boxes, flattened corrugated cardboard, waxed cardboard beverage containers and virtually every other paper product.
- Always store recyclables in your personal recycling bin before carrying them to the labeled recycling container (in floor hallways, lounges, lobbies, most laundry rooms) or the green recycling containers outside your building.
- Reuse plastic shopping bags as trash can liners before discarding them.

- Recycle plastic grocery bags at The Commons Shop, North Campus Snack n' Shop, or local groceries.
- Avoid paper waste by using the double-sided function on your printer and recycling pages until you've printed on both sides or used them for notes and messages.
- Edit your documents on screen and by using the print preview function rather than printing drafts.

<http://reslife.umd.edu/sustainability/whatyoucando/room/>



## Survey

My task was to make a research about the students knowledge and daily habits about sustainable living at the Cyprus University of Technology. I created an online survey for the students to get information about their daily habits and knowledge regarding sustainability.

The purpose of the survey was:

- To collect informations about the habits of the students regarding sustainability.
- To give informations about sustainability possibilities at the university.
- To give them input to think about their lifestyle regarding environmental protection.

By composing the questions for the survey, I already tried to give information and ideas them how to live more sustainable at the student residences. I suggested to the students to change their daily habits forward more sustainable living and more energie saving:

- Avoid the use of the plastic glass
- Bring own coffee mug to the coffee shop
- Take shorter showers to save water
- Turn off all electricity when leaving the room
- Recycle as much I can
- Refuse the plastic bags from the cashier by shopping

In the survey I publicized the „green@cut”, which is the logo of the Environmental Policy Office and I also gave contact information of webpage, Facebook, Instagram, Pinterest.

## Questionnaire

### Survey about sustainable living\* in the student residences at CUT

\*Sustainable living: Transforming your life in order to be more environmentally friendly. Caring about your environment around you (not just trees and plants) and the future generations.

By Dora Trabert / Climate-KIC / Pioneers Into Practice programme

Please answer the following 20 questions, it takes only a few minutes to fill in. Thanks!

\*Κότειαζό

#### 1. 1. Where do you live? \*

*Soronként csak egy oválist jelöljön be.*

- Κτίριο
- ΑΣΤΗΡ
- ΡΟΥΣΟΣ ΠΛΑΖΑ
- ΠΑΝΟΡΑΜΑ
- Egyéb: \_\_\_\_\_

## DAILY HABITS

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#### 2. 2. Which method of transport do you use inside Limassol? \*

*Soronként csak egy oválist jelöljön be.*

	never	few times	lot of times	mostly
Walking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Biking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Public transport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Car	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Taxi	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Motorcycle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#### 3. 3. How often do you use the elevator or the stairs at the student house / university? \*

*Soronként csak egy oválist jelöljön be.*

	1	2	3	4	5	
Elevator	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Stairs

**4. Do you? \***

Válassza ki az összeset, amely érvényes.

	Never	Sometimes	Often	Always
Turn off cooling/heating (AC) when you leave your room	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Turn off the lights when you leave your room	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Unplug chargers when not in use (Because they continue to use energy while plugged in)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Turn off the water while brushing your teeth.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reuse plastic bags	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Carry an own reusable water bottle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**5. When you go shopping... \***

Soronként csak egy oválist jelöljön be.

	Never	Sometimes	Often	Always
I bring my own fabric bag or backpack.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I bring plastic bags to reuse them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I ask for a new plastic bag at the shop.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## RECYCLING AT THE UNIVERSITY

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**6. Do you know where you can find special bins for recycling at the university? \***

Soronként csak egy oválist jelöljön be.

- Yes
- I don't know

**7. What materials do you recycle at the university? \***

Soronként csak egy oválist jelöljön be.

	Never	Sometimes	Often	Always
Paper	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Plastic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Metal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Glass	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Battery	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**8. What other materials do you recycle and how often?**

\_\_\_\_\_

**9. Why do you think recycling is important?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

10. 10. What is the reason in case you don't recycle?

Válassza ki az összeset, amely érvényes.

- I don't have time for it.
- Not enough information about recycling possibilities.
- Not enough separated bins for sorting waste in my living ambient.
- Bins are usually full.
- I am not confident how to separate the waste correctly.
- I don't care.
- If they paid me, I'd recycle.
- Egyéb: \_\_\_\_\_

11. 11. Do you know the green@cut? \*



Soronként csak egy oválist jelöljön be.

- Yes
- I have seen the logo, but I don't know, what is it about
- No, I never heard about it

## GREEN FUTURE

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12. 12. "I have a personal responsibility to help make a difference on environmental issues like waste, resource consumption, and water use." \*

Soronként csak egy oválist jelöljön be.

- I disagree
- I don't know
- I agree
- Egyéb: \_\_\_\_\_

13. 13. How do you like the idea of transforming the Student Residence more environmentally friendly? \*

Soronként csak egy oválist jelöljön be.

- I like it
- I like the idea and I am open to change my attitude also to do it
- I don't care about it

14. 14. Do you have any idea or suggestion about it?

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15. **15. Would you be interested of managing the Environmental Plan of your Student Residence? \***

*Soronként csak egy oválist jelöljön be.*

Yes

No

16. **16. Would you like to use recycling bins in your Student Residence too? \***

*Soronként csak egy oválist jelöljön be.*

Yes

Maybe

I don't know

No

17. **17. Are you interested to have a bicycle storage at your Student Residence in the future? \***

*Soronként csak egy oválist jelöljön be.*

Yes, I would use it

No

Egyéb: \_\_\_\_\_

18. **18. Are you interested in having plants on your balcony? \***

*Soronként csak egy oválist jelöljön be.*

Yes

Maybe

No

19. **19. Would you be interested to take part in a competition between the student houses, which use less energy and do more recycling? \***

*Soronként csak egy oválist jelöljön be.*

Yes

No

20. **20. Try to live more green! Could you make a promise, what you will take care more in the next weeks?**

*Válassza ki az összeset, amely érvényes.*

I promise to avoid the use of the plastic glass.

I will bring my own coffee mug to the coffee shop.

I will take shorter showers to save water.

I will turn off all electricity when I leave my room.

I will recycle as much I can.

I will refuse the plastic bags from the cashier by shopping.

Egyéb: \_\_\_\_\_

## End of the questions

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## Personal data

**21. Gender:**

*Soronként csak egy oválist jelöljön be.*

- Female  
 Male

**22. Age:**

\_\_\_\_\_

**23. Are you interested to get more information about:**

*Válassza ki az összezet, amely érvényes.*

- Recycling possibilities at the university  
 Sustainable living tips at the university  
 Recycling possibilities at the student houses  
 Sustainable living tips at the student houses  
 The result of this survey

**24. If yes, please give your name:**

\_\_\_\_\_

**25. and e-mail address:**

\_\_\_\_\_

## Thank you!

If you are more interested please contact the Environmental Policy Office at the Cyprus University of Technology.

Webpage: <http://green.cut.ac.cy/>

Facebook: <https://www.facebook.com/greenatcut/>

Instagram: <https://www.instagram.com/greenatcut/>

Pinterest: <https://www.pinterest.com/greenatcut/greencut/>



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This survey was made by Dora Trabert as taking part on the Climate-KIC Pioneers into Practice Programme 2017. Climate-KIC integrates education, entrepreneurship and innovation resulting in connected, creative transformation of knowledge and ideas into economically viable products or services that help to mitigate and to adapt to climate change.

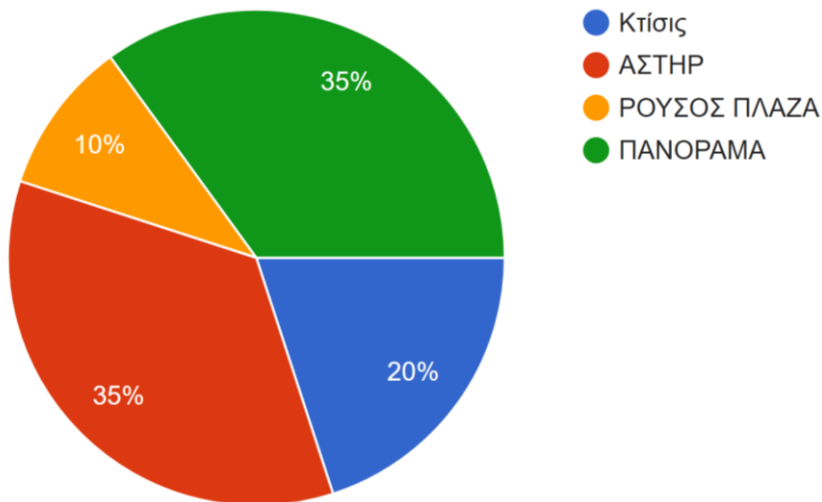
<http://www.climate-kic.org/>

<https://pioneers.climate-kic.org/>

## Result

The survey was sended to all of the students who live in one of the residence houses at the CUT. The deadline was short, they had one-week time for fill out the questionnaire. 40 students answered from the maximum 151, so it is 27 %. All of the students will be informed about the result of the survey.

1. Where do you live? (40 answers)



## DAILY HABITS

2. Which method of transport do you use inside Limassol? (40 answers)

	never	few times	lot of times	mostly
<b>Walking</b>	1	2	18	19
<b>Biking</b>	37	3	0	0
<b>Public transport</b>	21	16	2	1
<b>Car</b>	7	22	9	2
<b>Taxi</b>	39	0	1	0
<b>Motorcycle</b>	39	1	0	0
<b>Other</b>	39	1	0	0

3. How often do you use the elevator or the stairs at the student house / university? (40 answers)

1 Elevator	9
2	10
3	10
4	6
5 Stairs	5

4. Do you? (40 answers)

	Never	Sometimes	Often	Always
<b>Turn off cooling/heating (AC) when you leave your room</b>	1	3	2	34
<b>Turn off the lights when you leave your room</b>	0	3	5	32

<b>Unplug chargers when not in use (Because they continue to use energy while plugged in)</b>	5	13	11	12
<b>Turn off the water while brushing your teeth.</b>	2	7	7	24
<b>Reuse plastic bags</b>	4	9	8	20
<b>Carry an own reusable water bottle</b>	13	10	11	8

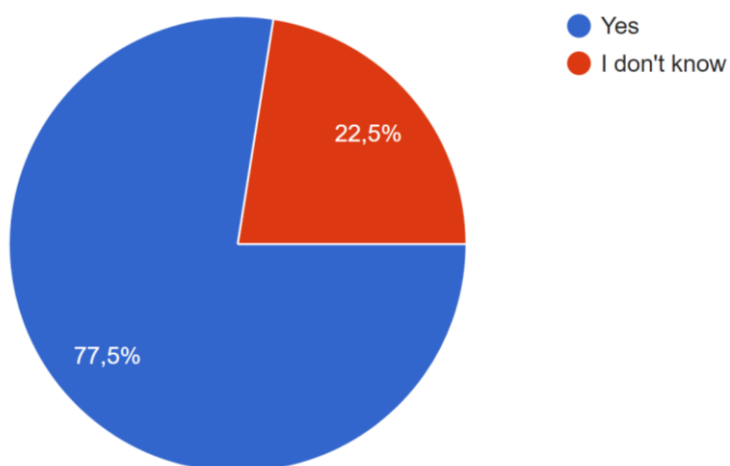
5. When you go shopping... (40 answers)



	Never	Sometimes	Often	Always
<b>I bring my own fabric bag or backpack.</b>	17	9	8	6
<b>I bring plastic bags to reuse them.</b>	18	16	2	4
<b>I ask for a new plastic bag at the shop.</b>	8	10	10	12

RECYCLING AT THE UNIVERSITY

6. Do you know where you can find special bins for recycling at the university? (40 answers)



7. What materials do you recycle at the university? (40 answers)

	Never	Sometimes	Often	Always
<b>Paper</b>	4	7	12	17
<b>Plastic</b>	5	8	14	13
<b>Metal</b>	27	3	4	6
<b>Glass</b>	23	5	7	5
<b>Battery</b>	22	10	2	6



8. What other materials do you recycle and how often? (8 answers)

- clothes
- Nothing else because 90% of my garbage is plastic and paper
- none
- Nothing
- Bottles
- Gans - always
- electrical materials
- plastic

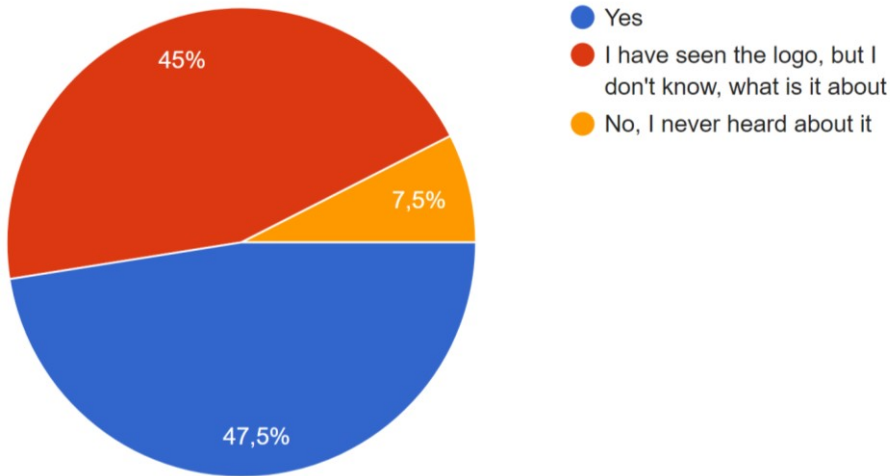
9. Why do you think recycling is important? (15 answers)

- Δεν το νομίζω ότι είναι τόσο σημαντικό στην Κύπρο. / I do not think it is so important in Cyprus.
- To reuse the materials. Without need to make new ones
- For save the environment
- plastic
- For the environment
- It's important to recycle because it affects our planet
- Προσωπικά, πιστεύω ότι η ανακύκλωση είναι σημαντικό πράγμα για τις ζωές μας επειδή έτσι κάνουμε συσσώρευση των ενεργειακών μας πόρων. / Personally, I believe that recycling is an important thing for our lives because that is how we are building up our energy resources.
- Για την οικολογική ευσυνειδησία / For eco-consciousness
- For our healthy and environment to improve
- In order not to pollute the environment
- safe our planet
- To reduce waste
- προστασία περιβαλλοντος αφού υπαρχου πιο λιγα σκουπιδια και εξοικονομιση πορων μεσω της ανακύκλωσης / Environmental protection as more waste is available and resource savings through recycling
- it's important to save the environment, so add recycle bins in the residences too already
- because we help sustainable development and ensure a clean environment

10. What is the reason in case you don't recycle? (40 answers)

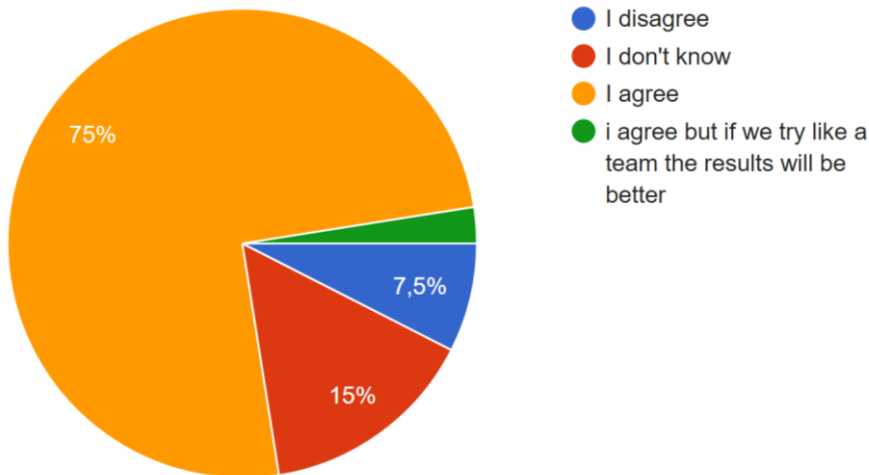
I don't have time for it.	8
Not enough information about recycling possibilities.	7
Not enough separated bins for sorting waste in my living ambient.	12
Bins are usually full.	5
I am not confident how to separate the waste correctly.	2
I don't care.	2
If they paid me, I'd recycle.	4
I don't find recycling bins in limasol and near my house	1

11. Do you know the green@cut? (40 answers)

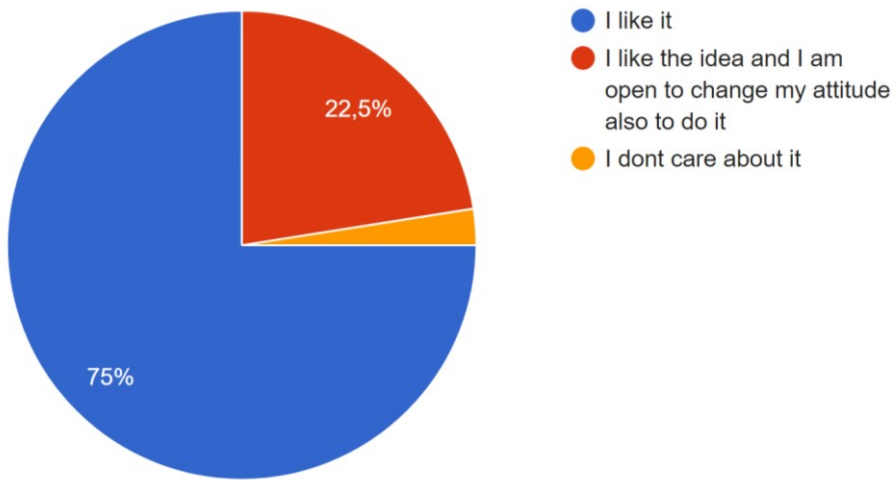


### GREEN FUTURE

12. "I have a personal responsibility to help make a difference on environmental issues like waste, resource consumption, and water use." (40 answers)



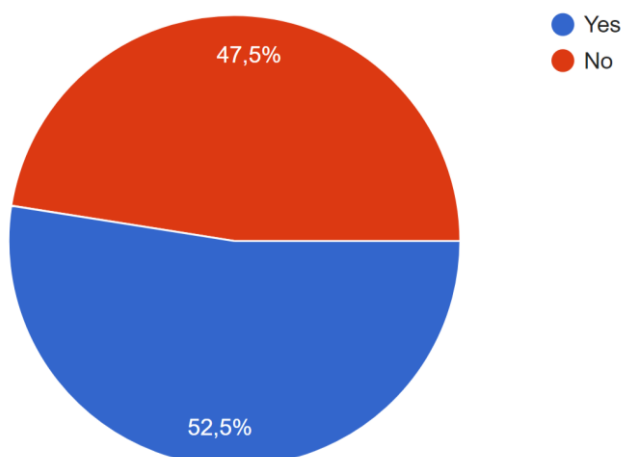
13. How do you like the idea of transforming the Student Residence more environmentally friendly? (40 answers)



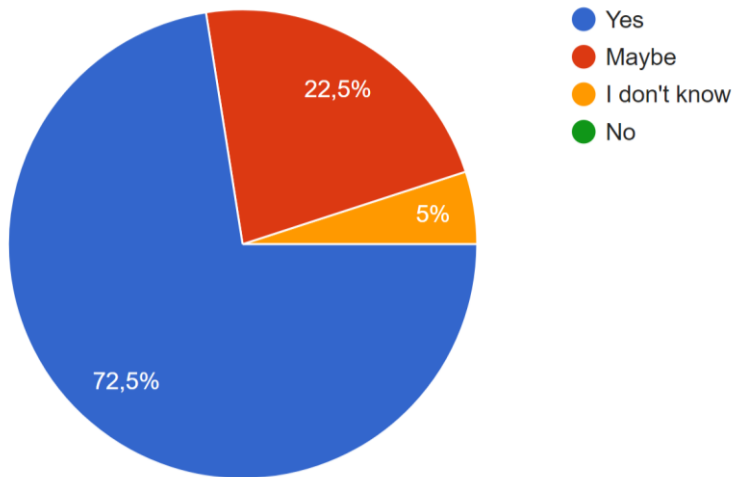
14. Do you have any idea or suggestion about it? (14 answers)

- Οχι αποσο νομιζω. / No, I do not think so.
- Firstly We need recycling bins for plastic, aluminum, batteries and other stuff separated.
- University could be more informative about it
- Not now
- Put recycle bins in student residence
- Separated bins in the residences
- Περισσότεροι κάδοι ανακύκλωσης, κλειστά φώτα όταν δεν χρησιμοποιούνται οι κοινόχρηστοι χώροι / More recycling bins, turn off lights when public spaces are not used
- Put recycling bins inside in each floor
- Trip to different enviromental park
- no
- put recycled bins in each building
- solar energy in the building
- cyprus in general needs to add more recycle bins, and raise awareness, I had an idea once but dont know how to go about it
- to bring recycling bins as they are to the university

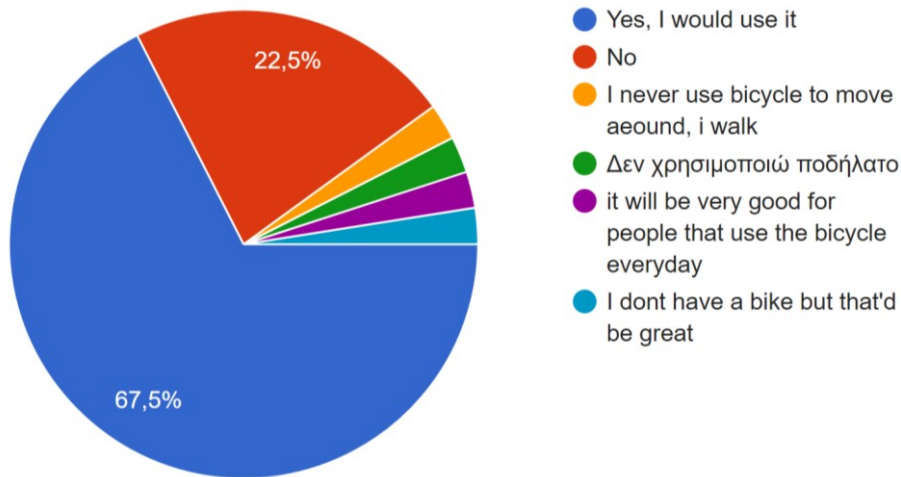
15. Would you be interested of managing the Environmental Plan of your Student Residence? (40 answers)



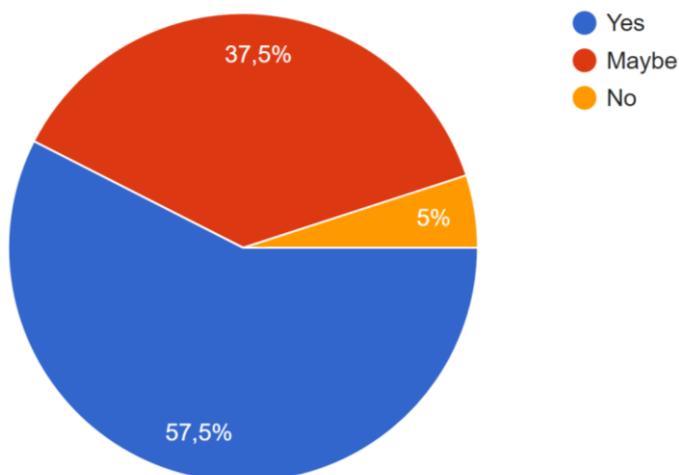
16. Would you like to use recycling bins in your Student Residence too? (40 answers)



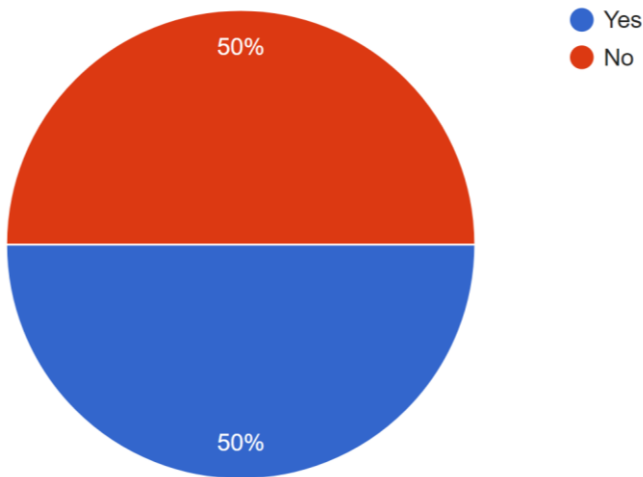
17. Are you interested to have a bicycle storage at your Student Residence in the future? (40 answers)



18. Are you interested in having plants on your balcony? (40 answers)



19. Would you be interested to take part in a competition between the student houses, which use less energy and do more recycling? (40 answers)

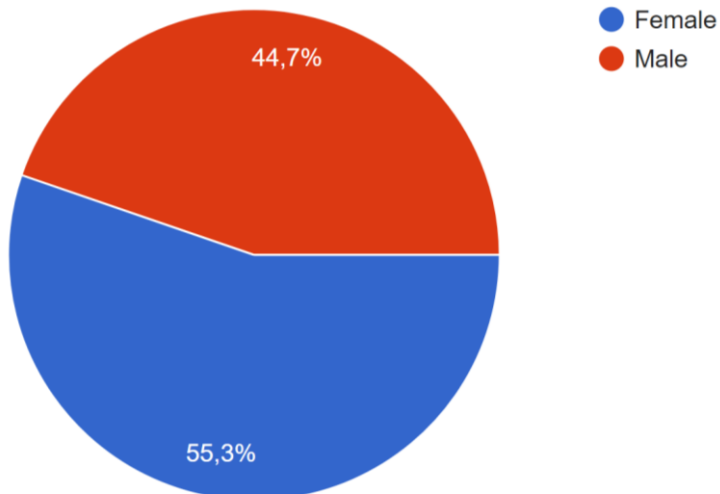


20. Try to live more green! Could you make a promise, what you will take care more in the next weeks? (35 answers)

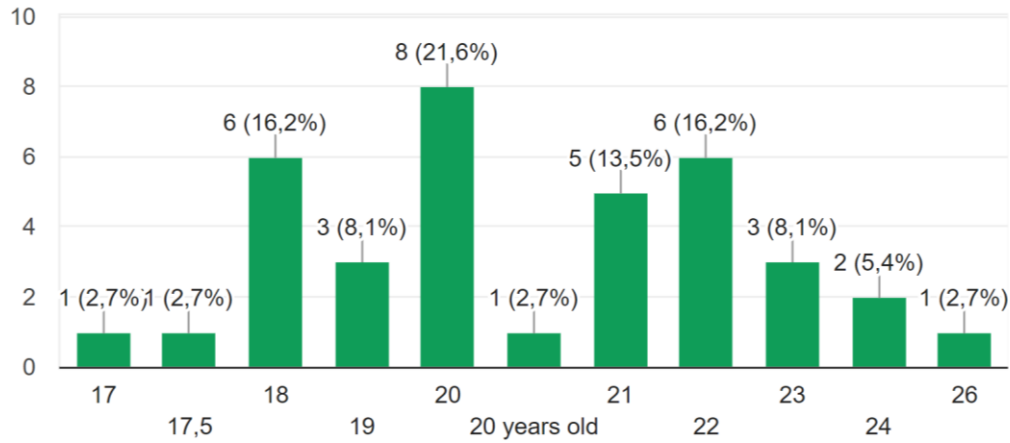
• I promise to avoid the use of the plastic glass.	12 students
• I will bring my own coffee mug to the coffee shop.	5 students
• I will take shorter showers to save water.	15 students
• I will turn off all electricity when I leave my room.	21 students
• I will recycle as much I can.	23 students
• I will refuse the plastic bags from the cashier by shopping.	8 students
• I try to play less games to reduce electricity consumption	1 students

Personal data

Gender: (40 answers)



Age: (37 answers)



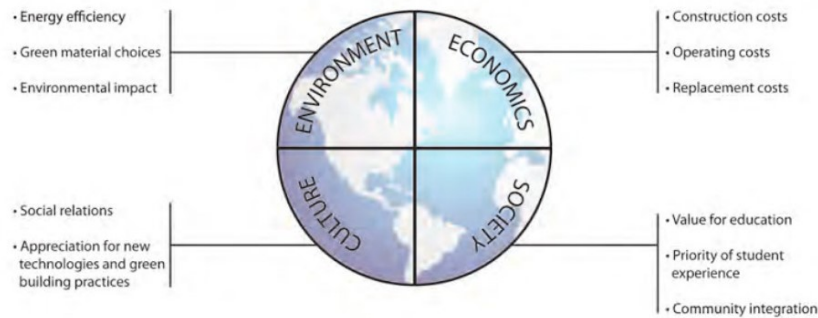
Are you interested to get more information about: (40 answers)

• Recycling possibilities at the university	13 students
• Sustainable living tips at the university	11 students
• Recycling possibilities at the student houses	14 students
• Sustainable living tips at the student houses	12 students
• The result of this survey	10 students

## Suggestion

From the result of the survey is visible, that the students are interested to make changes forward sustainability. According to the survey results 97,5% of respondents like the idea of transforming the Student Residence more environmentally friendly. It is a very good feedback. 77,5% of respondents agree, that everybody have a personal responsibility to help make a difference on environmental issues like waste, resource consumption, and water use. 20 students are interested of managing the Environmental Plan of the Student Residence.

Goal: Innovative sustainable student residence



The four pillars of sustainability and their attributes

By Avi Friedman, The Images Publishing Group

I suggest to implement the following environmentalfriendly ideas regarding the whole university, the Halls of residence KTITIS, the Environmental Policy Office and the EMS Office:

## University

- Sending more informations to the students about sustainable living at the CUT
- Organizing programs for the students, like:

*Environmental & Recycling Festival at the Molos on 07. October 2017*

*For the third year, the "Limassol Environment and Recycling Festival" was organized in a fun framework in order to promote the benefits of recycling in our lives by Green Dot Cyprus, in cooperation with Limassol Municipalities.*

*With special ways and educational games as well as entertainment for children, the public will be able to get information on the recycle and the environment. At the same time, organizations will provide different kiosks that will inform the visitors about social and ecological issues.*

## Halls of residence KTITIS

### Short term suggestions

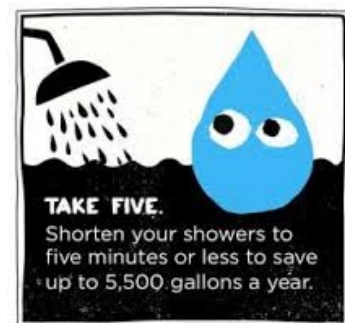
72,5% of respondents would like to use recycling bins at the Student Residence. And 22,5% maybe. This is the first and most important step.

- Place a bin for recycling batteries in the entrance area of the building

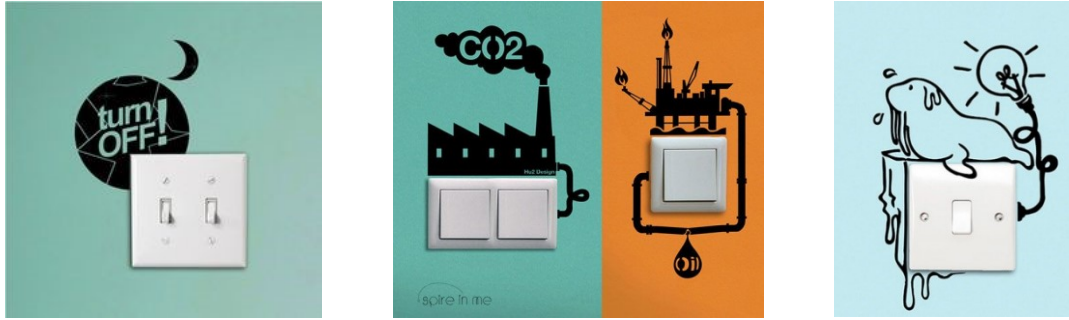
- Place selective bins to every floor, there is enough space in the common kitchens



- Create a collector to store the once used plastic bags in shared kitchens, so the students can reuse them when they go shopping
- Place selective bin for paper in the computer room on the ground floor
- Change of attitude of the students
  - Give information and tips to be more green
    - Using less electricity
    - What to switch off before leaving the room
    - How to sort the waste
    - Recycling possibilities
  - Put stickers on the walls about energie saving steps to change mind







- Making stair walking more attractive to students
  - Put up “Consider Taking the Stairs” signs beside the elevator buttons
  - Post directional signage that points students to where the stairs are located
  - Put a notice board in the staircase with posters and informations or photos about student’s life to create more attractive ambient



- Put stickers on the wall to impluse the students to use the stairs instead of the elevator to save energy and be more healty



- Put a poster and an arrow on the wall at the entrance of the building to give inspiration to the students to go up the stairs



*In their journal article: The Use of Prompts, Increased Accessibility, Visibility, and Aesthetics of the Stairwell to Promote Stair Use in a University Building, researchers at Maastricht University in the Netherlands conducted a study to see whether increasing the*

*attractiveness and accessibility of a stairway had an impact on stair use among students and employees of that university. A total of 21,786 observations were made. Findings revealed that total stair use increased significantly, by 8.2%, and that these effects remain stable over the 4-week post-intervention period. Stair use was found to be positively and continuously influenced by improving the stairway environment.*

*Some of the main reasons people give for not taking the stairs is that they are unattractive, unpleasant, or unsafe. Making stairways more attractive is one of the easiest ways to encourage stair use.*

Some other research-documented health benefits of stair walking:

- Stair climbing was found to burn about 8-11 calories of energy per minute, which is quite high compared to other physical activities (Edwards, 1983).
- Stair climbing increased leg power in the elderly and may help in reducing the risk of injury from any future walking falls (Allied Dunbar Survey, 1992).
- Stair climbers tended to be more fit and have a higher aerobic capacity (Ilmarinen & associates, 1978).
- Even two flights of stairs climbed per day were shown to lead to 6 pound weight loss over one year (Brownell, Stunkard, & Albaum, 1980).

Medium term suggestions

- Plants for the balcony - 57,5% of the respondents said yes and 37,5% said maybe to be interested in having plants on the balcony
- Freshen the air indoor with houseplants to increase oxygen and filter dust and pollutant. Top indoor purifiers:
  - Aloe Vera
  - Chinese Evergreen
  - Boston Fern
  - English Ivy
  - Spider Plant
  - Peace Lily
  - Bamboo Palm

Long term suggestions

- Create bicycle storage - according the result of the survey 29 student are interested to have a bicycle storage at the Student Residence in the future
- Reuse graywater in the building, for example rebuild the system to reuse the greywater from laundry to flush the toilets
- Maximizing daylight in winter time
  - Change the doors to having more glass surface to let to get the daylight into the corridors, so create more hell and friendly atmosphere and less usage of lamps

## Environmental Policy Office



According to the survey results 92,5% of the answers said, that they know the logo, it is a good result. But 45% of them said, that they don't know exactly, what is it about. So the proposed task is to be more visible at the university and give them more information.

- Promote green@cut more
- Translate green&cut website to english too
- Send information to the students about:
  - Recycling possibilities at the university
  - Sustainable living tips at the university
  - Recycling possibilities at the student houses
  - Sustainable living tips at the student houses
- Create a document with useful tips: „Green Guide to Sustainable Living at the CUT”

## EMS Office

- Avoid of using plastic cups in the kitchen
  - There are glass cups and mugs in the cupboard, please use them instead of once used plastic cups