



TARTU  
ÜLIKOOL

# Green Vibes @unitartu: Your Sustainable Start

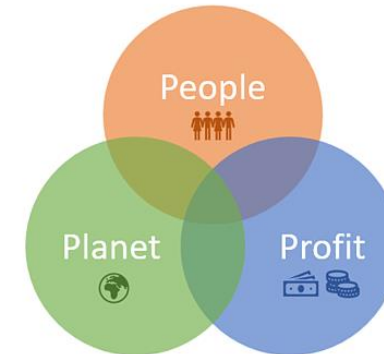
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# What is Sustainability?

„Meeting the needs of the present without compromising the ability of future generations to meet their own needs.“

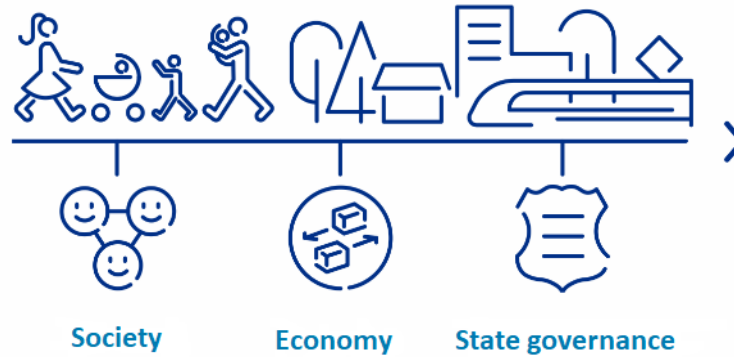


# Sustainability at the Core of University of Tartu

Strategy "Estonia 2035"

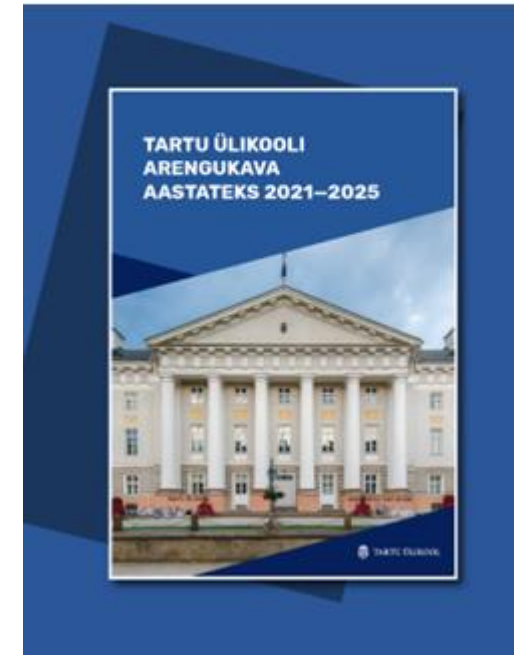
Person

Living environment



- 1 NO POVERTY
  - 2 ZERO HUNGER
  - 3 GOOD HEALTH AND WELL-BEING
  - 4 QUALITY EDUCATION
  - 5 GENDER EQUALITY
  - 6 CLEAN WATER AND SANITATION
  - 7 AFFORDABLE AND CLEAN ENERGY
  - 8 DECENT WORK AND ECONOMIC GROWTH
  - 9 INDUSTRY, INNOVATION AND INFRASTRUCTURE
  - 10 REDUCED INEQUALITIES
  - 11 SUSTAINABLE CITIES AND COMMUNITIES
  - 12 RESPONSIBLE CONSUMPTION AND PRODUCTION
  - 13 CLIMATE ACTION
  - 14 LIFE BELOW WATER
  - 15 LIFE ON LAND
  - 16 PEACE, JUSTICE AND STRONG INSTITUTIONS
  - 17 PARTNERSHIPS FOR THE GOALS
- UN SUSTAINABLE DEVELOPMENT GOALS

UNIVERSITY OF TARTU  
STRATEGIC PLAN 2021-2025



# Sustainability Initiatives at University of Tartu: Pioneering Change



UNIVERSITY OF TARTU  
Centre for Sustainable  
Development

Centre for Sustainable Development



UNIVERSITY OF TARTU  
Natural History Museum  
and Botanical Garden

Natural History museum and  
Botanical Garden



UNIVERSITY OF TARTU  
Museum

University of Tartu Museum



TARTU ÜLIÕPILASKÜLA

Tartu Student Village

ISO 9001  
ISO 14001  
BUREAU VERITAS  
Certification



# Sustainability Initiatives at University of Tartu: Pioneering Change

## RESEARCH

- Top scientists and research in directions related to sustainable development
- Policy advice by researchers (state, local governments)
- Cooperation with companies (e.g., development of green technologies)
- International cooperation (e.g., ENLIGHT)
- communication of scientific achievements

## STUDIES

- Outstanding lecturers in various fields who deal with the topic of sustainability in education
- Curricula related to sustainable development (eg. Environmental technology; Environmental Governance and Adaptation to Climate Change).
- Subjects related to sustainable development in various fields (e.g. Sustainable urban areas under conditions of global change; Concepts of Sustainable Development, etc.)

## ORGANISATION

- Inclusivity Advancement: Equal treatment, mental health support, and best practices.
- Energy-Efficiency: University infrastructure and solar panels for sustainability.
- Urban Green Enhancement: Maarjamõisa, main building, and bike parking areas.
- Environmental Review Update: GHG footprint assessment for sustainability progress.

# **Empowering Sustainability: The Why?**

**Improved Health and Enhanced Well-being**

**Cost Savings**

**Higher Quality Products**

**Innovation and Creativity**

**Community Engagement**

**Positive Impact and Personal Growth**

**Role Modelling**

**Ethical Satisfaction**

**Reduced Clutter**

**Educational Opportunities**

**Respect for Nature**

**Long-Term Perspective**

**...**

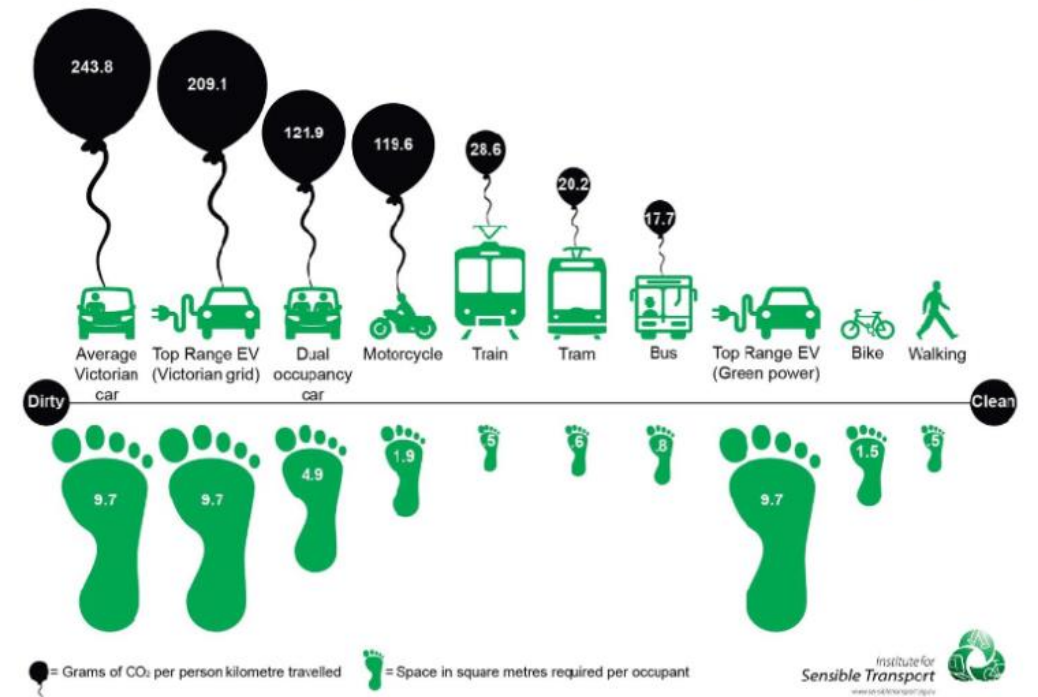
# Becoming a Sustainable Student: Practical Steps for Your Sustainable Start



# TRAVEL

- Travel by land! Sea! Air-last resort!
- Consider ways of transport:
  - When in Tartu (walk, run, bike, .....)
  - When in Estonia (bus, train - we have them)
  - When travelling the World ...

## The hierarchy of sustainable transport



Calculate your travel footprint: <https://the-shift.org/carbon-footprint-calculator/>





# ENERGY

- Turn off appliances and lights at the plug when not in use. –careful with equipment you do not know!
- Ensure proper use of your boiler and heating controls. Program the system according to your needs. – be careful with water boiler, temperature too low may cause bacteria to grow!
- Coordinate heating times with housemates and avoid unnecessary warmth.
- Seal drafts to retain warmth;
- Combat dampness for better heating efficiency and your well-being.
- Keep your place well-ventilated to release moisture.
- Keep yourself warm with proper clothing.
- Consider fire-safety rules, when burning candles or making fire!



# FOOD AND WATER

- DRINK TAP WATER
- BRING YOUR OWN CUPS/MUGS/DISHWARE
- AVOID DISPOSABLE ONES
- Opt for seasonal, local, and organic plant-based foods.
- Explore local fruit and veg market, no-packaging stores shops, or start a bulk-buying group with friends.
- Minimize surplus food by freezing, sharing with others, or using sharing apps.
- Grow your own food in gardens or windowsill pots.
- Support independent shops, bakeries, butchers, and local producers instead of supermarkets.
- Steer clear of highly processed, single-use packaged snacks with low nutritional value.



# PRODUCTS AND SERVICES

- BE A CONSCIOUS CONSUMER!
- LESS IS MORE AND BETTER
- Clothing – choose natural materials and sustainable brands

## The 5 Rs of fashion: Reduce, rewear, recycle, repair, resell

- Find second-hand/thrift stores for clothes/furniture/items:
  - <https://taaskasutuskeskus.ee/>
  - <https://sobraltsobrale.ee/>
  - Humana.ee
- Sell unnecessary stuff on:
  - FB Marketplace
  - Soov.ee
  - Osta.ee
- Eating out/ordering or at venues
  - Ringo.eco
  - <https://eestipandipakend.ee/>



EESTI PANDIPAKEND presents  
**DEPOSIT CUP**

- 1 Avoid single use cup, enjoy your beverage from a reusable cup.
- 2 Fill cup again or exchanging the used cup for a clean one.
- 3 Return your reusable cup and you will get back the deposit money

Cup Type	Capacity	Deposit
GOBLET	40CL	3€
BIG CUP	50CL	2€
MEDIUM CUP	40CL	2€
SMALL CUP	25CL	2€
SHOT	4CL	2€

- 1 Vali korduspakend. Tasu pant.
- 2 Kui pakend on tühi, skänni QR-kood.
- 3 Vii tühi pakend tagastuskasti.
- 4 Pant kantakse tagasi sinu valitud pangakontole.

# WASTES

- In our University we sort:
  - Biodegrading materials
  - Packaging
  - Paper
  - General waste
  - Batteries
  - Electronics/devices
  - Hazardous chemicals/materials
  - Department specific wastes



# ENJOY WHAT LOCAL NATURE HAS TO OFFER

1. **Stress Reduction:** Nature has a calming effect that can reduce stress levels and promote relaxation. Natural environments provide a break from the fast-paced demands of daily life.
2. **Mental Clarity:** Time in nature can clear your mind and enhance focus. It offers a chance to step away from technology and constant stimulation, allowing for improved cognitive function.
3. **Physical Health:** Outdoor activities encourage physical movement, promoting cardiovascular health, stronger muscles, and improved overall fitness.
4. **Vitamin D Exposure:** Sunlight is a natural source of vitamin D, which is essential for bone health, a strong immune system, and mood regulation.
5. **Enhanced Mood:** Exposure to nature is linked to increased levels of serotonin, a neurotransmitter associated with happiness and well-being.
6. **Creative Inspiration:** Natural settings can spark creativity and innovation by providing a peaceful backdrop for generating ideas.
7. **Improved Sleep:** Regular time in nature can help regulate sleep patterns and improve the quality of sleep.
8. **Strengthened Immune System:** Immune function can benefit from exposure to diverse outdoor environments, helping the body build resistance to various allergens and pathogens.



## Best Trails in Tartu

★★★★☆ 79 Reviews

Ready to check out the best trails in Tartu for hiking, mountain biking, climbing or other outdoor activities? AllTrails has 12 hiking trails, mountain biking routes, backpacking trips and more. Discover hand-curated trail maps, along with reviews and photos from nature lovers like you...

[Show more](#)



Directions

Share

Activity ▾ Difficulty ▾ Length ▾ Suitability ▾ More filters ▾

## Top trails (12)



Moderate • ★ 4.6 (22)

### #1 - Elva ürgoru matkarada

Uderna, Tartu, Estonia

Length: 15.1 km • Est. 4h 33m

Elva-Vitipalu Landscape Protection Area

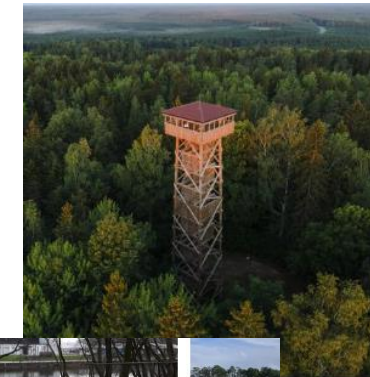


Moderate • ★ 4.3 (13)

### #2 - Tartu Riverside Walk

Tartu, Tartu, Estonia

Length: 5.5 km • Est. 1h 17m



Jarek Jõepera, Visit Estonia

MORE INFORMATION WILL BE  
RELEASED ON DEDICATED WEBPAGE.

REMEMBER, EVEN SMALL  
SUSTAINABLE ACTIONS ADD UP – JUST  
LIKE THE SLIDES IN THIS  
PRESENTATION.

WELCOME! ENJOY YOUR JOURNEY  
AND MAKE IT SUSTAINABLE!

AITÄH!

