

ÉCO-RESPONSIBLE STUDENT GUIDE



FOREWORD

What is the eco-responsible guide?

The eco-responsible student guide is a PDF version that can be seen as a student's "Bible". It contains addresses and tips to help students live each stage of their daily lives in an eco-responsible way.

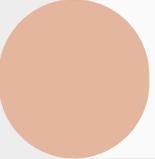
Whether it's paying for school, accommodation, travel or food, student life isn't easy... But it is possible to reduce these costs by adopting environmentally responsible habits !

This guide lists a number of essential steps in everyday life and suggests environmentally responsible solutions. Each article in the guide was written by a school committee or association.

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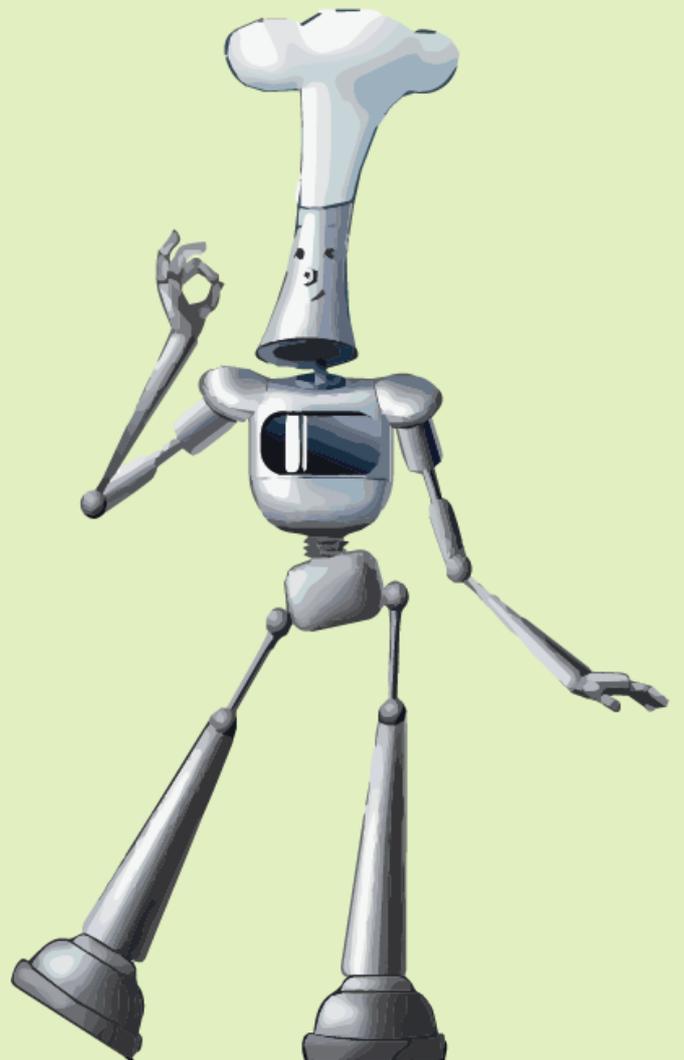
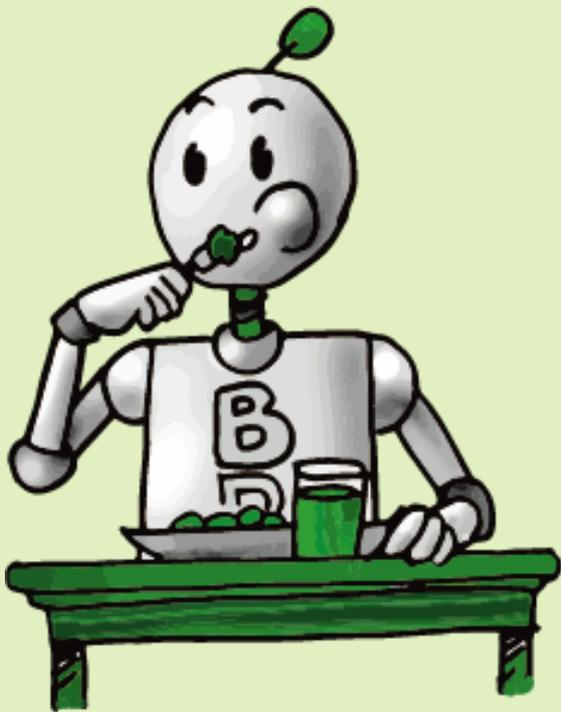
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EAT



Reducing food waste



At the Crous, you can help reduce food waste. To guide you, posters are displayed throughout the Crous. This collaborative project between the Crous and SolidariTerre aims to reduce the 11 tonnes of food thrown away by students every year.

The poster on the left shows what you can do as a student to reduce food waste.

Remember to sort your rubbish properly to let it be recycled when it's possible.



What to do with leftovers?

It might be the question you ask yourself when standing in front of the fridge. Throwing food in the bin is bad. And the art of cooking with leftovers gives you a symbolic medal, the chance to shine in society and to become a true chef.

It's pretty easy : pie, pizza, quiche or clafoutis. Use homemade pie crust or a store-bought dough and add whatever you like! Think of all the sweet and savoury possibilities.

Obviously, ugly vegetables ? Soup's on !

ugly fruits ? Let's make it into a compote !

Grandma's secret: cook a quantity of fruit with the equivalent weight of sugar and you will obtain 100% jam. When is the jam cooked? When you place a drop on a plate and it doesn't move while tilting the plate.



Zero waste tip: canned vegetable juice

Don't throw away the juice from your tins - use it to make delicious dishes !

Simply beaten into stiff peaks like egg whites, this "aquafaba" will allow you to replace egg whites in your recipes. Chocolate mousse, vegetarian mayonnaise, sweet and savoury muffins, blinis... Let your imagination run wild!

Below is a recipe for super soft blinis with aquafaba.

Enjoy them as they are, as a savoury appetiser with a little sauce/tartinade (guacamole, fromage frais, etc.) or as a sweet treat (with jam, spread, peanut butter, etc.).

Recipe for about 15 aquafaba blinis

INGREDIENTS

- o 200 ml ½ skimmed milk
- o 150 g flour
- o 20 g baking powder
- o 2 g salt
- o 125 g aquafaba (the amount of juice found in a 400g tin of chickpeas)

PREPARATION

1. In a bowl, mix the flour with the baking powder, salt and milk.
2. In a second bowl, beat the aquafaba until frothy and stiff, then gently fold into the previous mixture.
3. Cook in a frying pan with some fat (oil or butter)



“Le producteur local”

Don't hesitate to discover LE PRODUCTEUR LOCAL. This cooperative sells products from local artisans and producers. The shop is located in the centre of Beauvais, next to Place Jeanne Hachette, and can be reached from the campus by the C2 electric bus! It offers a wide range of food and cosmetic products. LE PRODUCTEUR LOCAL doesn't make a profit margin, which means that producers get all the profits from what they sell.



Don't waste energy in the kitchen !

- Covering the pans
- Adapt pan sizes to the amount of food you want to cook
- Remove ingredients from the fridge before cooking
- Wait until the dishes have cooled before putting them away in the fridge (without leaving them on the work surface, otherwise you risk getting sick. M. Hardy can testify)
- Don't leave the fridge door open for too long
- To heat water, the kettle remains the most economical way



Use-by date (DLC) and best before date (DDM)

Do you know the difference between the 2? The use-by date is the date beyond which a product becomes hazardous to health. On the products, you can read "Use by DD/MM/YYYY". Generally speaking, this date is found on all fresh produce: yoghurts, cheeses and creams, meat, fish, mixed salads, fresh pasta, etc. Once this date has passed, there is a potential health risk for anyone consuming the product. However, you can be flexible with certain products. Indeed, the 60 Millions de Consommateurs agency conducted a test on yoghurts that were one, two and three weeks past their use-by date. In all 3 cases, the yoghurts were still edible. They may, however, taste slightly more acidic. This finding applies to plain, sugar and fruit yogurts, but not to egg or cream-based yogurts.

The best before date is the date beyond which the product loses its taste and/or nutritional qualities. On the products concerned, you can read "Best before end of YYYY" or "Best before DD/MM/YYYY". This date is generally found on all dry products: dried pasta, rice, quinoa, cakes, rusks, dehydrated products, etc. Once this date has passed, the product can still be eaten and there is no risk to your health, as long as the product has been stored in accordance with the instructions on the packaging.



Plan your meals and make purchases according to your schedule

Before you start shopping, it's best to ask yourself what you feel like eating this week. Based on these desires, it becomes easier to create a weekly meal plan and draw up your shopping list based on it. You need to ask yourself: "How many meals am I going to cook at home?", "How many people will eat each meal?", "What is the quantity needed of each ingredient? Will an ingredient be used in several recipes?" Next, it's a good idea to look at what you have left in the cupboards to make sure you don't have any duplicate ingredients. What's more, you'll need to list the ingredients you rarely buy or the 'extras' you fancy, so you don't forget them. As well as helping you reduce food waste, these different techniques will help you save money by preventing you from buying too much and then throwing the food away.



Reducing your impact via transport

Vach'expo is an association whose aim is to promote livestock farming on the UniLaSalle campus. Like many associations, Vach'expo is committed to respecting the environment and is taking action to meet the objectives of sustainable development.

To begin with, Vach'expo seeks to promote local agriculture to reduce the transport of products, but also agriculture that respects the environment. Therefore we sell ice creams produced on a neighbouring farm (Les Glaces du Pays de Bray), we offer company visits to local farms/agricultural businesses and we work with the school's two farms.

We try to limit transport in all the activities we offer. So we either carry them out on the school farm (Handi'ferme, preparing Holsteins for competitions) or we car pool to go to nearby businesses and farms. This is the case, for example, for the TIEA centre, which travels to Maurepas every week. We also try to share animal lorries with other farms when we have to transport animals (Salon de L'agriculture, 100 years of Holstein...).



Buying local, organic and seasonal on a small budget



The Com' Marché aims to promote the consumption of local products at low prices on campus. Our ambition is to encourage locavore consumption !

The Com'Marché organises regular events: bread and pastry sales once a week, distribution of fruits and vegetables baskets every 2 weeks and a locavore market on campus.

All the products we offer come from short circuits: the bread comes from a bakery in

Beauvais and the seasonal fruits and vegetables come from an organic producer 30 minutes away from Beauvais.

This way we are making sustainable food accessible to everyone and giving everyone the chance to enjoy themselves without even leaving campus!



What to do with peelings?

- With apple peelings → Crisps! a little sugar and cinnamon, 150°C for 40'.
- Citrus peelings → Dry them to perfume your washing !
- Pear peelings → Leave to infuse in boiling water to make a herbal tea.
- With banana peel → Mix with an egg if necessary and add to the batter of a cake.
- Pumpkin seeds → Roast in the oven for an aperitif!
- Carrot and radish top → Soup, pesto (with oil and oilseeds), hummus (blend with chickpeas and lemon).



Local products at technical days

The UniTechDays association organises 2 agricultural technical days each year, bringing together students, farmers and agricultural professionals. These days are punctuated by activities such as conferences, dynamic demonstrations, round tables and agronomic trials. Lunch is also provided on these days. The lunch is cooked by our team, and every year is designed to be more in line with sustainable development :

The ingredients we use for our meals come exclusively from local producers. This is a way of promoting the products of Beauvaisis farmers and encouraging short supply chains. For example, the meat comes exclusively from the Maurepas farm, the bread comes from a bakery that sources its flour exclusively from Beauvaisis farmers, and our ice creams are produced on a dairy farm located 20 km away from campus. Similarly, our beers are bought from a local brewery. These meals are served in reusable or recyclable containers, minimizing non-recyclable waste. This meal costs more than a non-local meal, but the quality of the meal offsets the higher cost.

Promoting local meals and short distribution channels that are more beneficial to farmers is not impossible, so if we can do it, why can't you ?

We invite you to come and meet us at our events throughout the year and at our technical days on the 14th of March and the 16th of May.



Anti-waste apps and solidarity fridges

Applications such as Too Good To Go can be used to pick up unsold food from certain restaurant chains, bakeries and shops. This makes it possible to eat at lower cost and avoid waste in distribution chains. Solidarity fridges set up in some towns allow people to deposit fresh produce that will not be consumed by one person but perhaps by another.



Take part in or organise a Disco Soupe

It's a time for sharing and conviviality over a soup made from waste or unsold vegetables, in a musical and festive atmosphere. We organise several Disco Soup Parties during the year, sometimes during the Thursday night rock. For dates and infos, follow us on Instagram! ([unilasalle.solidariterre](https://www.instagram.com/unilasalle.solidariterre)).



It's easy to organise a Disco Soupe : just collect the fruits and vegetables that growers are going to throw away, cook them into soups, smoothies, salads and so on, and distribute them free of charge. On Wednesdays and Saturdays from 12.30pm onwards in the Place de la Mairie, you can ask the producers if they have any unsold produce, they're often delighted to avoid wasting it.

The recovered products often have a small stain, a slightly odd shape or a slightly different colour, but their taste and nutritional quality remain the same.



Making anti-gaspi recipes

To prevent certain foods going to waste, there are some easy-to-make "anti-gaspi" recipes. For example, bread that has become dry can easily be eaten as French toast or in a cake (see the recipe for stale bread and chocolate cake on [@alibabaa_unilasalle](https://www.instagram.com/alibabaa_unilasalle)).

For slightly damaged fruits and vegetables, tops and peelings, it's perfectly possible to make smoothies or soups and, this way, continue filling up on nutrients and vitamins in summer and winter.



The Cube Rouge

Uniraid also offers you a responsible lunchtime option: the Cube Rouge! As well as eating sandwiches prepared by a local baker, the Uniraid sandwich option allows you to do a good deed, as 10% of the profits generated by the Cube Rouge go towards funding our international solidarity projects! And from now, your Com/Asso can propose a partnership to serve the Sandwich of the Month and raise funds! So don't wait any longer, come and enjoy one of these delicious sandwiches !



GET

DRESSED



Emmaüs & second hand

Emmaüs gives a second life to clothes, but also to lots of other everyday objects. So whether you're looking for an outfit for a child, everyday clothes or a 5 euro panini machine, you'll find what you're looking for in the various Emmaüs centers. You'll be making a socially responsible purchase that's good for your wallet.

SolidariTerre organises collects throughout the year, so don't hesitate to donate anything you no longer need. You can also donate by yourself clothes or objects you no longer use directly to a centre near you (all the informations you need is on the Emmaüs website).

Other second-hand centers exist, such as Vinted or Le Bon Coin, that will cost you less and limit your carbon footprint.



Dressing responsibly on campus



How do you dress responsibly on campus ? La Boutique offers a range of unisex clothing to suit everyone. Our wide range of products is renewed every year to offer you unique products. La Boutique's new collection, released in May 2023, guarantees responsible and sustainable products. It adresses subjects at the heart of our society. The Boutique offers a hoodie, a t-shirt, a trucker jumper and a bob.

We hold sales every Thursday afternoon in the sales room in the shopping hall. And if you don't want to miss any of our sales, bargains or outings, all you have to do is follow us on our social networks.



Rent an outfit for an evening from the gala boutique !

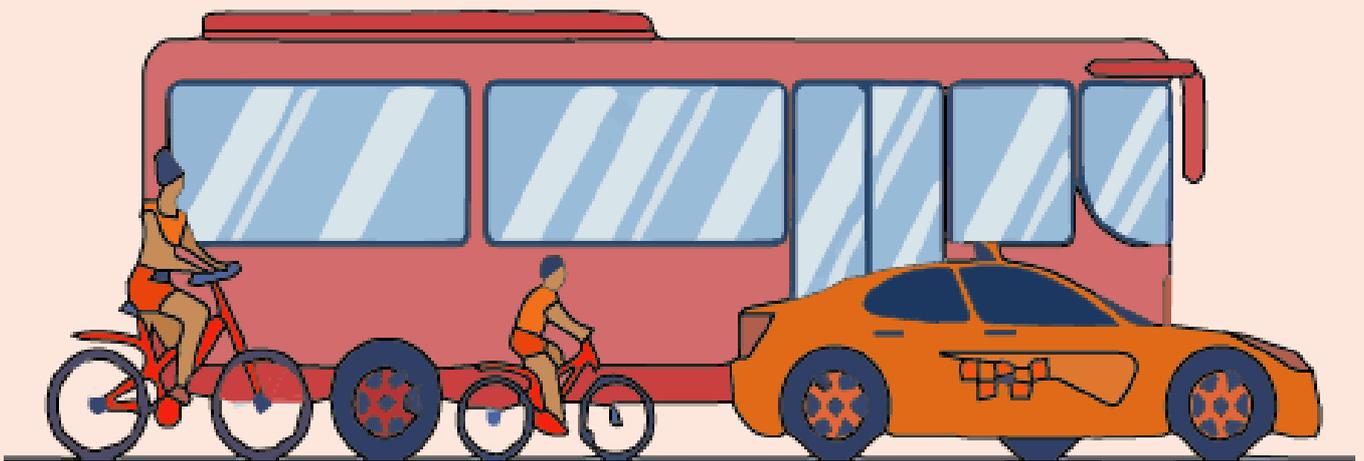
La Nuit de l'Institut is one of the key associations of our school. For the past 73 years, it has organized an annual fundraising gala. Today, the association needs to evolve and promote ecological and sustainable projects. That's why, for the last 3 years, it has set up a system for renting evening clothes.

The boutique department is in charge of this sustainable project, which involves offering students the chance to lend their clothes for an evening, so that the association can rent them. This helps to avoid excess purchases, especially for dresses that are only worn for an evening !

For this year's gala, don't hesitate to lend clothes for an evening! And take a look around to hire clothes or accessories that you might like!



TRANSPORTS



Carpool with Klaxit!



Shopping with friends? Holidays with Lasallians? When you're travelling with your mates, don't hesitate to use Klaxit, our car-sharing partner. This application makes it possible to get the most out of your group journeys in the Oise region by rewarding your driver (or your Sam 😊) for each journey completed, and all without spending a penny out of your pocket! Drivers are reimbursed by the app and can enjoy their reward after their first few journeys !



A car-sharing application for LaSalle residents

You don't have a car or a driving licence? Don't worry, the LaSalle Facebook carpooling groups are there to help! Just be patient, and soon the new "Covoitur'AGE" app will replace those poorly organized groups.

Why develop a new application? LaSallians like to be among LaSallians. You're bound to find topics for discussion such as "the endless wait at the CROUS", "exams" or even "do you really think that Geols are licking stones?".

On a more serious note; "In 2018, carpooling saved 1.6 million tons of CO2 which is the equivalent of the emissions generated by transport in Paris in a year!" Blablacar.

It's a slam dunk, isn't it? With a little effort, our attitude has an impact. Our aim is to encourage carpooling. Fill up the cars to empty the roads and cities. And if you don't do it for the planet, do it for your wallet. 2€/L stings. Don't forget to activate Klaxit. And a little tip to finish off: when you get off the A16 in Paris, enter the town "Chambly" as your destination. You don't even have to leave the highway to get the money from the departmental council.



Getting around cheaper

COM'BIKE is a UniLaSalle association that offers bike rent for €1 a day, as well as activities of all kinds, such as bike races. Throughout the year, it also organises bike rides to discover Beauvais and the surrounding area.

The aim of COM'BIKE is to promote mobility for students who do not have a vehicle or a driving licence.

How do I rent a bike? Subscribe to our Instagram account: Com bike UniLaSalle, and then send us a message with the duration and the day of the beginning of the rental, and that's all!

The best thing about cycling is that you can get around in downtown Beauvais as quickly as a car and without causing pollution. Many students use their cars to get to the centre of Beauvais to do their groceries, go to restaurants or go shopping. But it takes time and money, as petrol is expensive and car parks are overcrowded and have to be paid for. With a bike, on the other hand, there is no need for petrol and the parking is free ! Moreover, Beauvais has plenty of cycle paths, so there's no need to panic !



COM BIKE

MANAGING

YOUR WASTE



Corks, good humour and a chair for Théophile : Les Ovalies in action !

If you thought that studying was the only thing to do on campus, think again! Thanks to the Ovalies, you can help a young boy with a disability.

By dropping off your bottle tops you can support "Bouchon d'Amour", an association located 30 minutes away from campus, to carry out a project that goes far beyond recycling bottle tops. The aim? To raise funds for an adapted wheelchair for Théophile, a young local boy whose life was turned upside down by an

accident.

The "Bouchon d'Amour" association, whose name is as evocative as it is benevolent, collects plastic corks for resale and reinvests the funds in humanitarian projects. By joining forces with the Ovalies, this initiative has taken a more concrete dimension: helping Théophile to regain some of his mobility.

So don't let this opportunity pass you by, grab your cork and take it to the bin under the stairs leading to the bird hall. By doing so, you'll be taking part in this great eco-responsible and solidarity-based adventure on campus!



Student Waste Reduction Week



This week takes place from 20 to 26 November 2023, during which SolidariTerre offers events and activities as well as lots of information and tips on how to reduce our waste production. We'll be publishing the week's programme by email and on Instagram (don't hesitate to follow us: [unilasalle.solidariterre](https://www.unilasalle.solidariterre.fr)).

On the programme: disco soup, cleanwalk, Crous and lots of tips on our networks!



Le Relais available on campus !

To dispose of your clothes responsibly, a "Le Relais" container is available on campus.

Le Relais is a company that collects and recycles textiles you no longer want! Thanks to the container installed under the courtyard opposite the Plaine 📍 you can drop off the clothes you want to throw away and Le Relais will take care of recycling them ♻️ !

You can drop off jeans with holes in them that you no longer want to wear, or clothes that are too small or damaged.

97% of donations are recycled into raw materials such as insulation, or made into rags. If they are still in good enough condition, the textiles will be resold at second-hand shops. The profits generated by the company are used in particular to employ people who are excluded and in difficulty. This enables them to regain their financial independence.



Donating textiles is easy!

- You should donate your clothes in well-sealed bags (30L max) so that your textiles don't get dirty.
- You can donate clothes that are clean and dry but not soiled (wet, with paint, oil, etc.) 🎨
- Tie your shoes in pairs. 👟
- And finally, if the container is full, wait until the following week to prevent it from overflowing 🧑🏻

So don't hesitate any longer if you have damaged clothes or anything else, as long as they're not dirty, you can donate them! We're counting on you!

Student Ecology and Solidarity Week (SEES)

The SEES, an event proposed on a national scale by RESES, is SolidariTerre's second week of events and will be held from 25 to 31 March 2024. This week is an opportunity for the association to show off its creativity and originality, as the fairly general theme leaves plenty of scope for great things to happen. Afterwork, creative workshops, clean walk, food waste prevention, communication on social networks... the possibilities are endless. But the not-to-be-missed highlight this year will be the second Roller Party, where you can skate with your friends to music and good food. This activity aims to promote physical activity and well-being (MDG 3). This week is also an opportunity to discover the SDGs (Sustainable Development Goals) in a fun way.



A broken phone or computer ?



Take it to Save repair shop next to *La Grande Maison* restaurant, near Place Jeanne Hachette in the city center.

 1 rue Carnot, 60000 Beauvais

 03 60 17 49 46



Composting on the campus

SolidariTerre takes care of setting up, maintaining and promoting composting on campus. As a student, all you have to do is place your sorted waste there as you do with other bins. For more information, do not hesitate to consult the presentation available by scanning the QR code below.



There you will find the details of what does and does not go into a compost, the location of the nearest composter, how it works and other information for those most interested.

In partnership with the AGE, explanatory panels have been installed on campus as well as bio-buckets with an explanatory poster in each shared kitchen . You will find composts all over the campus, close to the residences, to deposit your bio-waste there.

3 points to remember :

- What goes into compost: fruits, vegetables, peelings, citrus fruits, eggshells, oilseeds (nuts) ;
- What's wrong: meat, fish, plastic and cardboard bags (even those written "biodegradable"), fats (this will prevent odors and visits from small mice) ;
- Putting everything into small pieces allows for good decomposition and avoids any odors;

By composting, you reduce your waste production by 30%, you reduce greenhouse gas emissions caused by the collection and treatment of waste and processing this waste, and you'll be able to recycle it on site to beautify our campus

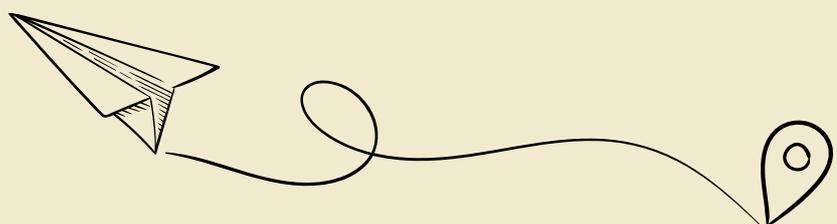


TRAVEL



A sustainable and supportive trip

Uniraid allows UniLaSalle students to go on a humanitarian trip in the summer. In many developing countries, ecology is an issue that is not treated with the importance it deserves, and the consequences of pollution are largely underestimated. The Uniraid humanitarian trip allows the students who are travelling to understand and to open their eyes to the question of Sustainable Development around the world. Once they are back, they can bring more awareness to everyone in UniLaSalle. The awareness of Sustainable Development is also being raised on site, mostly with children, as Uniraid is primarily focused on their protection and education. This summer we were able, among other things, to educate children about these issues during our trip to Madagascar.



GO OUT



The Baraka jeux

Want a little game night with friends? A chill afternoon with a board game? Board games can be expensive, so let yourself be tempted by an out at Le Baraka !

Lea Baraka is Beauvais's game bar. There is something for everyone : drinks (hot, cold, alcoholic, non-alcoholic) but also food (boards, delicious arancini, but also pastries or desserts). And of course, what makes it so special are the more than 300 board games. Pauline or Rémi (the managers) are happy to advise and explain the rules. Finally, numerous events are organized throughout the year (instructive workshops, karaoke evenings and even Pint science conferences with some of your teachers...).

Located right next to the residence in the city center, at 6 rue Ricard! With a name like that, it's bound to have a great atmosphere.



The foyer, heart of a responsible community

Welcome to the "foyer",
Where dancing and toasting
Are our business.
Here: conviviality, friendship, respect
On equal footing.

In the foyer, we are eco responsible
With everything on campus,
No need for car or bus.
No transports :
Means less CO2 emissions.

A bar open every day
Under the sound of drums ;
Where you can enjoy
Your snacks, tea and coffee
To get through the day.

Good LaSalliens you will come,
At parties you will have fun,
In Afterwork you will discuss,
The locals you will respect,
And your empty bottles you will bring
back.

Here cards and darts
Will make your days fun,
Games and entertainment
keep you busy all year round.
Kisses on your forehead!



Participate in or organize an Ecofest-certified event

The campus Hosts events such as the Gala, the Ovalies and the Green Festival. They have been awarded the Ecofest label for their eco-responsible approach. This label is based on 7 criteria: food, waste, transport, social, location, communication and awareness. It was created by a student association "Impact" in Grenoble and was inspired by ADEME. If you wish to label your event, contact the SolidariTerre association. Several members have been trained as Ecofest auditors and will be able to guide you through the process. Training, guides and personalized support are offered to help you make your event more eco-responsible. You can also become an auditor and support events to have to renew their approach every year.



Sports outings

Many low-costs sports activities are available on and around the campus. Firstly, the campus has numerous sports infrastructures accessible to all such as a gymnasium, a squash room and for outdoor sports enthusiasts a rugby field and 2 tennis courts. In addition, a forest and a large lake (the "plan d'eau du Canada") are available for walking or running. In addition to all these facilities, the school has a partnership with the Aquaspace of Beauvais (water sports): reduced prices (with the card) on weekdays after 4:30 p.m., and free lessons on Thursday afternoons from 4:30 p.m. to 5:30 p.m.

To share your passions and sports with other students, free or accessible weekly sports slots (less than €50/year) are offered to you, including: rugby, football, tennis, volleyball, fencing, boxing, badminton, running, zumba, table tennis, futsal, self defense, climbing, judo and cheerleading. Some associations offer outings, events or coaching at reduced prices from time to time, such as hiking, cycling, motorcycling, skiing, rollerblading, karting or even bodybuilding.

The sports schedule is available on the Instagram account of the UniLaSalle Beauvais Sports Office. For more information, do not hesitate to contact us, we remain at your disposal.



Useful and supportive outings

If helping others is close to your heart, and you want to commit to a more caring and sustainable society and campus, several options exist :

You can join an association or volunteer to help out with some of its activities. For example, you can help the Restos du Cœur with their food drives. Another well-known association is the Telethon, which collects donations to finance research into genetic neuromuscular diseases. If you like to bond and share good times, you can also visit EHPADs or hospitals.

You can also choose to promote education on current eco-responsibility issues by running climate fresks and/or 2-ton workshops.

The climate fresk is a 3 hours collaborative and creative workshop designed to raise awareness of climate change. You can learn directly from the Climate Fresk association. If you are interested, you can also create fresks in high schools and colleges in Beauvais with SolidariTerre.

The 2 tons workshop is an immersive 3 hours workshop to learn about and choose different individual and collective actions to act together for the climate. This workshop is based on the goal set by the Paris Agreement to reduce our greenhouse gas emissions to reach 2 tonnes of CO2 equivalent per year and per inhabitant by 2050. If you want to reduce your carbon footprint, this workshop will help you choose the most effective actions for you. SolidariTerre organizes several workshops per year, don't hesitate to sign up.

If these actions appeal to you, do not hesitate for a second and join our team of active members. This will allow you to validate your 14 hours of ESS with 3 actions of your choice over the year.



THE END

