

Quick Guide to a Sustainable Wesleyan

Graduate Student Edition

Welcome!

The goal of this quick guide is to provide you with helpful tips and information about ways you can help Wesleyan to conserve energy, reduce waste, reduce our ecological footprint, and create a more sustainable community. Wesleyan continually works to integrate environmental and social responsibility into our practices and policies, and invites you to contribute to these efforts. Please use the ideas in this guide to get you started and feel free to contact the Sustainability Office at sustainability@wesleyan.edu with ideas, questions, and feedback.

Reduce Your Waste

Don't be a "wishful recycler" – learn how to separate your waste

bit.ly/wesrecycles

The City of Middletown and all of Wesleyan has mixed recycling, which means that glass, metal, plastic, and paper recycling goes in one bin. In Exley and Usdan lobbies, there are recycling bins for non-conventional items like CDs, ink cartridges, small electronics, string lights, and batteries. If you're unsure of what to recycle or have large items or quantities, contact Bill Nelligan, Director of Environmental Services, at wnelligan@wesleyan.edu.

Compost your food scraps

bit.ly/compostwes

Composting is available to all graduate students. Composting households receive a 5 gallon bucket and instructions for household collection and are responsible for emptying the bucket into the nearest black composting bin.

Outfit your place with Freecycle

bit.ly/freecyclewes

Wesleyan operates a lively campus listserv where you can give or get what you need for school, work, or home. The only requirement is that everything is free.

Go reusable with Eco-to-Go

At Usdan Marketplace or Summerfields, you can get a reusable take out container for \$5. Pay once and you have a container for your entire time at Wesleyan. You can wash and reuse the container yourself or bring a dirty container to Marketplace to exchange for a clean one (they're great for taking home leftovers from events, too).

Conserve Energy

Every little bit counts, but the most impactful things you can do to reduce your carbon footprint and environmental impact relate to heating, cooling, refrigeration, and laundry.

Heating and Cooling

bit.ly/temperaturepolicy

For maximum savings, keep winter temperatures below 68°F and summer temperatures above 75°F, which aligns with Wesleyan's temperature policy. Before you touch the thermostat, try the following:

- Adjust your clothing and vents
- Use a fan
- Only open windows when heat and AC are off.

If you live in Wesleyan housing and have issues, contact Physical Plant Customer Service at 860-685-3400.

Wash cold and dry on a rack

Wash clothes in cold water ("bright colors" setting on Mac-Gray washers). Use a clothes drying rack instead of the dryer whenever possible. Contact the Sustainability Office if you're interested in purchasing a rack.

Refrigerate right

If you are sharing a room or apartment, use a communal refrigerator instead of multiple mini-fridges.

Travel Green

If you don't have a car at Wesleyan or are just looking for ways to reduce your driving, there are many options. For more information, visit bit.ly/westransport.

CT Rides

ctrides.com

This Connecticut Department of Transportation program offers free trial bus rides and ride-matching services to help you get where you need to go, as well as rewards any time that you walk, bike, carpool, or take public transportation.

Zipcar

bit.ly/zipcarwes

Two Zipcars are in C Lot (across from Allbritton) and 2 in E Lot (Admissions lot). Anyone 18+ with a license can rent hourly or daily.

WesBikes

wesbikes.group.wesleyan.edu

Student group WesBikes rents bicycles (with helmet/lock) for \$50/semester during the school year. Email Gila at gglattstein@wesleyan.edu for info and learn about safe biking at bit.ly/wesbiking.

The Ride

The Ride is a free campus/downtown shuttle that runs nightly from 7 PM to 3 AM (until 4 AM Fridays and Saturdays).

Middletown Area Transit (city bus)

middletownareatransit.org/

Wesleyan's campus is serviced by two routes, Route C (local, to Washington St/downtown) and M-Link (to Meriden Train Station and Meriden Mall). Rides are \$1.25 each way. You can pick up the bus in front of Fisk Hall (M-Link) or Weshop (Route C). Coming this fall, M-Link's route will become an express to Meriden Train Station, where you can link to CTrail.

CT Rail

hartfordline.com/

CT Rail's Hartford Line service connects Hartford, Springfield, and New Haven (and towns in between) with 17 round trips daily. CT Rail connects to trains and buses going to New York, Boston, and more, and connects to a free shuttle to Bradley Airport in Windsor Locks. The nearest train stop is in Meriden, accessible by Middletown Area Transit's M-Link bus (which will run 6 AM – 10 PM starting in Fall 2018).

Learn More and Get Involved!

If you're interested in learning more or getting involved, visit wesleyan.edu/sustainability to learn about the Sustainability Office, campus sustainability committee, and student groups (all welcome grad students)!



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