**Go Green Week 2018**

Cardiff Met's Go Green Week will be held on Llandaff Campus, CSM Atrium, between the 12th - 16th of February, 10am – 3pm. There are a variety of activities for all students and staff to get involved with.

**Gorgeous in Green- support the cause and wear green. All staff and students are encouraged to wear something green on Wednesday 14th Feb**

**All week, Llandaff Campus, CSM Atrium, 10am – 3pm**

**Smalls for All -** Staff and students are able to donate **NEW** underwear for children or women. Also accepted are gently worn bras which can be any size.  All will be sent to those who need them in Africa with the Smalls for All charity.

**Let’s fill the YMCA Clothes Bank (Podiatry Car Park) -** Bring in your unwanted clothes and shoes to CSM, Atrium.

**FREE plants and seed packs from Gavin Jones Ltd, Grounds Maintenance Contractor**

**Swap unwanted Christmas Gifts -**Do you have lots of unwanted gift sets, presents, photo frames or smellies etc. that you don't want? Bring them onto campus, and swap it for something that you want!

**Book Swap –** Bring in your unwanted fiction, non-fiction or text books and swap them.  
  
**FREE pre-used files & folders**

**FREE surplus furniture**

**Information Stands on:** Sustainable Travel, Laundry Eco-Eggs, Cardiff Digs, Community Garden, Callmy app, Re-usable water cups and Re-usable hot drink cups, Green Workshops.

**Pledge Tree -** Consider what change you can make and how changing your behaviour can make a difference. Prize for the best pledges.

**Monday 12th**

**Healthy ready steady meal planning to avoid waste -** 11.30am – 2.30pm CSM, Hospitality suite drop-in session. Free fruit and vegetables to attendees.

**Free Green Smoothie tasting**

**Waste Awareness on Campus -** Pledge tree and lucky dip

**Fairtrade stall -** Buy Fairtrade products and Fairtrade information. Find out what’s on during Fairtrade Fortnight.

**Tuesday 13th**

**Celebrate Pancake Day in the Atrium**

**Cardiff Digs -** Information stand

**Energy Project – Environmental Champions -** Launch of Energy project

**Energy Awareness on Campus -** Buzzer challenge, energy quiz, Earth Hour promotion and light bulb giveaway

**Free Bootcamp Outdoor sessions -** Join in with Bootcamp session 12.30pm — 1.15pm Tuesday. Booking required <http://www.cardiffmet.ac.uk/about/sport/membership/Pages/How-to-Book.aspx>

**Wednesday 14th**

**Running taster session for all running / walking levels -** Meet at CSAD changing rooms for 12.30, be back on Campus by 1.30pm

**Yoga Class -** 8am – 8.45am – Wake up and Energise, Complimentary Therapy D Block, Llandaff Campus (donation class to support local social project)

4pm – 4.45pm Yoga and Chill, Outdoor Learning Centre, Cyncoed Campus

Booking essential [www.namasjay.co.uk/cardiffmet](http://www.namasjay.co.uk/cardiffmet)

**Thursday 15th**

**Cardiff Council – Waste Management -** Get your recycle & food waste bags and advice – practical session on bin sorting

**Sustainability solutions as Lifelong Skills -** “Examine and discuss the types of skills, aptitudes and capabilities sustainable solutions require” will answer questions regarding:

• How sustainability is relevant to your discipline

• What employers and professions look for

• How you can make sustainability part of your everyday life

**Riverside Real Food – markets in local Community & guest trader**

**Bike MOT and Refurbished bike sale -** Outside CSM, 10am – 2pm Bike MOT and Bike Sale

**Mini-maintenance Bike practical session -** Mini-maintenance practical session 1pm – 2pm C0.21

**Bright Bikes with SW Police -** Promotion of Bright Bikes outside CSM

**Sustainable Travel to Campus -** Information stand, shower facilities, cycle shelters, met rider second semester pass

**Friday 16th**

**Cycle Ride for all levels (food voucher upon completion) -** Meet at Main Reception 12 noon be back on Campus 1.30pm – 2pm

**Energy Workshops -** 1pm O0.20 - Purchasing and managing domestic energy and 2pm O0.20 - Energy use in the home – smart technology, appliances and low energy lighting

**Free Bootcamp Outdoor sessions –** Join in with Bootcamp session 12.30pm — 1.15pm Friday. Booking required <http://www.cardiffmet.ac.uk/about/sport/membership/Pages/How-to-Book.aspx>

For more information please email [Sustainability@cardiffmet.ac.uk](mailto:Sustainability@cardiffmet.ac.uk)