

YOUR SUSTAINABLE PATH POSITIVE FOOTPRINT



UNIVERSIDADE D
COIMBRA



UNIVERSITY OF
COIMBRA OFFICE
FOR SUSTAINABLE
DEVELOPMENT





**TOGETHER WE HELP
PROTECT THE FUTURE**

www.uc.pt/en/sustainability

1

NO POVERTY

*End poverty in all its forms
everywhere.*

If you have any belongings you no longer use, such as clothes, toys, blankets, furniture, etc., donate them to those in need. The *UC Student Hub* organizes several collections for this purpose.

Keep an eye out!

1 NO
POVERTY



Participate in campaigns and petitions
advocating for fair social policies,
such as those aimed at reducing
economic inequality!

2

ZERO HUNGER

End hunger, achieve food security and improved nutrition and promote sustainable agriculture.

Donate a meal: through *UC Share* on the *SASUC Go* app, you can donate one or more meals to students who benefit from social support at the UC!

2 ZERO HUNGER



Plan your meals, reuse leftovers and start composting at home or participate in the municipality's selective collection. Use apps like *Too Good To Go* to repurpose food in excellent condition. It's a great way to avoid food waste, save money and eat healthier!

GOOD HEALTH AND WELL-BEING

Ensure healthy lives and promote well-being for all at all ages.

Take care of your physical health!

On the UC+Active UC Sports page you can find a range of activities to try, as well as programs and plans that you can do independently! You can also find out about the medical services available to the UC community through SASUC.

3 GOOD HEALTH
AND WELL-BEING



Take care of your mental health!

In addition to the counselling available through SASUC, the *Sky Campus UC Programme* helps you reach your full potential and deal with challenges you may face on campus, such as loneliness, stress and anxiety.

QUALITY EDUCATION

Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all.

If you consider yourself an expert in a particular field, consider helping your peers by offering free explanations. Find out about the UC tutoring program, *Step by Step!*

4 QUALITY EDUCATION



Share your books and study materials (summaries and notes) with your classmates and on the course document repository. They could be the support someone else needs to start or continue their higher education journey!

GENDER EQUALITY

*Achieve gender equality and
empower all women
and girls.*

Use inclusive language, respecting people's
preferred pronouns and/or using
neutral language!

5 GENDER
EQUALITY



Learn how to avoid microaggressions
in your daily life! A microaggression is a
hostile or offensive statement or attitude
directed at some characteristic of the listener's
identity, usually an insensitive comment, question
or assumption. It is expressed subtly and often
unconsciously and unintentionally, but it can be
perceived as prejudiced by the other person.

6

CLEAN WATER AND SANITATION

*Ensure availability and sustainable
management of water and
sanitation for all.*

Water is a scarce resource, save it!

Turn off the tap between uses, during your shower, when brushing your teeth, washing your hands or dishes. You can also use a container to collect water while it heats or rainwater to water plants or the garden.

6 CLEAN WATER
AND SANITATION



Repair leaky taps at home: a leaky tap
can waste more than 11,000 litres
of water a year!

7

AFFORDABLE AND CLEAN ENERGY

*Ensure access to affordable,
reliable, sustainable and modern
energy for all.*

Use LED bulbs: they consume 80% less energy than
traditional incandescent bulbs!

Use sockets with a switch-off button in your home
and don't leave electronic devices on stand-by.

7 AFFORDABLE AND
CLEAN ENERGY



Choose energy and electricity
services that use renewable
sources for their production!

DECENT WORK AND ECONOMIC GROWTH

Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all.

Create a project related to sustainability!
You can find tools to develop your ideas in the
entrepreneurship area of the *Student Hub*.

8 DECENT WORK AND
ECONOMIC GROWTH



Choose to consume products
from small businesses and
local producers!

INDUSTRY, INNOVATION AND INFRASTRUCTURE

Build resilient infrastructure, promote inclusive and sustainable industrialization and foster innovation.

Research and innovate: create research projects with innovative solutions that contribute to sustainable development. Find out more about UC's junior enterprises and join one of them!

9 INDUSTRY, INNOVATION
AND INFRASTRUCTURE



Are you studying engineering at UC?
Find out more and get involved in the
UC Factory Lab initiatives! You can get in touch
and learn about the industrial world through
practical experiences in three main areas:
Robotics, Virtual Control and Augmented Reality,
and Production Cells and Intralogistics.

10

REDUCE INEQUALITIES

*Reduce inequality within
and among countries.*

Avoid making ethnic-racial judgements or generalisations and be open to valuing the particularities and contributions of each culture! Talk to new people, for example in the canteen or in class, and give them space to express their ideas, making yourself available to learn from the diversity of perspectives.

10 REDUCED
INEQUALITIES



Join people's rights organisations
to help promote inclusive
public policies!

SUSTAINABLE CITIES AND COMMUNITIES

***Make cities and human settlements
inclusive, safe, resilient and sustainable.***

Use more environmentally friendly means of transportation!
Use public transport, electric scooters, bicycles or go for a
walk... And if you don't have a bicycle, use *UCicletas*
and UC can give you one temporarily.

11 SUSTAINABLE CITIES
AND COMMUNITIES



Get involved in community activities aimed
at revitalising parks, gardens and run-down urban
areas or take part in street, beach and park
clean-up events to keep the urban environment
clean and pleasant!

RESPONSIBLE CONSUMPTION AND PRODUCTION

*Ensure sustainable consumption
and production patterns.*

Promote reduction and reuse! Instead of buying new products, go to second-hand shops, share and borrow. And instead of printing, look for other options - borrow books or use a digital format.

12 RESPONSIBLE
CONSUMPTION
AND PRODUCTION



When you've run out of alternatives, separate the waste for recycling, namely plastic and metal, glass, paper and cardboard, electrical and electronic equipment, clothes, batteries, coffee capsules and used cooking oil, among others. You can find recycling points for some of these materials at the UC!

CLIMATE ACTION

Take urgent action to combat climate change and its impacts.

Change your diet! Reduce your consumption of meat and animal-derived products, as their production and distribution have a higher carbon footprint.

13 CLIMATE ACTION



Many of our daily actions contribute to greenhouse gases emissions, exacerbating climate change. Assess your carbon footprint and identify which areas of your life have the greatest impact. Then, simply define solutions to reduce it!

14

LIFE BELOW WATER

Conserve and sustainably use the oceans, seas and marine resources for sustainable development.

Avoid disposable plastic products! Use reusable bags, cups and water bottles and always carry them with you. Remember that plastic often ends up in the oceans, killing marine animals.

14 LIFE BELOW WATER



Say no to smoking!
But if you do smoke, don't litter the ashes or the cigarette on the ground. Use the ashtrays available near you or use your own portable ashtray.

15

LIFE ON LAND

Protect, restore and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification, and halt and reverse land degradation and halt biodiversity loss.

Adopt a plant! Join UC.Plantas and help plant trees, shrubs and plants. Contact the UC Botanical Garden for any questions about how to care for your plant.

15 LIFE ON LAND



Don't litter or leave rubbish on the ground!
Don't pollute the spaces you pass through
and dispose of your waste in the right bins.
If you want to go further, you can participate
in clean-up actions in public spaces, such
as green spaces, streets and beaches.

PEACE, JUSTICE AND STRONG INSTITUTIONS

Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels.

Make yourself heard in defense of Peace and Human Rights!
You can do this by sharing content on social media, taking part in demonstrations and reporting problems.

16 PEACE, JUSTICE
AND STRONG
INSTITUTIONS



Vote!
Exercise your rights and
your civic duty: use your vote!

PARTNERSHIPS FOR THE GOALS

***Strengthen the means of implementation
and revitalize the Global Partnership for
Sustainable Development.***

Collaborate with organisations that contribute
to the SDGs by volunteering in your free time.

Go to uc.pt/en/voluntariado page and find
out who needs you most!

17 PARTNERSHIPS
FOR THE GOALS



Get involved in projects that promote
national or international co-operation.
UC initiatives generally involve multiple partners
who foster the mobilisation and involvement
of the university community. Your involvement
is important for a collaborative environment
focused on sustainable development!

Please visit **<https://www.uc.pt/en/sustainability/>** to find out more about the University of Coimbra's contribution to sustainable development! For detailed information on the Sustainable Development Goals of the United Nations 2030 Agenda, please refer to the official website at **www.un.org/sustainabledevelopment/**

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