



UNIVERSITÀ  
DI TRENTO

# UniTrento Green Guide

For Incoming  
International Students





*"We depend on this planet to eat, drink, breathe, and live. Figuring out how to keep our life support system running needs to be our number-one priority. Nothing is more important than finding a way to live together - justly, respectfully, sustainably, joyfully - on the only planet we can call home."*

**Annie Leonard**  
American activist  
Executive Director of  
Greenpeace USA



## GLOBAL CONTEXT

Climate systems are changing rapidly as a result of human activity, primarily due to burning fossil fuels.

Record high temperatures and more frequent extreme weather events are occurring all around the world. Much of the world's progress has been powered by economic growth which has come with a heavy environmental price tag attached and we are now stretching the earth's resources to the breaking point.

## UNITRENTO SOSTENIBILE

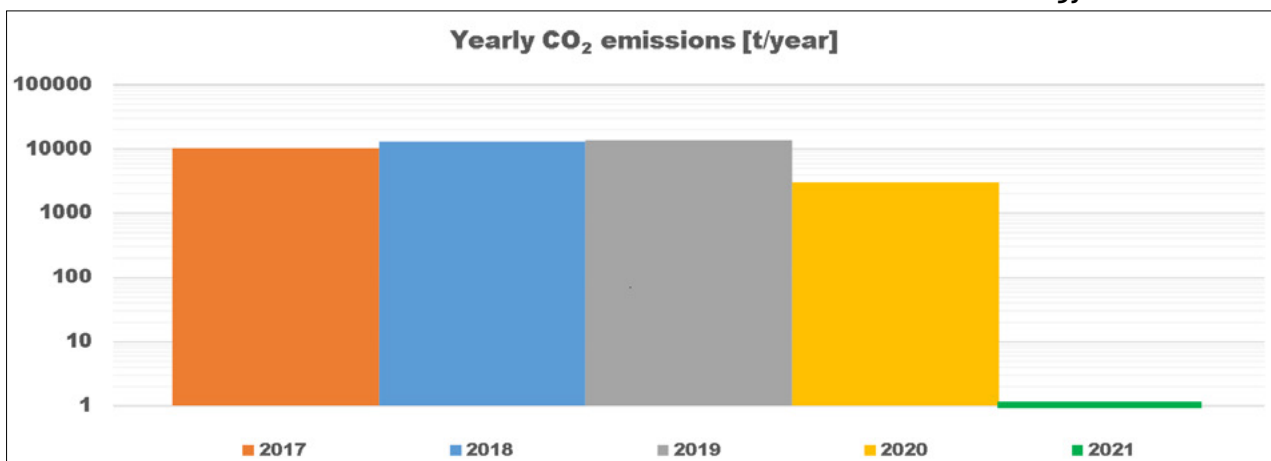
The **UniTrento sostenibile** is the strategy of the University of Trento to collect and put in place sustainability actions in a wide range of areas, involving many organizations, departments and centres and a variety of stakeholders. The initiative includes many sectors and activities: energy sources, water, mobility, greenhouse gas emissions, waste management, just to mention a few. Given the breadth of the notion of sustainability, the university felt the need to gather all actions for sustainability under one strategy and brand to make it recognizable and unequivocally tied to the University of Trento.

The 100% of the electricity used by University buildings comes from renewable sources with a certified guarantee of origin.

This enabled a resetting of the CO<sub>2</sub> emissions linked to electrical energy in 2021, as shown below.



Unitrento Emissions of carbon dioxide due to electrical energy



**Green Office.** The establishment of the Green Office in UniTrento—which is made up of the Delegate for Environmental Sustainability and the representatives of students and relevant organizations involved in the sustainability actions included in the **Environmental Sustainability Plan** – is another step forward in the implementation of actions that aim to achieve sustainability goals.

UniTrento is committed to work with Opera Universitaria to ban single-use plastics from university restaurants and canteens and to promote green procurement for catering services to avoid single-use plastics.

The University is also exploring solutions to replace plastic cups supplied by hot beverages vending machines. The choice of the type of compostable cup will be based on the type of waste that can be processed by the waste treatment plants located in the Province of Trento.

## INTERNATIONAL RELATIONS DIVISION AWARENESS CAMPAIGN

Change starts with the awareness that all our behaviours have consequences. **Knowing and understanding** what the final result of our actions will be is the first step in changing bad habits.

For this reason, the International Relations Division, in synergy with the Green Office, is promoting a series of activities addressed to international incoming students, such as the UniTrento Green Guide, in order to raise awareness on the importance of adopting sustainable behaviours to reduce impact on their host city. In doing so they also contribute to the objectives of the UN 2030 agenda and EU values.



## THE UNITRENTO GREEN GUIDE

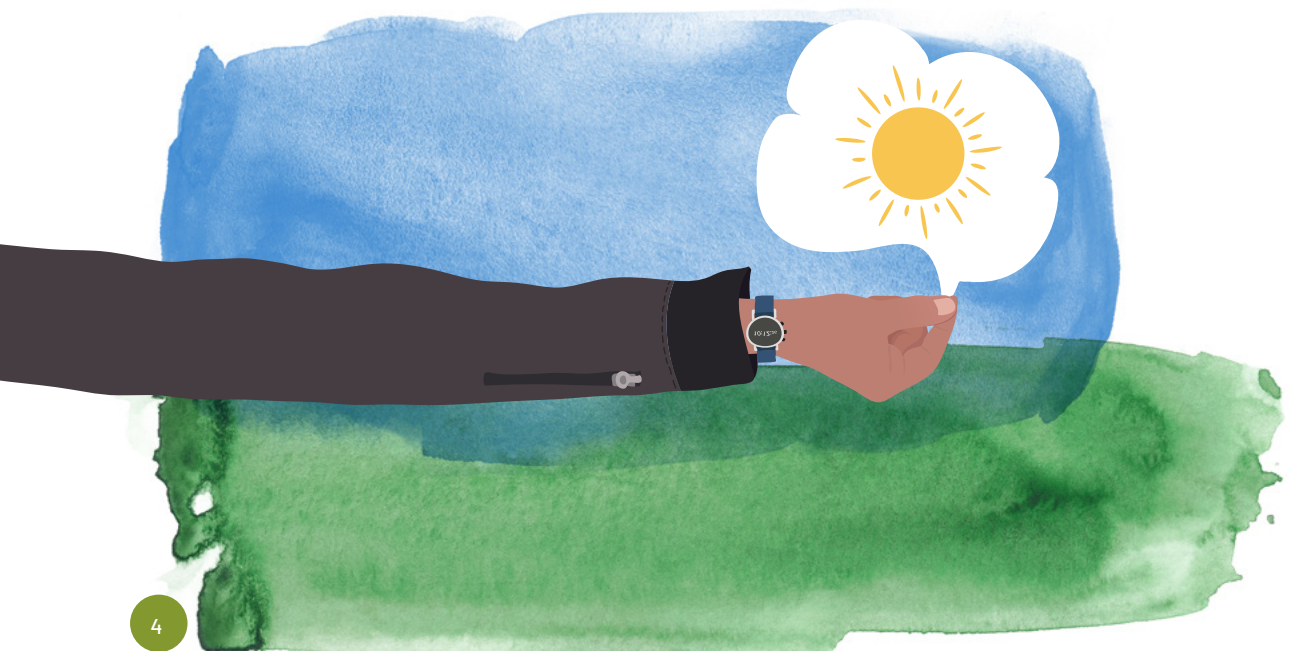
After the pandemic period, you can finally carry out your mobility physically and enjoy and discover the world. The importance of physical mobility is not only based on the academic component and the discovery of a different university, but it is also connected with a personal and social point of view.

It is a unique opportunity for growth and a valuable occasion to create networks. However, this experience that you waited so long for and are looking forward to living brings into play a tough aspect: the impact on the world and the footprint that you leave behind is connected to your mobility.

The goal of this **Green Guide** is to remind you some of the most sustainable daily practices collecting them with the aim of providing you with more details about the problem and possible solutions to make the city of Trento as green as possible.

The guide is structured according to three specific moments: **before, during and after the mobility**. Furthermore, it is intended as a working progress document since it is open to suggestions and notes coming from the users. Please feel free to contact the International Relations Division at [international@unitn.it](mailto:international@unitn.it).

As you already know, a very small action could have huge consequences and this can help us make the green revolution easier.



# Get ready to enjoy your international mobility experience to the limit.

The first step to make the change is achieving a high level of awareness and here you can find some useful information and tips that will be really life changing.

## Before the mobility

### Tip 1 - Be smart with your luggage

Let us start with the fact that the lighter you pack, the less your flight will pollute. When you are getting ready for your experience abroad, consider all the seasons you will face during your mobility period and to the extent possible pack clothes you can wear in various types of weather.

In case you need any other clothes, choose second hand shops: you will sustain both the local economy and the environment.

### Tip 2 - Reach Trento in the most sustainable way possible

Get informed about the environmental policy of the airlines and select the most sustainable one.

If you can choose, travel by train or by the least impactful means of transportation: it will be the perfect occasion to change your mindset and start a real green experience. Even a small part of your journey using the most sustainable means of transport makes the difference: do not underestimate your actions!

### What do you know about...

#### the impact of cotton?

To produce a cotton t-shirt 2700 litres of water are used. The same amount consumed by a person in a time-span of 2,5 years.

The cultivation itself causes terrible damage to the land due to the use of pesticides and the enormous amount of water required, in addition to the social damage created by the cotton market.

### What do you know about...

#### Green Travel Top-Up?

If you are on mobility within the Erasmus+ programme (European Countries) you can benefit from **Green Travel Top-Up** in two ways:

- the recognition of travelling days (up to 4) in terms of a grant;
- a financial contribution if you reach your host city or home city with sustainable transportation (bicycle, train, car sharing, bus).

Ask your Home Institution.

### Tip 3 - Get ready to be involved in green initiatives

Discover all the available green initiatives, especially those organized by the University of Trento and the city of Trento.

Prepare yourself and get involved in the process of change.

### What do you know about...

#### European Mobility Week?

During September every year, on the occasion of the *European Mobility Week*, UniTrento with the city of Trento and in collaboration with the Environmental League (Legambiente), participates in the Giretto d'Italia. This is an event aimed at promoting cycling culture in cities and in particular for home, work and school commutes.

### Tip 4 - Make your check list green

Try to list the goals you want to achieve during the mobility and give it a green edge to never forget your commitment: walk and bike more, dedicate your free time to discover the city's natural surroundings, become a daily environmental activist by changing little bad habits that have highly impactful consequences.



# During the mobility

## Tip 1 - Use less. Recycle the rest

At UniTrento waste is separated in all buildings. Paper, plastic and general waste is collected in different bins. Our goal is to reduce general waste flows to the bare minimum.

## Tip 2 - Measure your carbon footprint

It is important to understand what contributes to your carbon footprint in order to reduce it.

Look at [www.footprintcalculator.org](http://www.footprintcalculator.org)

## Tip 3 - Walk, bike and take sustainable means of transport

Combine business with pleasure! Walk and bike around the city, it's a great way to discover the area and to keep moving. Otherwise, use public means of transportation or carsharing, for example.

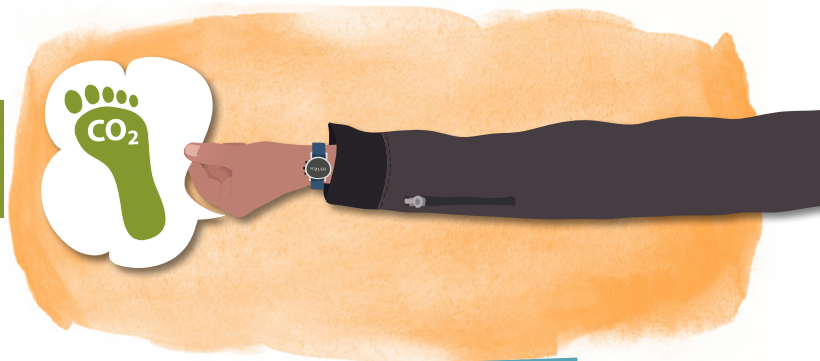


## What do you know about...

### Trento separated waste collection?

Trento is at the forefront of environmental care and promotes an easy recycling policy for everyone enjoying the city. Read carefully the list provided by the city related to waste product separation.

Visit the [Municipality webpage](#).



## What do you know about...

### the green initiatives on public transport?

The Free Circulation pass for in-town and out-of-town public transportation is the pass with a special rate (50 € per year) for students (including PhD) at the University of Trento which allows you to travel throughout the Province.

Carsharing Trentino is a service that allows the citizens to book and drive a shared car without incurring in the costs of purchasing, maintaining, refuelling, parking and insuring it.

Bike sharing Trentino is an environmentally friendly public transport service commissioned by the Province of Trento which encourages the use of public bicycles, including electric pedal-assisted bikes.



## Tip 4 - Free time... spend it green

You are in Italy, the *Bel Paese*. During weekends or University closure, take the chance to visit other cities but do it green.

For example choose ecolabel hotels and green transports. Check the websites of major Italian transportation companies for itineraries and prices. For more details about ESN card's discounts contact [ESN Trento](mailto:trento@esn.it) at [trento@esn.it](mailto:trento@esn.it).

**Trentino Alto Adige** region is the **symbol of sustainable tourism** in Italy.

Discover the beautiful natural environment, neatly grown valleys and clear lakes practising green sports such as trekking, biking, snowshoeing, canoeing, sailing and also visit a mountain hut in which you can eat local food.



## Tip 5 - Seek more sustainable food

- Write a shopping list and stick to it to minimize food waste.
- Buy local or fair-trade food to support improving the working conditions of farmers.
- Get into the heart of Trento and start buying at local markets to discover the incredible quality of 0km food and other local resources. It is the perfect way to narrow the gap between you and your host city.
- Try to reduce eating high-impact food, for example red meat and processed food.
- Shop for bulk items to avoid packaging waste and do not forget your reusable shopping bag.
- Since you are an incoming student and surely you have house mates, what about cooking in turns using cheap recipes for many people or empty fridge recipes?

## What do you know about...

### Trento local markets?

During the week, some markets where you can buy 0km food take place in different areas of the city.

Look at the [Municipality Webpage](#)

## What do you know about...

### the apps that monitor food waste?

Every day, in bars, restaurants, hotels, grocery stores and supermarkets a large amount of food is thrown away, simply because it is not sold on time. On line there are many apps that track daily food consumption and waste and allow users to purchase and collect these products at a super advantageous price, directly from retailers.

## Tip 6 - Use water, energy and other natural resources wisely

Here are some handy tips and simple ideas:

- shorten your shower and if possible, take a shower instead of a bath. A five-minute shower uses about 40 litres of water. This is about half the volume of a standard bath;
- turn off water when you brush your teeth;
- use your automatic washing machine or dishwasher only for full loads;
- don't let the faucet run while you clean vegetables ;
- energy efficient light bulbs reduce gas emissions. Also flip the light switch off when you leave the room;
- switch off and unplug unnecessary electronic devices.



## Tip 7 - Follow sustainable fashion

Buy second hand clothes if you forgot something necessary at home. Try to avoid useless shopping and be essential in your choices. Be sure to give your clothes another chance: sell them or give them away to someone in need. Alternatively, what about exchanging clothes with the new friends you got to know during your mobility?

Clothes you are completely fed up with could be an appreciated brand-new item for someone else.

## What do you know about...

### UniTrento strategy for reducing single-use plastic?

The extraction of water and production of all those plastic bottles is notoriously harmful to communities and wildlife. The University, within its Environmental Sustainability Plan developed a roadmap to reduce the amount of single-use plastics. Drinking water dispensers are installed in vending machine areas in the University's departments and centres. The water is purified on site and can be used to fill personal bottles and the "still" or *naturale* option is available for free. This action aims to encourage students to prefer tap water to bottled water.

## What do you know about...

### second-hand shops?

Trento is a small town that always looks to the future and has some nice shops with second-hand clothes and accessories. Search there for your new clothes, at the same time you will help the planet and local entrepreneurs.

## Tip 8 - Understand local problems and get involved

Try to understand what you can learn from Trento and what you can do to help make it a better place.

Look around you and try to understand your surrounding necessities. Bring with you your good habits and share them with your friends and local people and seek to learn from them too. Find your role in the green change movement and get involved in the local initiatives to make your commitment concrete.

## What do you know about...

### collaborating with UniTrento Green Office?

If you are a student and if you want to collaborate on organizing events or workshops and you are passionate about sustainability and have a concrete project idea, feel free to contact the **Green Office** [unitrento-sostenibile@unitn.it](mailto:unitrento-sostenibile@unitn.it)



*“Reducing food waste is one of the most important things we can do to reverse global warming”*

**Chad Frischmann**  
Climate Change Expert

# After the mobility

## Tip 1 - Bring with you all the new green habits

Do not forget about your green new habits, share them with your family, friends and your community trying to find social initiatives around you to promote this low-impact lifestyle.

## Tip 2 - Travel green

Consider the idea of going back home in a greener way, take a less polluting means of transportation. Enjoy a slow journey visiting new cities and taking the time to reflect on your international mobility experience.

## Tip 3 - Remember the 5 R's hierarchy

As citizens of a global society we have a responsibility to manage our waste sustainably. We can do this following the five R's of waste management: **refuse, reduce, reuse, repurpose, recycle.**

Do not forget these easy actions that will have enormous consequences on your daily actions.

**REFUSE:** say no to unnecessary product packaging and request reusable or returnable containers

**REDUCE:** cut the use of harmful, wasteful, and non-recyclable products

**REUSE:** choose sustainable alternatives to replace all of the single-use items

**REPURPOSE:** for every item that cannot be refused, reduced, or reused, try repurposing it. You may be surprised to learn how many common products serve more than one purpose

**RECYCLE:** after you refuse, reduce, and reuse, recycle properly. Recycling is the most environmentally friendly waste disposal method

*Ecological problems are the political frontier of the future.*

**Isabel Allende**  
writer





## **CONTACTS**

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