



TARTU
ÜLIKOOL

Green Vibes @unitartu: Your Sustainable Start

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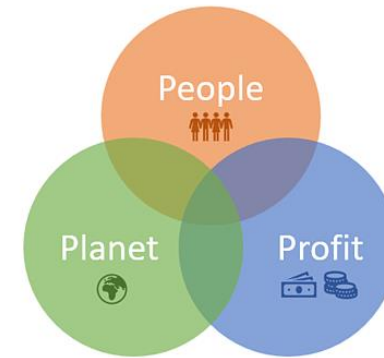
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What is Sustainability?



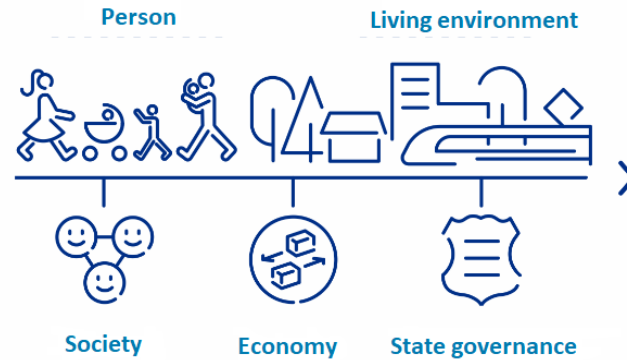
**United
Nations**

„Meeting the needs of the present without compromising the ability of future generations to meet their own needs.“

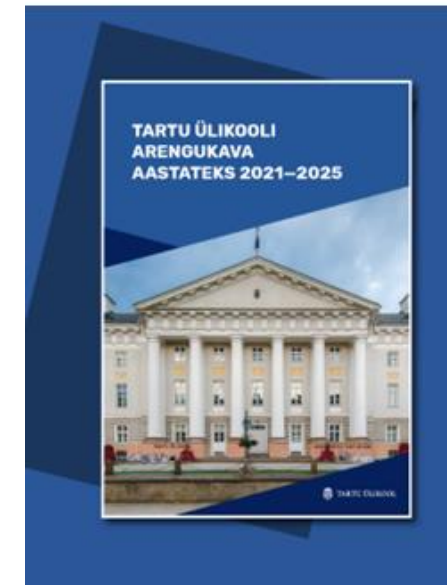


Sustainability at the Core of University of Tartu

Strategy "Estonia 2035"



UNIVERSITY OF TARTU STRATEGIC PLAN 2021-2025



Sustainability Initiatives at University of Tartu: Pioneering Change



Centre for Sustainable Development



Natural History museum and
Botanical Garden



University of Tartu Museum



Tartu Student Village



Sustainability Initiatives at University of Tartu: Pioneering Change

RESEARCH

- Top scientists and research in directions related to sustainable development
- Policy advice by researchers (state, local governments)
- Cooperation with companies (e.g., development of green technologies)
- International cooperation (e.g., ENLIGHT)
- communication of scientific achievements

STUDIES

- Outstanding lecturers in various fields who deal with the topic of sustainability in education
- Curricula related to sustainable development (eg. Environmental technology; Environmental Governance and Adaptation to Climate Change).
- Subjects related to sustainable development in various fields (e.g. Sustainable urban areas under conditions of global change; Concepts of Sustainable Development, etc.)

ORGANISATION

- Inklusivity Advancement: Equal treatment, mental health support, and best practices.
- Energy-Efficiency: University infrastructure and solar panels
- Urban Green Enhancement: Maarjamõisa, main building, and bike parking areas.
- Environmental Review
- GHG footprint assessment

Empowering Sustainability: The Why?

Improved Health and Enhanced Well-being

Cost Savings

Higher Quality Products

Innovation and Creativity

Community Engagement

Positive Impact and Personal Growth

Role Modelling

Ethical Satisfaction

Reduced Clutter

Educational Opportunities

Respect for Nature

Long-Term Perspective

...

Becoming a Sustainable Student: Practical Steps for Your Sustainable Start



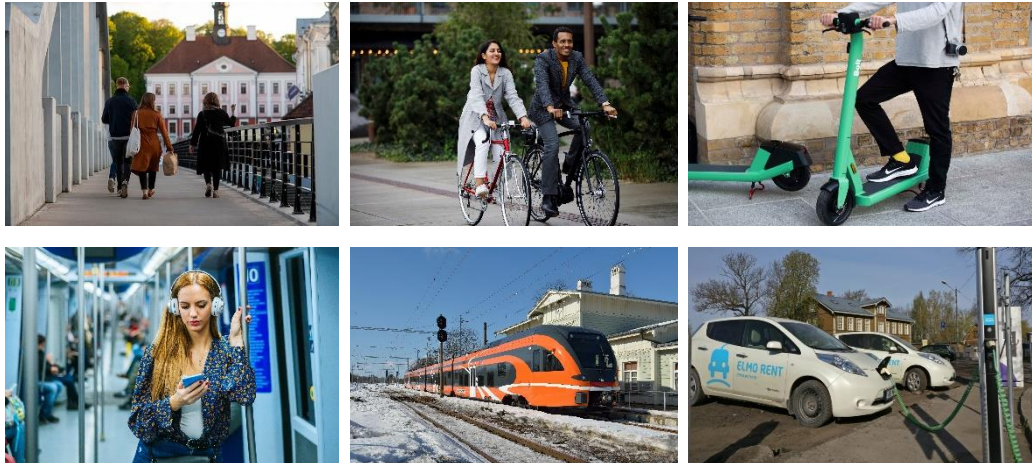
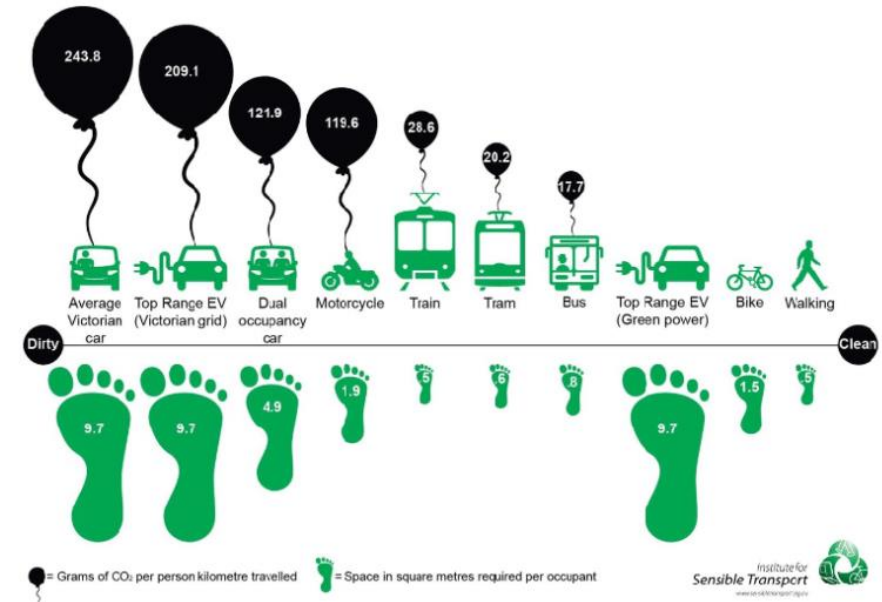
TRAVEL

- Travel by land! Sea! Air-last resort!
- Consider ways of transport:
 - When in Tartu (walk, run, bike,)
 - When in Estonia (bus, train - we have them)
 - When travelling the World ...

Calculate your travel footprint:

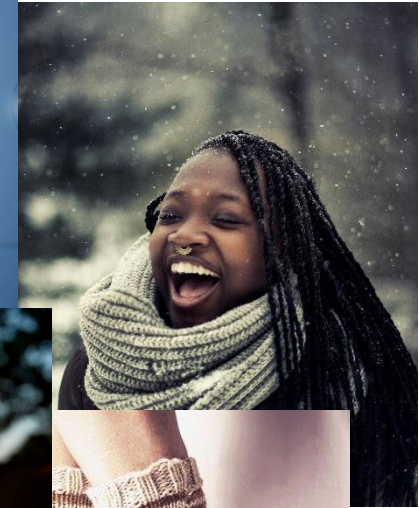
<https://the-shift.org/carbon-footprint-calculator/>

The hierarchy of sustainable transport



ENERGY

- Turn off appliances and lights at the plug when not in use. –careful with equipment you do not know!
- Ensure proper use of your boiler and heating controls. Program the system according to your needs. – be careful with water boiler, temperature too low may cause bacteria to grow!
- Coordinate heating times with housemates and avoid unnecessary warmth.
- Seal drafts to retain warmth;
- Combat dampness for better heating efficiency and your well-being.
- Keep your place well-ventilated to release moisture.
- Keep yourself warm with proper clothing.
- Consider fire-safety rules, when burning candles or making fire!



FOOD AND WATER

- DRINK TAP WATER
- BRING YOUR OWN CUPS/MUGS/DISHWARE
- AVOID DISPOSABLE ONES
- Opt for seasonal, local, and organic plant-based foods.
- Explore local fruit and veg market, no-packaging stores shops, or start a bulk-buying group with friends.
- Minimize surplus food by freezing, sharing with others, or using sharing apps.
- Grow your own food in gardens or windowsill pots.
- Support independent shops, bakeries, butchers, and local producers instead of supermarkets.
- Steer clear of highly processed, single-use packaged snacks with low nutritional value.

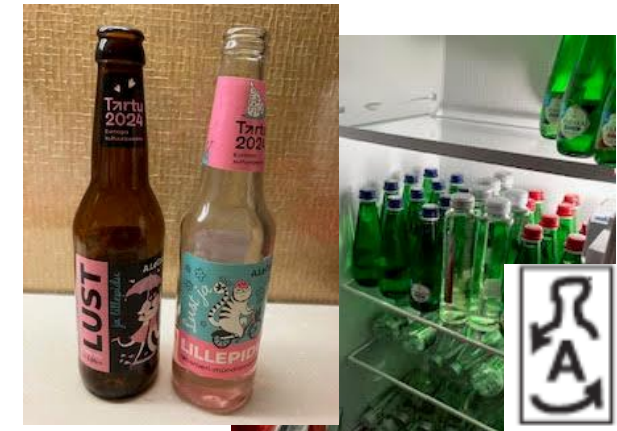


PRODUCTS AND SERVICES

- BE A CONSCIOUS CONSUMER!
- LESS IS MORE AND BETTER
- Clothing – choose natural materials and sustainable brands

The 5 Rs of fashion: Reduce, rewear, recycle, repair, resell

- Find second-hand/thrift stores for clothes/furniture/items:
 - <https://taaskasutuskeskus.ee/>
 - <https://sobraltsobrale.ee/>
 - Humana.ee
- Sell unnecessary stuff on:
 - FB Marketplace
 - Soov.ee
 - Osta.ee
- Eating out/ordering or at venues
 - Ringo.eco
 - <https://eestipandipakend.ee/>











WASTES

- In our University we sort:
 - Biodegrading materials
 - Packaging
 - Paper
 - General waste
 - Batteries
 - Electronics/devices
 - Hazardous chemicals/materials
 - Department specific wastes




ENJOY WHAT LOCAL NATURE HAS TO OFFER

- 1. Stress Reduction:** Nature has a calming effect that can reduce stress levels and promote relaxation. Natural environments provide a break from the fast-paced demands of daily life.
- 2. Mental Clarity:** Time in nature can clear your mind and enhance focus. It offers a chance to step away from technology and constant stimulation, allowing for improved cognitive function.
- 3. Physical Health:** Outdoor activities encourage physical movement, promoting cardiovascular health, stronger muscles, and improved overall fitness.
- 4. Vitamin D Exposure:** Sunlight is a natural source of vitamin D, which is essential for bone health, a strong immune system, and mood regulation.
- 5. Enhanced Mood:** Exposure to nature is linked to increased levels of serotonin, a neurotransmitter associated with happiness and well-being.
- 6. Creative Inspiration:** Natural settings can spark creativity and innovation by providing a peaceful backdrop for generating ideas.
- 7. Improved Sleep:** Regular time in nature can help regulate sleep patterns and improve the quality of sleep.
- 8. Strengthened Immune System:** Immune function can benefit from exposure to diverse outdoor environments, helping the body build resistance to various allergens and pathogens.




Best Trails in Tartu
★★★★ 79 Reviews
Ready to check out the best trails in Tartu for hiking, mountain biking, climbing or other outdoor activities? AllTrails has 12 hiking trails, mountain biking routes, backpacking trips and more. Discover hand-curated trail maps, along with reviews and photos from nature lovers like you...
[Show more](#)




Directions Share

Activity Difficulty Length Suitability More filters

Top trails (12)



Moderate - ★ 4.6 (22)
#1 - Elva ürgoru matkarada
Uderna, Tartu, Estonia
Length: 15.1 km - Est. 4h 33m
Elva-Vitipalu Landscape Protection Area



Moderate - ★ 4.3 (13)
#2 - Tartu Riverside Walk
Tartu, Tartu, Estonia
Length: 5.5 km - Est. 1h 17m

Photos: Jarek Jõepera, Visit Estonia

MORE INFORMATION WILL BE
RELEASED ON DEDICATED WEBPAGE.

REMEMBER, EVEN SMALL
SUSTAINABLE ACTIONS ADD UP – JUST
LIKE THE SLIDES IN THIS
PRESENTATION.

WELCOME! ENJOY YOUR JOURNEY
AND MAKE IT SUSTAINABLE!

AITÄH!

