A student’s guide to

more sustainable living

Environmental Collective of Students
The University of Adelaide
Our way of life is threatening the future of the planet. However, while there is so much that each of us can do to live a more sustainable life it is important not to get overwhelmed. Just remember, every little change or action makes a difference, and together we can all contribute to creating the change that is needed.

The aim of this guide is to bring together some of the ways you as a student can lead a more sustainable lifestyle on and off campus. It is by no means an exhaustive or comprehensive account of what sustainability is all about, but it is hoped that by showing you some of things you can do, no matter how big or small, we can help create a greater movement of people concerned with the health of our planet and its inhabitants.

This guide is still in its infancy so if there is anything you feel we should add for the future or anything you take issue with (or if you just want to have a rant), please feel free to contact us, the Environment Collective of Students (ecos@auu.org.au).

If the rest of the world lived like we do in Australia we’d need 3.6 Earths to sustain our demands on nature. In ecological footprint terms, Australia is big-foot ...
1. Reducing harm on the environment

1.1 Cleaning

Body and Hair

Most conventional shampoos and conditioners contain substances that will disturb the body’s natural balance and can cause overly dry, oily, or sensitive skin. When buying a product, make it a habit to turn it around and read the list of ingredients; the fewer ingredients the better. By avoiding the following ingredients, you not only protect your skin but also the environment by preventing harmful chemicals from entering the sewage system.

NO GOs

- Mineral oils (Petrolatum, Paraffin)
- Parabens (Butyl-, Ethyl-, Methyl-, Propyl-)
- Polyethylene glycol or PEG
- Sulfates (Sodium Lauretha/Lauryl Sulfate, often mentioned as SLS/SLES)
- Triclosan

Better choices for your body and hair are natural and organic products.

LUSH (www.lush.com.au), which can be found in Rundle Mall, is highly recommended as all their products are supposedly handmade, vegetarian, and made from ethically sourced ingredients.
Toilet paper

Approximately only five percent of the toilet paper we flush away in Australia is made from recycled paper\(^2\). The rest of our smelly butts are being wiped on paper made from virgin fibre from plantation or native-forest trees. Buy recycled paper! Every supermarket sells it. Recycled doesn’t mean bad quality, you’ll get the same product while reducing greenhouse emissions, saving water and energy, and lowering landfill use.

Washing detergent

Many detergents have contents that are not only harmful to the environment but can also cause allergies and irritated skin. Companies try to trick you to buy many different kinds of products in order to get clean clothes, but you really don’t need much at all!

Soap Nuts: Soap Nuts are a natural surfactant and a great alternative to traditional washing powers or liquids. Put 5-6 nuts in a tied sock together with your laundry, wash them as you normally would, and you get fresh and clean clothes. The nuts can be used 4-6 times before you need to throw them away. Eco-friendly and cheap! In Adelaide you can buy them at Wild Thyme in North Adelaide and online from the New Internationalist Shop (www.newint.com.au/shop/)

Wash your clothes with cold water

About three-quarters of the energy and greenhouse gas emissions from washing a load of laundry comes from heating the water\(^3\). Unless you’re leaving massive stains in your underpants, there’s no reason to be washing with hot water.

Set your washing machine to cold and the quickest washing cycle available. Your clothes will come out smelling so fresh and so clean, and you’ll have significantly cut your energy use. In winter, minimise your use of the dryer, as it’s a money and energy zapper.

Clogged drains

Mix some vinegar and baking powder in a bowl. It will hiss and fizz a bit. Pour it down the drain. Let it be for a few minutes and during this time, boil some water. Pour boiling water down the drain and leave for a while. If it hasn’t unclogged, repeat the process once more.

Fruit flies

To get rid of fruit flies, fill a small glass with apple cider vinegar or balsamic vinegar, put some plastic wrap over the top and poke small holes in the wrap so the flies can get in. They’ll get their dirty feet stuck in it and die.

1.2 Shopping

After buying text-books, paying rent, and eating, life as a student doesn’t leave you with funds to buy much else.

Second-hand shopping is a growing trend in Adelaide, and for good reason. Not only is it good for the environment – it’s also a great way to save huge amounts of money while getting a more personal fashion style. You can find furniture, things for the kitchen and books at second hand stores as well. No need to go to IKEA for everything!

Buying clothes second-hand can be better for your health, as all the toxins in the fabric have already been washed out. Many new clothes are full of chemicals that you really don’t want to have close to your skin, and the more a garment has been washed - the better. Reducing the amount of new clothes being produced is a great way to do something good for both the planet and for people. A lot of the second-hand stores in Adelaide are non-profit organisations who use the money they earn for great causes. Winning!

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Great Op-shops in and around Adelaide

Kings Park Salvos
307 Goodwood Road, Kings Park SA

Goodwill Findon
156 Findon Road, Findon

Red Cross Thrift Store
284 Rundle Street, Adelaide*

Savers Noarlunga
12- 18 David Witton Drive Noarlunga

Vinnies Superstore
320 Grange Road, Kidman Park

Save the Children Blackwood
253 Main Road, Blackwood

Quakers Kensington
51 Kensington Road, Kensington

Magdelene Bargain Centre
46 Carrington Street, Adelaide*

Adelaide Salvos
422 Morphett Street, Adelaide

Red Cross Thrift Store
1267 South Road, St Marys
   * close to Uni

Flea Markets and second hand stores

Fisherman’s Wharf Market
Black Diamond Square, Port Adelaide

Pooraka Market
Burma Road, Pooraka

That Dapper Market
17 Park Terrace, Bowden
   (infrequent – check their Facebook page)

Flinders Street Market
Flinders Street, Adelaide

It’s also worth checking out:

Beneath the Seams – Fairwear South Australia
A South Australian based Facebook group that brings together a community of fashion and social justice enthusiasts who care about where their garments come from, and want to see a movement in the fashion industry towards ethical clothing.

TRADE*LAIDE Facebook Group
An Adelaide Facebook group of people interested in trading items for other items – strictly no cash exchanges.

Reading is sexy!

Second hand books and where to find them

Oxfam Second hand book Shop
5-7 Hutt Street Adelaide. (Personal favourite)

The Book Shed
1 Euston Road, Aldgate

The Student Co-Op
Second-Hand Textbook Market on Campus
   (studentcoop@auu.org.au)

Studentvip.org.au
Nationwide Textbook Exchange
(Great for selling your old textbooks)

The vast majority of op shops also stock a huuuuuuuuuge array of second hand books.

1.3 Recycling

BYO coffee cup

Every minute, over one million disposable coffee cups end up in landfill globally⁴.

Definitely buy yourself a reusable cup. Grassroots sell them at Uni, as do most cafes worth their biscuit. Many places will give you a discount when you bring your own too. Yes please!

Re-usable water bottles

Tap water in Adelaide is fine, seriously ...

To produce bottled water, water has to be pumped out of the ground, packaged, transported and chilled before it gets to us. This creates over 60,000 tons of greenhouse gases a year in Australia alone. Buy a re-usable water bottle and take it everywhere you go. Refill it at cafes, restaurants or parks. It’s really easy and you’ll save so much money by not paying stupidly expensive prices for bottled water. It’s also much better for you than sugar-filled fizzies which will eventually land you with a dentist bill.

You’ll find a number of water refill stations around North Terrace campus. They have a tap on the side for easy bottle refills.

Recycling on campus

Did you know that on average, each Australian produces one tonne of rubbish per year? Reducing waste in our landfills and increasing recycling is important to recover valuable resources and reduce our impact on the environment. The Uni is working to provide more recycling options on campus and promote the importance of recycling.

Just so you know – here’s what can go in each of the recycling bins:

Landfill – Red
> Plastic wrapping e.g. glad wrap
> Foil wrapping e.g. chip packets
> Plastic bags
> Foam cups/trays

Recycling – Yellow - Important: No food or liquid
> Aluminium cans e.g. soft drink cans
> Steel cans e.g. tuna tin
> Cartons e.g. milk and juice cartons
> Glass bottles
> Plastic bottles
> Hard plastic containers (no plastic or foil wrappers)
> ‘Empty’ takeaway coffee cups (no liquid)

Paper/Cardboard – Blue
> Copy paper
> Coloured paper
> Post-it notes
> Envelopes (with and without windows)
> Newspapers and glossy magazines
> Flyers and brochures

Got any questions?
Email ecoversity@adelaide.edu.au

5 http://www.coolaustralia.org/bottled-water-secondary/
What you can do to reduce waste:

1) Bring lunches to Uni in reusable containers, use a refillable drink bottle and take a reusable coffee cup with you when buying take-away coffee.

2) When buying anything, look for goods with little or no packaging, and try to avoid single-use and over-packaged items.

3) Consider whether all documents (reports, emails, etc.) need to be printed or whether a soft-copy is sufficient. Go paperless if you can!

4) Read, note, edit and highlight on screen.

5) Recycle everything possible including plastic, bottles, cans and cardboard. These things all go in the yellow recycling bins you see on campus.

1.4 The interweb

Gumtree.com.au
Great for finding everything from free furniture, second hand bicycles, a knitting set, or a room in a great new share-house just out of the city.

Sohowfuckedarewe.org
This website asks people who wouldn’t normally give a rats about the environment to start by changing just one thing.

Freecycle.org
A grassroots and non-profit network of people giving (and getting) stuff for free in their own towns and keeping good stuff out of landfills.
There are also a ton of groups on Facebook for exchanging tools, meeting people in your local community, or practising a language.

1.5 Divestment

Something powerful YOU can do, to act on climate change ...

‘Divestment’ is the act of moving your money (generally in the form of stocks, bonds or funds) away from the fossil fuel industry. By divesting, we can help remove the financial and social license – and thus, shift the power - of certain companies. Divestment is a powerful moral and political strategy. “Fossil fuel companies are threatening to burn five times the safe amount of fossil fuels we are allowed to burn⁶. Going over the safety limit means we are likely to experience more natural disasters, global health problems, damage to societies and the economy. This prediction is supported by thousands of scientists from more than 200 countries (that’s majority, not minority!)”.

So how do we remove our money from fossil fuel industries?

The four big banks of Australia lend our money to fossil fuel companies. We can write letters to them, or if we are ready, we can switch banks.
We can encourage institutions and businesses we are part of, to divest from fossil fuels.
For more information visit: Market Forces (www.marketforces.org.au) and Go Fossil Free (gofossilfree.org.au)

Divestment success from around the world: 400 college and universities around the world have begun to divest as well as 22 municipalities and religious groups.

Divestment works! Be a part of this rapidly expanding global movement!

2. Sustainability on Campus

Green degrees
There are plenty of courses and degrees that cover all aspects of sustainability. Use the ‘Degree Finder’ on the Uni’s home page (www.adelaide.edu.au) to explore degrees that will take your career path in a sustainable direction. Start with searching for environmental, biodiversity and sustainability.

Sustainable research
Get involved with the University’s leading research on sustainability, including …

> Environment Institute
> Australian Centre for Evolutionary Biology and Biodiversity (ACEBB)
> Sprigg Geobiology Centre (SGC)
> Water Research Centre
Institute for Mineral and Energy Resources
> Centre for Energy Technology
> Centre for Tectonics Resource and Exploration (TRaX)
> South Australian Centre for Geothermal Energy Research
> Entrepreneurship, Commercialisation and Innovation Centre: ecic.adelaide.edu.au

For more info check out www.adelaide.edu.au/research

Ecoversity
Ecoversity is the University’s sustainability program, working to reduce carbon emissions from campus operations, and supporting staff and students to be more sustainable while on campus. Check out their website: www.adelaide.edu.au/ecoversity. The people behind Ecoversity are a friendly bunch, so feel free to ask them any burning sustainability questions you might have and/or get involved in some of the great events and programs they run on campus.

Ecoversity’s Green Project Fund
The Ecoversity Green Project Fund is an annual $100,000 initiative by the University to provide capital for projects that reduce the University’s environmental impact and advance the long-term sustainability of the campus and the campus community. Any student, staff member or operational group (faculty/school/institute) of the University may apply for a maximum of $20,000 (inc. GST) per project. Associated groups such as alumni and community organisations are encouraged to collaborate with applicants and serve as members of project teams. For more info and examples of previous projects check out: www.adelaide.edu.au/ecoversity/action/greenprojectfund

Green Steps @ Adelaide
Each year, Ecoversity hosts Green Steps @ Adelaide, an award-winning training program that introduces students to the sustainability in the workplace. After a six-day course (split over two weekends) presented by the Monash Sustainability Institute, students will have the opportunity to put their newly acquired skills and knowledge to work on a 5-day on-campus sustainability project. The training is fully funded for successful applicants. The program provides students with specialised sustainability training and real-world project experience which is great value on the resume! For more info, head to: www.adelaide.edu.au/ecoversity/action/greensteps
When it comes to your weekly food shop, a great start is to be a little more aware about packaging, plastic and knowing about where your food comes from. For example, do you really need to bag those fruit and veggies? Fruit and veg already have their own natural packaging, so what do you need those plastic bags for?

**Edible Garden on campus**

In the future, with more of us in the world to feed, growing quality local and fresh food will become more and more important. The Edible Garden on North Terrace Campus provides a place for students to pick and eat locally grown food for free. Through working bees, workshops and events, the students can learn to grow food, share best practices and recipes. Located next to the student kitchen in Hub Central, the Edible Garden provides a place to grow and pick edible herbs, fruits and vegetables. Staff, students and visitors to campus are welcome to visit and pick themselves ripe food. The garden is an Ecoversity initiative funded through the Green Project Fund and maintained by student volunteers through regular working bee events. More info here: [www.adelaide.edu.au/ecoversity/action/ediblegarden](http://www.adelaide.edu.au/ecoversity/action/ediblegarden)
3.1 Eco-friendly and delicious places to eat

South Australia is known as the ‘Foodie State’, and rightly so. We have a vast array of great restaurants and markets that provide delicious and healthy food. Some great places to try that have an ‘eco-friendly’ element to their practices are:

Earth’s Kitchen  
131 Pirie Street, Adelaide

Bliss Organic  
7 Compton Street, Adelaide

E for Ethel  
116 Melbourne Street, North Adelaide

The Howling Owl  
13 Frome Street, Adelaide

Vego and Love’n it  
240 Rundle Street, Adelaide

Wild Thyme  
101-103 Melbourne Street, North Adelaide

Café Troppo  
42 Whitmore Square, Adelaide

* Feel free to email us with any places that you think should be added to the list and why.

3.2 Where to buy ethically-sourced meat

‘Ethically sourced’ is undoubtedly open to interpretation, but if you want to eat meat and aren’t able to raise and process your own livestock, then it’s worth checking out these places.

Barossa Fine Foods  
www.barossafinefoods.com.au

P & A Organic Meats  
www.paorganiceats.com.au

* Many Farmers Markets also stock organic and ethically sourced meat.

If you find it too difficult to source organic animal products, why not give the vegetarian or vegan lifestyle a go? It's great for your health, great for the environment, and great for your conscience. For more info check out: www.happycow.net/becoming_vegetarian.html

3.3 Buy and eat seasonally

Eating strawberries in winter or oranges in summer means they’ve been flown in halfway across the world. We want access to everything all the time but our cravings come with a huge carbon footprint. A lot of energy is also wasted trying to grow food in the wrong place, at the wrong time of year. Seasonal produce will generally be tastier, cheaper, and have less of an environmental impact.
Summer
Apricot, Asparagus, Blueberry, Brown onion, Capsicum, Celery, Chilli, Eggplant, Fig, Kiwifruit, Nectarine, Passionfruit, Plum, Radish, Raspberries, Rhubarb, Yellow peaches, Zucchini

Autumn
Beetroot, Brussel Sprouts, Celeriac, Eggplant, Fuji apple, Granny Smith apple, Horseradish, Olives, Parsnip, Pear, Pomegranate, Quince, Shallot, Swede, Sweet Potato, Turnip

Winter
Braeburn apple, Custard apple, Fennel, Grapefruit, Jerusalem artichoke, Kale, Kohlrabi, Lime, Navel Oranges, Pink Lady apple, Red Delicious apple, Rhubarb, Sundowner apple

Spring
Asparagus, Avocado, Banana, Blood Orange, Bok Choy, Broad Beans, Broccoli, Cabbage, Carrot, Cauliflower, Celery, Cherries, Chinese Cabbage, Cucumber, Garlic, Ginger, Green Beans, Honeydew, Leek, Lemon, Lettuce, Loquat, Lychee, Mandarin, Mango, Mushroom, Paw paw, Peas, Pineapple, Pink Grapefruit, Snow Peas, Spinach, Silverbeet, Spring onions, Star-fruit, Strawberry, Sweetcorn, Tomato, Watermelon

For further info check out www.seasonalfoodguide.com or www.mygreenaustralia.com

A great way to buy seasonally while also supporting local producers, is to do your shopping at one of the many farmers markets in S.A.

3.4 Farmers markets
Goodwood Farmers Market
Wayville Showgrounds (Sundays 9am – 1pm)
Prospect Farmers Market
128 Prospect Road, Prospect (Thursdays 3pm-7pm)
The Market Shed
1 Holland Street, Adelaide (Sundays 9am-3pm)
Organic and Sustainable Market
Plant One Fifth Street, Bowden (Saturdays 9am-1pm)
Adelaide Hills Farmers Market
23 Mann Street, Mount Barker (Saturdays 8.30am-12.30pm)
Mount Pleasant Farmers Market
Mount Pleasant Showgrounds, Melrose Street (Saturdays 8am-12pm)
Adelaide Central Markets
Grote Sreet, Adelaide (Closed Sundays and Mondays)

3.5 Grow your own food
Eating food straight from your own garden is incredibly satisfying. It’s also great for your health and your wallet! You don’t need much space, or even a green thumb to grow simple herbs and veggies at home with heaps of guides available online. Here’s a favourite: littleveggiepatchco.com.au/blogs/news/7968699-10-best-beginner-plants
If growing your own food remember to compost. It’s a great way to reduce food wastage, while recycling vital nutrients back into the soil at the same time which will help your garden grow even better. Some local councils even offer subsidised compost bins.
For those who live in student accommodation or with no space to grow anything, why not help out at the University’s very own Edible Garden, gain some experience, and some veggies! Join the Facebook group ‘Edible Garden on Campus’ or visit www.adelaide.edu.au/ecoversity/action/ediblegarden
3.6 Eat less meat and dairy

In Australia, livestock is the third largest source of greenhouse gas emissions (more than transport)7. While becoming a vegetarian is a great way to reduce your environmental impact (and save money), it’s not for everyone. However, by replacing meat with vegetables, lentils, tofu, or the like, you can still have a huge impact. A great idea is to try the ‘Weekday Vegetarian’ idea, where you try to restrict your meat consumption to just the weekends. If everybody did this, it’d be like half the world were vegetarians, meaning less GHG emissions and more land available for producing other types of food to feed more people.

3.7 Food sharing

Ripenever.me

An amazing initiative from right here in Adelaide - now all over the world - that allows people to connect with urban growers through an interactive map (same as google maps) while showing locations of free public fruit and herbs. If you find you’ve grown way too much spinach in your backyard garden, simply list it on this site and swap it for some eggs with one of your neighbours. You can also buy fruit/veg/ herbs from your neighbours at a really low cost. Awesome! Here’s the link: www.ripenear.me

3.8 Labels and certifications

Fair Trade

Fair Trade certification ensures a better deal for farmers and producers in the developing world through a fair and stable price for their produce, security of long-term contracts, investments in local community development, improved working conditions, and environmentally sustainable farming methods. Products that carry the Fairtrade label such as tea, coffee and chocolate have met the standards set by Fairtrade Labelling Organizations International (FLO).

Australian Certified Organic

Products with the Australian Certified Organic logo represent; Free range, cruelty free, non GM, pasture fed, socially responsible, sustainably fished, biodiversity friendly, and grown free from synthetic pesticides, herbicides, hormones and antibiotics. If your coffee is not Fairtrade or locally grown it’s not real coffee. Here’s where to buy Fairtrade coffee and products around Adelaide.

### Cafés & Restaurants

1. **Blue Lemon Espresso**  
   Shop 29A/217 North Terrace
2. **Botanic Gardens Kiosk**  
   Adelaide Botanic Gardens  
   North Terrace
3. **Café Troppo**  
   42 Whitmore Square
4. **Coffee Branch**  
   32 Leigh Street
5. **Earth’s Kitchen**  
   131 Pirie Street
6. **Eros Café**  
   275 Rundle Street
7. **Fair Espresso**  
   9/20 James Place
8. **Falafel Stop**  
   120 Gouger Street
9. **Grass Roots**  
   Telstra House  
   30 Pirie Street
10. **Hudsons Coffee**  
    41 Currie Street
11. **Hudsons Coffee**  
    23 King William Street
12. **Hudsons Coffee**  
    Memorial Private Hospital  
    Sir Edwin Smith Avenue  
    North Adelaide
13. **Hudsons Coffee**  
    Wakefield Hospital  
    270 Wakefield Street
14. **Hudsons Coffee**  
    Calvary Hospital  
    89 Strangways Tce North Adelaide
15. **Jamaica Blue**  
    The Myer Centre Adelaide  
    22 Rundle Mall
16. **Joy Discovery**  
    13 Bent Street
17. **Relax In Vintage**  
    The Myer Centre Adelaide  
    22 Rundle Mall
18. **San Churro**  
    300 Rundle Street
19. **San Churro**  
    43 Gouger Street
20. **Saporito Espresso**  
    38 Currie Street
21. **Sass Coffee**  
    314 Pulteney Street
22. **Side Street Café**  
    14 Wyatt Street
23. **Signatures Café**  
    Shop 23, Charles Street
24. **The Perfect Cup**  
    Shop 26, Central Markets
25. **Tea-Net Adelaide**  
    46B King William Street
26. **T2**  
    276–278 Rundle Street
27. **Turi Caffe**  
    3/25 Grenfell Street  
    Grenfell Plaza
28. **University of Adelaide**  
    All Grassroots cafes  
    on campus  
    North Terrace
29. **Adelaide Aquatic Centre**  
    Jeffcott Road  
    North Adelaide

### Stores (Includes café)

30. **Acacia Arts**  
    187–189 Hutt Street
31. **Better World Arts**  
    Shop 4A  
    Victoria Square Arcade
32. **Bliss Organic Café**  
    7 Compton Street
33. **Coles Supermarket**  
    21–39 Grote Street
34. **Coles Supermarket**  
    Rundle Place  
    77 Rundle Mall
35. **E for Ethel**  
    Shop 7, 116–120  
    Melbourne Street  
    North Adelaide
36. **Fireflies**  
    City Cross Arcade  
    Rundle Mall
37. **Foodland Supermarket**  
    71 O’Connell Street  
    North Adelaide
38. **Foods for Life**  
    58A Gawler Place
39. **Goodies & Grains**  
    Shop 22, Central Market Plaza
40. **House of Health**  
    Stall 23, Central Markets
41. **IGA Supermarket**  
    281 North Terrace
42. **IGA Supermarket / Market Shed on Holland**  
    33 Gilbert Street
43. **IGA Supermarket**  
    232 Hutt Street
44. **City East IGA the fine food store**  
    116 Hutt Street
45. **IGA Supermarket**  
    113 O’Connell Street  
    North Adelaide
46. **Kappys Coffee and Tea House**  
    1/22 Compton Street
47. **Metro Convenience**  
    159 Hindley Street
48. **Moore Crafts**  
    Topham Mall
49. **New Internationalist**  
    15 Austin Street
50. **Oxfam Shop***  
    10–16 Charles Place
51. **People, Planet, Purpose**  
    Shop 2, Charles Street
52. **The Coffee Bean Shop**  
    Stall 58, Central Markets
53. **The Co-Op Coffee Shop**  
    129 Currie Street
54. **The Grind@Central***  
    Stall 14, Central Markets
55. **Wave Gourmet***  
    19 Gilles Street
56. **Wilson’s Organics***  
    131 Pirie Street
57. **Woolworths Supermarkets**  
    80–88 Rundle Mall

### Functions & Entertainment

58. **Adelaide Convention Centre**  
    North Terrace
59. **National Wine Centre**  
    Hackney Road
60. **Adelaide Town Hall**  
    King William Street

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Look for the Fairtrade mark

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4.1 Bike bike baby

More and more students in Adelaide are choosing to get to Uni (and everywhere else) by bike. Why not join them and save money on transport while getting fit at the same time. Adelaide is the perfect place to ride because it’s pretty flat, the weather is pretty good (except for a few bleak months of winter) and there is an expanding network of bike paths being built in the city and surrounding suburbs.

Navigate

Planning a safe route is quick and easy. You can use google maps which now has a bike transport mode, or you can use the Cycle Instead Journey Planner, maps.sa.gov.au/cycleinstead

Bikes are allowed on trains, but not buses or trams. If you can’t be bothered cycling home, or you’ve had a few too many brews at the Uni Bar, catch a train with your bike. www.adelaidemetro.com.au/jp/plan
Stay safe

Bike lights are important, USB rechargeables are fairly cheap and good to use all times of the day, not just at night. Remember to wear bright colours (you don’t have to rock a fluro vest to be seen). Adelaide drivers expect you to ride on the left (or in the bike lane if there is one), indicate and to be predictable. Avoid sudden movements or changes of direction when cycling in traffic and remember to ring your bell if you are passing a pedestrian on a shared use path, even if they have headphones in - it’s good manners!


Bike sheds & end of trip facilities

There are a number of secure bike sheds located on the North Terrace Campus. Details here: www.adelaide.edu.au/ecoversity/campus/cycling

To gain access to the sheds contact the Ask Adelaide team on 8313 5208 or talk to them in the Hub. Uni campuses are regularly targeted by bike thieves so buy a decent lock (a u-bolt is best) and use the bike sheds.

Bike maintenance

Check out the Adelaide Bike Kitchen for all your bike maintenance needs. They will teach you how to fix your bike AND host meals to bring together like-minded individuals.

www.adelaidebikekitchen.com

Consider enrolling in a bike maintenance course with Bike SA - these courses usually have a cost attached. Bike SA run social ride events and can teach you bike skills e.g. safe ways to ride in city traffic.

www.bikesa.asn.au

There are also mobile bike maintenance vans (like the RAA but for cyclists) that you can call if you get stuck on the road (they will cost you some $):

www.adelaidemobilebicycleservice.com.au
cycle2u.com.au
www.mastercyclemechanic.com

Purchasing your trusty steed

There are many second hand sites to find a cheap bike (just don’t get a rust bucket!)

Gumtree: www.gumtree.com.au
Bicycle Exchange: www.bikeexchange.com.au
eBay: www.ebay.com.au
Local garage sales: www.greatgaragesales.com.au or find garage sales on Gumtree

City Bike shops:
Super Elliot Cycles
200 Rundle Street*

Mega Bike
197 Rundle Street*

Giant Cycling
Hindmarsh Square*

Treadly Bike Shop
10/5 Ebenezer Place*

Reid Cycles
176A Pulteney Street

Bicycle Express
124 Halifax Street

Corsa Cycle Centre
182 Gouger Street

Little Black Bike
224 Franklin Street

* close to campus
A student’s guide to more sustainable living
After hours safety checklist

The following suggestions for your Safety Checklist may assist you when travelling outside of campus hours.

- Keep mobile phones, Ipods, laptops etc out of sight
- Only bring essential items with you when visiting the campus
- Try to move around the campus in pairs or groups at night time
- Stick to well lit and popular walk ways
- Know the location and number of the Campus Security
- Consider using the Security Escort Service
- Program the security emergency numbers into your mobile phone

Useful links

- Ecoversity End of Trip Search Engine
  adelaide.edu.au/ecoversity/topics/transport/cycling
- Journey Planners
  adelaidemetro.com.au
  maps.sa.gov.au/cycleinfrastructure
- Where does Ecoversity start? Here. With you.
  adelaide.edu.au/ecoversity

$ave money

$ave money

Save city travel time

Get fitter

Smaller carbon footprint

Walking and Cycling Guide
4.2 Out and about in Adelaide

Sustainability is not just about the environment and things we need to reduce or refrain from. There is also a social and cultural element which is just as important. Below is a list of activities you can do in and around Adelaide to get back in touch with ‘nature’, exercise, meet people, and discover some of the many great things this city and surrounds have to offer.

Hiking

There are plenty of great spots to hike around Adelaide especially in the Adelaide Hills, including:

Waterfall Gully, Mt Lofty
Starting at the carpark at the end of Waterfall Gully Road, this is a very popular walk up a beautiful gully along First Creek, ending at a lookout over the Adelaide plains.

Onkaparinga Gorge, Piggott Range Road
Car park Gate 12 of Onkaparinga Gorge National Park
A simple but beautiful walk down to some huge cliffs on the Onkaparinga Gorge.

Marion Coastal Walking Trail
Rugged cliffs, small coves and a rocky coastline passing through Hallet Cove.

More trails here: www.southaustraliantrails.com/trail_experiences.asp

If you don’t have the energy for hiking, why not have a cat nap in the Mt Lofty Botanical Gardens, a great place to visit any time of year (especially in Autumn).

The beaches

South Australia is home to some really beautiful beaches - sure we may not have the surf of the East coast, but we also don’t have their jellyfish. Port Noarlunga has a great beach to check out which also has a reef if you’re keen for some snorkeling or scuba action. Henley and West beaches are nice spots close to the city and Semaphore is another good one to check out. All are great places to spy pods of dolphins swimming past. If you’re wanting to try out your surfing skills (or lack of), Middleton beach, not far from Victor Harbour, is a safe option.
Geocaching

This is basically an outdoor treasure hunt. The idea is to use a GPS or smartphone to locate a hidden container (a geocache), record the find and then share your experience online with the rest of the Geocaching community. There are caches hidden throughout the Adelaide CBD (including several within the University) as well as an abundance throughout the hills and beyond. This is a great way to explore any new city you visit. More info: playandgo.com.au/index.php/geocaching-what-it-is-and-how-to-do-it

Meetup.com

A great way to meet others who share your interests, with ‘meetups’ for walking groups, language conversation, singles, book clubs, film clubs, artists, dancers, gamers, etc. you get the picture.

What if ART ruled the world?

Nourishing for the soul, there is plenty of art around Adelaide to inspire you and help you procrastinate instead of writing that essay.

Top spots to spy street art:
Morphett Street Bridge Pylons
Corner Elizabeth Street and Franklin Street
Many laneways throughout the city

Art galleries and art for sale from local artists include:
Urban Cow Studio
Frome Street
E for Ethel
Melbourne Street
Council of Objects,
Ebenezer Place
The Jam Factory
Morphett Street
5.1 Clubs and groups

Are sustainability and environmental issues close to your heart? Maybe you’re interested in humanitarianism? There are a number of different organisations at Uni where you can take your actions further and meet amazing like-minded people.

- University of Adelaide Oxfam Uni Group
- ECOS Environmental Collective of Students
- Amnesty International Adelaide Uni Group
- University of Adelaide Oaktree Club (aimed at youth under 26)
- Fair Trade Collective Uni Group
- Adelaide University Animal Welfare Club
- Pride
- VGen
- The Student Co-Op
- South Australian Young Greens
- Resistance
- Red Cross Club
- Edible Garden on Campus
- Effective Altruism Adelaide
- Adelaide University Philosophy Club
Look, it’s not expected that we can do everything on this list right away, but every little bit counts and we’ve all got to start somewhere. Choose one of the goals below and then build from there. It can be much easier to make big changes when you’re doing it with others, so why not kick things off by joining one of the environmental or humanitarian groups on campus. It always helps to meet like-minded people and together we can be the change that we want to see.

Contact us for more information: ecos@auu.org.au
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5.2 Action list

- Bring a reusable drink bottle to campus and refill
- Recycle … seriously it’s not hard
- Cycle around town - don’t try it alone, go with friends the first few times if you need
- Choose Fair Trade and ethically sourced products - never buy more than you absolutely need
- Get in touch with food and how it’s produced by joining the EG on campus or head to your local FM
- Explore nature …
- Join a club …