

sustainability bulletin



ISSUE 14 May/June 2020



AT A GLANCE

Food relief support programs in Tasmania

What could your future career in Sustainability look like

Exciting new ventures for sustainability at UTAS

The University of Tasmania has taken a huge step forward in our involvement with sustainability leadership both internally, locally and globally.

With strategic funding and staffing support endorsed by the University Sustainability Committee, the UTAS Sustainability Team are now providing facilitation and administrative support to a number of organisations and initiatives (see article on page 3), including the internal University EFS Community of Practice, the multi-partnered group EFS Tasmania and Global Climate Change Week, with the latter program transferring from the University of Wollongong through 2020.

Bringing these activities together allows the potential of even greater synergies to be gained for the benefit of all the organisations and programs involved.

Are you interested in driving actions and solutions for climate change?

The Global Climate Change Week Committee is looking for UTAS staff to join the committee to support and deliver the project

Send through a very short EOI by COB Friday July 10 to Professor Fred Gale (Fred.Gale@utas.edu.au) or Dr Kim Beasy (Kim.Beasy@utas.edu.au). They can be contacted on the email address listed above for any questions too.

Fight climate change and help the University to maintain its carbon neutral certification – for free

The University of Tasmania has been carbon neutral certified since 2016 under the Australian Commonwealth [Climate Active Carbon Neutral Standard](#). As part of the certification, we offset our greenhouse gas emissions by investing in projects that prevent, reduce or remove emissions.

UCapture is a green-tech platform that offsets our University's carbon footprint, for free, when you shop online. We are not asking you to shop more (please don't!) but to let UCapture work while doing your usual shopping.

How does UCapture work?

1. Visit UCapture/UTAS to get started
2. Install the UCapture Extension. It works in most browsers including Edge, Firefox and Chrome.
3. Join UCapture: create your account.
4. Let it work: you don't have to do anything else.

UCapture will automatically activate 25,000+ stores when you go to their website, triggering them to fund certified carbon offset projects when you shop. Selected offset projects support forest regeneration and biodiversity, biogas to energy, wind energy and energy efficiency in six countries around the world.

What's in it for you?

- Save the planet: help combating climate change by earning carbon offsets for free.
- Save money: UCapture also applies the best coupon code available when you reach the checkout page.

What about privacy?

- UCapture does not track your browsing or collect personal information.

If you have questions or comments, please contact the [Sustainability Team](#)



On Monday June 1, staff and students were invited to join project presentations by SIPS students.

Thank you to Kawinwit Kittipalawattanapol (Ink), Eloise Bennett, Rani Greig, Tim Boyle, Ellen-Rose Sorensen, Zi Long Chow, Mahalia White-McColl, Mary (Jess) Jeyasingham, Sharifah Syed-Rohan, Jess Flint and Kenneth Wu for their presentations.

Students have adapted their projects to working from home this semester, and we are impressed by their commitment to continue their work during these challenges and to acknowledge the barriers to working from home. In this issue we hear from two of the SIPS interns about how they have done this.

How are we working towards sustainability goals at the University?

My main project goals were to assess the energy use of the Launceston Clinical School and assess areas for improvement, as part of a social and moral responsibility for future medical practitioners... I really like that I manage to do this project because with the readings I understand the role of buildings in energy consumption, how they contribute to greenhouse gasses and climate change and also to prepare questions for the building manager. My project is awaiting data and the lifting of restrictions before I can do more. I am looking to identify unnecessary energy consumption and reduce it, and in the long term hopefully this will increase what is called 'planetary consciousness' in other health care professionals.

Zi Long Chow, SIPS Intern semester 1 2020

My project was a student engagement project designed to communicate sustainability on campus, and to achieve this I created a podcast talking about the work that the University has done in the past... students only tend to see the end product of these projects and not necessarily the process, so my task was to peel back the curtain and let people in to see the process for achieving sustainability goals... Through the research phase I narrowed down the focus to energy, waste and transport and added carbon management because that was a huge part of the story and sustainability

governance. [Through interviews with staff and students] I created stories that show how a project comes from being an idea in someone's head to something that students can actually see and interact with on campus... when I started I didn't know how an organisation becomes certified carbon neutral, talking to people, listening to their stories and how passionate they are about their jobs was really rewarding... A week before I was due to finish UTAS was ranked third [in the Times Higher Education Rankings] for climate change action... I realised how through small steps and small actions that people do on campus we can actually achieve a very major global goal... and seeing how all the small steps fit together to end up with this amazing outcome was really rewarding.

Ellen-Rose Sorensen, SIPS Intern semester 1 2020

Check out Ellen's Sustainability@UTAS podcast

Congratulations to Kawinwit Kittipalawattanapol (Ink) who has finished his SIPS Fellowship on biodiversity engagement for students and updating biodiversity information in the Natural Space Management discussion paper.

In recent decades due to changes in how we live, the move to more urban areas and spending more time looking into screens people might not have a chance to go out into nature and there is a sense of disconnect. Therefore, my project is to help address this issue and to help protect natural values by increasing intrinsic values and encouraging lived experience for students and people surrounding UTAS campuses. The aims of my project were to promote intrinsic values of nature and biodiversity around the University and Tasmania and to help with conservation of those values, as well as to help students orientate around campuses while learning about natural values.

I enjoyed learning about the natural values on the campuses and surrounding areas, and how we can be involved in the decision-making processes and through citizen science.

Kawinwit Kittipalawattanapol (Ink), SIPS Fellow 2019-2020

Green Impact, our staff sustainability engagement program

Congratulations to the Student Mobility team who are leading in the points this week and welcome to the Reach Out! CoSE Community Engagement team!

Join the [Green Impact Yammer group](#) for regular [#actsofconnection](#) run by the ACTS team with staff from other Australian and New Zealand universities, so far there has been an online yoga class, plawking (picking up rubbish on a walk), a class with tips on looking after indoor plants and a challenge for World Earth Day!

The students involved in the program, the Green Impact Project Assistants, are looking forward to supporting teams through pre and post audits in semester 2.

In the Yammer group we are sharing ideas for actions that you can do from home as well.

[Ask us](#) if you are unsure how your activities might fit in the Green Impact program.



Attendees at the SIPS end of semester 1 presentations, 2020.

Do you have a great idea and would like to pitch a project for students in 2021?



Head over to the [SIPS webpage](#) to nominate a project for next year.

What is it? What does it mean? How can you get involved?



Join ACTS to connect with other sustainability champions in higher education.

[Australasian Campuses Towards Sustainability \(ACTS\)](#) is a non-profit organisation supporting and encouraging sustainability practise in campuses across the Australasia region. The organisation is based on bringing members together and enabling positive change within the community by providing resources and supporting engagement activities. Green Impact, ACTS conference, Green Gown Awards Australasia are a few of the many programs and initiatives delivered by ACTS. Members of our Sustainability Team are volunteer Board members, with Corey Peterson serving as ACTS President and Carmen Primo Perez the ACTS Treasurer.

Staff or students can register as individuals under the [UTAS institutional membership](#) with ACTS, using their UTAS email to access heaps of member-only resources for free. Once you have a user account with ACTS, you also get free access to both AASHE (North America) and EAUC (UK and Ireland) resources.

Follow ACTS on social media channels through [Facebook](#), [Instagram](#), [Twitter](#) and [LinkedIn](#) for sustainability campaign updates or sign up to receive the [enACT bulletin](#)



Promote the globally supported Sustainability Development Goals (SDGs) in your community with SDSN.

[The Sustainable Development Solutions Network \(SDSN\)](#) promotes the 17 SDGs among its global network of members from private and public industry sector, universities and community groups. Members of the SDSN engage in problem solving, policy writing and engagement through education for the SDGs. There are also regular grant opportunities highlighted for projects around the world.

Use your UTAS email address to become a member of SDSN Global for free by submitting this [registration form](#) and identifying your specific areas of interest. You can also follow SDSN Global on [Twitter](#), [Facebook](#) or [LinkedIn](#) to stay updated on global SDG news.



Learn more about what other institutions are doing in the world of sustainability as part of AASHE.

The [Association for the Advancement of Sustainability in Higher Education \(AASHE\)](#) made its debut in December 2005 and launched the

Sustainability Tracking Assessment & Rating System (STARS) in 2010. This rating system has four levels Bronze, Silver, Gold and Platinum and is currently used by the Sustainability Team at UTAS to assess the progress of sustainable action on campus. AASHE recently released a guide aligning the STARS framework to the SDGs, this document will help universities such as our own, who are signatories for the SDGs, to track and report our contribution towards them. Read more on different institutions sustainability initiatives and their STARS ranking on the [STARS portal](#).

Staff and students at UTAS can [connect with AASHE](#) through the AASHE bulletin and social media or using your [ACTS login](#) to access member-only resources and trainings.



Explore United Kingdom and Republic of Ireland higher education sustainability efforts through the Alliance for Sustainability Leadership in Education with the EAUC.

[EAUC](#): the Alliance for Sustainability Leadership in Education are a not-for-profit, member-based charity, run by members for members since 1996 based in the UK and Ireland. EAUC helps leaders, academics and other professionals drive sustainability to the heart of their post-16 education institutions. EAUC were the originators of the Green Gown Awards and lead across the world in sustainability in education, including an impressive resource collection available to [ACTS members](#) for free.



Connect with fellow Tasmanians through Efs Tas.

[Education for Sustainability Tasmania \(Efs Tas\)](#) is a group of local passionate individuals using education as the main tool of engaging with sustainability. This locally based group works with its partner organisations to increase and provide resources for sustainability education projects. Efs Tas is a United Nations-recognised Regional Centre of Expertise in Education for Sustainable Development with UTAS as a core steering group member.

If you're passionate about sustainability education or would like access to resources on sustainability education, become a member of Efs Tas by filling out this [form](#). Members have access to networking events, capacity building workshops and opportunities to promote sustainable events. You can also keep in contact with Efs Tas by signing up to the [newsletter](#) or following them on [Facebook](#), [Instagram](#) and [Twitter](#).

What could your future in a sustainability career look like?

In April and May, the University of Tasmania's Sustainability and Careers Teams co-hosted two virtual events, the University's first virtual Sustainability Careers Panel and Expo.

On 23 April the Sustainability Careers Panel introduced three UTAS alumni who discussed how sustainability has shaped their careers and the experiences and skills that helped them land their exciting roles. Students had the opportunity to speak with Pratik Vhatkar, a former SIPS student currently working for the Department of State Growth, Jenni Klaus from the CoSE Science Engagement Team and the co-director of March 4 Earth, and UTAS Climate Scientist Tom Remenyi who works in the Climate Futures Research Group.

Following the April Panel event, on 7 May the Sustainability Careers Expo was an opportunity for students to virtually network with industry partners and learn about how they apply the United Nations Sustainability Development Goals (SDGs) within their organisation. Industry partners also presented on graduate internship opportunities and volunteer programs for students. Ten organisations presented at the Expo including Hobart Airport, Tasmanian Climate Change Office (Department of Premier and Cabinet), Ombudsman Tasmania, Bicycle Network, Hydro Tasmania, Tasmanian Land Conservancy, TasNetworks, Landcare, Parks and Wildlife Discovery Rangers and Eat Well Tasmania.

Thank you to the Panel and Expo presenters, MCs and the attendees who made these events such a success!

Students can access recordings of the Sustainability Careers Panel and Expo in [Career Connect > My Career Essentials > Resource Library](#).

Staff can access the recordings by contacting the [Sustainability Team](#).



Tom Remenyi (top left) Varunjani Jayaseelan (panel host - top right) Jenni Klaus (bottom left) and Pratik Vhatkar (bottom right) at the virtual Sustainability Careers Panel

Food relief and support programs in Tasmania

Thank you to the work of the Sustainability Committee Food Culture Working Group at the University led by Dr Sandra Murray and SIPS Intern Mahalia White-McColl for bringing together information about food relief and support programs in Tasmania.

In part 2 of my project I researched and reached out to community groups to find out where we can access food for free or at affordable prices. I was also lucky to join a working group with different UTAS staff across Tasmania, across the different campuses, and we worked collaboratively to put together an information sheet about where you can access food for free or support if you need it... my favourite part was in bringing people together in February, and to build a garden from the ground up, literally getting our hands in the dirt to make a difference. Mahalia White-McColl, SIPS intern Semester 1, 2020

You can find this guide with contact details and the types of donations required on the [University's Food and Gardens page](#).

Thank you to Varu and Mahalia for the following recipe ideas for a cosy winter day (see page 5).



FOOD SECURITY AND SUPPORT PROGRAMS IN TASMANIA

Here are some ways to support your community and ensure you have enough nutritious food during these challenging times.

Always keep up to date with the latest government regulations and information: www.coronavirus.tas.gov.au

33%

of students indicated they were satisfied with the food on-campus

*Approximately

37%

of students are dissatisfied with the affordability of food on-campus

*Approximately

38%

of students reported they had ran out of food and were unable to purchase more on at least one occasion

*Approximately

Creating a sustainable food culture at UTAS

The UTAS Sustainability Committee's Food Culture Working Group has been established to develop a guiding vision for sustainable food culture on our campuses that address procurement, preparation, waste management, growing, vending, food systems education, climate change and carbon emissions and external providers. We are now busy working on a UTAS Healthy and Sustainable Food On-Campus strategy. To inform our strategy we included six new food-related questions in the recent UTAS Student Sustainability Survey (March 2020). Approximately 33% of students indicated they were satisfied, 30% neutral and 37% dissatisfied with the affordability of food on campus. From a food access perspective, we were concerned that approximately 38% of students reported that they had ran out of food

and were unable to purchase more on at least one occasion.

In response to these findings UTASLife, TUU Student Food Revolution Society, the SIPS program and local community organisations are collaborating to set-up food access initiatives for students. Also, a follow-up student survey is being developed to further explore the prevalence, predictors, consequences and possible solutions to the food insecurity challenges reported by students. If you would like to join the Food Culture Working Group please email sandra.murray@utas.edu.au. If you would like to join the TUU Student Food Revolution Society, please email lisa.liew@utas.edu.au.

Author: Sandra Murray



The Community Garden at Hobart Apartments.

Mahalia's Creamy Carrot Soup



The Ingredients

- 8 large carrots (approximately 1 kg)
- 1 vegetable stock cube
- 1 teaspoon of olive or vegetable oil
- 1 teaspoon of salt
- 1 teaspoon of pepper
- 3 cups of water
- 1 can of coconut milk

Cut the carrots roughly into pieces. Place a pot on the stove (I recommend putting this on the woodfire to slow cook if you have one, but a normal stove does work well too!), and add the oil, stock cube, salt and pepper, and heat until the stock cube dissolves, around 1 minute. Add the carrots to the pot with the 3 cups of water and put the lid on. Boil until the carrots are soft. Remove from the stove and add the can of coconut milk. Blend the soup with a stick blender, serve and enjoy!

This recipe makes a really big pot of soup, enough for 6 big bowls, perfect for a cold night to share or save it for later! The ingredients aren't expensive and can be purchased from your local grocer, the perfect combination for a winter's evening.

Find out more about SIPS here:
<https://www.utas.edu.au/infrastructure-services-development/sustainability/SIPS>



Varu's turmeric latte recipe



The Ingredients

- Any type of milk
- ½ - 1 teaspoon of turmeric powder
- ½ teaspoon cinnamon
- ½ teaspoon ginger (optional)
- ½ tsp vanilla essence (optional)
- Grind of black pepper
- Honey or maple syrup to taste (you can increase or decrease the quantity of the spices to your personal preference)

Put all the ingredients into a saucepan and stir constantly over low heat till hot, not boiling (or pour milk and ingredients to a microwavable cup, mix well and microwave till hot for 2-3 mins, keep an eye out if you're using cow's milk as it can boil and spill over). Once hot pour into mug and sprinkle little more cinnamon to serve.

Hailing from Sri Lanka I've always used turmeric in savoury dishes and curries and as a facemask (do not try this you will look yellow for a few days). It wasn't until the golden latte became a millennial trend in Australia that I tried it and fell in love with the golden deliciousness. I love having a turmeric drink filled with anti-inflammatory health benefits. It reminds me of the warm tropical sunshine from home and the beautiful golden beaches.

FYI - Curcumin which gives turmeric its vibrant colour is also the main attributer for its health benefit. However, the amount of curcumin in turmeric is very low. Mixing turmeric with pepper which has the compound piperine and fat-containing liquid (coconut milk) increases the availability of curcumin. <https://www.whitneyerd.com/2019/03/health-benefits-turmeric-lattes.html?fbclid=IwAR16MRPpnRfEY0L1XxkgegesjBetIDRgFotyqopi6b-mXM46QM-BTPrtvN3o>

Find out more about SIPS here: <https://www.utas.edu.au/infrastructure-services-development/sustainability/SIPS>



Leadership in action by UTAS student Yanqi Wang

Putting her creativity and social work skills to practice Yanqi has been busy growing seedlings in her apartment, creating art from recycled materials, teaching online Auslan classes for fellow students and through her role as a Residential Leader making welfare checks on her fellow students.

Yanqi said: *At student living I help organise events such as Game of Soles, a walking / running challenge to encourage students to get outside a little bit. I am also running Hands On For Auslan workshops, sharing my sign language skills with other student residents, both virtually and face to face. My role also involves making weekly welfare calls with student residents, checking if they are doing well physically and mentally during this challenging time.*

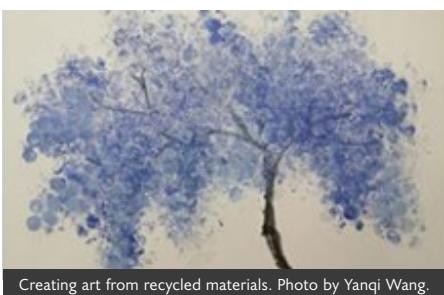
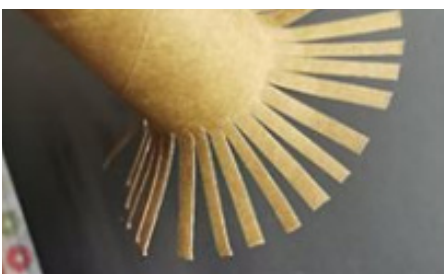
A special thank you to Yanqi and the other Residential Leaders for their inspiring work for their peers. Yanqi has been studying community development through her Masters of Social Work course and her work placement with the Sustainability Team last year.



Growing seedlings in her apartment. Photo by Yanqi Wang.



Creating art from recycled materials. Photo by Yanqi Wang.



Creating art from recycled materials. Photo by Yanqi Wang.

Benefit of participating in online quizzes – socialising during COVID-19

During the peak of the COVID-19 lockdown the Sustainability Team designed, hosted and participated in a series of zoom-based quizzes. Two of these events served as a social engagement activity for past and present SIPS students and staff. Additionally, members of the Sustainability Team took part in a trivia night organised by the UTAS Landcare Society, UTAS Avian and UTAS Biological Sciences Clubs.

The quizzes were loosely sustainability-related, and activities ranged from multiple-choice trivia, to matching change-the-world anthems to contestants, and even classic Sale of the Century 'who am I?' questions. The quizzes functioned not only as a great distraction from current events but also as a 'get to know you' activity between participants. Some of the questions elicited personal responses and explanations from contestants, for example: "peanut butter: crunchy or smooth?". Other questions served as a stage for participants to demonstrate skills in certain types of thinking, for example: unjumbling sustainability-related words.

The COVID-19 lockdown has dramatically changed our avenues of social and professional engagement and forced us to adapt to online alternatives. Continuation of meetings, productivity and UTAS-related events have been saved by using platforms like Microsoft Teams or Zoom and its breakout rooms. However, principles such as sense of community, social nourishment

and solidarity have been some of the hidden benefits also allowed to continue by pivoting communication to these online formats.

The Sustainability Team acknowledges the intrinsic value of participating in or organising social events, either during the remainder, or following the COVID-19 period. These quizzes were a gentle reminder that we humans are truly social creatures. Moreover, although everyone has different social requirements, social engagement is a key component of good mental health. If you or someone you know are struggling during the transition out of the lockdown period then please visit: <https://www.utas.edu.au/safety-and-wellbeing/health-wellbeing>

Trivia Quiz Night

UTAS student clubs the Biological Sciences, Landcare and Avian clubs collaborated to host a very wonderful trivia quiz night! With seven rounds, featuring animal calls, photos and interesting facts, the event was a great way to end the semester.

Congratulations to the students who organised the event Ellen-Rose Sorensen, Kawinwit Kittipalawattapanol (Ink), Andi Magnusson, Peter Vaughn, Evie Drinnan, Katya Badow and Nicola Potter.

As one of the questions asked, can you name all 12 species of endemic Tasmanian birds?



Sustainability staff and SIPS Interns pondering the answers at a quiz.

Green Gown Awards Australasia

Applications are open for the 2020 [Green Gown Awards Australasia](#)! Contact the [Sustainability Team](#) if you are interested in nominating a colleague, program or initiative at UTAS.



2020 Red Cross Oration

Climate Council CEO Amanda McKenzie will present this year's Red Cross Oration online on July 2. Amanda is one of the best known public commentators on the climate crisis in Australia. [Register](#) your attendance and for more event information visit the [Facebook event page](#).



Donations with heart in the North West

While onsite volunteer numbers were restricted at her local community garden, Davina Smith has been making hearts and heart DIY kits for families receiving food donation boxes in the North West. If you would like to help out you can find instructions at [1000hearts](#).

Volunteering Opportunities

Opportunities for volunteering in sustainability are shared through [Career Connect](#), when you register select 'sustainability' to be notified of upcoming opportunities to get involved.

If you are a student at UTAS head onto Career Connect, to sign up as a UTAS volunteer.

UTAS alumni and community members can also find great volunteering opportunities through [Volunteering Tasmania](#).

Tackling our waste to landfill across the University this July

Get involved in our staff waste challenge for [Plastic Free July](#)! Set waste as an agenda item for your next team meeting, use our [waste analysis template](#) and identify the top actions you can take to avoid waste to landfill.

Make a difference with the [student Waste Diary Challenge](#) and go into the draw to win a \$50 voucher!

How well do you know your waste? Test your waste education skills in our online quiz or take part with a group of friends.

Register on [Eventbrite](#) for our online screening of the Story of Plastic and join the panel event and Q&A in late July.

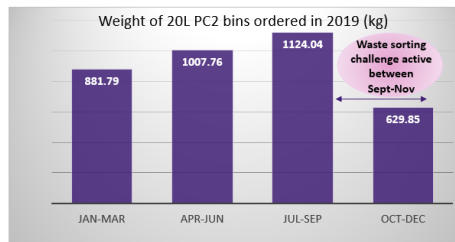
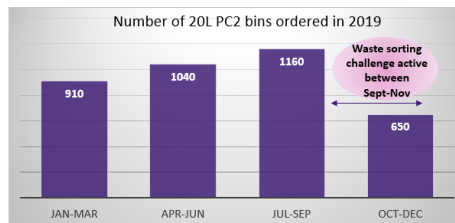
Join the waste themed [Science in the Pub](#) featuring UTAS staff on 2 July.

Resources for staff and students will be available throughout July on our [Resource and Waste Management](#) page.

An inspiring Green Impact story from Allison Ogden at the University of Melbourne

What impact can a waste audit actually have? Through a waste audit challenge last year and improved separation of waste in their labs they were able to reduce the overall volume of waste by 500kg!

LABORATORY RESEARCH WASTE AUDITS



Did you know?

- 1 x empty 20L PC2 bin = ~ 1kg plastic
- 20L PC2 bins are not re-used, they are sent for incineration when full

Results:

Through your co-operation in adopting a small change in how we sort waste we have:

- Decreased disposal and re-ordering numbers
- Increased efficiency for lab users (less time spent replacing full bins)
- Reduced hundreds of kilos of plastic sent for disposal



Composting workshops with Nick Towle

Thank you to Nick Towle who kindly volunteered to run two excellent virtual workshops attended by over 30 staff, students and members of the community, providing practical advice and tips on composting at home.

Thanks Nick for your 'down to earth' (pun intended) approach and covering the many ways to compost. I have only just started a compost heap, worm farm and worm towers and Nick's information inspired me to continue with confidence and actively look for available composting materials in my community. (Brett)

This was a great workshop! I've had two compost bins that I've used to varying (increasingly better success over the past few years). Since isolation I've been watching a truckload of youtube videos, have just started my first hot compost pile, and brought some compost worms. I'm still lacking greens but at least it doesn't stink anymore! (Rob)