

Activity 5

30 Tips in 30 Days

Goals:

- Motivate sustainable action on campus
- Encourage a lasting sustainable behaviour
- Introduce sustainability concepts using a fun, interactive approach

Outcomes:

- An increased sense of individual contribution through sustainable action
- Improved sustainable living and a reduced ecological impact on the environment

Background: 30 tips in 30 days will help you incorporate sustainable living practices into your everyday life. Set a personal challenge of incorporating as many tips into practices at work or challenge other sustainability team members or sustainability teams. Try to accomplish 5, 10 or 15 tips or challenge yourself to incorporate all 30 tips in 30 days.

Suggested Time: 30 days

Place: Office, classroom and home

People:

- Organizer
- Evaluator
- As many participants/teams as desired

Materials:

- List of 30 relevant tips (see Resource section)
- Chart or online forum to keep track of team progress
- Prizes to motivate team

NOTES:

STEP 1

- Choose a month to dedicate to 30 tips in 30 days.
- Develop a way to monitor and track performance.

An online forum such as a Facebook group or a mass email list could work as a forum for teams, or consider having the Evaluator make daily assessments of each competitor.

STEP 2

- Encourage team members and coworkers to sign up for the challenge

STEP 3

- Send out email including a list of the chosen 30 tips and instructions on how participants should record accomplished tips.

Choose 30 tips from the "Tips" section of this manual

STEP 4

- Promote the challenge and educate others.

Idea: Have a bulletin board in a common area you can post the 30 tips (post all 30 at once, or add a tip each day).

Follow up:

- Send out an e-questionnaire: What tips stayed with you? How have your everyday actions changed? Was it easier than you thought?
- Conduct an audit of your building or floor before and after the challenge. Focus on a specific criterion (water, waste, energy, etc.) or all areas to evaluate how your environment was affected by the 30 Tips in 30 Days challenge