

Sustainability at Fedliving

Resident Handbook

Fed
living



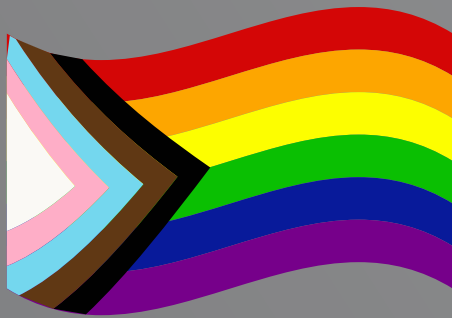
Federation University Australia acknowledges the Traditional Custodians of the lands and waters where our campuses, centres and field stations are located and we pay our respects to Elders past and present. We extend this respect to all Aboriginal and Torres Strait Islander and First Nations Peoples.

The Aboriginal Traditional Custodians of the lands and waters where our campuses, centres and field stations are located include:

Wimmera	Wotjobaluk, Jaadwa, Jadawadjali, Wergaia, Jupagulk
Ballarat	Wadawurrung
Berwick	Boon Wurrung and Wurundjeri
Gippsland	Gunai Kurnai
Nanya Station	Mutthi Mutthi and Barkindji
Brisbane	Turrbal and Jagera

Contents

Welcome Message	1	Sustainable Food Practices	7
Sustainable Waste Management	2	• Buy locally and seasonally	7
• Op shop donation	2	• Reduce food waste	7
• Fabric recycling	2	• Choose sustainable ingredients	7
• eWaste, stationary & batteries	3	• Minimise packaging	8
• Sustainable disposal of ‘harder to recycle’ items	4	• Grow your own food	8
Campus Waste Management	4	Involvement and Education	8
• General waste	4	Your Impact	9
• Recycling	4	Useful Contacts	9
• More information	5	Additional Resources	9
Resource Conservation	5		
• Materials	5		
• Water & Energy	5		
Sustainable Transportation	6		
• Walking & biking	6		
• Public transport	6		
• Carpooling	6		



Federation University is committed to creating an inclusive, safe and supportive culture that allows all members of our community to be known, seen and to contribute and participate as their whole selves.

We welcome and celebrate the LGBTIQ+ community.



Welcome Message

Welcome to the Sustainability Handbook for Fedliving students, prepared by the Commercial Services department of Federation University. We recognise the importance of sustainability and addressing current environmental challenges, and want to give our residential students the tools to incite positive change. Sustainable practices are integral in preserving our planet's natural resources and securing a healthy and vibrant future for generations to come.

Federation University is deeply committed to sustainability and has set an objective of achieve carbon net zero by 2033. This goal aligns with the government's 'Towards Net Zero by 2050' initiative and our objective to become a 'strong and sustainable University'. You can read more about these commitments in the documents 'Towards Net Zero 2033' and 'Federation University Strategic Plan 2021-2025,' available on the university website at <https://federation.edu.au>.

As residential students, you have a powerful role to play in this journey towards sustainability. By making more intentional choices and adopting sustainable practices in your daily life, you can significantly reduce your environmental footprint. Simple actions such as reducing waste, recycling, limiting water and energy use, and supporting sustainable initiatives on campus can collectively make a substantial difference. Together, we can create a culture at Fedliving which champions sustainability and inspires positive change within and beyond our university community.

Sustainable Waste Management

At Fedliving, we believe in the power of collective action to create positive change. Each of us play a role in minimising waste and making the most out of our resources. Before we think about discarding an item, lets explore a few options available to us for repurposing and donating, which will help align our actions with Federation University’s commitment to sustainability.



Op Shop Donation

Consider donating your unwanted items to a local op shop - who accept clothing and accessories, books, CDs and DVDs, homewares, furniture, and working electrical goods. Your items could have a second life and be contributing to important charity initiatives across Australia. Here are a few donation options around each of the Federation University campuses:

Ballarat	Berwick	Gippsland
<ul style="list-style-type: none">• <i>Buninyong Lions Club Opportunity Shop - Warrenheip Street, Buninyong</i>• <i>Salvos - Beverin / Grey Street, Sebastopol</i>• <i>Vinnies - Albert Street, Sebastopol</i>	<ul style="list-style-type: none">• <i>The Hope Centre Op Shop - Intrepid Street, Berwick</i>• <i>Berwick Opportunity Shop - Clyde Road, Berwick</i>• <i>Australian Red Cross - Adams Lane, Berwick</i>	<ul style="list-style-type: none">• <i>Lifeline Gippsland Shop - Hazelwood Village Shopping Centre, Churchill</i>• <i>Salvos - Commercial Road, Morwell</i>• <i>Vinnies - Tarwin Street, Morwell</i>

Fabric Recycling

Some items might have tears or holes and are not in the right condition to be donated. Consider recycling these fabrics instead of putting them in the bin - doing so would reduce landfill waste, greenhouse gas emissions, and help support the circular economy. Organisations like **Upparel** make it easy to dispose of your fabrics and ensure they are reused, repurposed, or recycled - helping to contribute towards a more sustainable future.

Upparel - How does it work ?

It costs \$35 to donate - but many popular brands are involved in the initiative and will provide a voucher that covers this cost. Check out the Upparel website to see the full list of brands who are taking part and their current reimbursement offers.

<https://upparel.com.au/recycle-and-rewards/>

eWaste, Stationary & Batteries

Dont put your electronic waste or stationary in the bin - these items contain hazardous materials which can contaminate our environment if not disposed of correctly. Luckily, there are plenty of options around our Federation University campuses where you can dispose of these items sustainably.

Officeworks ‘bring it back’ program

This is your go-to stop for free general electronic waste and stationary waste (pens & markers) disposal. If your electronic waste is still in working order, you might even be able to exchange it for a gift card - diverting electronic waste from landfill and putting some extra money in your pocket. You can find more information about the trade in scheme, and the types of items that are not accepted in the recycling program, at the Officeworks website.

Accepted	Not Accepted
<ul style="list-style-type: none">• Mobile phones & accessories• Computers & accessories• Ink & toner Cartridges• Data & storage• Pens & markers	<ul style="list-style-type: none">• Batteries• Cameras• Gaming consoles• Consumer electronics• Pencils

<https://www.officeworks.com.au/information/about-us/peopleandplanet/recycling>



But, Officeworks isn't the only option for eWaste recycling, and they do not accept batteries. Here is a list of free battery recyclers and other eWaste recycling businesses around each of the Federation University campuses. Make sure you cover the terminal of the battery with sticky tape before you donate - as even dead batteries can pose a fire hazard. We recommend calling these organisations ahead to confirm your items are eligible and if fees apply:

	Ballarat	Berwick	Gippsland
eWaste	<ul style="list-style-type: none">• Officeworks* - Creswick Road, Ballarat Central• The Good Guys - Mair Street, Ballarat Central• Ballarat Transfer Station (consumer appliances accepted) - Gillies Street South, Alfredton	<ul style="list-style-type: none">• Officeworks* - Overland Drive, Narre Warren• Electronic Waste Victoria - Cave Place, Clyde North• Frankston Regional Recycling and Recovery Centre - Harold Road, Skye	<ul style="list-style-type: none">• Latrobe Valley Recyclers - Madden Street, Morwell• Officeworks* - Argyle Street, Traralgon• Latrobe City Council Service Centre/Library - Phillip Parade, Churchill (small eWaste items only)
Batteries	<ul style="list-style-type: none">• ALDI and Coles - Albert Street, Sebastopol• Bunnings - Delacombe + Ballarat Central	<ul style="list-style-type: none">• Coles - Richardson Grove, Berwick• Aldi - Oshea Road, Berwick	<ul style="list-style-type: none">• Morwell Transfer Station - Porters Street, Morwell• Aldi - Princes Drive, Morwell• Coles - George Street, Morwell

* Note - Pen & Marker recycling is only available at Officeworks

Sustainable disposal of ‘harder to recycle’ items

For those that want to go the extra mile - check out these services who accept items that cant go in the standard recycling bin. If you want to check out the options around your campus specifically, use the search engine at <https://recyclingnearyou.com.au/>.

- Terracycle at Priceline - accepts empty makeup/beauty products. Full list at <https://www.priceline.com.au/in-store-services/terracycle-at-priceline>
- Pharmacycle - accepts blister packs. Full list of participating stores at <https://www.pharmacycle.com.au/find-a-location>
- Victoria’s Container Deposit Scheme - 10c refund per eligible drink container. Details & drop off locations available at <https://cdsvic.org.au/>
- Sharewaste - team up with local community members to divert your organic waste (food scraps) from landfill. Details available at <https://sharewaste.com/>
- BRAD program by Banish - accepts a range of hard to recycle items. Cost involved to ship items - partially reimbursed with a voucher to purchase sustainable products from the Banish website. More information at <https://banish.com.au/pages/recycling-program>

Campus Waste Management

Now that we have covered the more sustainable waste options - lets talk about the waste bins available at Fedliving. There are a few different bins around campus, and it is important to understand what type of items go in each - placing recyclables in the wrong bin adds unnecessary waste to landfill and removes valuable resources from the circular economy. Here are the bins you need to know about as a Fedliving student:



Your general rubbish goes into the red-lidded bins - which are sent directly to landfill. Avoid placing recyclable items in these bins and refer to the options discussed in this handbook to reduce the amount of general waste you produce. Unfortunately, some items need to be placed in the general waste bin - here’s a list of what is and isn’t allowed:

✓		✗
<ul style="list-style-type: none">• Baby wipes & tissues• Plastic bags & soft plastics• Takeaway coffee cups• Straws	<ul style="list-style-type: none">• Foil/aluminium trays• Polystyrene & foam• Broken glass• Organic matter*	<ul style="list-style-type: none">• Batteries• Electronics• Syringes



Your recyclable items go into the yellow-lidded bins, and it is important to understand which items are recyclable as to avoid bin contamination. Placing non-recyclable items in our yellow bins can lead to increased greenhouse gas emissions from transport and may cause our recycling partners to refuse collection. To keep reusable items in the circular economy and minimise your eco-footprint, refer to the list of what is and isnt allowed in the yellow recycling bins at Fedliving:

✓		✗
<ul style="list-style-type: none">• Plastic bottles & containers• Aluminium & steel cans	<ul style="list-style-type: none">• Glass* (Berwick & Gippsland only)• Clean paper and cardboard*	<ul style="list-style-type: none">• General waste• Batteries• Electronics• Syringes

* Placing glass in the yellow recycling bin is not permitted in Ballarat. Fedliving students based in Ballarat should dispose of glass in the general rubbish bin, or where eligible, the blue-lidded Container Deposit Scheme bins (distributed around the Mount Helen campus).
* Please flatten cardboard boxes before you place them in the recycling bin.

More Information

Waste management can differ slightly between our three campuses as each is governed by a different council. Check out your local council website or chat to your campus Fedliving staff for information specific to your campus.

- Mount Helen. SMB and Camp Street Campuses (governed by the City of Ballarat) - information and how-to guide available at <https://www.ballarat.vic.gov.au/property/waste/bins>
- Berwick Campus (governed by the City of Casey) - information and waste guide available at <https://www.casey.vic.gov.au/rubbish-recycling-food-waste>
- Churchill campus (governed by the Latrobe City Council) - information and recycling guide available at <https://www.latrobe.vic.gov.au/Home/Waste>

Resource Conservation



By conserving water, energy, and materials, you are helping to protect local ecosystems, conserve natural resources, and reduce greenhouse gas emissions. Implementing these resource conservation practices not only reduces your personal environmental footprint but also contributes to a more sustainable community at Fedliving. These actions also support Federation University's commitment to sustainability and creates a positive impact that extends beyond the bounds of our campus. Together, we can build a more resilient and environmentally responsible community for current and future residents. Here are some tips for minimising material, water, and energy use at our Fedliving accommodation facilities:

Materials

- Be mindful of your consumption. Avoid single-use items and opt for reusable alternatives - try investing in a keep cup, water bottle, reusable container, and cutlery set, and keep these with you throughout the day.
- Borrow from & share items with friends instead of purchasing new. This saves resources and keeps money in your pocket.
- Opt for second-hand items (check out your local op-shop) or repurpose existing materials.
- Maintain and repair your appliances to extend their lifespan.
- Follow campus recycling guidelines (page 4) to ensure materials are properly sorted and recycled.
- Where financially possible, buy durable products - which are built to last and will not need to be replaced as often.

Water & Energy

- Take shorter showers.
- Report leaks promptly to maintenance using the Fedliving Portal.
- Turn off the tap while brushing your teeth or washing dishes.
- Use the cold wash function on your washing machine and only run the machine with a full load.
- Turn off lights and appliances & unplug chargers and electronics when not in use.
- Take advantage of natural light throughout the day.

Sustainable Transportation

Opting for sustainable transport is not only beneficial for the environment - it also has positive impacts on your health and is more cost effective. Here are some ways you can take part in sustainable transport around your Fedliving residence and broader area.

Walking and Biking

Our Fedliving accomodation facilities are close to campus - which makes walking and biking to class an easy and accessible transport option. We have bike racks and loops available for use around Fedliving and at each of the Ballarat (Mount Helen, Camp Street & SMB), Berwick, and Gippsland campuses. Ensure that you bring your own lock to secure your bike through the frame and wheel if possible.

Secure Bike Storage

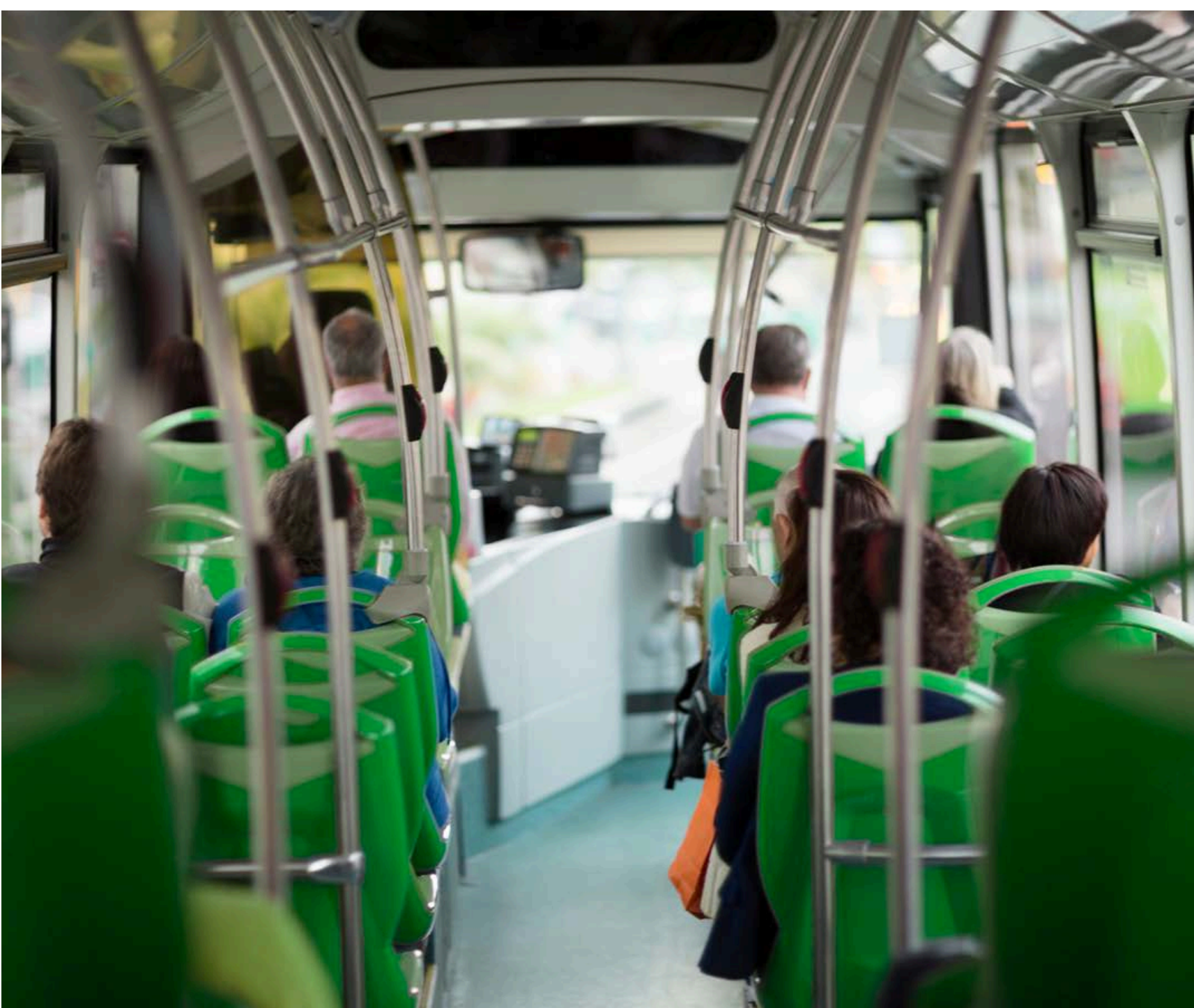
Secure facilities are available at the Mount Helen and Camp Street campuses and free to use for students. Please email facilities.services@federation.edu.au to set up access for your student ID card.

- Mount Helen Campus: Secure bike storage facilities are located under the P building (near the Unisports weights room).
- Camp Street Campus: Secure bike parking is located behind the ‘Old Sheriff’s Office’.

Public Transport

Public transport is accessible for Fedliving students across our Ballarat, Berwick, and Gippsland campuses. Students will need a **Myki** card to use public transport - which is Victoria’s ticketing system for train, tram and bus services. Myki is a smart card that uses prepaid credit to pay for your fare. A blank Myki costs \$6 and can be purchased from newsagents and railway stations. Topping up a Myki can be done online or bus drivers can load up to \$20 cash onto your Myki. Once the card has credit, you simply swipe the Myki sensor when boarding and departing all trains, trams and buses. Full time domestic students may even be eligible for a concession (discounted) fare. You can plan your journey, top up your Myki, and check your concesssion eliigibility at the Public Transport Victoria (PTV) website.

<https://www.ptv.vic.gov.au>



Ballarat	Berwick	Gippsland
<ul style="list-style-type: none">• Ballarat Railway Station is a 5 minute walk from Camp St/SMB Campuses & connects with Mount Helen via bus routes 21 and 22.• V/line (train) rail service connects Ballarat with Melbourne (Southern Cross Station) and regional Victoria (Maryborough & Ararat).	<ul style="list-style-type: none">• Berwick Railway Station is within walking distance of campus (500 metres).• Seven bus routes stop by the Berwick Railway Station.• Train routes connect towards the city (Flinders Street) and regional eastern Victoria (towards Pakenham).	<ul style="list-style-type: none">• Regional bus service (Latrobe Valley Buslines) connecting Churchill with Morwell and Traralgon (bus departs rom the campus bus loop off Northways Road).• V/line (train) rail service connecting Traralgon and Morwell with Melbourne (Southern Cross Station).

Carpooling

Carpooling is a great travel option for Fedliving students who want to reduce their environmental impact and save money while doing so. By sharing rides with friends or housemates, you can decrease the number of vehicles on the road, which helps lower greenhouse gas emissions. Carpooling also splits fuel costs - which makes it an economical choice for everyone involved. Consider planning your social outings and errands with a friend so you can share the ride and contribtue to a greener environment.

Sustainable Food Practices



What we eat, where we purchase our food, and how much we waste are individual behaviours which have an impact on our planet and carbon footprint. Small adjustments to your daily food habits can enhance your health, save you money (by reducing waste), and benefit the environment. Here are our tips:

Buy locally and seasonally

- Purchase your produce from markets, where you can find fresh fruit and vegetables grown in your local area. This reduces ‘food miles’ - which is the distance food needs to travel to get to your door. Lower food miles mean fewer greenhouse gas emissions produced via transportation - and you might even find that local produce is fresher and tastier than what you’d find in supermarkets.
- Eat seasonally. Buying produce which is out of season is more expensive to produce and are generally associated with higher food miles/transport emissions. You can find a full list of the produce in season through Summer, Autumn, Winter and Spring in the resources bundle provided with this handbook.

Reduce food waste

- Plan your meals for the week and go to the supermarket with a list of ingredients pre-prepared. When we shop without a plan, we often overbuy and end up wasting food - which is bad for the environment and your wallet.
- Properly store your food. Some produce (bananas, potatoes & onions) need air to breathe but most do best in airtight containers and refrigerated conditions - spend some time looking into the best storage conditions for your fruits and vegetables. You can pick up some cheap storage containers from your local op shop and significantly increase the shelf life of your produce.
- Make use of your food scraps - save vegetable peels/offcuts in the freezer and turn them into veggie stock, or use leftover herbs to make pesto sauce and freeze it for future use. Get creative!
- Composting - reach out to your Fedliving office to discuss your options. If you can't participate in composting at your residence, consider participating in programs like ‘Sharewaste’ - which is a free service you can use to connect with community members who have composting facilities or want to use your scraps to feed their chickens/animals.

Choose sustainable ingredients

- Incorporate more plant-based meals into your diet - which generally have a lower environmental impact compared to those with animal products. You don't have to cut meat out completely, small changes on a wide scale can still make a positive difference. Consider going ‘meat free’ for one meal or one day out of each week.
- Choose products that are sustainably sourced. Look for items marked as ‘Fairtrade’, ‘Rainforest Alliance’, free from palm oil/‘Sustainable Palm Oil’, and ‘Responsibly Sourced Seafood’.
- Limit your consumption of processed foods, which generally have a high environmental footprint due to production and packaging requirements.

Minimise packaging

- Buy items in bulk where your budget allows - these are generally more cost effective in the long term, and reduce packaging waste.
- Eat in at restaurants rather than take away, as to avoid single use plastic containers. Carry a keep cup and water bottle with you throughout the day - there are water stations around campus which you can fill your bottle with for free.
- Opt for paper or fabric bags instead of plastic bags and carry these with you throughout the day. Pick up some fabric bags for your produce, and take these with you to the supermarket.



Grow your own food

- You don't need a large space to grow your own food - you can start growing herbs, some fruits (like strawberries), and vegetables in pots in and around your residence building.
- Chat to your Fedliving office about joining the **Fedliving Gardening Club** - we want to support you in your gardening endeavours and give you the space and resources to grow fresh produce and connect with other residents.



Involvement and Education

Staying involved and informed about sustainability will improve your impact on the Fedliving community and broader environment. By educating yourself and others, you can contribute to a culture of environmental responsibility and inspire positive change. Consider joining in on campus initiatives such as the Fedliving Gardening Club - or reaching out to the Student Engagement Team to discuss starting your own club at Federation University. You may also benefit from volunteering throughout your local community - which provides an opportunity to learn and connect with others, and may even improve your job prospects following the completion of your degree. Consider reaching out to the following organisations or engaging with their resources:

- Sustainability Victoria - a State Government initiative which has free resources available on reducing food waste and recycling. <https://www.sustainability.vic.gov.au/recycling-and-reducing-waste/at-home>
- Australian Youth Climate Coalition (AYCC) - volunteering opportunities for people under 30 who want to address the climate crisis.
- Australian Conservation Foundation (ACF) - regular volunteering opportunities available.
- Ballarat Renewable Energy and Zero Emissions Incorporated (BREAZE Inc.). BREAZE holds regular free workshops which are free to attend - and are regularly looking for environmentally-passionate volunteers to get involved with their organisation.

Go to <https://govolunteer.com.au/environment-conservation-volunteering> to search for current volunteering opportunities in your area.

Your Impact

Your everyday choices as a Fedliving student play a crucial role in fostering a sustainable campus and contributing to Federation Universities environmental goals. Your participation and engagement with the recommendations made in this handbook can help reduce landfill waste, promote reusability and the longevity of your items, and minimise our collective carbon footprint through the conservation of materials, water, and energy resources. The adoption of sustainable food practices will promote responsibly and intention in your daily actions, and address food wastage - which is a global societal issue that negatively impacts our environment. Together, we can support Federation University's commitment to the Net Zero initiative and contribute towards the governments target of zero emissions by 2050. We are also making choices that align with the United Nations Sustainable Development Goals - while fostering a strong, sustainable, and resilient Fedliving community. Thank you for being part of the initiative.



Useful Contacts

Go chat to the staff directly at your **Fedliving Office** or reach out via email (fedliving@federation.edu.au) or phone.

Ballarat

- During office hours: 03 5327 9480
- After hours: 03 5327 6333

Berwick

- During office hours: 03 5122 6071
- After hours: 03 5122 8555

Gippsland

- During office hours: 03 5122 6236
- After hours: 03 5122 6662

Emergency support

- Phone 1800 FED SEC (1800 333 732)

The **Student Engagement Team** is your go-to contact for organising clubs and groups. Reach out to discuss your options surrounding sustainability at Federation University.

- Email student_engagement@federation.edu.au

Additional Resources

For in-depth instructions on recycling and waste management around your campus, check out the resources available on your local council website (links provided on page 5). Some particularly useful how-to guides, a summary of seasonal produce in Victoria, and a map of 10c container recycling bin locations will be provided with this handbook based on campus relevance.