

ECO-GESTURES GUIDE

TABLE DES MATIERES

1. WELL-BEING: I work to be happy	4
2. ENERGY: The cleanest energy is the one that does not consume	5
3. ECORESPONSIBLE PURCHASING: An informed consumer is worth two	6
4. ECO-MOBILITY: All eco-mobile!	7
5. WATER: Consume differently	8
6. WASTE MANAGEMENT: There is no planet B	8

Foreword

1. Well-being: I work to be happy
2. Energy: The cleanest energy is the one we do not consume
3. Eco-responsible purchasing: an informed consumer is worth two
4. Eco-mobility: All eco-mobile
5. Water: let's consume differently
6. Waste management: There is no planet B!

Why This Guide?

Sustainable Development, especially of African societies, is at the heart of the strategic objectives of the Mohamed VI Polytechnic University (UM6P).

The pursuit of the conditions of a citizen and sustainable university entails that each one of us, in the exercise of our functions or as users, pay attention to reducing our energy consumption, cutting down our GHG emissions, and stopping the depletion of water and food resources.

This guide was designed to remind everyone of the right attitude to have and the best practices to adopt in order to strengthen the commitment of UM6P community to sustainable development. Thus, UM6P reaffirms its desire to have a positive impact, through concrete actions, on the quality of life of its community as well as that of the present and future generations.

Sustainable Development Goals: What are they?

In September 2015, the 193 UN member states adopted the 2030 Agenda for Sustainable Development. It is an agenda for people, for the planet, for prosperity, for peace and for partnerships.

This agenda carries a vision to transform our world by eradicating poverty and ensuring its transition to sustainable development. The Sustainable Development Goals show us the way forward to achieve a better and more sustainable future for all. They respond to the global challenges we face, including those related to poverty, inequality, climate, environmental degradation, prosperity, peace and justice.

The goals are interconnected and in order not to leave anyone behind, it is important to achieve each of them, and each of their targets by 2030 (learn more on the 2030 Agenda , please go to: www.agenda-2030.fr)

"We do not inherit the land from our ancestors. We borrow it for our children. " Antoine de Saint-Exupéry.

1. WELL-BEING: I work to be happy

1.1 Did you Know that Sleep makes up almost 1/3 of our life?

This is one of the main factors that affect the way you work and perform.

1.1.1 What I can do:

- Maintain as much regularity as possible in my sleep hours.
- Get as much sunlight as possible during the day.
- Avoid checking emails just before going to bed
- Eat varied and balanced food.
- Do not check time at night. Strange advice, isn't it? It is however scientifically demonstrated!!!

1.2 Did you Know that Physical activity improves well-being (89%)?

Sport helps in particular with toxin elimination, the improvement of cardiovascular capacities, the prevention of certain pathologies and stress management.

1.2.1 What I can do:

- Because there is (mental) strength in unity, pushing colleagues to try out a common activity is one of the best ways to develop a knack for sport.
- Set myself concrete and achievable exercise goals: (run 20 minutes a week, do 100 sit-ups a day, swim 2 km every weekend, etc.)
- Avoid all-or-nothing syndrome, because doing 15 minutes of sport twice a week is already much better than doing nothing at all!

1.3 Did you Know that Do plants have many virtues?

In addition to embellishing the environment, purifying the air that we take in and reducing stress, plants are said to increase work productivity by 15%.

1.3.1 What I can do:

- Pick a plant with depolluting virtues, such as chlorophytum, palm, azalea, ficus gingseng or orchid.

1.4 What the UM6P is already doing

- State-of-the-art equipment for indoor and outdoor sports, solo or in a team. 5000 Square meters of open-air grounds, a semi-Olympic swimming pool, fitness, bodybuilding, dance and combat sports rooms are available to you.
- Numerous meeting, relaxation and conviviality areas where students and UM6P
- Staff meet (cafeteria, food truck, outdoor seating, etc.).
- A high-quality Learning Center and library to quench your thirst for knowledge.
- A health center, with a team of professionals listening to all people who live and evolve within the UM6P ecosystem.

2. ENERGY: The cleanest energy is the one that does not consume

2.1 Did you know that two thirds of the electricity consumption of IT equipment is spent outside its operation time?

2.1.1 What I can do:

- Eliminate animated screensavers which are, in fact, highly energy intensive.
- Configure IT devices to wake up after a short period of inactivity.
- Turn off the computer when I plan to leave the office for more than an hour.
- Adjust the brightness of my screen: reducing it a bit saves energy without losing readability.
- Close software and tabs that I am not using. Ditto for the GPS or WI-FI functions of my smartphone or tablet.

2.2 Did you know that Energy consumption for heating offices represents 50% of expenditure and, it can reach 20% of the energy bill for air conditioning?

2.2.1 What I can do:

- Remember to turn off the heaters when I go out at night or when I open the windows.
- In winter, lower window shades at night.
- Close the doors of less heated or unheated rooms (stairs, cupboards, etc.).
- In summer, cool in the morning then close as soon as the outside temperature rises.
- If I have air conditioning, keep the windows tightly closed, it will be more comfortable for me and more economical at the same time.

2.3 Did you know that we spend 200 days a year in the office?

The use of light is highly necessary on darker days. But sometimes we tend to leave the light on when it isn't necessary.

2.3.1 What I can do:

- Turn off lights in empty meeting rooms / classrooms and in the evening, in offices before leaving.
- Clear windows of things that obstruct daylight and, if possible, put my work desk near a window.
- Favor the use of compact fluorescent bulbs, they consume 5 times less energy, last 10 times longer than traditional bulbs. Moreover, wipe them regularly, which allows a 30% gain in luminous efficiency.

2.4 What the UM6P is already doing

- An air conditioning system using the Fry Coline cycle in normal times by recycling the ambient air during two months of operation.
- Thermoelectric installations to heat sanitary water.
- Photovoltaic panels to make up for a part of the electricity consumption.
- LEED certified buildings.
- Tap water savers.

3. ECORESPONSIBLE PURCHASING: An informed consumer is worth two

3.1 Did you know that by making an eco-responsible purchase, are we making a gesture that is part of sustainable development and whose impacts will be numerous?

At the economic level

- Product durability
- Reduced energy costs
- Reduced maintenance costs
- Reduced disposal costs
- Decrease in landfill rehabilitation costs

At the social level

- Equity with future generations
- Regional development - in particular through local purchasing
- Improvement of working conditions

At the environmental level

- Conservation of natural resources
- Optimal use of scarce or non-renewable resources
- Preservation of animal and plant species diversity
- Less energy consumption
- Less toxic fumes
- Less greenhouse gas (GHG) emissions
- Less waste to manage
- Improved health of the population

3.1.1 What I can do:

- Give priority to local shops and the purchase of local, seasonal, fair-trade and organic products.
- Opt for products bearing an environmentally friendly label.
- Choose the least packaged items during bulk buying.
- Make smart purchases: buy only what is needed and avoid unnecessary orders.

3.2 What the UM6P is already doing

- Develop an eco-responsible purchasing policy aiming in particular to favor ecological, fair, solidarity and ethical purchases. Procuring eco-responsible means taking into account the three dimensions of sustainable development:
- Favor the purchase of FSC Mix and EU Ecolabel certified paper.
- Favor the purchase of Energy STA, UL Environment and ISO14001 certified IT equipment.
- Opt for group purchases to reduce the environmental impact of our supplies.
- UM6P Solidarity Market, UM6P Beldi Break are initiatives developed to support cooperatives in the region to further promote their products.

4. ECO-MOBILITY: All eco-mobile!

4.1 Did you know that globally the transport sector accounts for 23% of total greenhouse gas emissions? 93% of the energy used in transportation comes from petroleum!

In contrast, the number of cars in circulation could fall by 80 million in Europe by 2030, due to the increase in carpooling.

4.1.1 What I can do:

- For short trips in town, go walking, cycling, rollerblading, etc, all of which do not emit CO2 and are often the most efficient means of transport in the city.
- Also favor public transport (train, bus, tram, metro).
- If the car is essential (a place not served by public transport, evening travel, etc.), opt for carpooling or a shared car.
- For long trips (several hundred kilometers), use the train.
- Take the plane only for very long distances and essential trips.
- Plant trees on the experimental farm to make up for my GHG emissions.

4.2 What the UM6P is already doing

- UM6P shuttles: Made available to the UM6P community. This mode of public transport allows everyone to travel in an eco-responsible way between the campus and the various annexes of the UM6P, as well as to and from the usual place of residence, whether in Marrakech or Benguerir.
- Carpooling program: on the initiative of the students of EMINES Junior Enterprise of UM6P, this initiative consists in proposing, via a Facebook page (610 members), to make the same trip with several people, to reduce their budget transport, to travel in solidarity and safety and above all to think green (+).
- UBIKE: a bicycle and scooter sharing program that allows the community to favor 100% ecological travel.

5. WATER: Consume differently

5.1 Did you know that with climate change and water depletion affect more than 40% of the world's population and is it likely to get worse!

5.1.1 What I can do:

- Avoid letting water run unnecessarily.
- Drink tap water instead of buying plastic bottled water.
- Do not throw anything in the toilet bowl or in the sink and reduce detergents doses.
- Notify the manager of any water leak or any plumbing issue on campus.

5.2 What the UM6P is already doing

- Water fountains connected to the drinking water network are available everywhere on campus
- Rain -Tarps for rainwater collection to irrigate green spaces
- The household products used at the university for sanitation, windows and dusting are certified
- Double flow flushes
- Automatic faucets with sensors

6. WASTE MANAGEMENT: There is no planet B

6.1 Did you know that Every year, up to 13 million tons of plastic end up in oceans because they are not recycled!

In 2017, the ten most collected plastic waste in the marine environment in the world are cigarette butts, plastic fragments, bottles, food packaging, polystyrene fragments, plastic bags, fishing equipment, bottles, cotton swabs and lollipop sticks.

6.1.1 What I can do:

- Use a mug to drink my coffee or tea!
- Opt for a flask rather than the plastic water bottles.
- Track down all single-use plastic objects and I replace them with durable ones: wipes, bottles, straws, cutlery, etc.

6.2 Did you know that Globally 1/4 of the food produced is thrown away without having been consumed?

On average, 20 kg of food waste per person is thrown away each year.

6.2.1 What I can do:

- Buy in appropriate quantities and plan my meals.

- In the canteen, restaurant or at home, not to have one's eyes bigger than one's stomach.
- At the end of the meal, only throw away food or leftovers that cannot be kept.

6.3 Did you know that You need 2 to 3 tons of wood to make a ton of classic paper?

In addition to the fact that the paper industry ranks 2nd in Europe for freshwater consumption, the production of a sheet of paper requires around 17 Watts per hour (Wh).

6.3.1 What I can do:

- Favor recycled paper, which requires less energy to manufacture, ie 12 W/h.
- Print documents only when absolutely necessary, double-sided and on scrap paper for internal documents.
- Remember to reuse the boxes I receive.

6.4 What the UM6P is already doing

- Set up a waste sorting system in the Food truck area.
- plans to set up a waste collection and storage room with a selective sorting system throughout the campus.
- Subcontracts the collection of used cooking oil and its recovery by the company KILIMANJARO as biofuel.

AND YOU?

WHAT IS YOUR SD (Sustainable development) ACTION?

Share it with us via: DD-com@um6p.ma

- I use public transport or the bicycle.
- I sort paper for recycling.
- I recycle my used batteries.
- I lower the thermostat in my office when I leave at night.
- I don't let the water run unnecessarily when I wash my hands.
- I consume local and / or organic products as often as possible.
- I reduce my prints, especially in color, and recycle paper instead of throwing it away.
- I try not to waste my office supplies.
- I buy responsibly and choose suppliers who adopt these criteria.

IF YOU ARE READING THESE LINES, THEN

YOU CARE ABOUT SUSTAINABLE DEVELOPMENT ISSUES.

WE THANK YOU! AND WE ALSO WOULD LIKE TO REASSURE YOU:

YOU ARE NOT ALONE!

Antoine de Saint-Exupéry: We do not inherit the land from our parents, we borrow it for our children.

Henry Ford: Do not seek the fault, seek the remedy.

Francis Bacon: You can only triumph over nature by obeying her.

Albert Einstein: What characterizes our time is the perfection of means and the confusion of ends.

Théodore Monod: The little we can do, the very little we can do, we have to do it.

Charles F. Kettering: The world hates change, yet it's the only thing that has kept it going.

Confucius: Whoever moves a mountain begins by moving small stones.

Mark Twain: They didn't know it was impossible, so they did it.

Hubert Reeves: Right now, man is waging a war against nature; if he wins, he is doomed.

Philippe St Marc: Man must be the guardian of nature, not its owner.

RESOURCES & REFERENCE

<https://www.cardiff.ac.uk/>

<https://www.welcometothejungle.com/>

<https://www.who.int/fr>

<https://blog.fr.eni.com/>

<https://youmatter.world/fr/>

<https://www.waterlogic.fr/>

<https://longuevieauxobjets.gouv.fr/>

<https://www.ademe.fr/>

<https://www.pwc.fr/fr>

<https://www.ifpenergiesnouvelles.fr/>

<https://green-cook.org/>

<https://wedocs.unep.org/>

<https://www.the-freaks.fr>