



# Sustainability guide for study associations

Version: 2023

## Preface

Dear Board Member,

This handbook shares tips and tricks on how you as a board can make your association more sustainable. The handbook is basically intended for prospective boards that have yet to draft their policies for the upcoming board year. This is the place where basically all initiatives introduced by boards can be found. Therefore, you should see this primarily as a reference book and as a source of inspiration for new ideas. Always make sure that when you introduce an initiative from this book in your own association you adapt it to the setting and context of your own association. As you probably know, there are many differences between associations in terms of culture, procedures and the current state of sustainability policy. This may perhaps cause one initiative to work very well at one association but not so well at another. Having said that, please use this handbook so you don't have to reinvent the wheel every time.

If you have any questions or if something in this manual is not clear, [please send us an email](#) and we will be happy to help you.

Good luck!

Team Radboud Green Office

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# 1. Why make your association more sustainable?

## 1.1 Setting the example

By starting this process of making your association more sustainable, you encourage students to think about and help create a more sustainable world. The moment students learn that it is important to look at sustainability, to make sure you separate your waste properly, to waste as little energy as possible and to think more carefully about what you eat or buy, they will subconsciously do the same in their daily lives. So, making your association more sustainable not only affects the level of your association but also on the individual as you set an example for students in Nijmegen.

## 1.2 Social responsibility: you have a part to play

As Radboud University's slogan goes, "you have a part to play". This applies to everyone. We will have to overcome the challenges of climate change together; everyone has to contribute in their own way. This also applies to you. In the most extreme case, you will even do so for the survival of your own association.

## 1.3 Preparation for jobs in the field of sustainability

There's a fair chance that one of your association's tasks is to represent the interests of the members of their respective studies. There are gradually emerging more and more jobs in the field of sustainability, a very broad and diverse field. This provides your association with several opportunities to work with. It would be beneficial to precisely promote these kinds of jobs among your members.



## 2. What is sustainability?

### 2.1 The Sustainable Development Goals of the United Nations

Sustainability has many different meanings. Some people only talk about reducing CO2 emissions, while others already include climate adaptation. Some people only think of 'green' sustainability, while others also include social aspects such as inequality. In this handbook, we refer to sustainability in the broadest sense of the word; everything that has to do with the Sustainable Development Goals (SDGs) of the United Nations (UN).



Many of these issues are strongly interconnected. We, therefore, believe that you cannot look at these issues as standalone or separate from one another. As a result, social problems such as inequality and discrimination also fall under the term sustainability.

### 2.2 Sustainability policy Radboud University & RadboudUMC

Because Radboud University and RadboudUMC share the same campus, it is only logical that they join forces in the area of sustainability on campus. The Joint Sustainability Policy 2021-2025 emerged from the urgent need to contribute to achieving the Sustainable Development Goals. As such, Radboud University and RadboudUMC have four guiding aims for 2021-2025:

1. Create a Healthy environment
2. Combat Climate Change
3. Scale up Circularity
4. Provide Equal opportunities for all

The picture on the next page summarises the joint sustainability policy. It is important to note that while the university and the UMC want to collaborate as much as possible, there are certain areas where working together can be thought undesirable. As such, a number of joint objectives to this end have been formulated in the policy. These goals extend across various aspects of management, as well as teaching, research and patient care. In addition, Radboudumc and Radboud University will formulate their own organisation-specific objectives in a programme of implementation.

# Sustainability policy 2021 - 2025



## Four guiding ambitions



### Create a Healthy environment

We contribute to a healthy earth and vibrant people, and work on a health-stimulating environment on our campus and in our chain of organisations.



### Scale up Circularity

We are minimising the use of primary commodities and reduce waste. We develop and share knowledge about circularity and biobased solutions and the accompanying systemic changes.



### Combat Climate Change

We strive for a clean sky and a healthy climate, and reduce our emissions. We contribute to insight and solutions to complex climate-related issues that transcend individual disciplines.



### Provide Equal opportunities for all

We aim for participation and diversity. We are an open and accessible campus and strive for sustainable chains of cooperation by making societally responsible purchases.



## Core activities



### Teaching

We support students optimally in their development into critical academics and prepare them to take on responsible positions within society.



### Research

We contribute to the United Nations' Sustainable Development Goals and to the changes that the world will require in the coming decades.



### Patient care

We make our care sustainable so that it is tenable in the long term.



### Operations

We are working towards a green campus, where a healthy lifestyle is stimulated.

## Facts & figures



16.000

staff members

24.000

students



100.000

patients

## Where



regional



national



international

## Approach

- Continual process
- Together with partners
- Focus on the right topics
- Interpreted within personal spheres of influence

More information: [ru.nl/sustainability](http://ru.nl/sustainability) | [radboudumc.nl/duurzaamheid](http://radboudumc.nl/duurzaamheid)



The basic principle of the Joint Sustainability Policy 2021-2025 is that **sustainability is not a project, but a continuous process**. This also means that sustainability will not be possible without the partnership with stakeholders, that the policy focuses on “material” topics, and that sustainability will be translated within the relevant sphere of influence in the organisation. Together with internal and external stakeholders, Radboud University and RadboudUMC determined what they want to and must work on over the coming years in the areas of sustainable education, sustainable research, sustainable operational management, and a sustainability movement.

As a study association, you can help too with actualising the Sustainability Development Goals. For more information about the Joint Sustainability Policy 2021-2025, you can [visit the website](#).

### 3. My association & sustainability

In this section, we have listed several initiatives categorised by their respective sustainability theme. For each theme, we describe what exactly it is that we mean by it. As you will see, some of these descriptions are very broad and sometimes overlap with others. It is advisable to always take a look at different themes and initiatives as some might be more suitable than others. Then, we list some initiatives that you could implement. It is advisable to look at each initiative, compare it to your association's progress within that theme, and decide which initiative would fit best with your association *at this moment*. For example, if your association has never done something with social sustainability, it is advised to begin with the easier initiatives, and gradually 'build' forth from there. Finally, for each theme, we have also listed several obstacles that you might encounter whilst implementing the initiatives, and possible solutions that you could think about.

#### 3.1 Activities

We have taken the term 'activities' in the broadest sense, including both formal and informal activities, and the way these are organised.

The following lists several initiatives you could implement in your policy/association:

- (Informative/formal) activities with a sustainability theme
- Sustainability checklist for committees
- Not littering during activities
- Buy your items secondhand or reuse items

Some obstacles you could encounter, and possible solutions are:

- *What are examples of informative/formal events about sustainability?*  
Examples of such events can be a faculty career event, symposium (about sustainability or with a speaker on sustainability), inclusivity activity/committee, workshops, lectures and so on. Events do not have to be exclusively about sustainability. What is important is that members will walk away having learned or thought about sustainability in one way or another.
- *It is difficult for committees to check if the association already has some supplies that can be used for an activity*

Most associations work/have worked with a board room inventory or have made one in the past. The trick is in checking it regularly, making it available to members and regularly updating it! You can use an inventory for many things: grocery shopping before a GMA (you might still have long-lasting items such as tea, snacks, paper, stickers, pens, etc.), or for item shopping for activities/decoration.

You can also use an inventory to quickly find where you have your items stored. This is helpful for committee members and will also help with putting back the item where it belongs.

Because making an inventory takes a lot of time, one solution would be to have the new board make one at the beginning of their board year. This way, they can get acquainted with all the items. If you already have an inventory, have the new board update it at the beginning of their board year. Making the inventory takes the most time, but if you regularly update it, it should not take much time to update it.

You could make the inventory via Excel or Google Sheets and make it accessible to all committee members. This way, they can also check before organising activities what is already in the board room.

If you really have no time as a board, you can appoint a sustainability/board room committee that can help with these things!

- *What kind of items can I buy at secondhand shops?*

Think of items such as coby (constitution drinks) gifts and boardroom decorations. These are items you know you will need in the year, so you can already buy them accordingly. Most of the time, associations buy small, fun purchases at firsthand shops without taking secondhand shops into consideration.

Sometimes it also depends on the kind of item. For example, it is better to buy something firsthand that will last several years than to buy something secondhand you know you will use only one time. Quality over quantity!

### 3.2 Association (room)

The association refers to the association in general, the daily practices, or (if applicable) the association room (which includes the board room and any other common room the association makes use of either alone or together with other associations). Think of coffee (cups), printing, banking, data storage, and so on.

The following lists several initiatives you could implement in your policy/association:

- Alternatives for single-use cups
- Less printing, more digital
- Switching to a more sustainable bank
- Only online administration and forms
- Turn down/off radiators
- Sustainable dish soap and other cleaning supplies
- Board room inventory

Some obstacles you could encounter, and possible solutions are:

- *Printing summaries and selling them to members leads to a lot of paper usage*  
You can provide digitalised versions of downloadable pdfs to your members instead of printed versions. If you are afraid members will share them, you can sell an access code (e.g., via google docs) or if you are technically skilled you can share a coded document that requires a plug-in tool to read the pdf (the file would not be downloadable/printable). If students want to have a printed version, you could ask them for more money, both to cover the print costs and to 'discourage' people to print summaries.  
Generally, you can digitalise anything on paper (summaries, minutes, invoices) and store them on a cloud service so that the documents do not get lost between boards. Some documents you cannot digitise (such as expenses), so it is important to prioritise which documents you can and want to digitise.  
Regarding Invoices from members/committees, you can create an online form (or through mail) where people can send a picture/scan of their invoices instead of having to fill in a paper document. This makes it easier for you as well to organise all invoices in one digital environment.



### 3.3 Food

This theme is pretty self-explanatory, as it includes any kind of food and beverages offered during activities or any other organised event.

The following lists several initiatives you could implement in your policy/association:

- Transition to vegetarian/vegan
- More biological and local products
- Prevent food waste
- Minimise plastic-wrapped products

Some obstacles you could encounter, and possible solutions are:

- *There is less variation in vegetarian/vegan lunches, and vegetarian/vegan food is much more expensive than other alternatives*  
Keep track of which vegetarian/vegan food the members like most. That way, you can 1) buy food based on how much you think will be used, so there is less waste, and 2) you can see what kinds of foods members like, making it easier to transition to vegetarian/vegan food. Furthermore, explore the different places you can buy food: supermarkets are oftentimes more expensive than the regular market.
- *It is difficult to find (affordable) stores that sell sustainable food and products*  
See the last chapter!

### 3.4 Procurement

With procurement, we mean anything the association purchases. For example, electronics, merchandise, goodie bags, furniture, office supplies, and so on.

The following lists several initiatives you could implement in your policy/association:

- More sustainable merchandise
- Offer merchandise based on pre-orders/pre-registration
- Reusable products
- Less consumption
- Rethinking the necessity of products
- No single-use plastics

Some obstacles you could encounter, and possible solutions are:

- *Sustainable products are oftentimes more expensive than unsustainable or single-use products*  
While this is oftentimes the case, and for this you can also budget at the beginning of your board year, this also depends on the places you look for sustainable products and for how long you intend to use the product. You should think of products as an investment: the longer they last, the cheaper they will be for the association as a whole. After all, you can use mugs for several years while plastic cups you have to buy over and over again.
- *We cannot use a pre-registration form for all our merchandise because some items are bought in bulk or are very limited in edition*  
Using a pre-registration form depends on the association, what type of item you are selling, and how merchandise has been bought in the past. It is advised to use a pre-registration form for items that have to be printed or have different sizes, such as clothing and tote bags.

It is also nice for your members to use a pre-registration form for items you know will sell out quickly, so everyone has a fair chance.

There are different ways to use a pre-registration form: for example, you can show members pictures of what the merchandise will look like, and in case you know merchandise gets sold out quickly, you can order merchandise multiple times a year.

### 3.5 Social sustainability

Any policy or practice regarding diversity, equity, and inclusion, as well as social safety, falls under social sustainability.

The following lists several initiatives you could implement in your policy/association:

- Appointing a confidential advisor (vertrouwenscontactpersoon)
- Accounting for easily overstimulated members
- Inclusion committee focused on internationals
- Diverse speakers at events
- Activities about mental health
- Making guidelines for social safety
- Social safety group

Some obstacles you could encounter, and possible solutions are:

- *It is difficult to prioritise social sustainability because it is generally not seen as part of sustainability or as important*

Social sustainability is perhaps one of the most abstract themes in this guide, mostly because it is oftentimes not regarded as part of sustainability. [This short video](#) explains what social sustainability looks like and why it is part of environmental sustainability. The best way to make social sustainability a priority in your association is to inform members more about the importance of diversity, equity and inclusion. You can do so by organising informative activities.

- *What can an association do when a member does not feel welcome?*

It can sometimes be difficult to organise something 'for everybody' because that is in principle what the association always strives for.

Some options you can think about are installing an inclusion or internationalisation committee (depending on whether your study includes international studies or not). Such a committee can organise a variety of activities depending on the wishes of the association. You can as an association also appoint a confidant ('vertrouwenspersoon'). There are special trainings for this position, offered by Student Life.

### 3.6 Transport

Under transport falls any kind of study trip and other events outside the university campus, but also the transport of speakers to the location of your activity, such as a symposium. In other words, it is not just about the transport of the board and members.

The following lists several initiatives you could implement in your policy/association:

- CO2 compensation
- Flying ban / less flying

- Switching to transport by train or bus (or if doable bike)
- Facilitate public transport for speakers/invitees

Some obstacles you could encounter, and possible solutions are:

- *Travelling by train or bus is not always cheaper than by aeroplane*  
If you travel by train or by bus, you can ask for a subsidy at Student Life, which oftentimes makes travelling by train or bus much cheaper. This way, you contribute to more sustainable transport for a smaller price.
- *How can we facilitate sustainable transport for speakers to their activities?*  
Reimburse and encourage public transport. You can do so, for example, by suggesting sustainable transport and budget based on public transport. If the speaker decides to take the car, this should be at their expense. Simultaneously, do not encourage going by car by explicitly offering to pay for their parking. Another way is to find your speakers close to Nijmegen.  
Keep in mind that for some speakers, public transport is no option. It is always important to remain flexible and remember these are all suggestions.

### 3.7 Promotion

Promotion refers to any kind of promotion, from posters to newsletters and ts.

The following lists several initiatives you could implement in your policy/association:

- Promote exclusively/partially digitally, depending on the medium and the wishes of your members

Some obstacles you could encounter, and possible solutions are:

- *Some media are preferred to be physical rather than digital (such as the association magazine).*  
It is important to always evaluate what is distributed physically and what is digitally. For example, you could start with simple things, such as the promotion of activities and events. You could promote these digitally, via social media or e-mail, and mouth-to-mouth. There is also always the possibility for an opt-in system, instead of an opt-out one. In other words, you will provide the magazine only digitally, and if students want to have a physical copy, they have to request one in advance. Anyone who doesn't, automatically receives the digital one. This way, you can downscale your order when you notice an abundance of leftovers. Once you have a grasp of how many students actively request a printed version, you can once again change your order scale.
- *What about privacy issues?*  
Privacy is always important, so be sure to consider the privacy issues at stake for digital magazines. If you decide to share the magazine online, make sure you have permission to do so (then again, you should also have permission to use images in a print magazine!). Be sure to delete the magazine/any picture online either after the academic year, or within the allotted privacy (AVG) period.

### 3.8 Waste

Waste refers to all the waste the association produces, and how and where this waste is managed.

The following lists several initiatives you could implement in your policy/association:

- Separate (following the bins on campus)
- Less waste production

Some obstacles you could encounter, and possible solutions are:

- *How to reduce and separate waste during activities and in our board room?*  
During activities: this is in part a mentality issue. If you show your members that it is important to not loiter, separate waste, and so on, they will (hopefully) listen to you. While members are responsible for their own waste, such as food wrappers and bags, you can bring large trash bags and separate everything the same way the university does and throw your trash away at university.  
In the board room: make sure everyone throws their own trash away in the university trash cans. Sometimes you can also have a trash can/bag in your own board room (as long as you have discussed this with Campus Facilities!)

### 3.9 Other

Finally, this theme includes any other initiative that is important to mention but does not fall explicitly under one theme, such as finances and the general improvement of sustainability.

The following lists several initiatives you could implement in your policy/association:

- Draw up a sustainability checklist for committees and members to work with
- Regularly evaluate your implementations (see the PDCA next chapter). Include experiences and opinions of the board, advisory board, and General Assembly/your members!
- Think about long-term policy plans (2 to 5 years) that you might want to implement. While it is up to the new board to continue with these policies, you can give a sound argument during the General Assembly as to why the new boards should continue with this plan.

Some obstacles you could encounter, and possible solutions are:

- *What if our association does not have enough funds anymore to implement changes for improving sustainability?*  
Make sure you include an extra section for (unexpected) sustainability expenses. You can substantiate this choice at the General Assembly as something you want to make use of only for (unexpected) sustainability changes. In other words: you first need to have money before you can spend it! Make sure to communicate this to your next board as well, as most new boards copy the financial plan of their predecessor(s).  
If you do not have the means for a sustainability section in your financial plan, you can try to ask the faculty for more money if you have a concrete idea to spend it on. Be as concise as possible! What do you need it for? How much do you need? Why is it important to your association? You can ask subsidies for specific products, but also events (e.g., informative events about sustainability). Whether you get the subsidy, and how much, depends on the faculty. But there is more possible than you might think!

Other options would be asking members for (more) money (for activities), or when sustainability is not a priority in your year, you can keep your ideas in mind and communicate them to the next board, and finally, you can move priorities within events (e.g., provide cheaper food, no free round of drinks, travelling less far, etc.).

- *How to find new themes to improve sustainability on?*

We try to keep the sustainability guide as up-to-date as possible, but chances are that you might want to find new themes to improve sustainability on, themes that are not yet included in this guide. The best way to do so is to start conversations with other associations, with your faculty, with the Radboud Green Office, with organisations outside of Radboud University and so on.

Once you find something that you think more associations will benefit from, we always welcome you [to send us an e-mail](#). Perhaps we can even help you implement your initiative as well.



## 4. Sustainability policy

This chapter discusses possible approaches that can help you draw up, implement and evaluate your sustainability policy. You should see these as tools, but not as the only possible way to make your association more sustainable.

You start your board year by drawing up a policy plan. In this plan, you set out how you will run the association in the coming year. Many associations have their own format for this, which has been used for several years to go through the issues to be discussed in this plan. The following should help you draw up a solid plan with regard to sustainability objectives (although much of it is also about drawing up policies in general).

### 4.1 Policy goals

First, you start thinking about your goals: what do you want to achieve? These goals are often translated into spearheads. If your goal is to become more sustainable, you can include this as a spearhead. To achieve good ambitions, it may help to think with your board about: what will our association look like in 5, 10, or 15 years (in terms of sustainability)? You can think of goals such as becoming CO<sub>2</sub> neutral or not producing any more waste. Obviously, these are rather big ambitions, but having an ultimate goal helps to take smaller steps. After you have an idea about the distant future, you start looking at what steps you need to take to get there. This is also called visioning and backcasting. Of course, you will never succeed in becoming completely sustainable in one board year. Indeed, the concept of sustainability is also subject to considerable change. New technologies and insights ensure that it keeps changing. Hence, you should consider your board year more as a step in the right direction, after which your successors will take the next step. This iterative process is also reflected in the PDCA cycle also known as the policy cycle:

**PLAN:** start by identifying and comprehending a problem or opportunity. This could involve recognising a need for improvement in the quality of a product or seeking better results in the marketing process. Next, you thoroughly explore the available information, generate and evaluate ideas, and create a strong implementation plan. It is of importance to state clear success criteria that can be measured, which will be revisited in the later "Check" phase.

Example: for every General Assembly, the board prints out the agenda and any other relevant documents for the attending members to consult during the GA. You have noticed that this results in quite a lot of paper waste every year. One of your ideas is to provide all the documents only digitally from here on out.

**DO:** in this phase, you will implement a small-scale pilot project to safely test your potential solution. This allows for the evaluation of whether the proposed changes produce the desired outcome while minimising disruption to the overall operation in case they do not. The pilot project can be conducted within a specific department, a limited geographical area, or a particular demographic. It advises gathering data during the pilot project to determine the effectiveness of the change, which will be used in the subsequent stage.

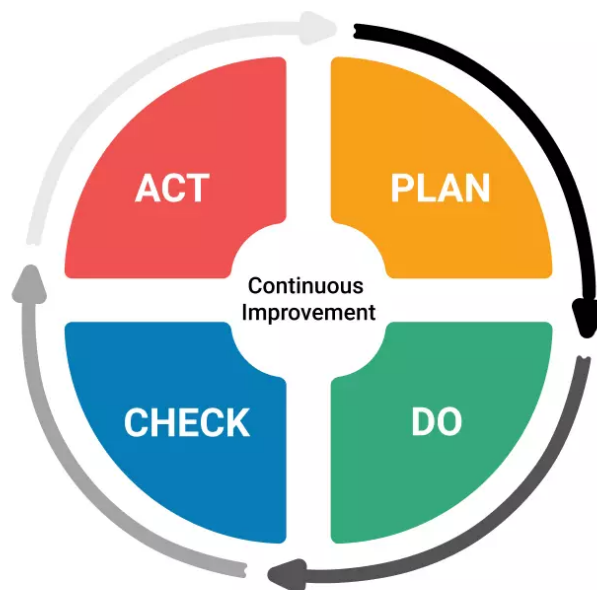
Example: for the next GA, you distribute the necessary documents to all the members through e-mail or through another digitally safe environment. Because you're testing out whether this could be a good solution, you also provide members with the option to, if they want, request paper versions in advance.

**CHECK:** analyse the results of the pilot project against the criteria defined in Step 1 (“PLAN”) to evaluate the success of the idea. If the idea was not successful, return to Step 1. However, if it was successful, you can proceed to Step 4 (“ACT”). There is also the option to try out additional changes and repeat the "Do" and "Check" phases, but if the original plan is clearly not working, it is necessary to go back to Step 1.

Example: after the General Assembly, you might have an idea (perhaps by asking the members that attended) of whether handing out documents digitally could be a solution to always printing them out. If you’ve noticed that there is no difference, in other words, the members have no problem with receiving the documents digitally, you can assess that your solution works, and you can continue to the “ACT” phase. However, if there was a lot of backlash, or if distributing digitally turned out to be more difficult, you could reassess your idea: what exactly went ‘wrong’? Was it the way you distributed the documents? Do members prefer to have the documents only physically? In other words, you go back to the “PLAN” phase. After that, you can repeat the “DO” and “CHECK” phases with your altered idea, or if you think the idea will not work out no matter how you change it, you can also decide to not pursue it anymore (and perhaps give the idea to the next board to try again).

**ACT:** in this phase, you implement your solution. It is important to remember that PDCA is a loop and not a process with a beginning and end. In other words, your improved process or product becomes the new baseline, but you continue to look for ways to make it even better.

Example: from here on out, you will always share the necessary documents for the GA digitally, with the option to request physical copies in advance. You can decide for yourself when and whether you opt to share the documents exclusively digitally, for example, once you notice that the need for physical copies is very low.



## 4.2 Weighing options

An important part of drafting and implementing policies is making choices. Choosing a policy goal and choosing which steps to implement this year. Choosing between different alternatives. How do you do that? Here are a few tips.

Policy goals and the plan of action you will of course have to discuss with your entire board. It is very good to be ambitious, but a bit of realism is not wrong either. Focusing on tackling a few aspects effectively is often more effective than tackling everything a little.

- **Start small.** Especially in the beginning, it is difficult to make strides. There has to be some kind of cultural shift within the association. In doing so, you often meet resistance. By starting small, you lay the foundation to build on. So don't be put off when people think what you are doing makes little sense. It's about the bigger picture. Immediately switching completely to vegan and immediately banning flying altogether for travel can cause people to resist.
- **Dare to make choices.** Starting small is smart, but at some point, to become more sustainable you will have to show leadership and make firm choices that not every member is going to be happy with. Don't let this put you off. As long as you have a good rationale for your choices, nine times out of ten you will get them through the general assembly.
- **Choose topics that suit you.** As you have seen above, there are many topics and initiatives you can think about as a board. It is smart to choose the ones you have an affinity with. Not only because you can then implement it well, but also because you won't feel reluctant to get started on it. Some initiatives require a long haul and a lot of time. So, look carefully at what you want to spend your time on.
- **Communicate intelligently.** Think carefully about how you communicate your ambitions and measures to members. If you feel that words like 'vegan' or 'sustainable' create aversion among members, use words like plant-based or long-term investment. Always be open and transparent to members though.

## 4.3 Finances

Alongside the policy plan, you will prepare a corresponding annual financial plan. In many cases, unfortunately, sustainability comes with a price tag. It is up to you to decide whether you want to pay for that. Here, it is important to keep a few things in mind. First, although more durable products are often more expensive, in many cases they also last longer. In the long run, buying mugs is cheaper than buying new disposable cups every time, or investing in a feature of online registration through the website than printing forms every time. Hence, you can often think of sustainability as a long-term investment. Of course, there really are things where the unsustainable alternative is cheaper, again it's about daring to make choices. If you really care, sooner or later you will have to make that investment.

As an association, you have multiple options to finance sustainability measures. It is advised, when drawing a financial policy plan, to have a sustainability reserve that you can use in case you want to invest money into sustainability. Such a reserve can help with unexpected sustainability expenses, for example, if you have an idea throughout the year that you did not explicitly budget for, such as laminating your codex or giving it a hardcover.

Another way to finance your sustainability measures is by asking for subsidies. Oftentimes, you can ask for a subsidy from your own faculty. You can draw up a plan and a desired amount of money. It is important that you give good arguments, explain exactly why you think your idea is important for sustainability, and most importantly, that you ask for the right amount of money. A lot is possible so

long as you remain realistic; do not ask for more money than you need, but at the same time, you shouldn't ask for less so that you have 'better' chances. At the end of the day, it's all about your argumentation.

#### 4.4 Evaluating

As mentioned above, implementing new sustainability measures is not a process with a beginning and an end, but an iterative one. In other words, it is important to always keep evaluating your measures and your association's contribution to sustainability. You could do so by having members fill out questionnaires, by having an independent sustainability coordinator that will 'assess' your measures and how they are received, by discussing your measures with other associations or with the Green Office, and so on.

It is important to also document your measures and your evaluations thereof, so you can share these with the next board. This way, the next board will know what has already been tried, what the pitfalls were, and how they could improve on the existing measures.

## 5. Our tips for sustainable stores/restaurants

In this chapter, we have listed some tips for sustainable stores and restaurants.

Keep in mind that you can easily prepare vegan food yourself. Supermarkets offer enough vegan alternatives, and a lot of food (such as fruit) is already vegan. In the beginning, you will need to think more about the types of food you need to buy, but the more often you do, the easier it becomes.

### **Supermarkets / groceries**

#### *Ecoplaza*

Ziekerstraat 79 | 6511 LG | Nijmegen

Groenestraat 199 | 6531 HE | Nijmegen

Ecoplaza wants everyone to enjoy a healthy, organic lifestyle. That is they we offer good products at a fair price. The products are 100% organically controlled.

#### *Vegetarian World*

Bloemerstraat 103 / 6511 EN / Nijmegen

A shop where everything is vegetarian, and a lot is vegan.

### **Eating out**

#### *Café De Plak*

Bloemerstraat 90 | 6511 EM | Nijmegen

Café De Plak is an organic eatery with a committed character. The café gives great attention to both sustainability and social sustainability.

#### *Blixem*

Groesbeekseweg 75 | 6511 CS | Nijmegen

Blixem is a restaurant run by people distanced from the labour market. Moreover, their menu consists mostly of organic and local products.

#### *Tati*

Koolemans Beijnenstraat 80 | 6521 EW | Nijmegen

Tati is a restaurant with many vegan options on the menu. They also use mostly organic produce.



### *Cali*

Priemstraat 13 | 6511 WC | Nijmegen

At Cali you can go for (speciality) beers, organic wine, tequila, cocktails & lots of great food. The products are partly organic and mostly from local suppliers.

### *Mr vegan Foodbar*

Bloemerstraat 115 / 6511 EG / Nijmegen

Get your vegan meals delivered to your home! The vegan kapsalon is now infamous.

### *Bhalu*

Bloemerstraat 95 / 6511 EG / Nijmegen

Here you can go for breakfast, lunch and dinner. And a yoga class before or after.

### **Clothing stores**

#### *Het Duurzame warenhuis 'van Nature'*

Burchtstraat 126 | 6511 RK | Nijmegen

This department store offers a full range in slow fashion & fair fashion for women's, men's and children's clothing.

#### *512*

Van Broeckhuysenstraat 20 | 6511 PJ | Nijmegen

This shop is full of sustainable clothing and jewellery. Good to know: 512 is in one building together with Bleshyou.

#### *naní*

Van Peltlaan 32 | 6533 ZM | Nijmegen

This second-hand clothing store is very close to campus and could prove to be useful for last minute activity shopping! It is also possible to donate clothing, but you have to check the website first.

## **Secondhand (clothing) stores**

### *Kringloopwinkel Het Goed*

Industrieweg 54 | 6541 TW | Nijmegen

Just outside the city you'll find Het Goed. A thrift shop where you can find everything from clothes, furniture to household goods and books.

### *Appel & Ei*

Augustijnenstraat 39 | 6511 KE | Nijmegen

Appel & Ei has the cutest second-hand clothes. In the middle of the city, you can easily get here!

### *Sussies*

Lange Hezelstraat 57 | 6511 CC | Nijmegen

Sussies also sells numerous vintage clothes. Be sure to drop by their shop on Lange Hezelstraat.

### *Fabrics & More*

Derde Walsstraat 83 | 6511 SN | Nijmegen

Fabrics & More is one of the many vintage shops in Nijmegen. What makes them special? They sell their vintage clothes by the kilo.

### *ReShare Store Nijmegen*

Lange Hezelstraat 84 / 6511 CM / Nijmegen

Salvation Army's second-hand clothes shop. Instantly support a good cause when you score your clothes!

### *Zaadelmakerij*

Coehoornstraat 71t / 6521 CD / Nijmegen

Quality vintage and second-hand women's clothing.

## **Food and gifts**

### *WAAR*

Marikenstraat 53 | 6511 PX | Nijmegen

WAAR is a gift shop with sustainable products. You can find everything from jewellery to food and cleaning products.

### *Wereldwinkel*

Lange Hezelstraat 19 | 6511 CA | Nijmegen

De Wereldwinkel is a gift shop with only products obtained through fair trade. The gifts have a focus on other cultures.

### *Kloosterbakker BRodijnen*

Lange Hezelstraat 31 | 6511 CB | Nijmegen

For delicious and artisanal organic bread and pastries.

## **Drugstore**

### *De Natuurdrogist*

Stikke Hezelstraat 81 | 6511 JW | Nijmegen

De Natuurdrogist sells natural and organic personal care products.

## **Miscellaneous**

### *Bleshyou*

Van Broeckhuysenstraat 20 | 6511 PJ | Nijmegen

Bleshyou is a plant shop with only local or second-hand plants. Plants that no longer fit in your home can be brought here, and then a new owner will be found for your plant.

### *Van Nature*

Gerard Noodtstraat 135-137 | 6511 LG | Nijmegen

At Van Nature, you can shop sustainable, organic and fair trade. Always with respect for people, animals and the environment.