



University : Universitat Internacional de Catalunya (UIC)



Country : Spain

Web Address : [www.uic.es/en](http://www.uic.es/en)

### [3] Waste (WS)

#### [3.2] Programme to Reduce the Use of Paper and Plastic on Campus

 <p><b>CONSIGNAS MEDIOAMBIENTALES RESPECTANDO NUESTRO ENTORNO</b></p> <p><b>Reducción de papel:</b></p> <ul style="list-style-type: none"> <li>• Solo imprimir aquellos documentos que sean necesarios.</li> <li>• Siempre que sea posible utilizar papel reciclado o reciclado.</li> <li>• Siempre que sea posible, imprimir a doble cara en blanco y negro.</li> <li>• No imprimir documentos innecesarios, duplicados o a los que no se les dará uso.</li> <li>• No imprimir documentos innecesarios, duplicados o a los que no se les dará uso.</li> </ul> <p><b>Uso responsable de recursos:</b></p> <ul style="list-style-type: none"> <li>• Cerrar luces o no de agua al salir de la oficina o sala.</li> <li>• No dejar equipos en funcionamiento.</li> <li>• Ajustar la temperatura para evitar mayor consumo.</li> <li>• No dejar el agua abierta.</li> <li>• No utilizar el agua caliente.</li> </ul> <p><b>Consumo de energía:</b></p> <ul style="list-style-type: none"> <li>• Evitar el uso de dispositivos de consumo de energía.</li> <li>• Evitar el uso de dispositivos de consumo de energía.</li> <li>• Evitar el uso de dispositivos de consumo de energía.</li> </ul> <p><b>GRACIAS POR VUESTRA COLABORACIÓN</b></p>	
<p><i>Figure 1. Environmental guidelines on how to reduce and recycle paper</i></p>	<p><i>Figure 2. Informational poster with an FSC (Forest Stewardship Council) certification</i></p>
<p>Examples from the programmes to reduce the use of paper (Universitat Internacional de Catalunya, Spain)</p>	

	
<p><i>Figure 3. Glass water jugs (Iradier cafeteria)</i></p>	<p><i>Figure 4. Bottles made from 100% recycled plastic</i></p>

<p><i>Figure 5.</i> Awareness campaign to reduce the use of plastic bottles</p>	<p><i>Figure 6.</i> Sustainable cardboard cups (cafeteria and vending machines)</p>	<p><i>Figure 7.</i> Recycled paper university diary and cardboard cover</p>
<p>Instruments from the programme to reduce the use of plastic (Universitat Internacional de Catalunya, Spain)</p>		

### Description:

In 2016, the Universitat Internacional de Catalunya (UIC) carried out a sustainability assessment for which it made an initial estimation of its paper and plastic consumption. As a result, different departments of the university (Occupational Risk Prevention Unit, Office for Cooperation and Sustainable Development, Operations Department, etc.) were involved in developing various programmes that outline a series of commitments to reduce the impact and consumption of both paper and plastic. These programs are continuing to be implemented in the UIC Barcelona to reduce and make a better disposal of our waste.

#### To reduce the impact and use of paper:

- Establish environmental guidelines that help educate the university community on how to reduce and recycle paper: only print documents when absolutely necessary, use recycled or used paper when possible, print on both sides and in black and white, recycle paper that cannot be reused in the correct bin and deposit confidential documents in their corresponding containers (*Figure 1*) **(1)**.
- Establish sustainability criteria in the material offered by the university: the advertising brochures have an FSC paper certificate (chlorine free) and are made with ecological inks (*Figure 2*). The university agendas are also made of recycled paper with FSC certificate (*Figure 7*) **(1)**.
- Conduct research to replace chlorinated paper in the university. The contract signed with the university's paper supplier (Xerox) was renegotiated to introduce ecological paper in all UIC Barcelona photocopiers.
- Establish sustainability criteria as part of the reprographics service's current contracts: set up printers to print double-sided and in black and white by default.

It should be noted that in 2015 and 2016, UIC Barcelona received the Customer Sustainability Award from Lyreco Iberia. This recognition is thanks to its continuous effort to optimize purchases, either by increasing the size of online orders or by grouping orders together. This helps reduce the use of paper and ink, and avoids the delivery of a single product **(2)**.

Similarly, to reduce the impact and use of plastic:

- Develop initiatives to reduce the consumption of plastic bottle such as: discount on the price of the university menu corresponding to the cost of a plastic bottle of water, installation of new water fountains in the Barcelona campus cafeteria and the introduction of water jugs (*Figure 3*); introduction of "Bezoya" water bottles made of 100% recycled material in all vending machines on Barcelona campus (*Figure 4*) and, on-screen awareness campaigns around the university to reduce the use of plastic bottles (*Figure 5*) etc. **(1)**.
- Change in single-use material for more sustainable material in the Irader cafeteria, such as in cups, straws, coffee stirrers, lids and salad bowls. The tablecloths for the trays and the napkins are made of recycled paper and the plastic cups have also been replaced by cardboard cups in all university vending machines (*Figure 6*) **(1)**.
- The university diaries handed out at the beginning of the academic year have been changed, replacing the plastic cover with one made from recycled cardboard (*Figure 7*).
- Initiative to eliminate plastic water bottles from academic meetings and events is already in force. Plastic cups have been removed from the fountains.
- Joint actions are being carried out with other universities and entities (Conference of Rectors of Spanish Universities (CRUE) **(3)**, Residuo Zero **(4)**, etc ...) to promote policies aimed at reducing waste, including plastic packaging.

UIC Barcelona is committed to having a **university without papers**, for this reason all the actions are aimed at reducing the consumption of paper through different methods. These actions show the university's commitment to sustainability and its efforts to improve the proper use of resources to try to reduce its environmental impacts.

**Additional evidence links:**

1. UIC Barcelona. . *UIC Barcelona avanza hacia la sostenibilidad integral de la Universidad*. Retrieved from <https://www.uic.es/es/noticias/uic-barcelona-avanza-hacia-la-sostenibilidad-integral-de-la-universidad>
2. CRUE. (n.d). Retrieved from <https://www.crue.org/>
3. Ajuntament de Barcelona. (n.d.). Zero Waste. Ecology. Urban Planning, Infrastructures and Mobility. Retrieved from <https://ajuntament.barcelona.cat/ecologiaurbana/ca/residu-zero>