

# 1<sup>st</sup> - 7<sup>th</sup> Feb 2010 Green Week Programme



*NUI Galway will be 'Going Green' from 1-7<sup>th</sup> February as the annual Green Week returns to the campus.*

*Building on the success of last year's Green Week, an action-packed programme has been compiled to help create awareness of how students and staff can all reduce their impact on the environment.*

*Green Week is the ideal time for the 19,000 students and staff based at NUI Galway to make one small change and play a part in developing a greener campus.*

## **Further information available from:**

[greencampus@nuigalway.ie](mailto:greencampus@nuigalway.ie) (Send us your suggestions!)  
<http://www.nuigalway.ie/buildings/environment.html>  
<http://www.socs.nuigalway.ie>

## **Why Not Start Now?**

### 5 Things You Can Do...

1. 'Think before you print' - why not save paper and money by saving documents onto USB stick or by e-mail. If printing, please print double-sided.
2. Drink coffee responsibly - say 'no' to disposable cups. Buy a reusable thermos mug.
3. Keep doors and windows closed in heated/air conditioned buildings.
4. 'Kill a Watt' - switch off heaters, lights, PCs, photocopiers etc. when not needed, especially in the evening.
5. Recycle newspaper, paper, plastic bottles, cans and tetra pak in 'Clean Dry Recycling' bins.

# Running All Week

*Enjoy the Green campus at NUI Galway!*

Why not take a walk along the river? Enjoy the tranquillity between lectures, or bring your lunch to one of the many picnic benches along the riverfront!

**NUI Galway Travel Survey** – complete a travel survey and have your say. You could win a bike!

Submit a **Green Campus Suggestion** at the Cardboard Green Cottage (Áras na Mac Léinn) or email [green-campus@nuigalway.ie](mailto:green-campus@nuigalway.ie) during Green Week 2010.

**Help 'Kill a Watt'** – switch off lights, PCs and equipment when not needed.

Check out the **Climate Crime Scenes** and see if you can help.

**Reusable Thermos Coffee Mug** – Promotion by Students Union. Buy one at a special discounted price this week only and get discount on all future coffees!

**Enable Ireland 'Bring Back' Week** – Don't throw out your unwanted items during your Spring Clean. Bring them to **SocsBox** (Áras na Mac Léinn) during Green Week instead e.g. Christmas jumpers, books, shoes, CDs, clean clothes etc.

Check out **Recycling Symbol from books** in foyer, Library

**Waste Electrical and Electronic Equipment** – Dispose of your old battery powered and electrical equipment free of charge at cages located at Orbsen Building and Kingfisher Sports Centre (Thurs. only)

Check out the **Energy Saving Tips** and **Waste Reduction Tips** on displays and screens around the campus and on the following website –

<http://www.nuigalway.ie/buildings/environment.html>

**Simply attend any of the Green Week Events** and you could win some cool spot prizes!

Check out the **great competitions** at the various events throughout the week.

# Monday 1<sup>st</sup> February

**GO Green Launch!** by President Dr. James J. Browne, NUI Galway and Paul Cunningham, author & Environment correspondent for RTE

**1.15pm** *Bailey Allen Hall, Áras na Mac Léinn*

## **Come along to the launch!**

- Yummy Free Food (refreshments by Food & Drink Society)
- Eco-Power Rangers
- Green Juggling
- See how to 'Wear Your Waste'
- Find out what's happening!
- Presentation of cheque to Galway Simon

**'Beyond Copenhagen'** - A discussion with Paul Cunningham, author and environment correspondent for RTE. Organised by Young Greens Society.

**2pm**, *Large Acoustic Room, Áras na Mac Léinn*

## Students' Union **Ecolympics**

**2pm** *Bailey Allen Hall, Áras na Mac Léinn*

## **Environmental Mural Painting**

**2pm** *Meet at Bailey Allen Hall after Launch*

## **Ecomusic** with *LoveSoc & KazooSoc*

**2pm** *The Cube, Áras na Mac Léinn*

Bring your pots & pans, wooden spoons, bottles, tin cans & other recyclables for some homemade music with LoveSoc & KazooSoc.

**The Green Cardboard Cottage** (ArtSoc/BACon Soc) Submit your green campus ideas here!

**All Week-** *Áras na Mac Léinn Foyer*

## **'One Small Step'** Sustainable Transport Display

**12-2pm** *Foyer, Áras na Mac Léinn*

'One Small Step' is all about you having the power to make a real difference to the environment, your health and quality of life. Everyone needs to use the car sometimes but it can also become a bit of a habit – not to mention the stress of traffic and congestion at rush hours! Find out what one small step you can take during Green Week. Find out the real cost of your car journeys and how much money you can save too!

## **'Environmental Community Action in Galway City'** with Brendan Smith.

**3pm** *Large Acoustic Room, Áras na Mac Léinn.*

## Environmental Film: **'An Inconvenient Truth'**

**3.45pm – 5.30pm** *The Space, Áras na Mac Léinn.*

A documentary on Al Gore's campaign to make the issue of global warming a recognized problem worldwide.

## **'Moving Mindfully'** Yoga Practice

**5.30pm – 7pm** *The Space, Áras na Mac Léinn.*

Bring your mind and body into balance by practising physical yoga postures with controlled breathing and meditation. Booking required: [cindy.dring@nuigalway.ie](mailto:cindy.dring@nuigalway.ie)

# Tuesday 2<sup>nd</sup> February

*Today is Wear Green Day!*

Enter the competition for the wackiest dressed green person. The library podium is the place to be from 1-2pm as the Greenest people will be here! Great prizes to be won. Face painting by Drama Soc/Arts Soc on campus.

**'One Small Step'** Sustainable Transport Display

All day - Foyer, Áras na Mac Léinn

**Exhibition of Landscapes and Nature** with PhotoSoc

All day - Foyer, Áras na Mac Léinn

**'Sustainable Energy Ireland Grants – how to make your home more energy efficient?'** With locally based Smarter Greener Energy Consultants.

1-2 pm AM205 (Arts Millennium Building)

**'Health and Herbs'** by Dr Dilis Clare, herbalist. Organised by Organic Gardening Society.

5.30 pm Meeting Room 1, Áras na Mac Léinn.

**'No Garden, No Problem!'** Hands on workshop with Kay Sinnott to get you growing your own herbs and vegetables. Reduce food miles, eat healthy and save money.

5pm-6pm AM205 (Arts Millennium Building)

Booking required: [cindy.dring@nuigalway.ie](mailto:cindy.dring@nuigalway.ie)

**'Human Rights & Environmental Protection: Something old, something new, something borrowed, something blue'** by Tara Smith. Organised by Human Rights Society.

6pm D'Arcy Thompson Theatre, Arts & Science Building

Environmental Film: **'Home'** Organised by FilmSoc

7pm O'Flaherty Theatre, Arts & Science Building

A globally copyright-free movie which aims to bring the message of ecological mobilisation to all. If you ever doubted our need to change the ways we live for the sake of the Earth, this movie will convince you.

**'Photographing Landscapes and Nature'** with Pat O'Connor. Organised by PhotoSoc

8pm AC214 (Arts Millennium Building)

# Wednesday 3<sup>rd</sup> February

## Green Week Eco Fair

With over 40 stands showcasing renewable technologies, volunteering opportunities, green electricity, recycling, eco gadgets, environmental campaigns and organic food. There will be competitions, polar bears and lots of variety, it shouldn't be missed. Win a €300 voucher towards insulating your home at Ecowise Stand. Name one benefit of insulating your home. <http://www.ecowise.ie>

11.30am-3.30pm *Áras na Mac Léinn*

| At the Eco Fair:            |                        |                               |                              |
|-----------------------------|------------------------|-------------------------------|------------------------------|
| 1. Irish Wind Energy Assoc. | 9. CELT                | 17. Healty Cities Project     | 24. Birdwatch Ireland        |
| 2. Wildlife Trust           | 10. Brigits Garden     | 18. Greener Smarter Energy    | 25. Seed Savers              |
| 3. ALIVE, NUI Galway        | 11. Camara             | Consultants                   | 26. Fairtrade                |
| 4. Grow it Yourself         | 12. Bird Watch Ireland | 19. Airtricity                | 27. Galway City Council      |
| 5. 10:10 Campaign           | 13. City Bin Co        | 20. WEEE Ireland              | 28. Athenyry Environmental   |
| 6. Ecowise Insulation       | 14. ESB                | 21. Ecostore                  | Network                      |
| 7. C&F Green Energy         | 15. Burren Beo         | 22. Organic Gardening Society | 29. NUI Galway Environmental |
| 8. An Taisce (Clare Assoc.) | 16. Amnesty Galway     | 23. Galway Civic Trust        | 30. Green Eco Guides         |

**Galway City Market Food Stalls 11.30am-3.30pm** *Outside Áras na Mac Léinn*

**'One Small Step'** Sustainable Transport Display **All day** - *Foyer, Áras na Mac Léinn*

**Safe Cycling Talk and Launch of Safe Cycling Booklet** by Galway Cycling Campaign.

**1-2pm** *Áras na Mac Léinn.*

### **The Future of Wind Energy**

**1-2.30pm** *Siobhan McKenna Theatre, Arts Millennium Building*

Find out more about the potential for wind energy in Ireland, planning issues and the grid development required to support renewables with Catriona Divenney from the Irish Wind Energy Association, Aiden Corcoran of Eirgrid, Bart Moriarty, ESB, and Elizabeth Muldowney, An Taisce. Chaired by Bríd Walsh, School of Geography & Archaeology. Refreshments will be served.

**Birdwatching Walk with Birdwatch Galway 1.15pm** Leaving from Archway, the Quad

Environmental Film: **'Wall-E' (2008)**

**2-4pm** *Large Acoustic Room, Áras na Mac Léinn*

A computer animated science fiction film with an ecological lesson for all. The story follows a robot named WALL-E, who is designed to clean up a waste-covered Earth far in the future.

### **Launch of NUI Galway Computer Re-use Initiative**

**4pm** *The Space, Áras na Mac Léinn*

In partnership with Camara, a volunteer-based organisation that uses technology to improve education in Africa.

**'Achievable Sustainability'** with Anna Jeffrey Gibson from Kinvara Sustainability. Organised by Organic Gardening Society. **5-7pm** *Small Acoustic Room, Áras na Mac Léinn*

**Green Quiz** - Test your environmental knowledge! Organised by Environmental Science Society.

**8-10pm** *College Bar*

**Clothes Repair Evening 6-9pm** *The Space, Áras na Mac Léinn*

Bring along your clothes in need of some TLC and get help repairing them! Organised by Sewing Society.

# Thursday 4<sup>th</sup> February

*Leave your Car at Home Day (and you could win a bike!)*

Staff and students at NUI Galway will be encouraged to leave their car at home today and bike or walk to the campus. Pick up your voucher for a free tea/coffee at the entrance gates in morning. First come, first served!

E-mail [greencampus@nuigalway.ie](mailto:greencampus@nuigalway.ie) if you walk or cycle to college this week and be in with a chance to win a new bike (sponsored by Galway Transportation Unit).

Why not try out the new showering facilities and lockers in the Quadrangle basement? Check out the new bike shelters on campus funded by the National Transportation Office. Free showers available for cyclists at the Kingfisher Sports Complex this week.

## **Sustainable Transport Fair**

**10.30am - 2.30pm** *Orbsen Foyer*

A large selection of lung-friendly, silent electric bikes, city bikes and scooters will be available to test-ride at the Sustainable Transport Fair. Pedalling power is required for the smoothie bike, serving organic smoothies for staff and students. Galway Bus companies will be promoting their services and offering some free vouchers to staff and students. Visit the wifi double decker bus. NUI Galway will be promoting its 'Cycle to Work' Scheme and 'Travel Pass Scheme'. Visit the 'One Small Step' and 'Car Sharing' Stands. Check out the unicycles!

### **At the Sustainable Transport Fair:**

1. Smoothie Bike
2. National Transportation Office
3. Galway Transportation Unit
4. Galway Cycling Campaign
5. Cycle To Work Scheme
6. Travel Pass Scheme
7. Bus Companies
8. Bike Shops
9. An Taisce Green Transport Initiative
10. Glowgoat Safety Gear
11. Kenbay Electric Bikes
12. Georgia in Dublin Ladies Cycling Gear

## **Galway City Market Food stalls**

**11.30am - 3.30pm** *outside Áras na Mac Léinn*

**'Local, Sustainable and Organic Food'** with Prof. Leslie Dunham

**1-2pm** *Siobhan Mckenna Theatre, Arts Millennium Building*

Talk by Prof. Leslie Duram, author of 'Good Growing: Why Organic Farming Works' and 'The Encyclopedia of Organic, Sustainable and Local Food'. Prof. Duram is Professor and Chair of the Department of Geography and Environmental Resources at Southern Illinois University at Carbondale and is based at NUI Galway for the 2009/2010 academic year. Refreshments by Organic Gardening Society & Galway Slow Food Movement.

**'Smarter Travel'** with Suzanne Afra

**1pm** *Large Acoustic Room, Áras na Mac Léinn.*

Talk by Suzanne Afra, National Transportation Office. Find out how and why we should choose smarter travel options, even a few times per week.

**Feature Events in Áras na Mac Léinn today:**

**Build a Can Pyramid – Art Society**

**'Know Your Number' – Environmental Science Society**

**Energy Conservation Display - Philips Lighting and Airtricity**

**Food Matters Display - Voice of Irish Concern for the Environment (VOICE).**

Do you know what your carbon number is and how you could reduce it? Do you want to find out what energy efficient lighting to install at home or how to reduce your electricity bills?

**All of the above: 1-4pm Foyer, Áras na Mac Léinn**

**'10:10 Campaign'** – by Ciara Aucoin

**2pm** *Large Acoustic Room, Áras na Mac Léinn*

Ciara Aucoin, Voice of Irish Concern for the Environment (VOICE). Hear about this new campaign and how you can help NUI Galway & Ireland to reduce carbon emissions by 10% in 2010.

**'Energy Conservation at NUI Galway and at Home'**

**5.30-6.30pm** *The Space, Áras na Mac Léinn.*

Find out what NUI Galway is doing to reduce its energy consumption and get tips on simple ways you can cut your energy bills at home.

**'Cooking with Local Produce'** demo

**6-8pm** *Common Room, NUI Galway Chapel.*

With Kate Wright, Cobblestone Café. Booking required: [cindy.dring@nuigalway.ie](mailto:cindy.dring@nuigalway.ie)

**'The Future of Nuclear Power in Ireland'** Debate

**7pm** *Kirwin Theatre*

Organised by Literary & Debating Society/Young Greens.

Skeptics Soc: **'Talk with P. Z. Myers'**

**6.30pm** *O'Flaherty Theatre*

Veteran science blogger, biologist and atheist campaigner PZ Myers will be visiting NUI Galway to give a talk about evolution, science and (possibly) creationism. Tickets are available from the SocsBox and all are welcome!

# Friday 5<sup>th</sup> February

**“Radon: how big a problem is it in Ireland and what are we doing about it?”**

**1-2pm** *Large Acoustic Room, Áras na Mac Léinn.*

With Stephanie Long, MSc, Radon Advice Section of the Radiological Protection Institute of Ireland. Organised by Geos and Environmental Change Institute. Lunch provided.

## **Cycling Treasure Hunt & Information Stand**

**11am - 3pm** *Library Podium*

With Galway Cycling Campaign. Answer some simple questions and win vouchers for local bike shops.

**Environmental Film: “The Constant Gardener”**

**2.15-4.30pm** *Large Acoustic Room, Áras na Mac Léinn*

# Saturday 6<sup>th</sup> February

**Safe Cycling Training** (indoors) with West Coast Wheelers CC

**9.30-11.00am** *Pavillion, Dangan*

Training will include bike health check, proper helmet fitting, safe signalling and fun and games for all ages. Just bring your bike and helmet.

## **Further information available from:**

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<http://www.socs.nuigalway.ie>

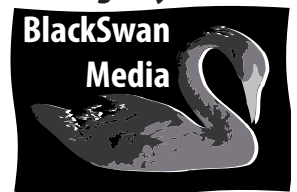
**A big thanks to the following for making 1-7 February a Green Week**

*(apologies to anyone forgotten!)*

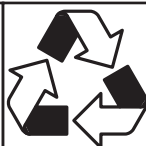
The Environmental Office, The Societies' Office, Art Soc, Food and Drink Soc, Organic Gardening Soc, Young Greens, Environmental Science Soc, BACON Soc, GEOS, Drama Soc, Human Rights Soc, Lit & Deb, Skeptic Soc, Juggling Soc, Love Soc, Film Soc, Sewing Soc, PhotoSoc, Students' Union, Ecopower Rangers, Student Services Health Promotion, Buildings Office, Press Office, SocsBox, ECI, Alive Programme, National Transportation Office, Galway Transportation Unit, Galway Cycling Campaign, West Coast Wheelers CC, VOICE, Prof. Leslie Duram, 10:10 campaign, Airtricity, Energia, ESB, IWEA, Eirgrid, Philips Lighting, Smarter Greener Energy Consultants, Galway City Market Traders, WEEE Ireland, City Bin, Brendan Smith, Organisations attending Green Fair and Sustainable Transport Fair, Café to Go, Moffetts & SU Commercial Services, Kingfisher Sports Centre, Campbell Catering, Farrell Travel and Citylink.

*The organisers of Green Week wish to apologise for any late changes which may occur due to circumstances beyond our control.*

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