

VU Faculty of
Social
Sciences

THE CHANGEMAKERS GUIDE

to explore your contribution
towards a more sustainable faculty

changemakers



Hello (future) changemaker

We, at the Faculty of Social Sciences, aim to reduce the environmental impact of our faculty following the sustainability goals of VU Amsterdam. We've set up a sustainability workgroup and created a sustainability policy setting out our goals. To fulfil these ambitious goals we have translated them into more tangible ways to change our impact, resulting in six categories of environmental impact. We formulated a vision on: commuting, travel, food, waste, electricity and awareness creation.

However, change is always easier said than done. To support the necessary change ahead we came up with a way to support changing individual habits, with the goal to reduce our collective environmental impact. We encourage you to find out how you, the individual, can contribute to change in your own way effectively.

With this booklet and its contents, we will aid you in making a (sustainable) change concerning sustainability and coming up with a suitable challenge and learning from the process of (attempting to) change.

Besides this booklet, there are physical locations that embody the change of the collective, of you and your colleagues (of the Faculty of Social Sciences). Here you can find and share tips, inspiration as well as fellow changemakers or inspiring challenges. The location of these physical locations as well as other information can be found through the QR-code.



receiving 'the package'

initiating a challenge

change for 21 days

The journey ahead

The idea is to try to change a habit in 21 days. The challenge can be about finding a more sustainable way to commute, changing your preferred lunch, using less paper, turning off the lights when you leave etc. Further on in this booklet, you will find all that is necessary to come up with a challenge tailor-made for you, by you. A small exercise about your current habits will help you in finding a first challenge, the six impact topics from our sustainability policy may inspire you.

We ask you to write your challenge down twice, once for yourself and once to visualize the collective impact we aim to achieve. The second one you can write down on the leaf fitting the topic of the impact (from the sustainability policy) and add it to the impact tree that can be found at the faculty.

As a changemaker, you can invite others to join your challenge or they can come up with a challenge themselves. We highly encourage you to share your experiences of the 21-day challenge with others.

If you have questions about this booklet or your journey, feel free to visit the webpage or send us an email.



evaluate

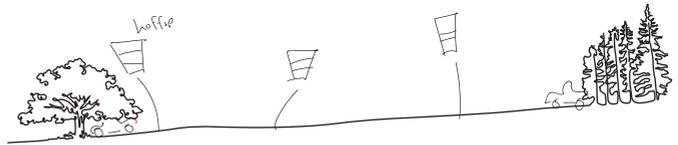


share and learn
and do again

Your challenge

There are several ways to find a challenge that fits you. You might have been challenged by a colleague to join their challenge or found an inspiring one at the change tree. If this isn't the case, or you would rather walk your own path, we have created a short exercise to find one for yourself. Besides having a tailor-made challenge specifically for you, it also helps to gain awareness about your starting point.

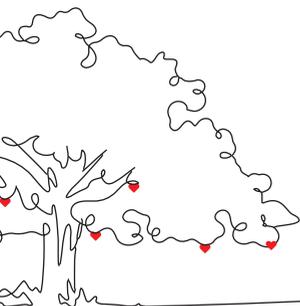
- 1 The first step is to gain some insights into your current habits, and your current way of working, living, and doing. In this exercise, we ask you to describe a typical (work)day. This can vary from describing how you commute to how you drink your coffee. All these things can be habits and therefore can be changed, whether it is hard or easy. At the bottom of the page, you can find a (to be filled in) timeline. We have also added an example of a filled-in timeline. You can use the topics of the FSS sustainability policy (Commuting, Food, Travel, Electricity, Waste and Awareness Creation) as a guide on what to look out for.



The timeline

1 Fill in

2 Assess impact



morning

during the day

2 The second step is to look at the things you wrote or drew on your timeline. What would be the impact of changing one of these habits, both on you and on the environment?

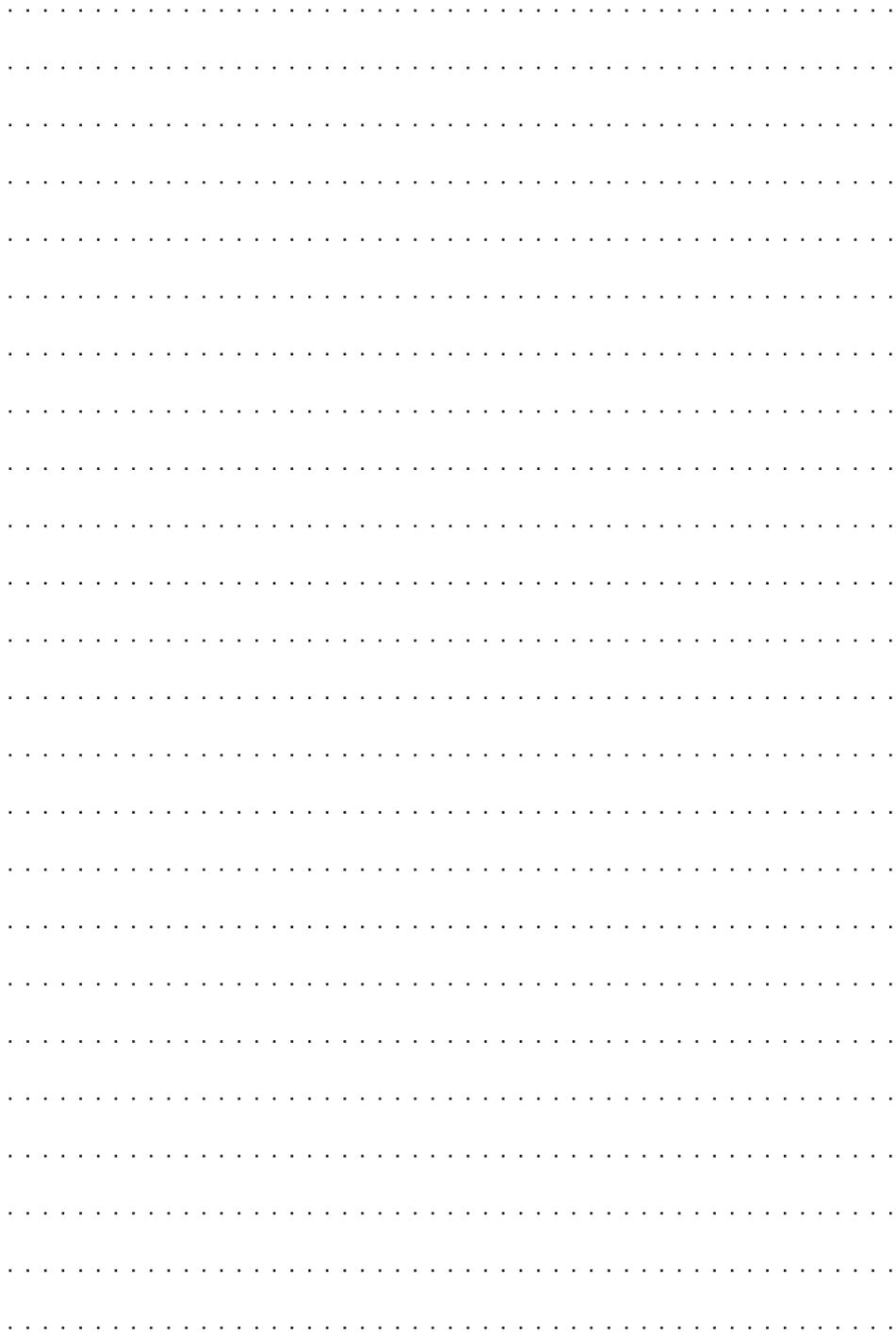
3 The last step is to pick a habit and formulate a challenge. Of course, the more impact, the better, but the focus should be on challenging yourself to make more sustainable choices. And of course, that is different for each of us. Write down your challenge on the challenge card as well as on the challenge leaf that fits your challenge topic best. Add the leaf to the change tree (look at the FSS newsletter or webpage to see where the tree has been planted). After that, start your 21 day-challenge!

3

Pick and formulate



afternoon



Share your findings with the work group so this will give us new insights on how to approach sustainability issues in a better way.

For more information on this challenge booklet, and the FSS sustainability policy you can either visit the change tree, follow the QR code on this page or send us an email: sustainability.fsw@vu.nl

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