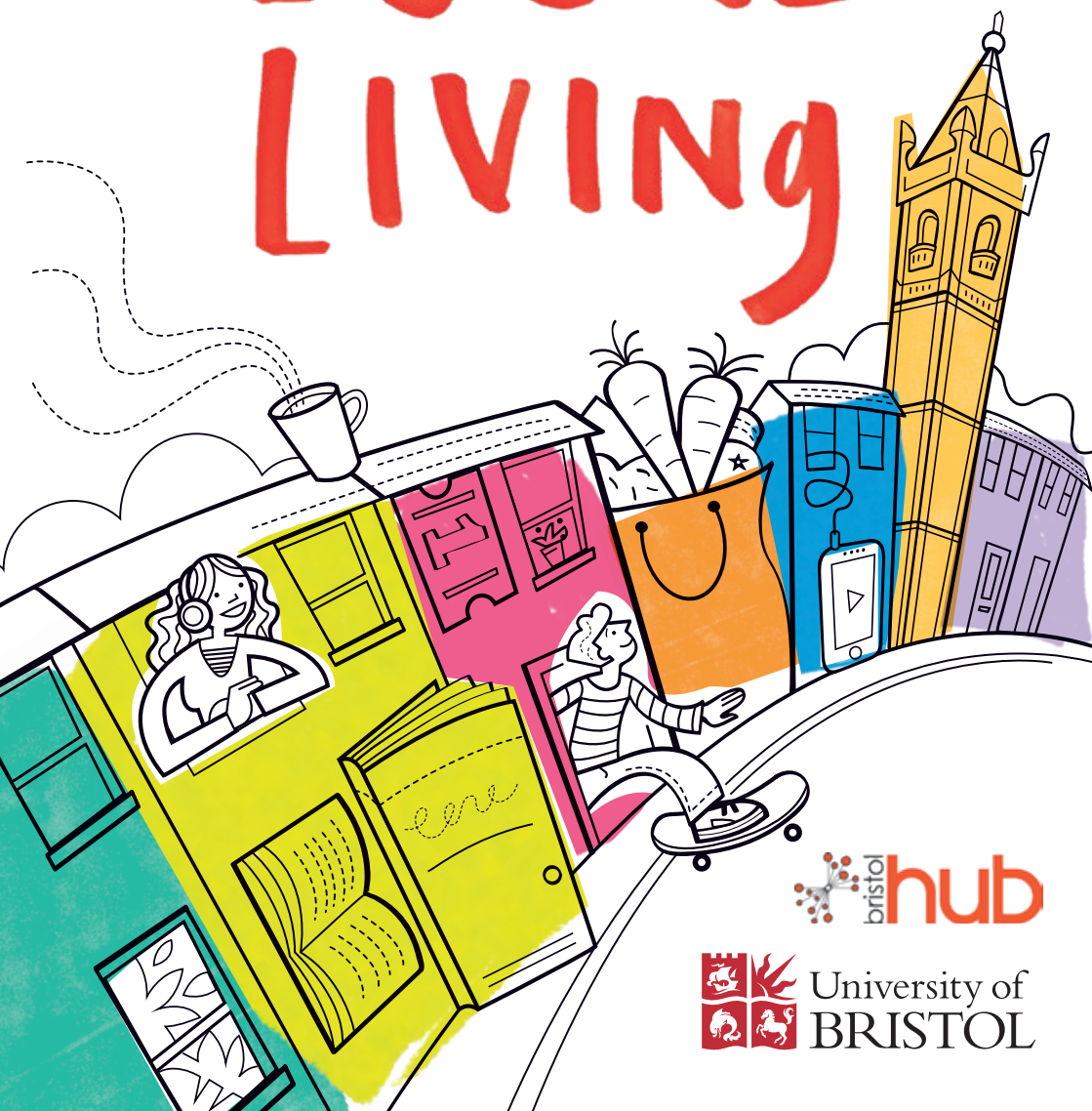


Bristol Guide to LOCAL LIVING



bristol **hub**



University of
BRISTOL

Bristol Guide to LOCAL LIVING

Introduction

Welcome to Bristol, and welcome to the Guide to Local Living. This Guide has been made for students, by students, with help from Bristol Hub and the University of Bristol Sustainability Department.

Our aim is to showcase all that Bristol has to offer, from its world-renowned balloon fiesta/street art to the best local tips. At the same time, this guide focuses on how to enjoy our great city in a sustainable way so that the things in Bristol and elsewhere that we value and enjoy today are still available and accessible for people to enjoy in the future. We hope this guide will help you to enjoy Bristol whilst enabling and inspiring you to have a positive impact.

What does it mean to live sustainably?

The system we currently live in is unsustainable which leaves our environment damaged, local economies undermined and members of our community abandoned.

However, we can resist this by integrating sustainability into our everyday lives. This can take on several aspects including in our home, when we are out and about, through what we chose to spend our money on, through supporting others, in our career choices and when caring for ourselves.

While you're reading the guide note down any useful tips or interesting links, then when you're finished pass the guide onto a friend to spread the ethos of sustainability further.

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Climate Emergency

In April the University of Bristol became the first university in the UK to declare climate emergency, following a petition to the vice-chancellor launched by Extinction Rebellion Bristol Students that received over 500 signatures. The University has already pledged to become carbon neutral by 2030, and last year was joined by the city of Bristol in this pledge.

You're in a city that takes the climate emergency seriously, and is willing to act. Throughout this guide you'll find examples of how you can take action as an individual, a student, and a citizen, and it's important to remember the power you have to make change happen; the University relies on its students to help it to progress, and as the Extinction Rebellion petition shows, the will of a small number of students can snowball until big change happens.



Home

Where we live is a great place to start taking action to live sustainably. We spend most of our time at home, and it's where a lot of habits are formed, so it's the perfect place to make little changes to our lifestyle that will add up to make a different, more sustainable way of life.



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Energy

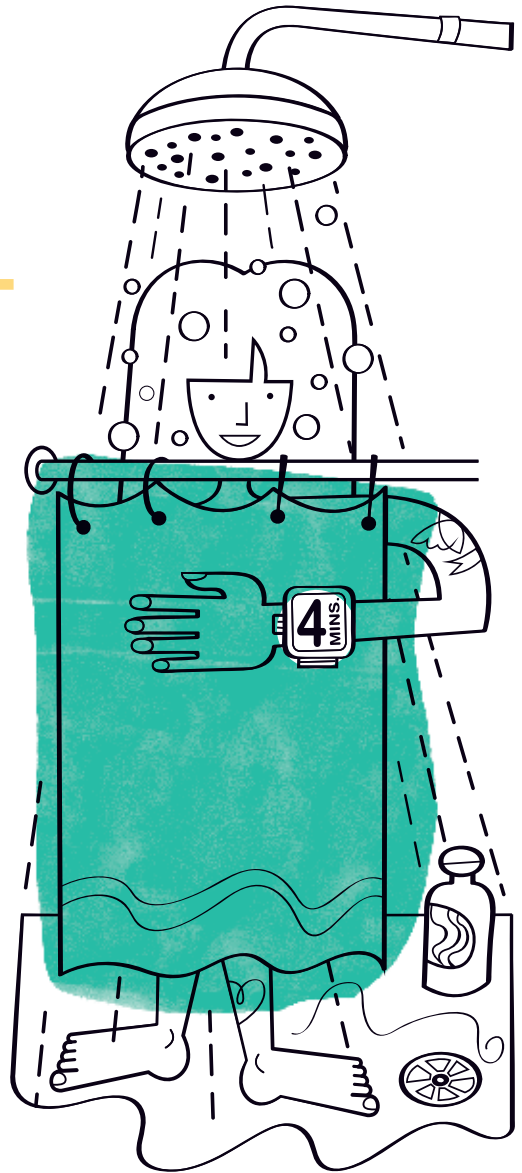
- **Turn appliances off**
Instead of stand-by.
- **Wash clothes at 30°**
Instead of 60°.
- **Change lightbulbs**
“A” rated bulbs use one fifth of the energy of a standard bulb.
- **Defrost the freezer**
Less ice makes it easier for the freezer to cool down food.

Ask your landlord:

- **Switch supplier**
If your contract allows, switch energy supplier to a green tariff where the energy is from renewable sources. Ecotricity provide 100% renewable sourced energy, and Bristol Energy also offer a green tariff.
- **Check your landlord is meeting their legal obligations**
A rented property should have an Energy Performance Certificate with a rating of A-E showing it meets a minimum standard of insulation and efficiency. Your landlord is obliged to show you the EPC if requested.

Water

- **Take a shorter shower**
Have a shorter shower and choose an eco setting to save water and energy.
- **Notice and fix leaks**
Report them to your landlord or halls team.
- **Ask your water company for water saving devices**
Bristol Water give free tap aerators, which reduce the volume of water used.
- **Wash a full load on your dishwasher and washing machine**
Choose the eco setting, or a setting that minimises the number of rinse cycles.



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Waste & Recycling

Every item we buy and use is the result of energy, water, labour and materials that went into making, transporting and selling it. Every time we throw away an item, we discard the resources that went into its whole lifecycle, and if we buy the same item again double the resources and energy are used! So one way to cut down energy use and environmental damage is to consume less and reuse more.





1. Avoid

The average UK citizen uses over 3 times their share of the World's resources. Extending the lifespan of resources by reusing and recycling them is great but has limited power; plastic can usually only be recycled around 8 times, and paper 5.

2. Repair and Reuse

Repairing and reusing products can help the planet and your pocket. We send more than 300,000 tonnes of clothing to landfill, much of it still in good condition, and use 7.7 billion plastic bottles each year in the UK. H&M garment collection gives you a £5 voucher for donated clothes of any brand. The Refill app can help you find your nearest free water refill station.

3. Recycle

Use the recycling bins and boxes provided where you live. If a bin is missing ask the council to replace it (it's free and easy at www.bristol.gov.uk/bins-recycling). Visit bristolwastecompany.co.uk for a waste collection calendar and more details on local waste and recycling. Visit bris.ac.uk/green for advice on recycling.

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Food Waste

The UK wasted more than 7 million tonnes of food in 2015, but the majority of food waste is preventable. There are some simple steps to avoid throwing away food.

- **Best before vs Use by**
Food is still safe to eat after the best before date, although it may lose flavour. Take note of use by dates, food should be eaten before this date.
- **Use all of what you buy**
Wash potatoes and carrots instead of peeling them.
- **Pay attention to when food goes off**
Try making a big batch of a meal you can freeze or share a big meal with your housemates if food is about to go off.
- **Bread**
Bread is the most thrown away food. Save your dough by freezing half a loaf and defrosting when you need it.
- **Take Action**
Take action University of Bristol Food Bank is a student-led volunteering project that supports Bristol's food banks, and over 50,000 people in Bristol who are in need of emergency supplies of food.

Eat Junk food

Junk Food Cafe is a student-led pop-up cafe that makes delicious meals from food that would be thrown away by shops restaurants.

www.facebook.com/bristoljunkfood

Volunteer

Foodcycle pedal across Bristol collecting food and turn it into tasty meals at the Barton Hill Settlement.

www.foodcycle.org.uk

FareShare redistribute unwanted and surplus food to charities and community groups.

www.fareshare.org.uk

Help Bristol go for Gold

Bristol is aiming to be the first city in the UK to receive a gold award for being a Sustainable Food City. The initiative covers 6 themes: buying better, food waste, urban growing, community action, eating better and food equality. Each section includes actions you can take as well as useful resources. Log any changes you make and help Bristol achieve Gold.

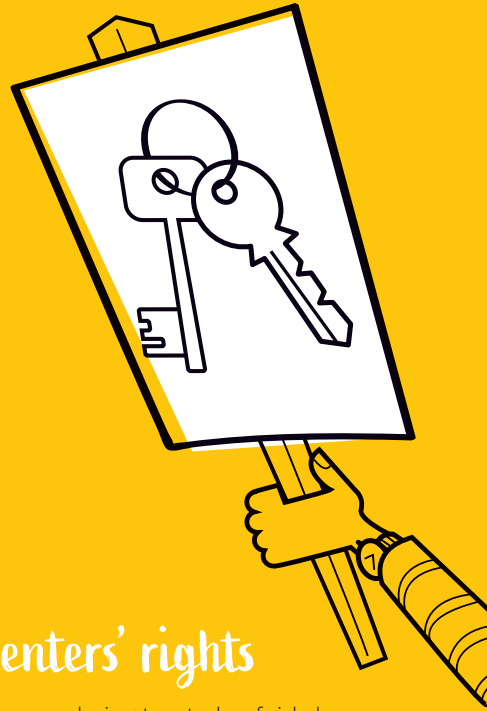
<https://www.goingforgoldbristol.co.uk/>

For more food waste information and tips visit www.lovefoodhatewaste.com.

Moving Out

When you move out of your accommodation plan ahead to avoid throwing away a large amount of stuff.

- **Donate** clothes through the Big Give, the British Heart Foundation's Summer collection. University Halls and several sites on campus have collection points.
- **Give** unwanted clothes, books and household items to charity shops.
- **Take** unwanted bikes to the Bristol Bike Project.
- **Ask** if your neighbours or friends would appreciate any items.
- **Start early.** Spread the rubbish and recycling over a few waste-collections.



Renters' rights

If you are being treated unfairly by your landlord make sure you know your legal rights and understand the problem. Get free and confidential advice from Citizens Advice. Visit: www.citizensadvice.org.uk.

ACORN is the renter's union, protecting renters' rights and campaigning for better protection and fair treatment. Joining helps support action to protect tenants. Visit: acorntheunion.org.uk.

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Out and about

Bristol is a vibrant and busy city, with an abundance of places to eat, drink, see bands and watch films. The city's creative spirit flows through its independent and local venues. Choosing to support them helps keep Bristol diverse and unique. Included here is a small sample of places but there are plenty more to discover.

Plastic

We are all gradually becoming aware of the plastic crisis that is killing our marine life and causing microplastics to pollute our drinking water.

The scale of the problem is immense - in 2017 the Ellen MacArthur Foundation estimated that by 2050 there could be more plastic in the ocean than fish - but small changes can add up to combat it:

- **Carry Cutlery**

One simple change is to carry metal cutlery when you're out and about, to help you to refuse plastic cutlery

- **Ditch Cling Film**

There are many alternatives to cling film now on the market, from beeswax wraps to stretchy silicone lids. There's also the obvious: tin foil, which is recyclable!

- **Reusable Coffee Cups**

Take away coffee cups are normally not recyclable so why not carry a reusable cup with you. This could also save you money as several cafes offer a discount for bringing your own cup.

- **Give up Glitter**

Move to a biodegradable glitter that will break down in the environment while still sparkling fabulously.

See the University's Plastics Action Plan for packaging information
www.bris.ac.uk/green/plastic

Food

Boston Tea Party

First opened on Bristol Park Street in 1995, BTP has since grown across the West Country. Offering a range of cakes, coffees and lunches, BTP are pioneers of the KeepCup movement, having banned single-use cups in June 2018.

Friska

The cool and conscious alternative to Pret, Friska serves breakfast, lunch and coffee, while keeping landfill waste at zero and supporting local and international charities.

Cafe Kino

A non-profit workers' cooperative serving vegan food and drinks is archetypal Stokes Croft. The vegan menu of salads, burgers, falafel and breakfasts is sourced responsibly from independent suppliers - they take their ethics as seriously as their food.

Thali Cafe

Serving up dishes from across India, locally sourced, and made in Bristol. Their reusable metal Tiffins and biodegradable containers offer an alternative to the plastic takeaway box.

Suncraft

Serves plant-based and gluten-free seasonal food from around the world. They are also partnered with Belu which donates 100% of its net profit to Water Aid.

The Spotless Leopard

An ever-changing menu of vegan lunches and cakes served from a van just off Whiteladies road, the Spotless Leopard aims to bring you food that is locally sourced, ethical and healthy.

Also try:

St Nicholas Market has a street food market every Tuesday and Friday lunchtime, as well as a Vegan and Wellness Market on Mondays. On Wednesdays and Thursdays visit the Harbourside for a collection of the best local independent food vendors.

Drinks

The Apple

A student favourite serving many local ciders in a barge.

The Hope and Anchor

This friendly pub has a student discount on selected ales and makes a pretty good Sunday roast.

Grain Barge & the Tobacco Factory

These sister venues both serve beers from local and independent brewers, in unique venues.

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Getting Around

Transport is a vital part of our lives but can harm the planet we love to explore; studies suggest that living car-free and avoiding airplane travel are the most effective lifestyle-changes to reduce your carbon footprint. Travelling more sustainably can be cheaper, easier, and healthier and there's many initiatives to help you get started!



Cycling

- **Rent**

Want to give cycling a try? Rent a bike.

Better by Bike offers bikes to rent for free for one month, or you could pay-as-you-ride on a **YoBike** dotted across the city.

- **Bristol Bike Project**

A community bike project that repairs unwanted bikes. You can buy a second-hand bike in full working order from £130. www.thebristolbikeproject.org

- **Looking after your bike**

The University holds bike clinics fortnightly on Wednesday afternoons on Tyndall Avenue. Bring your bike in for a free tune-up from a professional mechanic.

- **Keep your bike safe**

You can buy discounted locks and lights from the SU shop, the Basket. Security services at the Royal Fort lodge can security mark your bike and sell discounted locks.

Flight Free

Flying is the fastest growing cause of climate change, and in the UK we fly more than any other nation. Thousands of people have joined Flight Free UK in pledging to go flight free for 2020 to help to combat climate change and encourage the aviation industry to consider its impact on the planet.

Alternatively, you might consider organizations such as **Atmosfair** that allow you to donate to climate protection projects to offset the emissions of your travel. Make sure you choose an offsetting company that is accredited by a reputable monitoring organization, such as Gold Standard.

Buses

Buses are probably the best public transport option for navigating Bristol. The travelwest.info website provides all the information you could possibly need about buses and other public transport in the West of England, including a **journey planner** and **accessibility details**.

Students are entitled to **30% off all tickets on First buses** with a valid ID. If you are in University accommodation you are also entitled to unlimited free travel on the Bristol Unibus that travels from North Village to the City Centre via the Clifton Campus.

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Entertainment

Left Bank

Left Bank showcases Bristol's creative community with local and visiting artists 6 nights of the week in the heart of Stokes Croft.

Exchange

Coffee shop, community interest company, and host to an eclectic mix of artists, including bigger names like George Ezra and Haim.

Festival of Ideas

Runs a programme of talks, discussions and debates throughout the year ranging from brilliant novelists to inspiring astrophysicists.

Watershed

Independent Harbourside cinema showing films from around the world, a mixture of old and new releases. Tickets are £5 for under 25s.

We the Curious

Bristol's science museum at the harbourside also features a 3D planetarium and events throughout the year, many of them tailor made for adults.

Cube Microplex

Volunteer-run cinema showing a huge range of film, from the slightly unusual to the totally avant garde. Look out for music, comedy and other performances too.

Download the Headfirst app for listings of gigs and clubnights across bristol and to buy tickets.
www.headfirstbristol.co.uk



Shopping and Money

How you choose to save and spend your money has an impact: you can support the local economy and encourage ethical business.



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Food shopping

- **Reduce packaging**

Choose loose fruit and vegetables, and where possible recycle food packaging. Buying in bulk can reduce the amount of packaging. Go further by bringing your own containers to one of Bristol's zero waste shops!

- **Buy locally and seasonally**

This is one way to reduce the distance your food has travelled to reach you as well as supporting local businesses and jobs. Even if you can't reach a local market, see if you pass a greengrocers on your walk into University.

- **Eat less meat**

More water, land and energy is used to produce meat than to grow plants, so consider reducing your meat intake.

- **Hungry caterpillar food coop**

Selling whole foods from the Multifaith Chaplaincy every Wednesday afternoon, pick up some goods after lectures.

Zero waste shops

Bring your own containers and pay by weight:

Scoopaway - Gloucester Road

Zero Green - North Street

Smaller footprints - Clifton Village

Preserve - Gloucester Road

Scoop Wholefoods - Whiteladies Road



Fast Fashion

People are quickly waking up to the dangers of fast fashion. Global clothing production has doubled in the past 15 years, and the effects are felt by the environment (the fashion industry produces 10% of global climate emissions already) and by workers (who often work long hours in poor conditions for insufficient pay). What can you do about it?

Buy Less

Before you throw clothes out, try to **repair** them or give them to a friend. Before you buy a new item look through your wardrobe and see if there's something there already that would work. Also, check out the many **clothes-swaps** organized in Bristol throughout the year.

Buy Second Hand

If you have to buy, try to shop second hand in **charity or vintage shops**. They often have more interesting stock at more **affordable** prices.

Buy from sustainable brands

If you can't use something you already own, and you can't find anything second-hand, try to consider the environmental credentials of the brand you purchase from. You could consult The **Good Shopping Guide** which ranks companies on their ethics.



Banking

These banks use ethical and environmental criteria to decide what they finance, allowing ordinary people to save money without it being used to fund unethical projects.

- **Co-operative Bank**

The Co-operative bank makes an ethical policy on the basis of customer opinion and declines to provide banking to groups who breach the policy

- **Triodos Bank**

For 35 years Triodos has invested into businesses that benefit the environment and help people.

- **Bristol Credit Union**

Bristol Credit Union (BCU) is a not-for-profit co-operative that helps local people to save and borrow at fair rates. When you save or borrow with BCU more of your money stays local.

Bristol Pound

The Bristol Pound (£B) is an economic innovation that keeps money in the local economy, rather than letting it flow out through the complex corporate financial system, so it supports local people and businesses.

How?

To start using £B, simply download the easy and secure **Bristol Pound app** or exchange sterling notes for £B notes at £B cashpoints, such as the **Bristol Hub cashpoint** in the SU.

Where?

A growing range of shops and businesses accept £B. **First buses, Cafe Kino and Chilli Daddy** all accept £B. Past Bristol mayors have received their entire salary in £B! See the £B website for an up-to-date directory of all the businesses accepting £B.

Visit www.bristolpound.org



Social Impact

Social impact is the effect of an activity on the wellbeing of people and the community, and at University there are many opportunities to make a positive social impact. You can take practical action through volunteering in your community, representing students in the Students' Union, and campaigning on an issue you care about.

Bristol is home to an amazing array of groups and projects having a positive social impact and this section highlights only a small sample - explore your community and find ways you can get involved.

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Volunteering

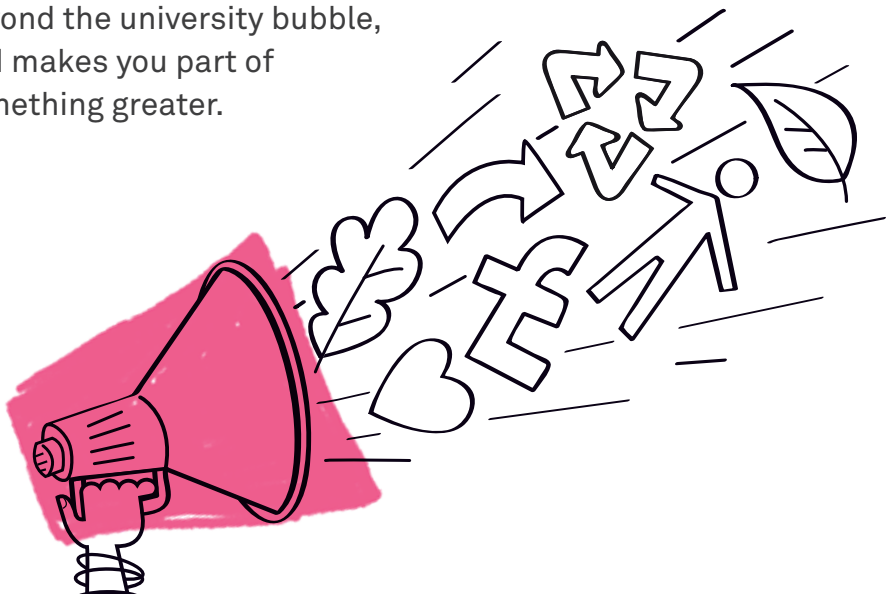
Volunteering is key to tackling social issues. As inequality rises and public services shrink, the role of volunteers becomes even more important. From providing food to the homeless to teaching children to code, volunteers make it happen.

As students, volunteering connects you with Bristol beyond the university bubble, and makes you part of something greater.

Volunteering with Bristol Hub

Bristol Hub works with local organisations to find opportunities for volunteers to take part in social action where both the community and student benefit. Their Volunteer Programmes tackle a range of issues. You could be tutoring school children, combatting loneliness in older people, or building young people's confidence through sport. Most of the roles require 1-2 hours each week, so can fit into a busy schedule.

Whilst volunteering with Bristol Hub you'll get training and support from Hub staff to ensure you have the best experience, gain skills and have a meaningful impact in the community.



EMPOWER ACTIVE

Empower Active and Branch Up Active are sports mentoring programmes which pair volunteers with local school children. It involves volunteering one afternoon a week for six weeks or attending 4 activity days to help school children to build confidence and re-engage with their studies. It is a great opportunity to make a real difference to the community.

Skilled Placements

As part of this placement, students carry out a consultation project for a local social impact organisation and work collaboratively to address a challenge the organisation is facing. It not only provides an opportunity to develop professional skills but a chance to make a big impact in the community. Applications open in October.

Visit www.bristolhub.org
Sign up to the newsletter "The Week"
Follow @BristolHub



Anna Lawton
Bristol Hub Volunteer

"I think volunteering has taken me out of the University bubble and made me feel a lot more attached to the Bristol community. The network of local people in Bristol so committed to helping the city's homeless and refugee communities is inspiring. Meeting these people who dedicate so much time to amazing causes has made me determined to do more."

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Leva Malickaite **Branch up Active** **Volunteer**

“For volunteers, it was a great opportunity to build on their leadership skills and self-esteem and also it’s really important to give back to the community.”



Gemma Abbott **Social Innovation** **Programme team member**

“I would definitely recommend the Social Innovation Programme I learned how to work more effectively in a team, it highlighted that I wanted a people-based role, and that my best skills lay in analysis and communication.”

Eben Tuff **Feed the Homeless** **Volunteer**

“Through volunteering I’ve met some of the most lively, optimistic and lovely people who have influenced me to have a more positive outlook on life. Some have gone on to become great friends – in fact I attended the wedding for two of them.”

Anna Trafford Bristol Hub Volunteer

"I started volunteering at uni as a way to use my time productively and to meet new people. It ended up being much more than that though; volunteering as a tutor in a local school gave me a chance to make a positive impact on people's lives, and it became a hugely rewarding part of my weekly routine"



Samantha Crossley University of Bristol Enactus

"Social Enterprise is all about using your passion to make an impact. This type of business is such an incredible way to find purpose in your work while creating social and economic value. Bristol, having been ranked most eco-friendly city in the UK, is the perfect place to get involved or even start your own social enterprise!"

Being involved in the social enterprise society, Enactus, at UoB has allowed me to be involved with many social enterprises and has given me invaluable experiences and connections. There's no better feeling than being involved in something that makes such a positive impact on the community!"

Emma Hanson Social Innovation Programme participant

"The girls who were in my team, I count as really good friends now, so it's really nice to meet lots of new people. The opportunity to do a high level piece of work whilst you're at uni is amazing and the impact we made within the community and the community awareness we gained from the programme was really valuable and also the support received from both Bristol Hub and Burgees Salmon was a really great opportunity."

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Volunteering with the SU

The SU co-ordinate a range of city-wide volunteering opportunities with local organisations which can be found on their website. They also provide training and resources to help volunteers and guidance for those who want to start their own volunteering group.

- **Student lead volunteering groups**

The SU also support several student-led volunteering groups which you can get involved with, including working with children, supporting other students and helping the homeless. It is a great way to work alongside other students to help your community.

Visit <https://www.bristolsu.org.uk/skills-volunteering> for more information.



ROOTS COMMUNITY GARDENING

A student-led volunteering group which helps to get people outside and involved with the wider Bristol community. Their previous projects include helping disadvantaged school children learn about nature and delivering the Seed to Soup project where they worked with University estates team to grow squash and pumpkins, harvest the crop and host a meal for a group of people in need. The year ahead is going to be exciting as they look to continue these projects and use the new university's new student allotment.

Volunteering FAQ's

? I don't know how much I can commit to?

Many volunteer roles can be flexible, making it easy to fit around deadlines, social life, and university holidays. You can find projects which allow you to commit on a week-by-week basis, work from home or are one-day projects.

? Do I need specific skills?

You don't need specific skills to be a great volunteer - usually enthusiasm is the only required attribute! Bristol Hub and the SU provide training to volunteers to support you to have the best impact possible. Equally, if you already have specific skills, they can help you apply them and teach others.

? Will volunteering take up all my spare time?

You definitely don't need a lot of free time to fit in volunteering and there will be opportunities to suit your schedule. Most Bristol Hub programmes ask for 1-2 hours each week and there are one-day projects and microvolunteering opportunities throughout the year.

? Will I be making a difference?

Yes. No matter how small, volunteering will enable to make a positive impact on an issue you care about. Whether it's helping one school child to become more confident or helping to feed a whole community, it all counts in helping to improve your community.

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Bristol SU

The Students' Union isn't just a building. All students are members of the SU, and elect representatives who campaign for student rights, and lobby on key issues. The SU also has a pastoral role supporting you on academic and welfare issues and providing opportunities to expand your university experience.

Representation

Elected officers work full-time to lead the SU. They represent students, run campaigns and coordinate SU activities. Course reps represent students on each course and bring concerns to academic staff.

Junior Common Room reps represent the students living in each hall and coordinate social activities and events

Networks

The 13 networks offer a hub for students to connect and carry out collective action on different issues. Each network is led by an elected chair.

Join the RAG, Volunteering and Sustainability Network and sign up to the Newsletter to get involved in sustainability and volunteering related events and opportunities.

Student groups

The SU supports nearly 400 different student societies and sports clubs. Meet groups at the Welcome fair and find out more on the SU website “find a group” search.

Campaigns

The SU offers support for students to campaign on issues that matter to them on both local and national scales. They have teams to advise on the day-to-day running of campaign groups, event organisation, policy writing and campaign development.

Visit The Richmond Building and
www.bristolsu.org.uk



Nura Alyah LGBT+Network Chair 2018/19

“My decision to run for network chair stemmed out of a desire to share and facilitate all the amazing things LGBT+ students are already doing. I wanted to give them space to use their skills and talents for any number of causes. I want to hit the ground running and keep my idealism fresh - I am confident that there is enough talent and energy within the LGBT students at Bristol to do truly amazing things in this next academic year.”

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Take Action

Through activism and campaigning, students have the power to make change in our University and beyond. Activism is hard work and unpredictable, but also an incredible way to make change, build community, and transform the world we live in.





Elmi Hassan

Rename Wills Memorial Campaign

Elmi, alongside students Asher Websdale and Shakeel Taylor-Camara created a petition calling for Wills Memorial Building to be renamed, due to the historic links of the namesake to the slave trade.

“The outcomes have been great. While there was a counter-petition established by students, we felt that debating these issues is always healthy. One great outcome was the formation of the Past Matters committee. The committee has been instrumental in updating the Wills building’s displays and in addition is responsible for putting on an art exhibition in the Wills Building that will commence in November.

University is supposed to be a place which ideas are generated and debated and we are constantly reminded to think critically, so my suggestion is - if something doesn’t feel right to you, do your research and say something. University is a habitat for learning and expanding your conscious thought and if you believe this is not being achieved, aid it!”



Nasra Ayub

UG Education Officer 2018/19

“My University experience as a black woman was quite difficult. From the lack of diversity within the University to the minimal help for students living at home, I believed that to ensure that other students have more support during their time at University, I had to stand as an Elected Officer and try and make changes that benefit students.

My vision is that, when students who belong to liberation groups (e.g. BME, LGBTQ+, Disabled etc) go to Bristol University, they feel empowered, they feel comfortable in their courses and not alienated because of their identity.”

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Jobs and Careers

Finding the career for you can be a daunting task. How do you know what you're good at? How do you find something you want to do? It is fine if you don't know! There are lots of resources available to support you at university and it's a great opportunity to try things out.

It is possible to develop your employability skills whilst contributing to the community and sustainability. If you are committed to tackling problems, working with people, and improving the environment around you, you might want to consider a career in the social impact sector.

Social impact organisations include charities, not-for-profits, and social enterprises, that aim to make a positive impact in the communities they work with.

The social impact sector is full of diverse opportunities: you could code, design campaigns, run outreach, manage accounts, support volunteers, lobby government, and much more. There's so much possibility to find the right job for you while making a difference.

Becoming more Employable

◦ BRISTOL PLUS Award

The university offers an awards scheme to recognise volunteering and extracurricular development outside of university studies. It requires 50 hours work experience or volunteering, attending workshops and developing new skills. This scheme is great way to set yourself apart and gain valuable skills.



◦ Bristol Futures

This university initiative aims to improve employability skills through a range of engaging online courses and extracurricular activities. You can advance your understanding in three key areas: Innovation and Enterprise, Global Citizenship and Sustainable Futures. The programme offers an insight into addressing global challenges and opportunities for community engagement.

◦ Volunteering

A great way to gain valuable experience and try out different jobs before you decide on a career path. There are several volunteering opportunities available through Bristol Hub and the SU.

Issy Schmidt UoB Graduate

“My first job after I graduated from Bristol was as the Hub Support Officer at SOAS, as part of the Worthwhile grad scheme. One of my favourite things about the role was that I ran the same programme I used to volunteer through - Schools Plus. I graduated in May with a Masters in International Relations and Economics, I focused on issues and policy relating to refugees and women's rights. I'm currently living and working in Washington DC, where I'm interning at a think tank working on issues related to the Syrian civil war.”

To find out more about initiatives please visit:
<http://www.bristol.ac.uk/careers/employable/plus-award/>
<https://www.bristol.ac.uk/bristol-futures/>

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Social Enterprise

Social Enterprises trade to tackle social problems, combining business with a positive impact. They can take many forms but usually involve having a social purpose and reinvesting profits back into the organisation or community.

Examples in Bristol include the **Exchange**, **Bristol Pound**, and **Cafe Kino**. The added goal of community benefit adds an exciting dimension to start-ups, and an extra challenge for entrepreneurs.

BaseCamp is the student enterprise arm of the careers service, and exists to support students to create, develop and grow start-ups, including social enterprises. They run an array of events to support and challenge you, wherever you are on your enterprise journey.

Gain skills

Workshops and panel events help you develop the skills and knowledge to succeed.

1:1 Appointments

Support from the University team to develop your ideas

Apply, Pitch, Compete Basecamp run New Enterprise, a series of competitions for students and graduates to pitch their ideas for start-up businesses, competing for funding from £200 to £20,000.

Get connected

Regular networking evenings give an opportunity to network with local businesses. You can also join Bristol Enactus – The university's social innovation and entrepreneurship society

Visit www.bristol.ac.uk/careers/student-enterprise/



Akansha Subramanian

2017/18 Vice-president

UoB Enactus

“By running social enterprises I realised each action has bigger consequences and can empower someone. I learned you grow through your failures. I formed two social enterprises, one was successful, one failed and flopped.

If you put your mind to anything and dedicate your time to anything and you truly understand the needs of a place without assuming what someone else requires, you can realise change.”

Search for jobs

Public and Third Sector Careers week

The careers service hold a week of events and workshops to provide an insight into this sector. This year the event is the 21-25th of October.

EcoJam

Website bringing together green jobs, events and news from Bristol and across the UK in one place.

Charityjob

Website advertising jobs in charities across the UK.

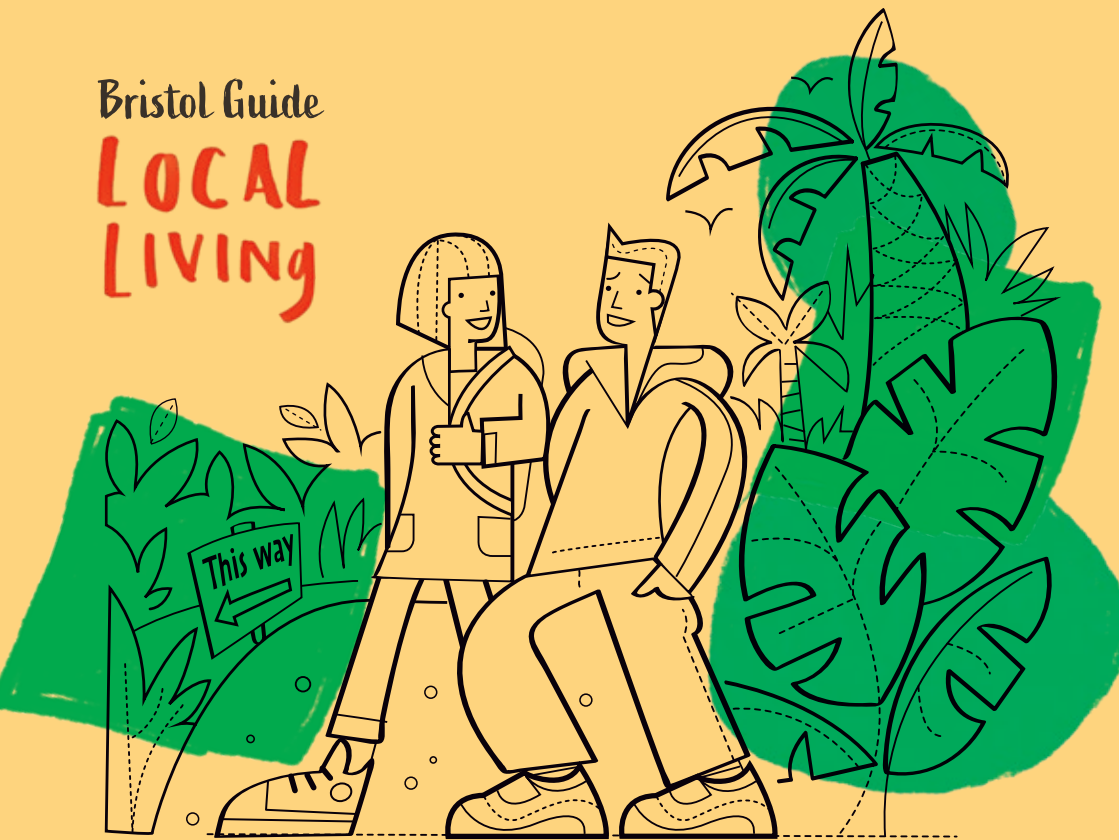
Graduate schemes

There are an increasing number of schemes which pair graduates with not-for-profits and public sector organisations.

Worthwhile places graduates in charities and social enterprises, and **Charityworks** match graduates to charities, not-for-profits and housing associations.

Public sector grad schemes give the opportunity to be part of transforming the delivery of front line services. Look into **Teach First**, **Frontline**, **Unlocked**, **Police Now** and **Think Ahead**.

Bristol Guide LOCAL LIVING



Wellbeing

University can be exciting and fun, but can also pose lots of challenges: pressure to do well academically, to make lots of friends, and to make it all look easy. Combined with our personal lives and family, it is not surprising we can find it difficult. It is important to care for our emotional and physical health and know where to reach out if we need some support.

Self care is different for everyone, so find what suits you. Here is some advice to get you started.

Go Outdoors

Spending time in nature is proven to help with some common mental health problems.

- Walk around one Bristol's many green spaces and take the time to notice and appreciate the nature around you.
- Brandon Hill Park, Royal Fort Gardens and the Downs are all easily accessible by foot, a short bus trip could take you to Ashton Court or the Blaise Castle Estate.
- The University of Bristol Botanic Gardens have a huge diversity of plant life and is free for Bristol students!

Look after yourself

Take some time to care for yourself.

- Take some time to relax. Maybe try a **B:Active** yoga class, or try meditation – the Student Counselling Service runs courses on **Mindfulness**, and there are many books and apps (such as Headspace)
- We all need help sometimes, letting other people know how you feel can help you to feel less isolated and gain a fairer perspective. Each school has a team of Student Wellbeing Advisers that will ensure you get the right help from the right people

Be active

It might seem obvious, but physical activity can help our mental health.

- **B:Active** run free and low cost activities and exercise classes in halls and on campus. The Bristol Hub Active programmes also provide a great opportunity to get active while helping others.
- Intramural sports teams are a great opportunity to play sports on a casual basis and meet new people in your halls and course.
- Find what works for you, it might be dance, walking, frisbeeing; anything you enjoy that moves your body.

Connect

Building meaningful connections with people helps us feel supported and understood.

- Join a society to meet people with similar interests or learn something new.
- Join a volunteering project to meet people while contributing to positive change.
- Bristol SU Wellbeing Network run a range of events throughout the year aimed at improving the wellbeing experience of all students at Bristol.

Bristol Guide

LOCAL LIVING

Helpful Resources

For information and advice:

- The University of Bristol Wellbeing web page details the range of help and services available.
- The Student Health app can help you identify and treat common problems, as well as let you know when to seek help.
- **Off The Record** is a mental health charity for young people based in Bristol. They have a range of groups and courses across all areas of wellbeing.

Sometimes we need a bit of help, and sometimes things feel really wrong. If you feel like this, you are definitely not alone and there is help available to you.

Nightline

A student-run non-advisory, non-judgmental listening service, running 8am-8pm in term times.

Student Wellbeing Service

This should be your first stop if you're looking for professional help and guidance or want some extra support. Each academic school has a team of Student Wellbeing Advisers and there is also a central team of advisers.

Student Health Service

An appointment can serve as a good first step to signpost you to support for a range of issues. Make sure you register when you arrive.
bristol.ac.uk/students-health

- **Just Ask** is a service offering advice on academic issues. www.bristolsu.org.uk/advice-and-support

Activism, Wellbeing and the Community

Ruth Day

University of Bristol student

“ I believe that each community you join shapes and sustains you in a different way. Every new person that you come into contact with impacts you and helps you grow. Activism doesn't just have to be direct action or protests. It can also be reconnecting with nature, or creating a community where people feel supported and empowered.

Community-led, compassionate activism can be a form of self-care as well as giving you a platform to voice your views on those world issues that impact your wellbeing, and it's something that I have found so beneficial to me as person, as well as giving me the chance to help others. So if there's something you are passionate about, stand up, connect to other groups and find those communities that can empower you to go forth and make the change you want to see.

”

Engage!

Visit somewhere in the guide?

Take part in volunteering?

Take action to live sustainably?

Share your photos with us on instagram - tag @bristolhub and @uob_sus and use the hashtag #bristollocaliving

If you liked this guide and want to be involved in making it next year or if you have any feedback please email hello@bristolhub.org

Thanks to Bristol Hub and the University of Bristol Sustainability Department for supporting the Guide to Local Living and to the students and alumni for their contributions. Special thanks to Annabel Summerfield, Local Living Guide Coordinator and former student at the University of Bristol, for all her hard work in producing the first edition of this guide.

Remember, now you're finished pass this guide onto a friend!

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