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Sustainable Guide for UAI students

How to live sustainably at
UAI and in your daily life

PEÑALOLÉN CAMPUS VERSION - ENGLISH

2024





GETTING STARTED

With this guide, we hope to help students and exchange students navigate their new life at Adolfo Ibáñez University in a sustainable way. We offer practical advice and ideas for taking environmentally respectful actions in your daily life, both on and off campus.

It is essential to understand that you do not need to change your entire lifestyle all at once when seeking to adopt a more sustainable life. Take your time to get accustomed to new practices and daily routines before embarking on another project.

What is the first step to achieving this goal? Start by measuring your footprint. Fortunately, there are several websites available where you can assess the impact your lifestyle has on the world. [You can calculate your carbon footprint here](#) and identify areas in your life with opportunities for improvement. [You can also learn about your water footprint here.](#)

The important thing in the process of adopting a more sustainable life is to start, while remaining conscious and responsible for the effects of our actions.

We hope this guide is a helpful resource for you!



OUR COMMITMENT TO ADVANCING TOWARDS A MORE SUSTAINABLE UAI

Which organizations are involved in our institutional governance for a more sustainable UAI?

The **Sustainability Office** is an executive body that has been operating since 2019. It is responsible for developing, proposing, and executing the annual plans, as well as measuring progress indicators and preparing institutional sustainability reports.

The **Sustainability Council** is a consultative and advisory body made up of students, faculty, and staff. It monitors UAI's Sustainability Policy, facilitating dialogue and communication between the community and institutional authorities.

Which elements define our commitment?

1 SUSTAINABILITY POLICY

Created in 2020 through a collaborative and participatory process, this document outlines the institution's commitment to sustainability by defining a vision, general objective, specific objectives, principles, areas of action, and guidelines. The vision:

"To be a leading university in sustainability, through the education of professionals, the management of its various campuses, its research, and its contribution to the immediate community and society at large, in alignment with the local and international sustainable development agenda."

2 SUSTAINABILITY REPORTS

Published every two years, these reports allow for transparency in the institution's sustainability progress by measuring quantitative and qualitative indicators. You can view the [2019-2020 Report](#), the first of its kind, here, or the [2021-2022 Report here](#).

3 STRATEGIC PLAN 2030

This is the roadmap for a More Sustainable UAI by 2030, setting goals, actions, and indicators to meet the guidelines of the Policy. Its main focuses are Culture and Sustainable Campus. You can view the [Strategic Plan here](#).

4 ANNUAL PLANS

Proposed and executed by the Sustainability Office, these plans organize the annual actions to fulfill the Strategic Plan. They must be validated by the Sustainability Council in its first annual session.

Learn more about UAI's sustainability initiatives here



[website sustainable UAI](#)



[@uaisostenible](#)

How does UAI contribute to the Sustainable Development Goals?

At Universidad Adolfo Ibáñez (UAI), through our institutional work, we contribute to achieving the **Sustainable Development Goals (SDG)** defined by the United Nations. These 17 goals seek to build a more just, sustainable and prosperous world for all.

What are we doing?

During the 2021-2022 period, we achieved significant progress aligned with the SDGs:

- **EDUCATION:** 223 courses included SDG-related topics.
- **RESEARCH:** 234 scientific publications addressed sustainable challenges.
- **COMMUNITY ENGAGEMENT:** 519 community engagement actions directly contributed to SDGs.
- **UNIVERSITY LIFE:** 1.083 university life activities promoted topics as health and well-being, gender equality, reducing inequalities, and others.

Top SDGs at UAI



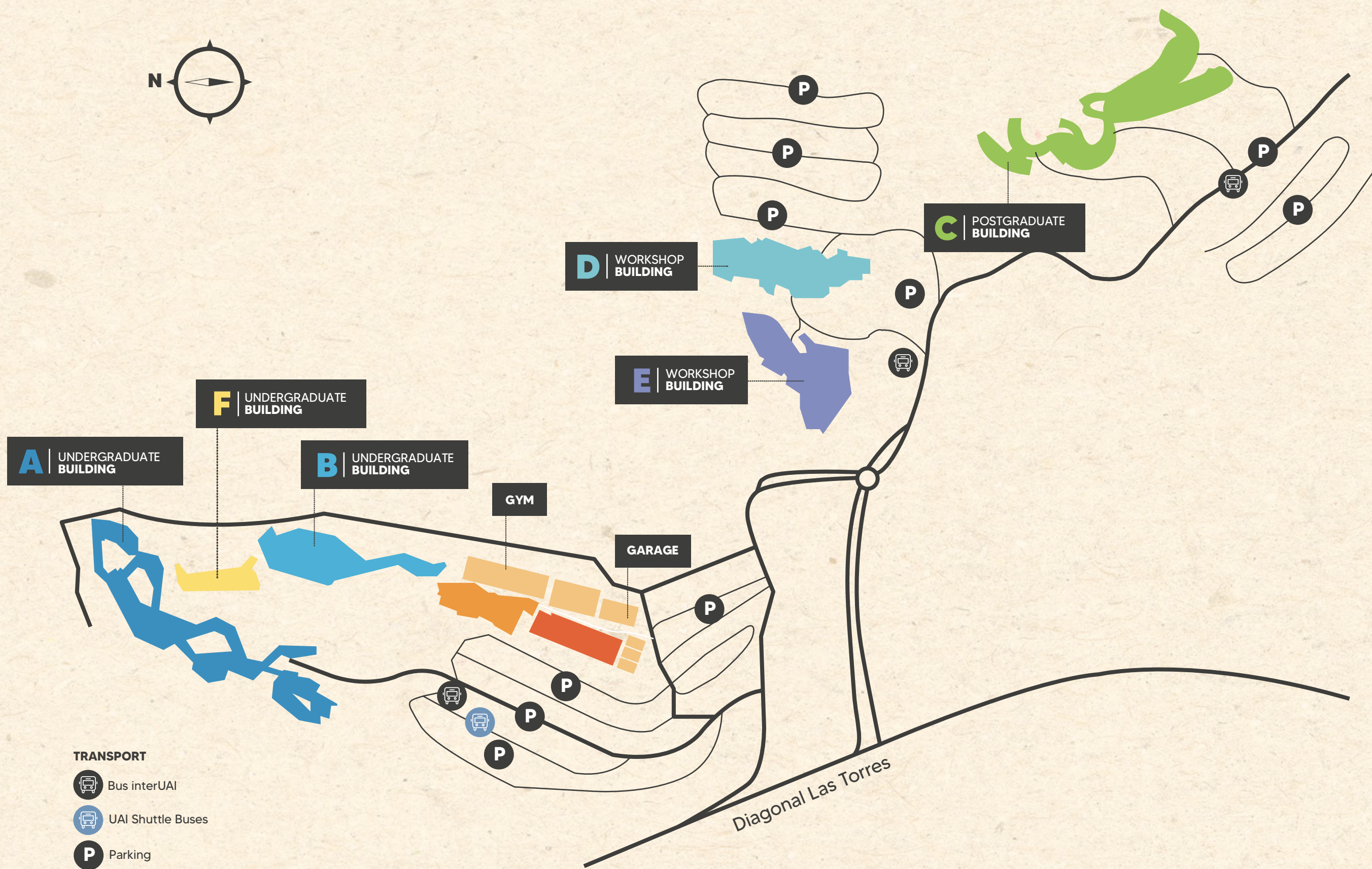
Did you know?

Pure UAI is our platform for showcasing and connecting with UAI's academics and researchers, explicitly indicating the contribution of their research to each SDG. Learn more about this excellent tool [HERE](#).

Every course, research, project, initiative and action counts. Join us!
Building Today a Sustainable Future!

PEÑALOLÉN CAMPUS

To better understand the tips provided below, it is important to have a general overview of our campus.



Additionally, we provide two links that might be useful to better familiarize yourself with your campus:

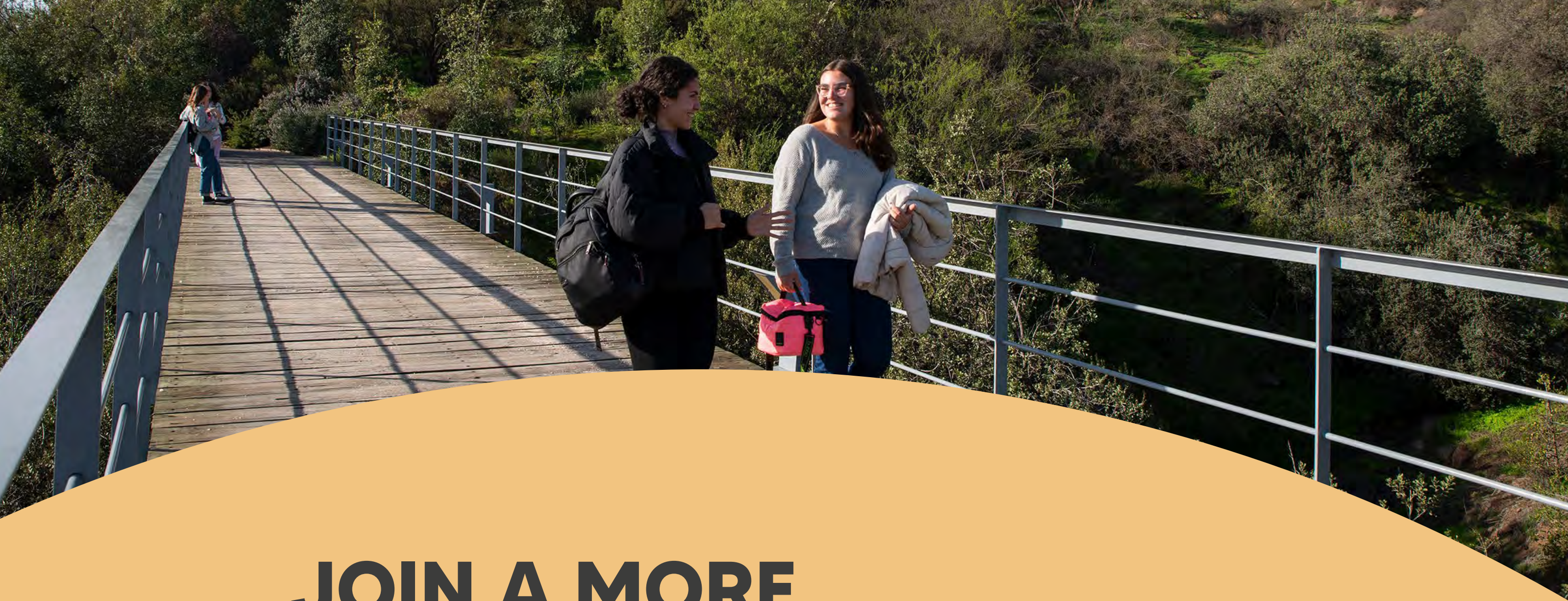
Location of Peñalolén Campus

[Check the map here](#)

360° View: Explore the campus with this digital tool to get to know all the available spaces.

[360° view here](#)





JOIN A MORE SUSTAINABLE LIFE



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#01 TRANSPORT

Choosing more sustainable transportation options not only helps reduce CO2 emissions but also contributes to lowering particulate matter emissions, noise pollution, and the exploitation of natural resources, while improving energy efficiency and public health.



Did you know?

The transportation of our university community to the campuses accounts more than 70% of our annual institutional carbon footprint.

(Source: UAI Sustainability Report 2021-2022)¹



UAI tips

We know that travelling from your home to the campus can be challenging. Here are some alternatives and recommendations to make your journey more sustainable.



Bicycle

Although the uphill ride to the campus is quite challenging, you can start gradually and increase the number of days each week. There are bike racks located in Buildings A, E and C, and showers available in the gym facilities.



Public Transportation

Download **Metro QR** to easily use Santiago's public transport. It will take you close to the campus. Then, you can take the shuttle bus, hitch a ride, or walk.

[Click here »](#)



UAI Shuttle Buses

Their schedules are coordinated with classes times. [Check the schedules, routes and stops here »](#)

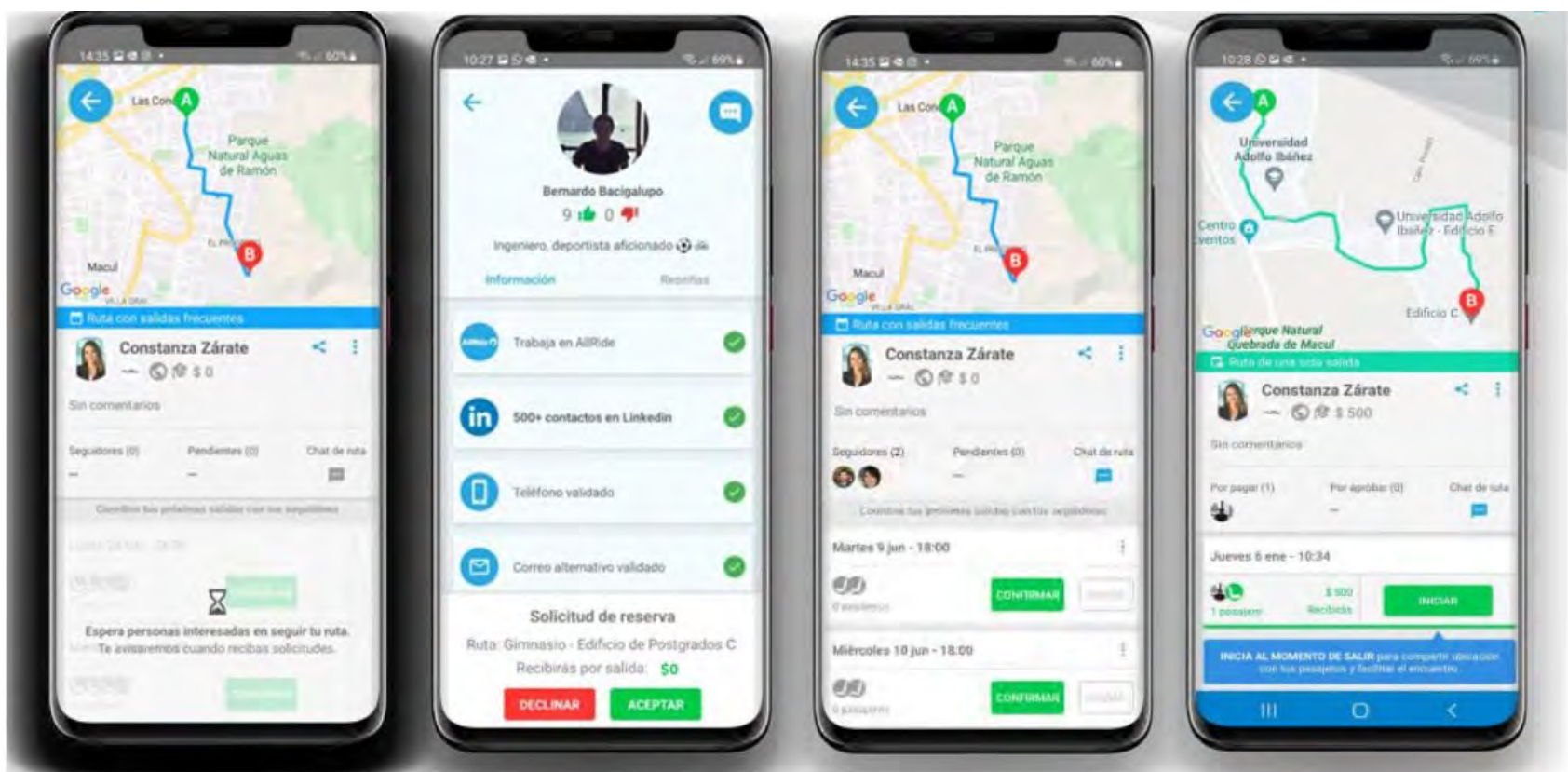


UAI Carpooling

Share rides with students, staff or faculty who travel similar routes. There are informal carpooling arrangements via WhatsApp groups (you can ask your campus Student Federation or Student Center for more information); there is also an app where you can connect only with UAI users, offering better security.

¹ To know more about our university's Carbon Footprint, [check Annex 1.](#)

#01 TRANSPORT



1. Publish your route
2. Receive requests
3. Confirm your trip
4. Share your location

Download the All Ride app on your phone and sign in with your UAI account to join the shared ride experience. There are prizes for the best users!



Resources in Santiago



Awto
A Chilean company offering car-sharing services for short periods, paying based on the distance traveled or rental time.
[Learn more here »](#)



Whoosh bike
Intelligent and affordable urban micro mobility service. You can rent scooters or electric bikes.
[Click here »](#)



Cero Motors
Electromobility service for both companies and individuals. They offer rentals of scooters, bikes, and electric cars.
[Learn more here »](#)



Metro QR
An app to purchase tickets and view the metro station map.
[Click here »](#)



Red movilidad
An app to check bus and metro schedules. You can view your card balance, top up your “Bip card”, and activate the top-up without needing a totem.
[Learn more here »](#)





#02 FOOD

Integrating sustainable eating into your life not only helps reduce your carbon and water footprint² but also is a way to take care of your health and promote your well-being throughout your studies. Additionally, it is important to practice mindful consumption of food, with appropriate portions, to reduce food waste.

Did you know?

Reducing meat and dairy consumption by 40% results in a 20% to 30% reduction in personal carbon footprint.

(Source: “Relationship between adherence to the Mediterranean diet, sustainable and healthy eating behaviors, and awareness of climate change” Metin et al., 2024)

More than one-third of all food produced globally is wasted, accounting for 10% of greenhouse gas emissions

(Source: Ministry of the Environment).



Producing 1 kg of meat requires approximately 15.000 liters of water.

(Source: Food and Agriculture Organization of the United Nations-FAO)



UAI tips

At UAI, there are several healthy food options for all tastes. Here you can find products and meals for vegan, vegetarian, or flexitarian diets³.

To explore the following spots on the Peñalolén campus in 360°
[Click here »](#)

	CASINO PRONTO COPEC	LA TARTA	EL HOYO	COFFEE TIME	COFFEE AND CAKE	HOT SPOT PRONTO COPEC
BUILDINGS	A B E	A C E	A	A C D F	A	A
HOT LUNCHES	✓	✓	✓	✓	✓	
COLD LUNCHES	✓	✓	✓	✓	✓	
SNACKS	✓	✓			✓	✓

2 To learn more about the impact of food on the water footprint, [see Annex 4](#).
3 For more details on the options available at each spot, [check Annex 2](#).

#02 FOOD

Resources in Santiago

Here are some Chilean vegan and vegetarian food brands that you can find in supermarkets, fast-food outlets, and service stations:



Note

If you are a UAI student or graduate with a business related to this topic, write to us to be included in this list.



Did you know?

More than 1/3 of all food produced in the world is wasted, being responsible for 10% of greenhouse gas emissions

(Source: Ministry of the Environment).

Additionally, to combat food waste, there are apps you can download on your phone where you can buy food close to its expiration date at a lower price.



Good Meal



Rit



Eco Pomo
(Uber Eats)



Cheaf

#03 WASTE

Waste is an “unavoidable” part of our lives, meaning that we will inevitably generate waste. Taking responsibility for our waste requires us to shift from a traditional linear consumption model (extract - produce - consume - dispose) to a circular one (extract - produce - consume - reuse - recycle). This shift recognizes that **waste**, rather than being mere refuse, **is a valuable resource** that can be harnessed for new processes and products⁴.



Did you know?

In Chile:

- **Less than 10%** of the municipal solid waste generated is recovered

(Source: Ministry of the Environment, Government of Chile).

- During 2022, 8.3 million tons of household solid waste were generated; In other words, Chileans generate **1.19 kg of garbage per day per person**

(Source: Ministry of the Environment, Government of Chile).

At UAI:

- In 2022, **3%** of the waste generated at Peñalolén campus **was recovered**.

(Source: UAI Sustainability Report 2021-2022)

- In 2022, an average of **35,8 kg of waste per person per year** was generated.

(Source: UAI Sustainability Report 2021-2022).

⁴ To know more about waste recovery and circular economy, [check Annex 3](#).

#03 WASTE



General Tips



PREVENT AND REDUCE

- 1. Only buy what you need (food, clothing, gadgets, furniture, etc.).
- 2. Choose products with a longer lifespan.
- 3. Opt for products with less packaging or buy in bulk.
- 4. Avoid disposable products; choose reusable (bottles, mugs, containers, bags), recyclable, or biodegradable options.



REUSE AND REPAIR

- 1. Repair, find a replacement part, or take your products to a service center.
- 2. Donate or give away items in good condition that you no longer use.
- 3. Consider buying second-hand products.
- 4. Use old items for cleaning (like worn-out clothes or toothbrushes).
- 5. Repurpose leftover food to create new dishes.



RECYCLE AND REPURPOSE

- 1. Compost your organic waste! You can learn how to do it here: [You can learn here »](#)
- 2. Identify recycling and green points near your home. [You can find various alternatives available in Santiago here »](#)
- 3. Separate your waste by type: compostable organics, inorganic recyclables, and trash (non-recyclable organics and inorganics). [You can find more information here »](#)



UAI tips

At the Peñalolén campus, there are **31 recycling points**, and for over four years, differentiated inorganic waste recycling has been carried out. This has allowed us to recover **8 tons of waste in 2022**, mainly benefiting the base recyclers of the Municipality of Peñalolén.

We have four categories of waste separation:

Glass bottle

Empty glass bottles (may contain residuals)

NO OTHER MATERIAL ACCEPTED:
Glass only

PLASTIC BOTTLES

Disposable PET, plastic bottles for water or juice (may contain residuals). Ideally flattened.

NO OTHER TYPES OF PLASTIC OR CONTAINERS ACCEPTED

Cans

Empty soda or juice cans (may contain residuals). Ideally flattened.

NO OTHER TYPES OF CANS OR FOOD CONTAINERS ACCEPTED

Trash

Anything that is not accepted in the other containers and is non-recyclable or contaminated with food residuals.

Resources in Santiago

- To find the recycling points available in our city, [click here »](#)
- Additionally, several companies offer home collection of recyclable materials, whether inorganic or organic. [Click here to find some options »](#)

#04 WATER

As we know, water is a vital and limited resource on Earth, so understanding and reducing our water footprint is crucial to ensuring that this resource is available for future generations. However, the water we use for drinking, bathing, or cleaning (direct consumption) represents only a small fraction of our water footprint; a large part of the impact we have on this resource comes from the water used in the production of the goods and services we consume (indirect consumption), such as food, clothing, energy consumption, and more.



Did you know?

In Chile:

- We lead the water crisis in Latin America; globally, Chile ranks 18th out of 164 countries, classified as having a high level of water stress.

(Source: World Resources Institute Report 2019)

- The average water footprint per person in Chile is 3.200 liters per year.

(Source: Ministry of the Environment, Government of Chile)

At UAI⁵:

- The per capita water footprint measured at Peñalolén campus during 2022 is 46,47 m³. That is, nearly 47.000 liters of water that are consumed per person per year.

(Source: UAI Sustainability Report 2021-2022)

- Our main water consumption is due to the irrigation system (68%), followed by the use of showers (19%).

(Source: UAI Sustainability Report 2021-2022)

⁵ For more information about water consumption at UAI and the water footprint indicator, [refer to Annex 3.](#)

#04 WATER



General Tips

If you want to reduce your water consumption and water footprint, here are some tips:



Opt for a vegetarian or vegan diet! Producing 1 kg of meat requires between 5.000 and 20.000 liters of water.



Choose sustainable fashion and second-hand clothing! A pair of jeans can use up to 8.000 liters of water, which is equivalent to one person's water consumption for 7 years.



Wash clothes less frequently to extend the lifespan of garments and reduce water consumption. Each load of laundry uses 100 liters of water.



When washing dishes, don't leave the water running. Instead, create a "soapy water bath" (water + detergent) to scrub and degrease the dishes before rinsing them. Hand washing can consume 18 liters of water per wash.



Do not pour oil, paint, solvents, cleaning products, or food scraps down the drain, as this complicates the water purification process. Recycle them if possible or dispose of them in the trash.



Turn off the tap while brushing your teeth. An open tap can waste up to 12 liters of water in one minute.



Take shorter showers. Here is a fun way to time your shower: [Click here](#) for Spotify playlists that will help you save a lot of water in a fun way.



UAI tips



Report it! If you notice any water installations in poor condition on our campus (such as sinks, toilets, showers, etc.), inform cleaning staff members or security personnel. They can relay the information to the operations and maintenance department to improve the installation. You can also contact the Sustainability Office to send your concerns (javier.sandoval.a@uai.cl and natalia.arancibia@uai.cl).



Recycle paper on campus and print on both sides of the paper. Prefer to read on digital devices if possible. [The average water footprint associated with a single A4 sheet is about 10 liters.](#)



Choose a vegetarian or vegan diet. We emphasize this again because the indirect water impact associated with our diet is enormous. In the previous section, you can find tips on where to find veggie food options on campus.



Be responsible with water use on campus. Make sure not to leave the water running in our campus facilities.

Resources in Santiago

To apply water efficiency measures in your daily life, check out the tips in Section 2. Food and Section 7. Housing and Fashion that are directly related to this impact.



#05 PERSONAL HYGIENE AND CLEANING PRODUCTS

Personal hygiene and cleaning products can have a negative impact on the environment and your health, as they often contain many harmful chemicals. We want to offer you some suggestions to reduce the use of plastic and disposable products in your home, as well as to incorporate vegan and/or cruelty-free products. You can also evaluate whether you truly need all the products you currently use.



Did you know?

Lemon is excellent for removing grease and limescale from water heaters. Simply let it sit overnight and then rinse with clean water.

(Source: Wageningen University & Research - WUR)



General Tips



Toothbrush:

You can opt for a bamboo toothbrush or a plastic one that only requires replacing its head. Choose the option that best fits your personal preferences.



Reusable products:

Replace cotton pads, cotton swabs, disposable razors, and tampons/pads with reusable and durable products.



Soap, shampoo and conditioner bars:

Minimize plastic waste from bottled products by choosing bar alternatives.



Makeup and skincare:

Choose sustainably produced and cruelty-free brands. [You can find a list of some of these here »](#)



Deodorants:

Opt for sustainable alternatives like creams or roll-ons to replace products with propellant gases, which are harmful to the environment.



Cleaning cloths:

Wash and reuse them multiple times instead of discarding them after just one use. Keep them wrung out and stretched to avoid musty odors.

#05 PERSONAL HYGIENE AND CLEANING PRODUCTS



UAI tips

You can create a sustainable kit and carry it with you when you go to campus. This could include a bamboo toothbrush, soap/shampoo/conditioner bars to use in the showers, and eco-friendly deodorants for daily use. These are just some ideas; you can add more products according to your needs, creating a more complete sustainable kit.

Resources in Santiago

In Chile, there are about 100 certified vegan brands, offering more than 1.500 vegan products on the market. Here are just a few:



Note

If you are a UAI student or graduate and have a business related to this topic, write to us to be included in this list.





#06 CLOTHING AND FASHION

We can adopt a more sustainable and eco-friendlier lifestyle with small actions and simple changes, even from our homes. Every action counts, and our consumption choices make a difference, especially regarding our clothing. Choosing durable garments, ethically made, locally produced, with fair labor standards, and low environmental impact are just some criteria we can consider to make sustainable choices for our wardrobe.



Did you know?

“Fast Fashion” leads to the introduction of many “trendy” clothing collections for very short periods, and it is estimated that 73% of the clothing produced annually ends up incinerated or in landfills, increasing pollution and wasting resources.

[\(Source: Greenpeace\)](#)

It is preferable to acquire sustainable fibers such as organic cotton, linen, hemp, among others, for their durability and low environment impact, as synthetic fibers (polyester and nylon), are produced with petroleum and have a significant carbon footprint.

(Source: Ministry of the Environment, Government of Chile)



#06 CLOTHING AND FASHION



General Tips



Repair or renew your belongings instead of replacing them. You might consider dyeing your clothes with natural dyes to give them a new look.



Opt for second-hand items instead of new ones to reduce costs and minimize waste.



Swap or sell clothes to stay fashionable without spending too much. It's a simple way to save money and be conscious.



DIY (Do It Yourself). If you're handy with tools and enjoy creative projects, this will help you save money and create unique pieces with your personal touch. Plus, these are activities that can benefit your mental health.



Collaborate with second-hand stores or donate what you no longer need instead of throwing it away.



UAI Tips

Each semester, **student organizations** on each campus come together to hold **sustainable second-hand clothing swap fairs**. Stay tuned to your campus organizations so you can participate in and promote these important initiatives.

Resources in Santiago

What do you think of the idea of renewing your wardrobe without resorting to fast fashion? Here you can find a list of stores where you can buy anything from furniture for your home to gifts, books, and clothing, including sustainable and **second-hand options or locally produced items**.



Note

If you are a UAI student or graduate and have a business related to this topic, contact us to be included in this list.



#07 UAI INITIATIVES - GET INVOLVED!

Here is a list of student organizations present on your campus. Many of them work directly or indirectly on sustainability issues or integrate sustainability criteria into their activities.

Join us! Be part of the change for a more sustainable UAI.

Student Representation Organizations

Click the logos to visit each organization's Instagram page



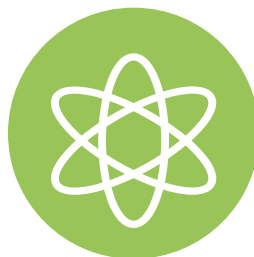
Organized Groups



Sustainability Culture
Organization: [CEPS UAI](#)



Energy
Organization: [Electromovilidad UAI \(EMUAI\)](#)



Science and Research
Organization: [Science Community UAI \(SciCom\)](#)



Women in Engineering
Organization: [FantásTICas UAI](#)



Social Volunteering
Organization: [Trabajos Voluntarios UAI Santiago \(TTVV\)](#)



Animals
Organization: [Animalia UAI](#)



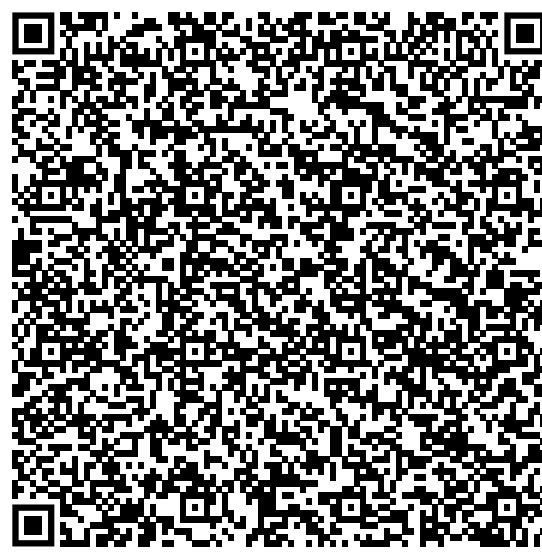
Internationalization
Organization: [Exchange Students Association \(ESA\)](#)

For more information, visit:



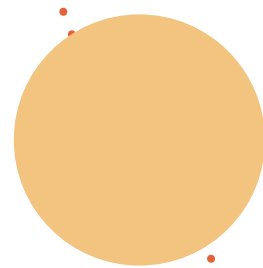
ANNEXES

The Annexes mentioned in this document can be found here:



See Annexes





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This guide was prepared by the Sustainability Office of Adolfo Ibáñez University.

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