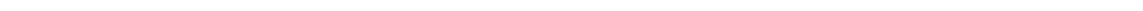




NEWSLETTER WEEK 8

Hey guys,

Yes, we're all counting down. Whether it is the moment when you can't hold it anymore and will snap at that project partner who just *doesn't get it*; whether it is the hours of sleep you can cut without losing it; or whether it is the number of nights you have to sleep (as if) until AUTUMN BREAK - the countdown has begun. So just stay alive, stay green and see you on the other side!





News from the GO

UCRADIO EPISODE OUT

Episode 4 of UCRadio was posted today! As part of our section, [Green Talks](#), Heleen interviewed two of our beloved sustainable businesses in Middelburg: [Plantaardig](#) and [Koffiepand](#). You can listen to the episode on Spotify.

REUSABLE COFFEE CUPS

Remember when we set up the [green corners](#) by the coffee machines with some lovely teacups? It's only been two weeks and we've saved [55 paper cups](#)! That translates to saving 0.18 kg plastic, 1.24 kg timber and 2 kg CO2.

Thank you all for joining us in [making UCR a greener place](#) and of course, don't forget to clean the cups after using them :)

Would you like to quit single-use cups entirely? Just swing by [Elliott](#) and buy a [KeepCup](#) - on top of cutting your waste, you'll also support a local business. What could be more sustainable?



MEET THE STUDENTS

This week our Instagram will feature [five students](#) who are active in the fight against climate change. Stay tuned to read about the issues they find important, and for the [sustainable recipes and ideas](#) they shared with us! (The first one's already out!)

Upcoming Events

EXTINCTION REBELLION MEETING

Are you interested in the [Extinction Rebellion](#)? You can join the XR Zeeland meeting tomorrow (Tuesday) at 18:30 at the ZB Library!

GROW YOUR OWN PLANTS

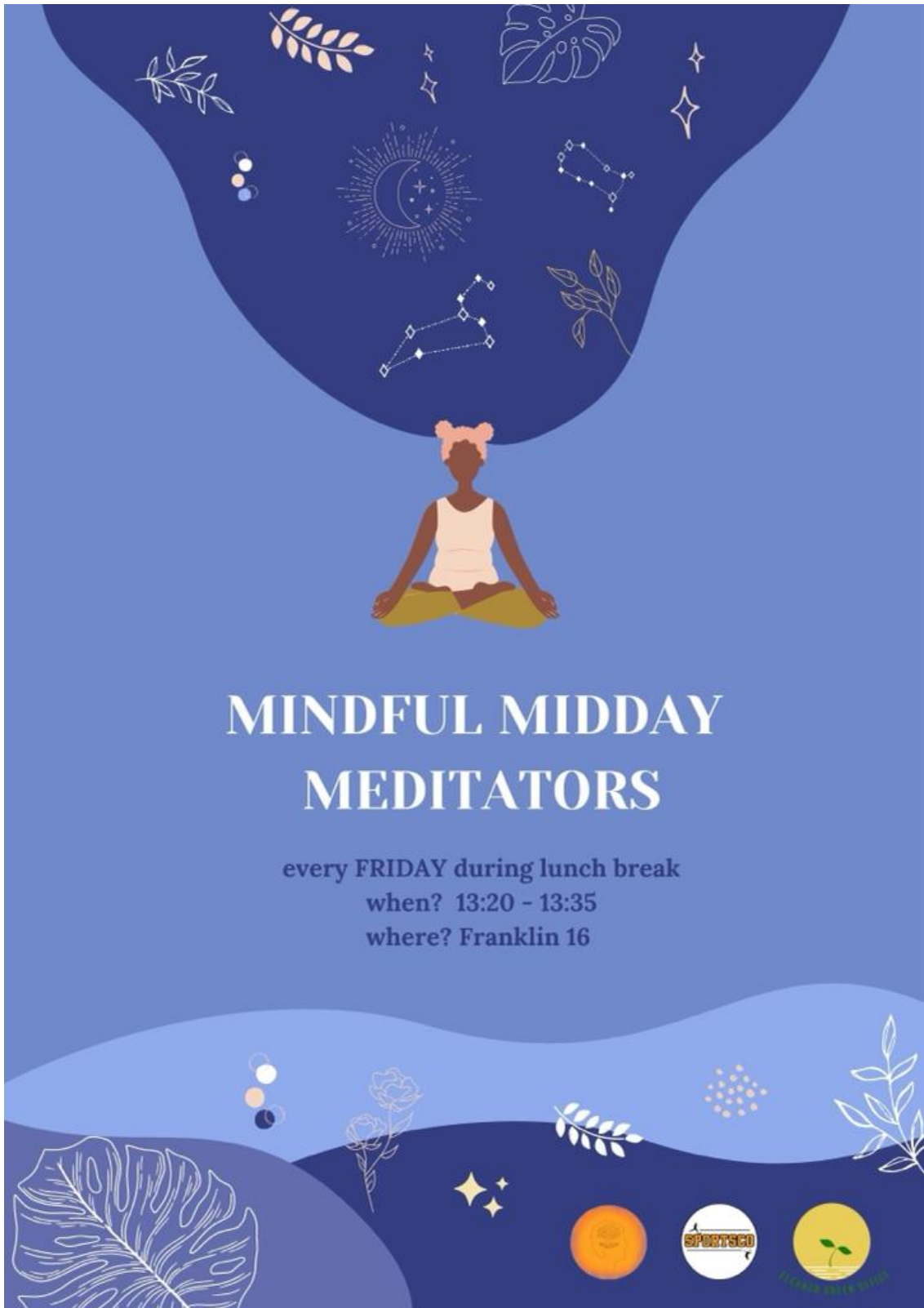
Our plant workshop got postponed last week, so here's a reminder:

Do you want more plants? We got you! Join us on [Wednesday](#) at 14:00 in the Anna parking lot (if the weather is sunny) or in Anne (if it's not) to plant your [own \(edible\) plants](#). If you have [plants with offshoots](#), you can bring them along to trade or donate them.



MINDFULNESS MIDDAY MEDITATORS

Do you need a break from uni? In collaboration with the [Well-Being Team](#) and [SportsCo](#), we are setting up a group to practice [mindfulness](#) together and occasionally take walks to [reconnect with nature](#). In the coming weeks, we will set up a separate space at UCR for our mindfulness practices, however, you can join us at a temporary location already this Friday! So come to F16 between 13:20 and 13:35 and let's find some peace in this crazy week.



Volunteers

CLIMATE MARCH AMSTERDAM

On **November 6** people all around the world will take part in climate marches, asking the world leaders gathered in Glasgow to take action. In the Netherlands, the march will take place in **Amsterdam**. We are at a crucial point for climate action, and it would be amazing if UCR students could join the march, just like they did this September in Utrecht. However, as the Green Office will be attending the COP26, we can't be in charge of the event. Therefore, we are looking for **enthusiastic volunteers** who would be up for organising transport to Amsterdam! If you are interested, you can join the organising team [here](#)!



VOLUNTEER GROUP CHAT

In case you've missed it: we have created a group chat for our volunteers! You can join [here](#).

What we did this Week

Believe it or not, we found time to squeeze in some things - even in Week 7! :)

Here's the proof:

Last week we...

- organised the second session of our Sustainable Film Club and watched WALL-E :)
- travelled to Utrecht to join the Studenten voor Morgen summit, visit UCU, and meet the student setting up a Green Office there
- had a meeting with Finance
- submitted our section to UCRadio
- took part in a Rail to the COP preparatory meetup
- and met volunteers to talk about organising transport for the Climate March in Amsterdam

And that's it from us for now! Thank you for reading, and until next time,

Your Eleanor Green Office

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