

Sustainability Week

TROUP
BYWATERS
+ ANDERS

Sustainability Week 21st – 25th September 2020

#SustainabilityWeek #ActOnClimate #GlobalGoalsUN #ConstructionDeclares
#EngineersDeclare #ClimateEmergency #BiodiversityEmergency #ClimateCrisis
#NetZero #Wellness #Health #SelfCare #MindBodySoul #BuildBackBetter

ACT!ON
WORLD GREEN BUILDING WEEK 21-25 SEPTEMBER 2020

Themes: Food & sustainably resourcing, Wellness, Energy & climate (reduction), Travel, Health & exercise

| 21st Monday | 22nd Tuesday | 23rd Wednesday | 24th Thursday | 25th Friday |
|--|---|--|--|--|
| AM | | | | |
| <p>Awareness Energy @ Home: Tricks and tips to reduce your consumption, including information on renewable suppliers to consider</p> | <p>Awareness Recycling: How you can improve recycling at home, out and about and at work</p> | <p>Awareness Carbon Reduction: How your lifestyle impacts your own, and TB+A's footprint and what you can do to reduce your emissions</p> | <p>Awareness Life Hacks & Home Improvements: Fun ways to improve your home, and get the whole family involved!</p> | <p>Awareness Wellness: Our world has been impacted massively over the past six months, here are some ways to make sure you're caring for your mind, body and soul</p> |
| <p>BINGO (with a twist) Every time you attend an event throughout Sustainability Week make sure you check it off. Get five-in-a-row to be entered into a draw to win a prize!</p> | <p>SDGs, UKSSD & Working Together Sue Riddlestone, CEO Bioregional Virtual, Zoom Time: 10.00am</p> | <p>TB+A and Carbon Offsetting James White, Climate Care Virtual, Zoom Time: 10.00am</p> | <p>Building Life Cycles Max Gibbens, LL Virtual, Zoom Time: 10.00am</p> | <p>WEAR GREEN DAY!</p> |
| <p>UKGBC – Call for action Alastair Mant, Head of Business Transformation UKGBC Virtual, Zoom Time: 10.30am</p> | <p>Printing Do you 'really need to print that'. We can dramatically reduce waste and costs by reviewing paper consumption</p> | <p>Reuse, recycle and refurbish Do you have any old pieces of furniture, or a piece of clothing that's seen better days? Search online to get some inspiration for making something old, brand new!</p> | <p>Coffee & Cake Make a drink, grab a cake and catch up with someone in TB+A you haven't spoken to before Virtual, Zoom Time: 11.00am</p> | <p>Pledges Just like last year, have a think about your actions and what you can commit to this year to make a change</p> |
| <p>Email signature Our email signatures have been updated to include a link to TB+A's Sustainability Week programme, which also supports World Green Building Week</p> | <p>UK-GBC – free webinar The Road to COP 26 Register here Time: 11.00am</p> | <p>Get your heart beating Join us on zoom for a Boxfit fitness session. Just in time for lunch and to get you ready to overcome that mid-afternoon slump Time: 12.00midday</p> | <p>Carbon Calculator Following on from last year, complete your Carbon Calculator and send it through to sah@tbanda.com so we can compare it with the previous/next year!</p> | <p>The Future of Fusion Energy at the UK Atomic Energy Authority Chris Warrick, Communications Manager UK AEA Virtual, Zoom Time: 10.00am</p> |
| PM | | | | |
| <p>TB+A's Sustainability Strategy & Action Plan Tilly Grainger & Claire Bower, Group Support Virtual, Zoom Time: 2.30pm</p> | <p>Recycling Champions We need nominees to monitor recycling for each BU around the business. It's important that we maintain tidiness and are always conscious of our waste</p> | <p>London Office Update, and BREEAM achievements Kokil Gupta & Xiaorong Xu, LL Virtual, Zoom Time: 2.00pm</p> | <p>LETI & the Climate Emergency Design Guide Federico Seguro, LL Virtual, Zoom Time: 2.30pm</p> | <p>Ask the kids Poster competition – what do the next generation think the future will look like with Climate Change? Prize for the winner!</p> |
| <p>Walking competition How far can you walk? Join your BU & tally up those steps to win a prize!</p> | <p>Nutrition – Wellbeing during Lockdown Karen Newby, Nutritionist Virtual, Zoom Time: 2.30pm</p> | <p>Apprentice challenge Design Eco-apartments on a budget (focus on low & zero carbon) Virtual, Zoom Time: 3.00pm (Apprentices only)</p> | <p>Grow your own! What can you grow at home? (Seeds available in offices – take some home & get growing!)</p> | <p>L/ZC design Patrick O'Flynn, Associate Head of Department – Partnerships UWE Bristol Virtual - Zoom Time: 2.00pm</p> |
| <p>Environmental films Check out 9 eye-opening documentaries that are worth a watch in 2020 Find out more here</p> | <p>Recipes for reducing your carbon footprint Try one of the carbon reduction recipes tonight! Make sure to take some pics of you taking part and send to sah@tbanda.com so we can post on social media!</p> | <p>Eco-Quiz Log on to test your knowledge in TB+A style. Bring the family along to see who can reach the top spot Virtual, Zoom Time: 4.30pm</p> | <p>Meditation & Mindfulness: Get relaxed & ready for the weekend. Join in our online session Virtual, Zoom Time: 4.00pm</p> | |
| <p>Daily switch off reminder Phantom power can account for 5 to 10% of electricity costs</p> | <p>Daily switch off reminder Phantom power can account for 5 to 10% of electricity costs</p> | <p>Daily switch off reminder Phantom power can account for 5 to 10% of electricity costs</p> | <p>Daily switch off reminder Phantom power can account for 5 to 10% of electricity costs</p> | <p>Daily switch off reminder Phantom power can account for 5 to 10% of electricity costs</p> |

