



## TIPS FOR FRUGAL AND SUSTAINABLE LIVING

Hello fellow PH mates! We are back with another blog and this time it's to give you simple tips to lead a more frugal and sustainable life on campus and outside.

To refresh you on what's frugality and sustainability, here's how we defined it in our first blog post:

*Frugality* - The art of using "just enough to meet a certain performance". This means that you will ensure that the product or service is just what is needed to optimally address an issue/ situation and nothing more.

*Sustainability* - Focuses on meeting the needs of the present without compromising the ability of future generations to meet their needs.

### **Sustainable Living Tips**

Sustainability is very important for many reasons, the main one being our environment. This means that sustainable living can improve availability of clean air and natural resources. As an inhabitant on earth, we have an active part to play in the environment and overall climate.

A good example of a step towards sustainability is using renewable clean energy such as wind energy and solar energy. But as students, maybe that's far-fetched at the moment. However, there are many things you can still do.

We as students can aim at progressing towards a sustainable campus which means a campus that has achieved a reduction of its ecological footprint.

## **7 #PH F&S Tips!**

- 1) Bring your own utensils to get collect your food in the canteens.
- 2) Participate in campus gardening and play a role in growing your own food.
- 3) Every time you make a purchase, make sure you carry and use a reusable bag for all your shopping.
- 4) Be aware of water usage. Use less water while washing vessels and while having a bath. Make sure you also close the tap while you are brushing.
- 5) Try and use second-hand products wherever possible. That way we can reduce the waste that is generated in making a new product.
- 6) We all can turn off the lights when not in use thus saving a lot of electricity over time.
- 7) Cutting down even a little on meat will have a positive impact. Meat industry contributes 10 to 40 times emission of more harmful gases into the environment than vegetable production.

## **Frugal Living Tips**

Frugal living will be fun and very beneficial if we understand frugality well. As our House says, *"Pay it forward."*!

## **7 #PH F&S Tips!**

- 1) Always carry a reusable water bottle with you and keep refilling it at water stations across the campus than buying a plastic bottle of water every time. (Serves the sustainability aspect as well!)
- 2) Learn free skills from your friends.
- 3) Learn how to make and manage money as a student.
- 4) Do not take or use a credit card until you make your own money.

5) Avoid impressing your boyfriend/girlfriend/crush by gifting expensive things. (Oops!)

6) Avoid expensive trips.

7) Try taking up jobs on campus.

Here's something most people think: "I have to spend a lot of money to have a social life." It's not true, you can always socialise by having a picnic in a park or going for a hike!

All in all, as a student there are so many things you and I can do to promote frugal and sustainable living everywhere we go. Play your part for the greater good of the society, environment and of course, yourself!