

THE HEALTHY AND SUSTAINABLE CAMPUS PLAN 2018-2022

The Healthy and Sustainable Campus Plan as a means of implementing Sustainable Development Goals through stakeholder dialogue and participation.

As a strategic proposal pertaining to University Social Responsibility, the Campus SiS Plan is a means of implementing healthy and sustainable actions, closely linked both to Sustainable Development Goals (SDGs) and to the UAB's own strategic plans. The aim is to improve the health of the University community by promoting environments and habits that are more conducive to a healthy lifestyle, and to achieve a more sustainable and environmentally friendly University. The Plan is based on four axes: community, buildings, the local area and an interconnecting axis, and consists of 12 fundamental lines of activity that incorporate 13 of the 17 SDGs.

The Campus SiS Plan is based on dialogue and stakeholder participation. On the one hand, the working proposals derive from dialogue held with the University's students, Administrative and Service Staff (PAS) and Teaching and Research Staff (PDI), most specifically from

- Activities carried out within UAB's *Festa Major* (annual institutional celebration)
- Sessions with student groups
- Sessions relating to the academic subject "Education, Sustainability and Consumption" at the Faculty of Education
- An online survey open to the entire University community

On the other hand, the project is developed through 12 working groups, corresponding to the 12 lines of activity. These groups consist of students, PAS, PDI, people from other organisations and/or companies, and members of the public who participate on a voluntary basis. This very heterogeneous participation enriches the dialogue and its proposals and final outcomes. The groups work according to objectives or specific challenges, following criteria of transversality, co-responsibility, flexibility and pro-activity.

The Plan is fully detailed below and includes the number of SDGs contained in each strategic line of activity.

Structure

The Plan is based on four axes and consists of 12 fundamental lines of activity that incorporate 13 of the 17 SDGs.

1. Community.
2. Buildings.
3. The local area.
4. Interconnecting axis.

Axis 1. COMMUNITY

Strategic line 1. PHYSICAL ACTIVITY

Promote awareness of the benefits of physical activity and regular exercise.

Reference SDG: 3.

Objective 1.1. Promote the regular practice of physical activity within the University community.	
Action 1	Foster access to the practice of physical activity for students and newly incorporated staff members, as well as for all other sectors in the University community.
Action 2	Develop a physical-exercise programme aimed at sedentary groups.
Action 3	Implement the “over-55s” programme.
Action 4	Facilitate inclusive practice for people with functional diversity.
Objective 1.2. Promote an active lifestyle in classrooms and offices.	
Action 5	Promote good postural habits for study and work.
Action 6	Develop a programme of active breaks and healthy meetings.
Action 7	Develop the “Get Moving when Working and Studying” programme.
Action 8	Implement the “Get Active during Exams” programme.

Strategic line 2. HEALTHY EATING

Promote awareness of the benefits of healthy, sustainable and responsible eating, encouraging this approach on campus.

Reference SDG: 2 and 3.

Objective 2.1. Promote healthy eating.	
Action 9	Foster the availability of food in line with the Mediterranean diet.
Action 10	Foster the availability of food in line with other specific diets.
Action 11	Favour access to fresh fruit and vegetables.
Action 12	Promote seasonal and local products.
Objective 2.2. Facilitate healthy diets for groups with specific conditions and needs.	
Action 13	Facilitate the advice available for specific diets.
Action 14	Develop programmes that provide dishes for people with a range of allergies and intolerances.

Strategic line 3. EMOTIONAL WELLNESS

Promote knowledge of the emotional, mental, social and community-based dimensions of health
Reference SDG: 3.

Objective 3.1. Promote well-being when studying and working	
Action 15	Develop a programme for the healthy management of emotions.
Action 16	Create a space of reflection in which to make proposals for achieving healthy communication.
Objective 3.2. Foster healthy interpersonal relationships	
Action 17	Create spaces for sharing and collectively promoting emotional well-being
Action 18	Encourage knowledge of healthy sexuality and affectivity and promote equity in gender relations.
Objective 3.3. Prevent addictions.	
Action 19	Promote a knowledge of addictions and of their prevention.
Action 20	Promote reflection on alternatives to various addictions

Strategic line 4. RESPONSIBLE VALUES & SOLIDARITY

Promote the knowledge and practice of responsible values and solidarity
SDG of reference: 4, 5, 8, 12 and 16.

Objective 4.1. Promote a socially responsible culture.	
Action 21	In designing the activities of the SiS campus, include criteria of inclusiveness, gender and diversity in accordance with the Action Plans that the UAB has developed in these areas.
Action 22	Foster employment-integration programmes for people at risk of social exclusion.
Objective 4.2. Promote responsible consumption.	
Action 23	Promote reflection and debate on distinct models of consumption
Action 24	Wherever possible, promote fair-trade goods and local products.

Axis 2. BUILDINGS

Strategic line 5. ENERGY AND WATER MANAGEMENT

Promote energy and water efficiency; promote savings.
Reference SDGs: 6, 7, 9 and 13.

Objective 5.1. Promote energy efficiency in all facilities and energy savings in equipment and appliances.	
Action 25	Install new heating, cooling and lighting equipment that is more efficient than current models.
Action 26	Optimise air-conditioning and lighting systems in accordance with activities and occupancy in each building.
Action 27	Improve insulation.
Action 28	Monitor energy use.
Action 29	Implement an energy-saving programme for laboratory equipment and other specific spaces.
Action 30	Implement an energy-saving programme for classroom and office equipment

Objective 5.2. Promote the use of local and renewable resources.	
Action 31	Oversee existing renewable facilities in order to maximise their performance.
Action 32	Assess the use of distinct renewable sources or other alternative forms of energy.
Action 33	Promote the use of local water resources or other sources of water supply.
Objective 5.3. Manage water use efficiently and responsibly.	
Action 34	Implement water telemetry in the UAB data-visualisation monitoring system.
Action 35	Ensure regular preventive maintenance of water-consuming devices in buildings and pipes.
Action 36	Implement water-saving measures, especially in teaching and research facilities.

Strategic line 6. WASTE MANAGEMENT

Prevent the generation of waste and improve the management of that which is generated.
Reference SDGs: 9 and 12.

Objective 6.1. Improve municipal waste management.	
Action 37	Facilitate selective collection and promote waste-minimisation measures
Action 38	Increase the quality and quantity of organic-matter collection.
Action 39	Consolidate the (computer-based) application of material contribution to waste deposits.
Objective 6.2. Transform the campus waste deposit into a waste-management innovation centre (Space R)	
Action 40	Establish new activities for Space R (the campus waste deposit).
Objective 6.3. Improve the management of internal UAB laboratory waste.	
Action 41	Foster minimisation in waste quantity and hazard.

Axis 3. THE LOCAL AREA

Strategic line 7. LAND MANAGEMENT

Plan and manage the local area with sustainability criteria
Reference SDGs: 11, 13 and 15.

Objective 7.1. Advocate compact structures.	
Action 42	Prioritise the remodelling and expansion of existing buildings above the construction of new spaces
Objective 7.2. Integrate mobility management and environmental management into urban planning and land management.	
Action 43	Integrate mobility management into urban planning and land management.
Action 44	Preserve the agroforestry areas of the campus and their connectivity in urban planning and land management.
Objective 7.3. Promote the campus as a space for the activities of the University community while guaranteeing its environmental quality.	
Action 45	Use the campus as a teaching space beyond the classroom.
Action 46	Use the campus as a research space beyond laboratories.
Action 47	Create spaces for meeting/interaction.

Strategic line 8. MOBILITY

Encourage more sustainable and safer mobility (in accordance with the guidelines of the new UAB Mobility Plan).

Reference SDGs: 9 and 13.

Objective 8.1. Promote public transport as a means of accessing the campus	
Action 48	Improve rail service as a means of accessing the campus.
Action 49	Improve the bus service.
Objective 8.2. Encourage a more rational use of private vehicles	
Action 50	Implement parking-management measures.
Action 51	Encourage car sharing.
Objective 8.3. Achieve universal accessibility to the campus	
Action 52	Continue carrying out actions to remove architectural barriers.
Objective 8.4. Promote taking journeys with active means of transport	
Action 53	Promote taking journeys on foot.
Action 54	Promote taking journeys by bicycle.

Strategic line 9. AGROFORESTRY SPACES

Carry out sustainable management of the agroforestry and garden spaces on campus.

Reference SDGs: 2, 6 and 15.

Objective 9.1. Carry out active and sustainable management of the agroforestry mosaic (crop fields, forest areas, streams, etc.).	
Action 55	Maintain and, if possible, enhance livestock and agricultural activity in order to preserve the current agroforestry mosaic.
Action 56	Carry out sustainable forest management.
Action 57	Improve the condition of campus streams.
Action 58	Apply environmental-restoration measures in places affected by works, services, buildings or infrastructure construction.
Objective 9.2. Manage garden areas with sustainability and health criteria	
Action 59	Use mostly native species or those well adapted to the area of plantation, with low water requirements and avoiding allergenic species.
Action 60	Increase biodiversity.
Action 61	Reduce and optimise use of water for irrigation.
Action 62	Increase biological pest control.
Objective 9.3. Managing biodiversity	
Action 63	Prepare an inventory of campus wildlife, monitor its evolution and establish measures for control, if necessary.
Action 64	Prepare an inventory of the campus flora, monitor its evolution and establish measures for control, if necessary.
Action 65	Implement measures of control for invasive species.

Axis 4. INTERCONNECTING AXIS

Strategic line 10. COMMUNICATION

Communicate effectively all the actions that make up the Plan.
Reference SDGs: 4.

Objective 10.1. Promote training	
Action 66	Establish a training program in accordance with SiS Campus objectives and lines of work.
Action 67	Promote the integration of Sustainable Development Goals (SDGs) into the various curricula, as far as possible.
Action 68	Promote interdisciplinary training teams to carry forward innovative teaching projects in health and sustainability.
Objective 10.2. Disseminate the Plan's distinct activities	
Action 69	Carry out awareness campaigns for the distinct areas of the Plan.
Action 70	Promote the activities pertaining to the Healthy and Sustainable Week, the Sustainable and Safe Mobility Week and the UAB solidarity cross-country race.
Action 71	Enhance the use of virtual channels.
Action 72	Collaborate with institutions, entities, associations and platforms that work in the fields of health and sustainability.

Strategic line 11. PARTICIPATION

Involve the University community in the Plan.
Reference SDGs: 4.

Objective 11.1. Promote participation and give it visibility.	
Action 73	Encourage the creation of interdisciplinary working groups.
Action 74	Promote volunteer activities relating to SiS campus activities.
Action 75	Involve students, PDI and PAS in the design of awareness-raising and training activities for SiS Campus activities.
Action 76	Strengthen the existing stable working groups (Mobility Table, etc.).

Strategic line 12. ENVIRONMENTALISATION

Introduce sustainability criteria to all the University's actions and activities.
Reference SDGs: 9 and 12.

Objective 12.1. Promote environmentalisation.	
Action 77	Encourage environmentally and socially responsible public procurement.
Action 78	Promote the purchase and contracting of environmentally friendly and socially responsible products and services.
Action 79	Include sustainability criteria in the actions and activities carried out at the University.