



PONTIFICIA
UNIVERSIDAD
CATÓLICA
DE CHILE



GREEN GUIDE

for students
joining the UC



Dear Students

We are thrilled that you have chosen our university and Chile for your international development.

At UC Chile, we recognize internationalization as a critical experience in safeguarding our common home, especially in a world that is increasingly global and multicultural. As such, we are committed to fostering an international dimension and developing intercultural and global competencies within our university community.

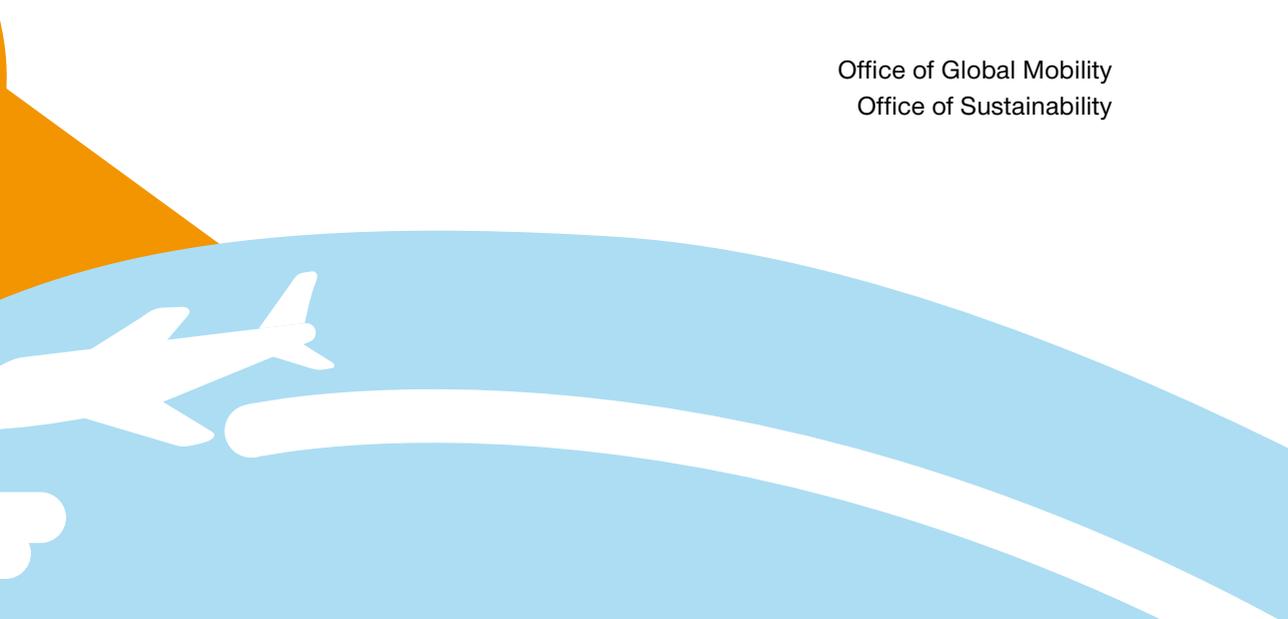
To achieve this vision, we have adopted a modern, inclusive, and sustainable exchange model that allows us to open new horizons for people from different countries to learn, exchange knowledge, and enhance their research on our campuses.

We understand that coming to Chile can have a significant impact on your carbon footprint. Nevertheless, we appreciate your decision to join our university community, and we aim to support you in your journey towards becoming a global citizen.

To this end, we are pleased to provide you with a green guide that offers useful information on environmentally friendly actions that you can take during your exchange in Chile, upon your return to your country and university, and throughout your life.

We hope that this guide will inspire you to contribute to a greener and more sustainable world by mitigating the impact we generate as human beings on the environment.

Office of Global Mobility
Office of Sustainability



**GREEN GUIDE FOR STUDENTS
JOINING THE UC**

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- Office of Global Mobility

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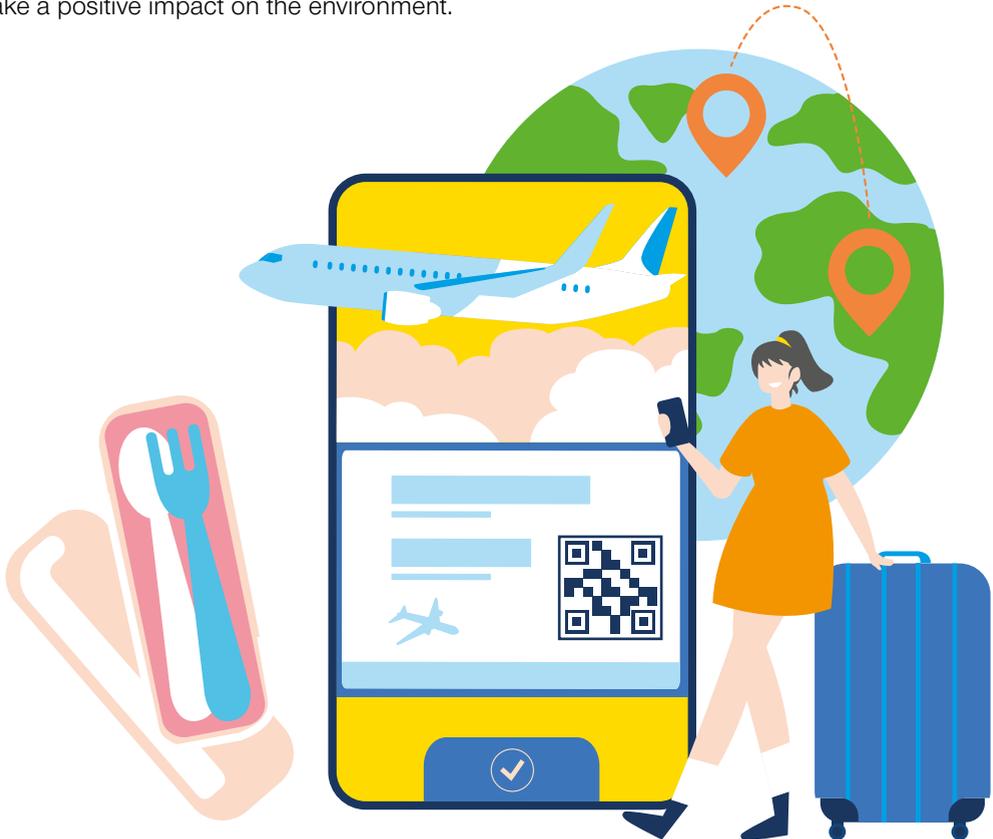
Before you arrive in Chile

Chile, a lengthy and narrow country situated at the southern tip of the American continent, can be accessed by various modes of transportation, such as land, air, or sea. However, each of these methods involves traveling long distances and generating a significant carbon footprint. But don't be discouraged, there are steps you can take to minimize your impact on the environment. If you opt to fly, consider booking flights with airlines that have carbon offset programs. Additionally, while you are in Chile, we encourage you to engage in environmentally friendly activities and behaviors. This guide provides useful tips to help you reduce your carbon footprint and make a positive impact on the environment.

Prepare a sustainable travel kit to minimize your footprint

Useful items to take when traveling:

- Reusable bag
- Thermal bottle
- Cutlery set
- Cloth napkins
- Reusable thermal cup
- Reusable container for snacks



Don't forget to...!



1.

Bring your **digital** boarding pass.



2.

If you don't have **your own mug**, ask for a lidless cup when ordering hot drinks.



3.

If you have recyclable waste such as plastic, paper, cans, or glass, please use **the recycling bins** available at the airports.



4.

Reduce your consumption of animal-derived foods.



5.

If you shop, **buy locally**, without wrapping or packaging, and look for the fair-trade logo or similar.

Once you Are Here (Transport)

If you choose to live near the UC campus where you study or work, you will be able to walk or bike. In addition, the UC has the SIBICO bike-lending program. You can borrow a bicycle for the semester just as easily as you can borrow a book.

If you live far from the UC campus where you study or work, choose to take public transportation, such as the subway (Metro de Santiago) or buses (known as “micros”). All our campuses are close to Metro stations: Casa Central campus (Metro Universidad Católica, Line 1), San Joaquín campus (Metro San Joaquín, Line 5), Lo Contador campus (Metro Pedro de Valdivia, Line 1), Campus Oriente (Metro Chile-España, Line 3).



Campus Casa Central
Metro Universidad Católica,
Line 1

SIBICO Program (Bike lending)

Visit the SIBICO website [Click here](#)

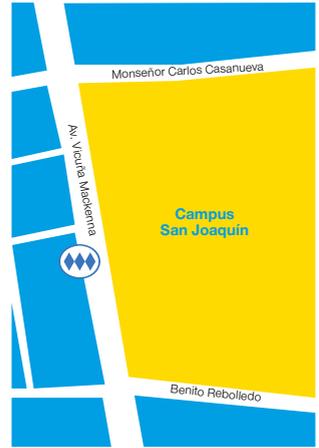




Campus Oriente
Metro Chile-España
Line 3



Campus Lo Contador
Metro Pedro de Valdivia,
Line 1



Campus San Joaquín
Metro San Joaquín
Line 5

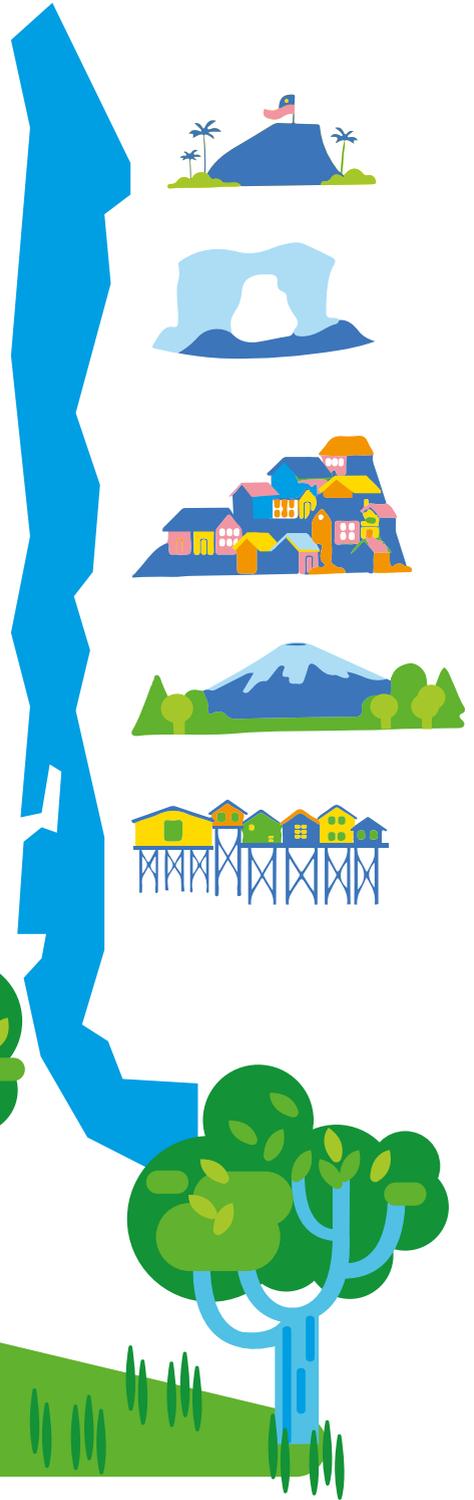


Traveling Around the Country

Chile is a long and narrow country, with a wide variety of climates. Here, you can find the world's driest desert, visit beaches of all kinds, climb or swim inside a volcano, explore stunning glaciers, and discover countless other unforgettable experiences.

[Click here](#) 

When traveling around Chile, the mode of transportation you use will depend on the distances you need to cover. Opt for mass transportation whenever possible. If you do need to travel by car, consider carpooling with others.



Sustainable Shopping and Eating

At UC you can find many healthy food alternatives in the campus cafeterias.

[Click here](#)

Choose to eat healthy by preparing your own snacks. Learn about workshops and programs that promote students' physical, mental, and dental health with locally produced food.

[Click here](#)

Choose a diet free from heavily processed and labeled foods. Chile has been a leader in the implementation of warning labels on food products to inform consumers about the presence of excessive amounts of sugar, calories, saturated fats, or sodium. The country was the first in the world to implement mandatory national warning labels.



If you cook at home, choose local and seasonal products that you can find in farmer's markets ("ferias libres"), which are located all around Santiago (totaling more than 400 locations). If you want to find the nearest farmer's market to you.

[Click here](#)

Plan your fresh food purchases to avoid losses due to spoilage.

Buy oddly shaped fruit. A significant amount of fruits and vegetables are discarded and/or thrown into landfills because of their irregular size, shape, or color. By buying these healthy fruits at a local farmer's market or even in supermarkets, you can feed yourself and avoid wasting food.

Have you heard of the Goodmeal initiative?

Thousands of conscious users can buy and save food at a reduced price.

[Click here](#)

Link with other consumers to share data on sustainable food (consumer cooperatives, organic food baskets, eco-fairs, among others). When you go shopping, bring your own reusable bag.



Sustainable Fashion

We understand that you may be interested in exploring local fashion styles and trends during your stay. We highly recommend seeking out sustainable and ethical fashion alternatives from circular economy programs such as Coaniquem stores. Visit the site:

[Click here](#)

You can participate in the reuse fairs held every semester at our university by exchanging clothes you no longer need for other garments (check out @UCSustentable on Instagram for more information). Additionally, consider recycling clothes you no longer use through initiatives such as Ecocitex to prevent them from ending up in landfills.

[Click here](#)

Avoid fast fashion and wait until you have a full load to wash your clothes in the washing machine. We encourage you to gain a deeper understanding of the impact of fashion by watching informative documentaries like *The True Cost* (2015). This documentary sheds light on the environmental damage, waste, and human costs associated with the fast fashion industry.



Water

Chile is currently facing one of the most severe water crises in Latin America. To help address this issue, we urge you to conserve water whenever possible. Please take short showers (no more than six minutes), and avoid taking baths, as they require significantly more water.

Consider using the hydrosports available at all UC campuses to stay hydrated throughout the day. You can check their locations here:

[Click here](#) 



Recycling Points on Campus: What to Recycle and How to Do it

To promote recycling within the UC community, we have installed Green Points in the courtyards of our university's different campuses. These points provide separate containers for various materials such as glass, metals, PET plastics, paper, and common waste. In addition, on all campuses there are fixed recycling points, known as Punto Limpio Central (Central Clean Point) for other types of materials, which are open to the entire community.

At the San Joaquin campus, you can also recycle your used oil and books.

Join the electrical and electronic waste recycling campaign the university carries out in May and October in all campuses.



Recycling Points Around the City

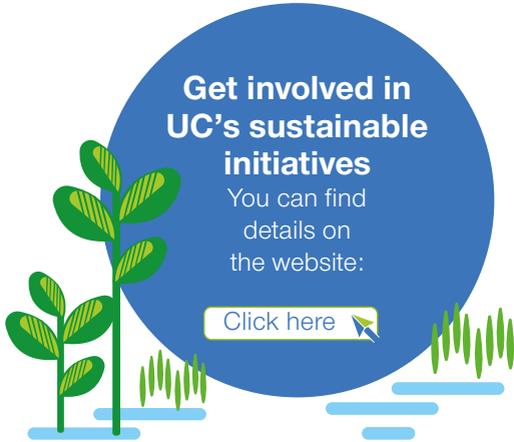
There are recycling points in several Santiago districts. You can check the availability and hours of operation of recycling points online. Almost all materials can be recycled, including packaging, glass and plastic bottles, batteries, cardboard, metals, cans, and many others. It's important to put only clean items in the recycling bin.

Here is a map of recycling drop-off locations in the city:

[Click here](#)



Get Involved! Sustainable Initiatives at UC



Huerto San Francisco

[Click here](#)

This vegetable garden is an educational space that promotes sustainability through the connection with nature and agroecological practices. It is a place for the community to gather, receive training, and promote regenerative food systems. Join the “Miércoles Huerteros” and connect with the community and nature (every Wednesday from 12:00 to 14:00).



ECOS Assistant Program

[Click here](#) 

The assistant program brings together UC students who feel called to actively participate in projects and campaigns that seek to promote sustainability on our campuses, which act as living learning laboratories. Apply for the offers that we publish during the year on our Instagram at @UCSustentable.

El Container

[Click here](#) 

El Container is a collaborative bike mechanic's shop that provides a physical space equipped to educate the community on road safety, mechanics, teamwork, and sustainable and healthy practices related to urban transportation, recreation, sport, and exploration using bicycles.



Biohuerto

[Click here](#)

A student group that seeks to consolidate itself as an agroecological beacon, generating conscious networks among staff, students, and professors and with the surrounding territorial communities.



Vivero Forestal Dombeyi

[Click here](#)

The mission of this plant nursery is to promote environmental education, achieving a greater appreciation of our native species, through practical activities, such as vermiculture workshops, nursery or recognition of native species.



Intercampus Bike Ride (Cicletada)

Cycling as a daily means of transportation has multiple benefits, including improving physical fitness and mood, reducing environmental impact, and helping to alleviate traffic congestion in the city. In celebration of World Car-Free Day, an event is held every year on the last Friday of September, inviting the community to participate in a recreational and social activity of cycling around the city.



Sustainable Tour

Learn more on Instagram [@UCSustentable](#)

Throughout the year, San Joaquin campus hosts a variety of sustainability-focused events that are open to all students, faculty, and employees. We invite you to participate in our Sustainable Tour, which can be taken by foot or by bicycle, as well as our guided tours of the Huerto San Francisco and Vermicampus located on the campus.



UC Institute for Sustainable Development

[Click here](#) 

The mission of the Institute for Sustainable Development is to educate individuals, generate knowledge, and advocate for comprehensive ecology and sustainability, thus promoting the overall development of human beings. Check out their courses and training activities.



Office of Sustainability

[Click here](#)

At UC, sustainability is viewed as “a collective construct by which humanity aspires to the possibility that humans and other life will flourish on Earth forever” (John Ehrenfeld, MIT 2012). Sustainability is a fundamental pillar that underpins our social and environmental responsibility, as well as our academic and professional development.

At the Office of Sustainability, we believe in fostering a culture of sustainability across our campuses and in society as a whole. We invite you to join us in learning more about this vital topic and working together to build a sustainable future.



Courses and talks on sustainability at UC

Take a look at our updated list of semesterly course offerings that focus on sustainability and are offered here at UC.

Find details here:

[Click here](#)

We also encourage you to explore the courses of the UC General Training Program of the Integral Ecology and Sustainability Thematic Area.

[Click here](#)

Periodic talks on sustainability in the UC agenda.

More information:

[Click here](#)



When you Leave Chile

Consider gifting or sharing items that you cannot take back with you to your home country! You can donate or give to organizations.

Donate your books (in UC Libraries):

[Click here](#)

Recycle electronic devices. You can find information about Chilenter on this site:

[Click here](#)

With just a quick search online, you can find dozens of options for donating a wide range of items.



Getting Involved Beyond UC



1.

After your time at the UC and in Chile, we encourage you to **share your experiences** of sustainable exchange back home.



2.

Don't just give a like, share! If you read an interesting post about climate change, share it on your social media.



3.

Contribute! How? You can find information here:

[Click here](#)



4.

Voice your opinion! Ask local and national authorities to get involved and fund green initiatives.



5.

Calculate your personal carbon footprint. You can find a carbon footprint meter here:

[Click here](#)

How Was This Guide Prepared?

Inspiration Came From:

- University College Dublin (UCD) Global´s green guide
www.ucd.ie/global/sustainability/
- The lazy person's guide to saving the world (Naciones Unidas)
www.un.org/sustainabledevelopment/takeaction/
- United Nations Sustainable Development Goals
www.un.org/sustainabledevelopment/es/
- Mobility Renewal: Results of a Collaborative Process
www.internacionalizacion.uc.cl/noticias/un-nuevo-modelo-de-movilidad-internacional/
- UC Social Initiatives
www.iniciativassociales.uc.cl/

Sites of Interest

- Office of Sustainability
www.sustentable.uc.cl
- Office of the Vice President of International Affairs
www.internacionalizacion.uc.cl
- UC Institute for Sustainable Development
www.desarrollosustentable.uc.cl
- Dónde Reciclo
www.dondereciclo.cl
- Huella Chile
www.huellachile.mma.gob.cl
- Chilean Ministry of the Environment
www.mma.gob.cl



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**100% DIGITAL
DESIGN**

Contributing to
building a more
sustainable world!