



# WELCOME BOOKLET

LIVING SUSTAINABLY IN GENEVA

SEPTEMBER 2019



Welcome to the Graduate Institute, and for many of you, welcome to Geneva! We are the Environmental Committee, were founded in 2010, and form the students' environmental association that brings together students interested in sustainability and environmental questions, in order to give a clear voice to these issues within the Institute.

The climate change crisis must be addressed at every organizational and economic level, and that includes the actions of our everyday lives. This is a guide to living a more sustainable life in Geneva.

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COMPOSTING



03 TRANSPORTATION



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## 1.1 RECYCLING GUIDE

Recycling and composting works a bit differently in every country. Familiarize yourself today and master the art of Swiss recycling. The city of Geneva recycles paper and cardboard, PET plastic, glass (colored and clear), batteries, aluminium, coffee capsules, and more. Before you know when to drop off your recyclables, we first need to talk about PET plastic. Switzerland recycles different plastics than many other European countries.

### PET (BOTTLES ONLY)

Only PET beverage bottles can be recycled.

By answering 'yes' to these three questions, you can dispose the bottle in the PET bin.

*Is it a bottle? Is the bottle made of PET? Did it contain a drink?*

If not, discard it in the waste bin or check your supermarket for the 'other' plastic bottle collection bin.



Other plastics like packagings, coffee creamers, cosmetics products and plastic cups can unfortunately not be recycled. For heavier plastics like milk containers or detergent bottles, take them to your supermarket, they will usually have a separate bin for it.



## GLASS

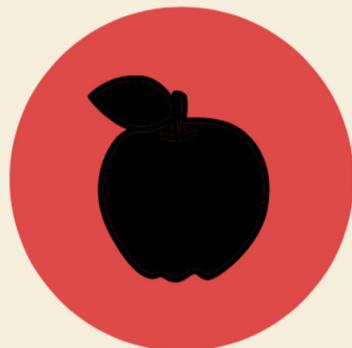
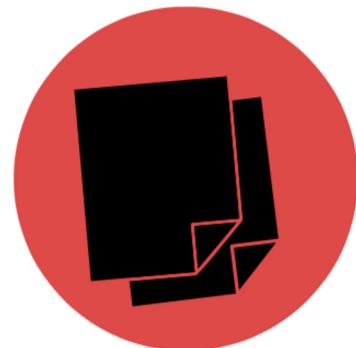
Glass bottles and jars are recyclable.

The following items are NOT recoverable: glass window panes, mirrors, incandescent bulbs, drink glasses, porcelain, tiles and ceramic.

## PAPER

You can recycle: paper, boxes, newspapers, magazines and envelopes (also with window display).

DO NOT recycle: soiled paper, cartons, tissues, napkins, paper towels and tablecloths plus milk or fruit juice cartons.



## ORGANIC & BIODEGRADABLE

Fruit and vegetable peels, leftover food (cooked or raw), egg shells, fish and meat bones, wilted flowers, coffee grounds (with or without filter, not coffee capsules), tea bags plus any of the Cafeteria's Biodegradable, PLA or vegware packaging and cutlery.

The following items are NOT biodegradable: Cafeteria's dessert and orange juice cups.

## ALUMINIUM

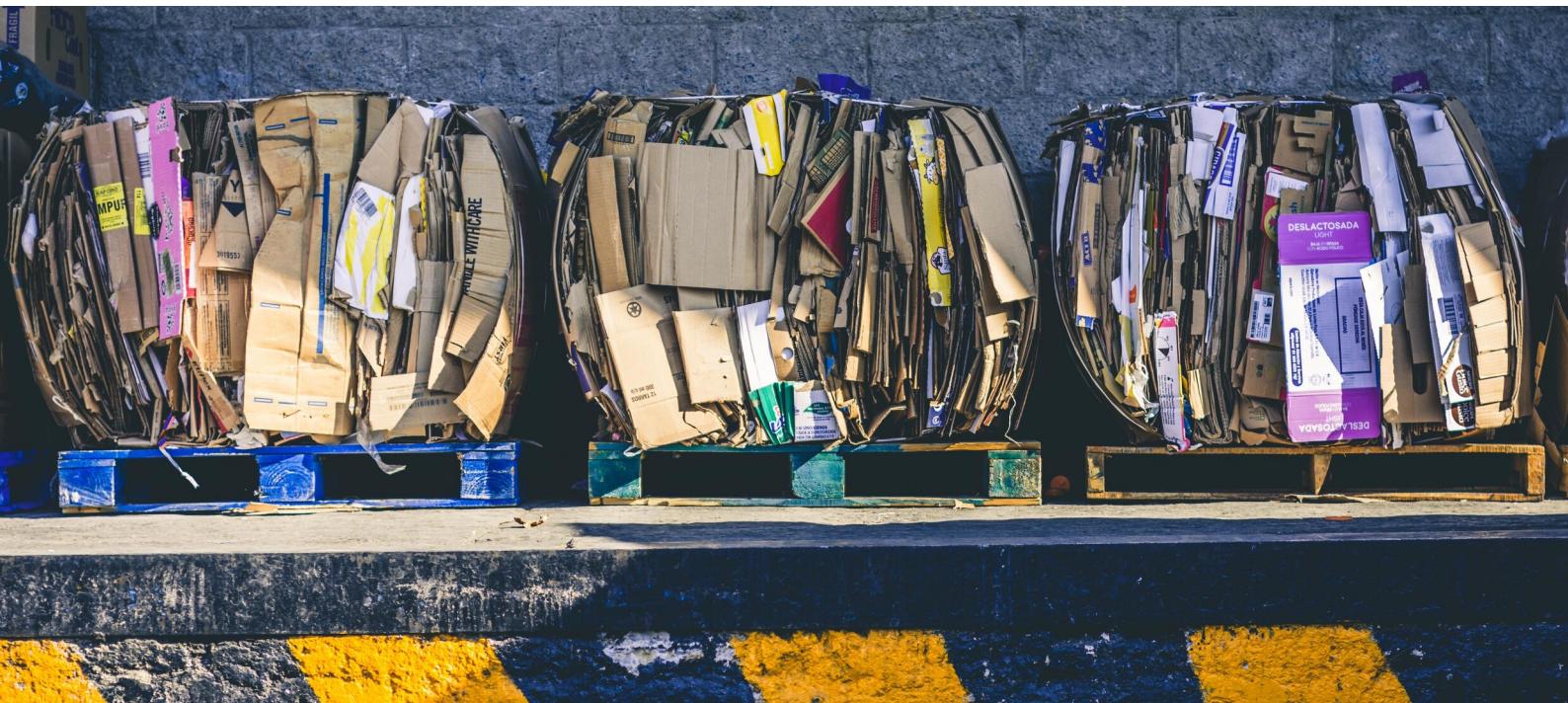
You can recycle: beverage cans, aluminium foil, some yoghurt lids and desserts, tubes of mayonnaise, some toothpastes; trays that contained ramekins, pies, pizzas, cakes, etc., empty aerosol (cosmetics, deodorants, etc.) cans.

The following items are NOT RECYCLABLE: the packaging of butter, cigarette, coffee, tea and etc.



## Where do I take my recycling in Geneva?

Throughout the city are écopoints, collection sites for all your recyclables, where you can drop off your recyclables. They are distributed across the city and there are sufficient so that you are never far from one. Strangely, not all écopoints are collection centers for all recyclable materials. Here is a map listing all écopoints and which materials are collected at each one [www.ville-geneve.ch/themes/environnement-urbain-espaces-verts/proprete-recyclage/recyclage-dechets-menagers/](http://www.ville-geneve.ch/themes/environnement-urbain-espaces-verts/proprete-recyclage/recyclage-dechets-menagers/)



## 1.2 COMPOSTING

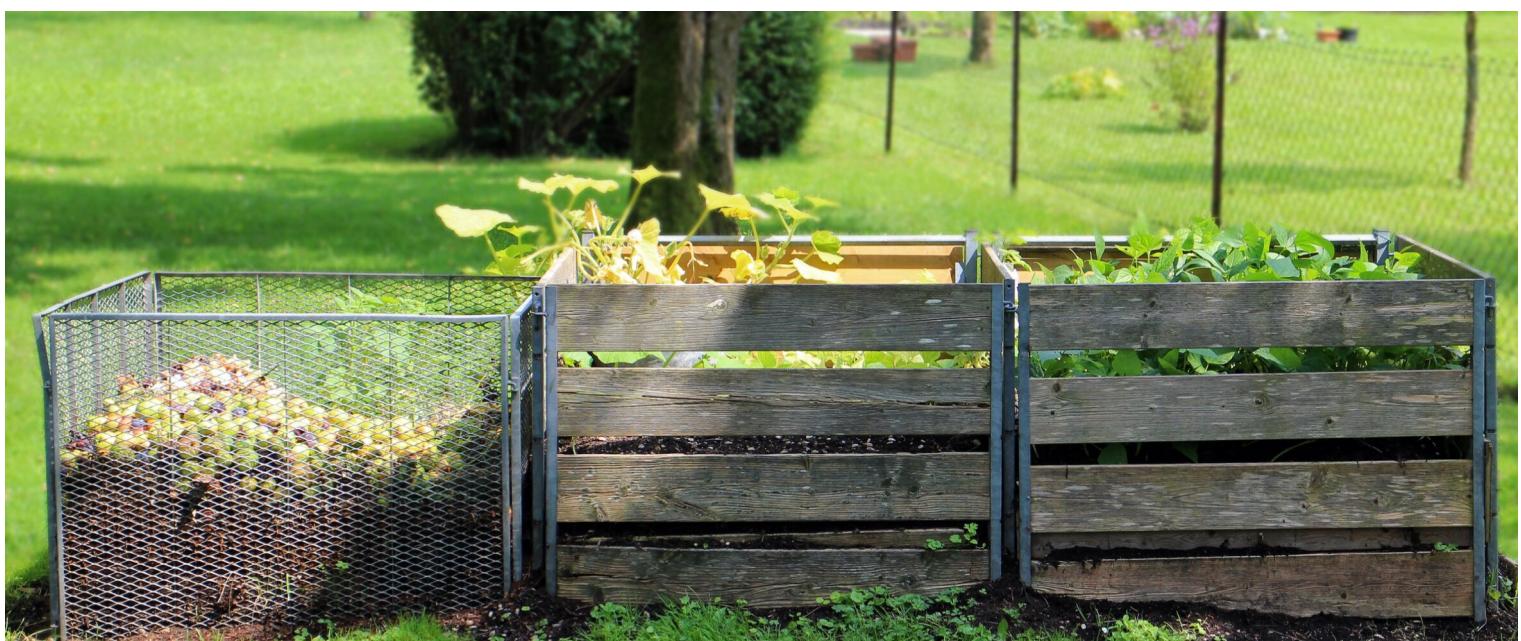
Composting is an important part of living sustainably. When we throw away compostable materials, they end up in landfills where they take up space and release methane, a potent greenhouse gas. Composting organic materials allows them to be re-used while reducing our overall waste. You can think of it as recycling nutrients that are essential for making organic fertilizers that are used to produce the same food you eat.

## What to compost?

- kitchen scraps
- egg shells
- coffee grinds and tea leaves (with or without tea bags)
- cereals, rice and other grains
- indoor plants and flowers
- meal leftovers
- bones (cooked or uncooked)

## Where to compost?

The municipalities of Switzerland make composting a lot easier for those of us without a backyard and garden to apply fresh compost to. Just like for recyclables, Swiss cities and towns have put in place collection systems for compostable materials. Most ecopoints (waste collection points) include a bin for compostables. It is our responsibility to buy the appropriate biodegradable bags ("sacs verts") to put our compostable materials in. Be sure to drop your compostable bags off at the nearest collection point regularly so the materials don't decompose too much and start smelling! Biodegradable bags can be found at nearly all supermarkets and cost around 3CHF for 15 bags. Some buildings also have their own composting bin.



## 2.1 MARKETS



Local foods are not only better for your health (they often retain more nutrients), but they are better for the local economy. Factory farming puts stress on the land and reduces its capacity over time. Supporting local farms (usually) = supporting healthier land. It also reduces the fossil fuels necessary to transport food.

Luckily, Geneva has some great local markets with many options, both for food and for objects with a few flea markets and stalls with local crafts. You can find all the necessary information (time, location, type of market) about the different markets of the city on this website : [www.genevemarches.ch](http://www.genevemarches.ch). Here is their general calendar:

lundi	mardi	mercredi	jeudi	vendredi	samedi	dimanche
Pré-l'Evêque 06h30 - 13h15 Fruits et légumes	Plainpalais 06h30 - 14h15 Manufacturés	Madeleine 09h30 - 18h15 Manufacturés	Champel 6h30 - 13h15 Fruits et légumes	Vieuxseux 15h00 - 19h00 Fruits et légumes	Coutance 06h30 - 14h15 Fruits et légumes	Plainpalais 08h30 - 18h15 Artisanat
Liotard 06h30 - 13h15 Fruits et légumes	Madeleine 09h30 - 18h15 Manufacturés	Fusterie 06h30 - 18h30 Fruits et légumes	Madeleine 09h30 - 18h15 Manufacturés	Plainpalais 06h30 - 14h15 Manufacturés	Madeleine 09h30 - 18h15 Manufacturés	Plainpalais 08h30 - 18h15 Manufacturés
	Fusterie 08h00 - 18h15 Livres	Bd Helvétique 06h30 - 14h15 Fruits et légumes	Grottes 16h30 - 19h15 (20h15 été) Fruits et légumes	Madeleine 09h30 - 18h15 Manufacturés	Fusterie 06h30 - 18h30 Fruits et légumes	Marché du Léman 10h00 - 19h00 Fruits et légumes
	Navigation 06h30 - 14h15 Fruits et légumes	Plainpalais 06h30 - 17h15 Puces et brocante	Fusterie 09h30 - 19h30 Artisanat	Fusterie 08h00 - 18h15 Livres	Bd Helvétique 06h30 - 14h15 Fruits et légumes	Plainpalais 08h30 - 18h15 Fruits et légumes
	Plainpalais 06h30 - 14h15 Fruits et légumes		Liotard 06h30 - 13h15 Fruits et légumes	Navigation 06h30 - 14h15 Fruits et légumes	Plainpalais 06h30 - 17h15 Puces et brocante	
				Plainpalais 06h30 - 14h15 Fruits et légumes		

Another great option to shop for food 20 min. away from the Graduate Institute is the Ferme de Budé ([www.ferme-de-bude.ch](http://www.ferme-de-bude.ch)). This urban farm runs a little organic market every day from Monday to Saturday, and is packed with great products from their garden or from farmers and producers mostly coming from Geneva and around.



## 2.2 SECOND HAND SHOPS

Consumerism runs rampant through our closets. Styles and fashions change quickly, clothes are not constructed to last, and structures for recycling clothing are not quite as robust as other recycling programs. Where do your clothes go when you are done wearing them? What materials go into the clothes that you wear? And what happens in the production of your clothes, including factory pollutants and abusive working conditions?

Geneva has some good secondhand options to support your closet and also your wallet. Some of them also sell furniture, books and other objects. Here is a first selection:

- Les Fringantes ([www.sosfemmes.ch](http://www.sosfemmes.ch)): a second-hand shop ran by an organization helping women with their social and professional reintegration.
- Vêt'Shop Carouge & Eaux-vives. ([www.croix-rouge-ge.ch](http://www.croix-rouge-ge.ch)): the two shops ran by the Red Cross and collecting clothes donations from people and companies.
- CSP in Plainpalais, Eaux-vives, Jonction and Paquis ([csp.ch/geneve](http://csp.ch/geneve)): the four second hand shops ran by the Centre Social Protestant of Geneva, offering books, objects and clothes for cheap prices.
- Les Recyclables ([www.recyclables.ch](http://www.recyclables.ch)): a very nice café and bookstore offering “almost new” books for half the original price or less, with a huge selection in several languages.

## 2.3 BULK FOOD STORES

Another great way to shop more sustainably is to try and reduce the (plastic) packaging of the products we consume. Luckily, the awareness around this issue is slowly growing and more and more bulk food stores are popping up, creating good opportunities for us to move away from the supermarkets. Their products are not necessarily more expensive if you know where to look, and they are often locally produced and/ or organic, which is another advantage.

- Nature en vrac (Les Grottes): pasta, rice, beans, tea, coffee, nuts, oil, vinegar, beer and wine
- Lyzamir (Cornavin): pasta, rice, beans, nuts, spices, etc.
- Le Bocal Local (Cornavin): pasta, rice, beans, tea, coffee, oil and vinegar
- Bio-c-bon (Eaux-vives & Plainpalais): pasta, rice, beans, coffee, tea, nuts, fruit and vegetables
- Vom Fass (Eaux-vives): oil, vinegar, liquor
- Le Nid (Jonction): participatory grocery store: fruit, vegetables, pasta, rice, beans, oil, etc.
- Chez Mamie Bio (Plainpalais): pasta, rice, beans, tea, coffee, nuts, oil, vinegar, etc.

In these stores, you can also often find zero waste products and objects, for example for your bathroom and kitchen.

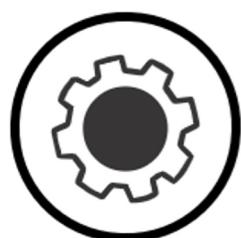


## 2.4 OBJECTS LIBRARY



Living away from home, there are often objects that you find yourself needing on specific occasions. Buying them to use them once or twice can feel unreasonable and wasteful, and finding where to borrow something is usually difficult. But luckily, Geneva has found a solution to this problem.

Do you need a fondue pot for a typical Swiss dinner with your friends? A tent, mattress or backpack for a weekend camping trip in the mountains? A drill or hammer when building something for your home? La Manivelle (<http://www.manivelle.ch/>) got your covered. They have an impressive collection of various objects that you can borrow for a couple of days and bring back after. Using this library requires a subscription, but the Environmental Committee is currently working on getting one that students could benefit from as well. Stay tuned!



**La Manivelle**  
coopérative  
bibliothèque d'objets

### 3.1 BIKING



Biking is an excellent option for both the environment and your own physical health, as an alternative first and foremost to cars but also to buses. While perhaps not as much as its Scandinavian neighbors, Geneva is well-equipped with bike lanes and bike storage areas. Many students bike to school and around town.

- Genèveroule ([geneveroule.ch/en](http://geneveroule.ch/en))

Founded in 2002, Genèveroule is a non-profit public-benefit association with a dual objective : promote cycling and socio-occupational integration. Their goal is to promote the use of the bicycle in all its forms and make it an easy and inexpensive means of transportation, while offering socio-professional integration jobs. They rent bikes for a few hours, a few days or a few months, and even have a special offer until the 27th October 2019, where you can get a bike for free for up to 4 hours!

- PRO VELO Genève ([www.pro-velo-geneve.ch](http://www.pro-velo-geneve.ch))

PRO VELO is an association encouraging biking as a daily mode of transportation, and organising events and actions related to this healthy and eco friendly alternative to driving. They regularly hold bike fairs (bourses aux vélos), where you can sell or buy used bikes of all sorts. At the beginning of each semester, one of these fairs is organised in collaboration with the University of Geneva. Follow all their events by following them on facebook!

## 3.2 TRAINS AND BUSES

Geneva's public transportation system is easy to navigate and fairly efficient, and an excellent alternative to driving. The costs of parking and traffic discourage most from driving within the city itself. Geneva's system is operated by TPG. You can buy a single ticket (3 CHF), day pass (10 CHF), monthly pass (70 CHF), or annual pass (500 CHF). There are also discounts for the longer passes for youth.

Beyond Geneva, the Swiss train system is one of the best in the world. SBB/CFF/FFS ([www.sbb.ch/en/](http://www.sbb.ch/en/)) has trains, boats, and buses going to every major city and nearly every smaller town, connecting you to most of what you want to see in Switzerland. But, like Geneva itself, train tickets can be expensive. There are some great ways to save!



- SuperSaver discounts: Online or in the SBB app, you can purchase train tickets in advance for often a pretty good discount. Usually, the further in advance you look, the better the discount. The important thing to know with these tickets, however, is that you are buying a ticket for only a very specific time and train. Your ticket is only valid on that specific train at that time. When you check the schedule of the trains, look for the “%” signaling the times where cheaper tickets are available.
- Voie7: This option is only open to people under 25. You pay for the pass and then can take public transportation in Switzerland for free after 19:00 and until 05:00 in the morning.
- Half-fare travelcard (demi-tarif): This is an annual pass that gets you a half-fare on every ticket in Switzerland. It costs 185 CHF, and 165 CHF once you renew it for the next year. The reduced price for people under 26 is of 120 CHF. This card makes a big difference to get out of Geneva and also reduces the price of SuperSaver tickets by 50%.

### 3.3 TAKING A WALK AROUND THE CITY

No matter where you live in Geneva, there is likely some green space nearby. We definitely recommend taking advantage of this to take a break from studying, walk, run, breathe in some fresh air or simply sit in the sun with a few friends. Below is our list of some of the city's nicest parks.

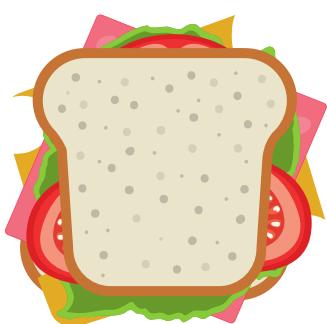
- Parc Perle du Lac / Barton: this park is our most direct access to the lake from the Maison de la Paix, with spacious green spaces to sit, big trees, the museum of natural history and our very own Villa Barton, the original building of the Graduate Institute.
- Jardin Botanique: just behind IHEID, the sprawling Botanical Gardens are a great place to take a study break. Discover plants from around the world both along the paths and inside the greenhouses, as well as
- Other parks around the city: Parc Bertrand (Champel), Parc des Bastions (Plainpalais), Parc la Grange (Eaux-vives), Parc Beaulieu (Cornavin/ Les Grottes).

## 4. EC INITIATIVES



### SCOOP

The Student Food Cooperative is a non-profit movement that aims at raising awareness about the importance of local food production and consumption. To achieve this, the Environmental Committee organizes a weekly sale of local products on the main floor of Petal 2, featuring products from Geneva and around. This project allows the EC to promote healthy snacks and quality products to students at a low price, and to foster great discussions about the issue within the student body.



### SAVE THE FOOD

The Save the Food project is an initiative started by the Environmental Committee to reduce the food waste of the cafeteria in the Maison de la Paix. Each Friday at 5pm, members of the Environmental Committee collect leftovers from the cafeteria that would go bad over the weekend and stores it in a fridge at the Picciotto Common Room, where it is available to the entire student body. Started in 2018, this initiative has been very successful and has received a lot of positive responses from both the students and the cafeteria staff. We are looking forward to continuing and developing this project over the next term!



## RECYCLING LIBRARY

In an effort to reduce printing of at the Institute, the Recycling Library functions through a simple, crowd-based system. The EC collects printed class readings from students at the entrance of the IHEID library (drop-off station). Papers are then alphabetically sorted and catalogized in a Google Sheet, before they are placed at the pickup station located on Level 2, next to Bubble G2 in the IHEID library.

The Google Sheet is available online and lists all the available papers along with instructions on how to use the library. At present, we provide a collection of over 500 papers and we hope that this collection will expand over time. So, please remember to look here before you print next time. Also, feel free to contribute any material that is no longer of any use to you at the marked trays placed outside the library doors!

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