



# ABERDEEN GREEN GUIDE



ABERDEEN UNIVERSITY  
STUDENTS' ASSOCIATION

# INTRODUCTION

Hi everyone, and welcome to Aberdeen! This guide is written and researched by the Aberdeen University Students' Associations Environment & Ethics Committee. We are a group of students working together to promote sustainable living and run a number of campaigns around social justice on campus. If you're interested in getting involved, check out our [facebook page!](#)

Once a month, we hold open committee meetings in collaboration with AberGreen. The dates for the first semester of 2018/19 are 24th September, 29th October and 19th November, from 6pm onwards in Taylor A31, and you're invited to come along at any time!

If you have any questions about the Environment & Ethics Committee or our work, or would like to give us feedback on this guide, please contact [ausacommunities@abdn.ac.uk](mailto:ausacommunities@abdn.ac.uk)

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# CLOTHES

There's a number of ways of getting clothes in a more sustainable way than buying from a retailer.

## SWAP SHOP

The student-run Swap Shop is situated in the Student Union Building on campus, and operates as a free shop. You can drop off any items of clothing or other stuff you have at home, or take anything you find.

## CHARITY SHOPS

There are a large amount of Charity shops in Aberdeen. You can donate clothes, as well as buy items. Most of them have large varieties of clothes, shoes, home wear and books. They are also often looking for volunteers to help out in the shops if you are interested! The best areas for charity shopping are George Street, King Street and there are a number just opposite Her Majesty's Theatre on Rosemount Viaduct.

Here are some of our favourites:

### CANCER RESEARCH

125 Union Street and 19 Rosemount Viaduct

### STELLA'S VOICE

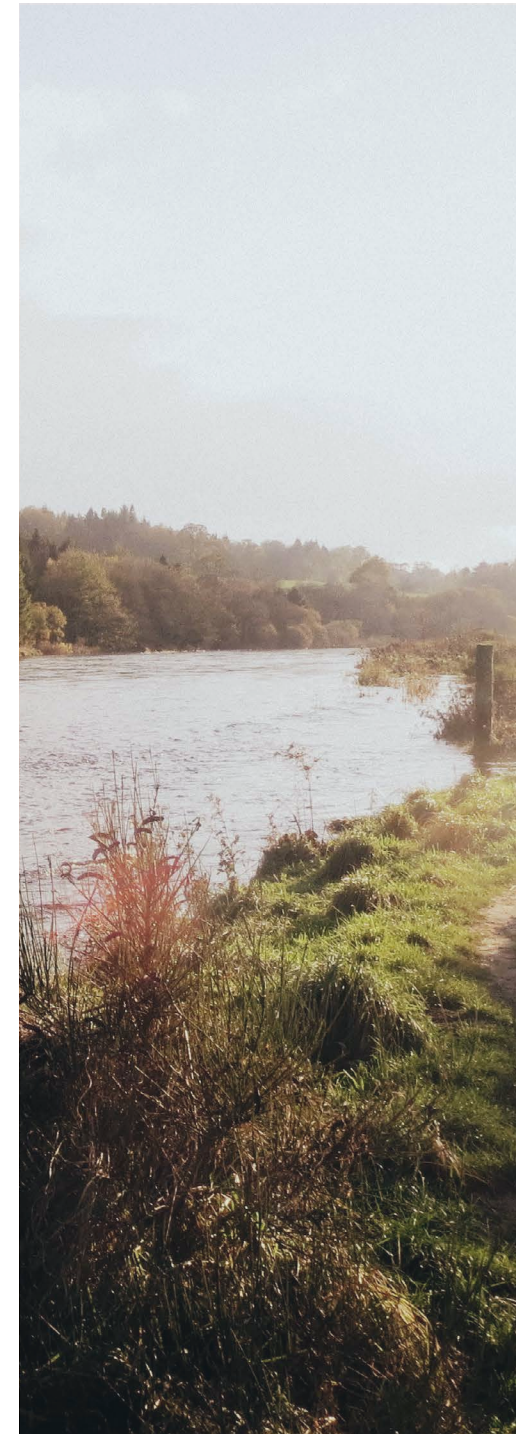
215 King Street

### SHELTER

472 King Street and 179 George Street

### OXFAM

13 Rosemount Viaduct, 26 Chapel Street and 5 Back Wynd (Bookshop!)



# RECYCLING

## RECYCLING AT HOME

If you live in student halls or a block of flats, your bins will be communal on the street or a block of flats, your bins will be communal on the street or somewhere within the perimeter of the building. In this case you will have a large black general waste bin, a large blue mixed recycling bin and a grey food compost waste bin.

If you live in a house with your own garden or driveway, you will probably have wheelie bins, black for general waste, grey or blue for recycling and brown for food and garden waste. You will have a set bin day for each bin on which you must put it out on the street. If you don't have any of these bins, you can contact the [council](#) to get a new ones delivered for free.

## USING MIXED RECYCLING BINS

The concept of having mixed recycling bins is new to Aberdeen, and might be new for you too if you're coming from abroad. It's good that there are less bins to worry about, but there are some things to be aware of to assure your waste actually gets recycled and doesn't just contaminate recyclable materials.

-Only put in recyclable materials:

### PAPER

(not photo paper, waxed or laminated paper, used tissues or kitchen roll or otherwise spoiled paper)

### PLASTICS

(firm but non-brittle plastics like bottles, fruit trays etc. but not wrappers bags or miscellaneous items such as pens, lighters, etc.)

### DRINK CARTONS

### METAL

(cans tins, aluminium foil and trays, but not other stuff like screws or old bike chains)

- Rinse jars, tins etc. lightly. The materials will be mechanically separated but residue from say a tin of beans could contaminate paper and prevent a batch from being recycled. You don't need to scrub items clean, but a quick rinse shall help to prevent contamination, and keeps the bins clean and hygienic (since no bin liners are used). It may seem like a waste of water washing items, but remember the small amount of water you use to wash a can is far less than the amount used to make a new can from non-recycled materials!

## USING ORGANIC WASTE BINS

These bins can be used for recycling all food and garden waste like tea bags, vegetable peel, bones, flowers or food that has gone bad. Liquids like soups should be drained first, and large amounts of oil should be absorbed by a piece of kitchen roll or tissue and not tipped down the sink. You can get a free kitchen compost bin and/or compostable bin bags delivered by the [council](#), or pick up the compostable bin liners from a public library.

Other items:

### BATTERIES

It is important to recycle batteries as the chemicals within them are dangerous to the environment. They can be recycled at supermarkets, recycling centres or the ground floor of the Sir Duncan Rice Library.

### ENERGY SAVING LIGHT BULBS

Old light bulbs should be put in the general waste bin, but like batteries, energy saving light bulbs can be recycled at some supermarkets (larger Tesco or Sainsbury's) or recycling centres.

### ELECTRONICS

Bins for recycling smaller electronic items can be found at some recycle points (there is one at both Hillhead and Johnston Halls) or supermarket car parks (e.g. Morrisons or Sainsbury's). Larger items must be taken to recycle centres or booked to be collected by the council.

### TEXTILES

Textile bins can be found at many recycle points (Hillhead, Johnston, Sainsbury's, Morrisons), but if they are still wearable consider giving them to Swap Shop or a charity shop.

### PLASTIC BAGS

While these are better being reused, you can recycle these at some larger supermarkets.

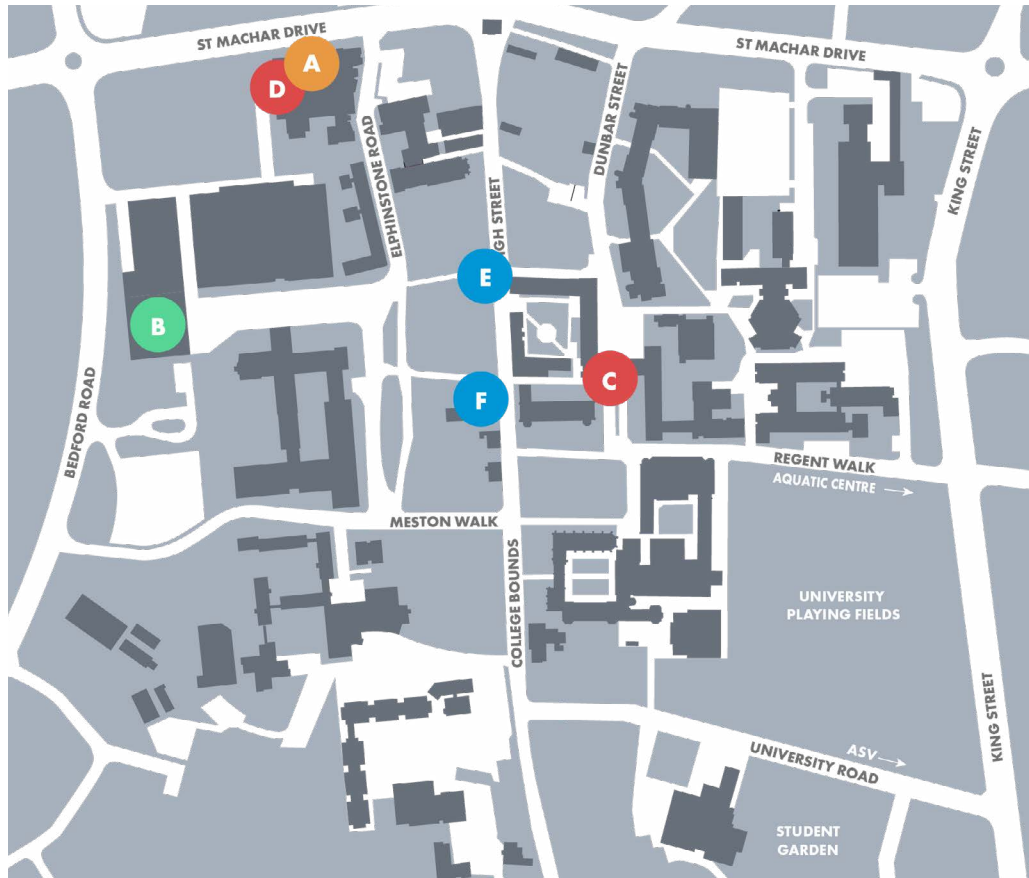
## RECYCLING CENTRES

Mostly, these will be located a bit out of the way, but you can recycle many items here that can't be recycled elsewhere such as wood, oil, scrap metal (like screws, bicycle parts, pots and pans) and large electronics. There locations and opening times can be found on the [Aberdeen City Council website](#).

On the next page, recycling stations are marked in green on the map, so have a look where your closest one is!



# CAMPUS AT OLD ABERDEEN



A. SWAP SHOP

B. BATTERY RECYCLING STATION

C. FOODSTORY

D. THE CORNER & VEBBAGS

E. KILAU

F. SHARED PLANET CAFE

# ABERDEEN CITY CENTRE



A. STELLA'S VOICE

B. SHELTER

C. CANCER RESEARCH

D. OXFAM

E. OXFAM BOOKSHOP

F. CITY COUNCIL

G. FOODSTORY

H. THE BREAD MAKER

I. BOOKS & BEANS

J. THE CRAFTSMAN COMPANY

K. CAFE SOCIETY

# EATING IN/GROCERY SHOPPING

## VEGBAG

Run by Shared Planet Society, the idea is simple! You place an order and collect a bag of local organic veg the following week. What exactly you get each time may vary, but you can expect produce like potatoes, onions, leek, carrots, kale, turnips or apples. A VegBag costs £6, and you can buy a small VegBag for £4. It can be collected on Tuesdays, after you ordered it at The Corner on the previous Tuesday by 4pm.

## THE CORNER

Run by Shared Planet Society, this little food shop is a co-operative. This means that it is run without generating profit, making prices generally lower than in supermarkets. There is a focus on Fairtrade, Organic and Vegan produce. There are also plenty of bulk items such as lentils and oats, which you can fill into your own container, thus reducing packaging waste.

## FOODSTORY

Located above the cafe is a little shop also focusing on Ethical produce. Besides food there are also eco-friendly toiletries and cleaning products. Bulk items are available, too!

## OXFAM

The Oxfam Charity shop on Rosemount Viaduct has a new goods section featuring Fairtrade and green products.

## BELMONT STREET MARKET

On the last Saturday of each month, there is a food market on Belmont Street, which is a good opportunity to find local produce, ranging from veggies, homemade teas or jams to baked goods.

## THISTLE STREET FOOD MARKET

Another monthly market with a focus on local produce, as above.

## ALLOTMENT STALLS

Open every Friday (July-October, 10.30-15.00) in Seaton Park and Duthie Park. This is a pop-up stall selling fruit and vegetables which have been grown in allotments by members of the Aberdeen community. Since it's been grown inside the city, food miles are as good as zero.

## SUPERMARKETS

Often if you go shopping shortly before closing time it is possible to get discounted fresh food items which are about to go out of date. They give a good opportunity to reduce food waste and to save money!



# EATING OUT

## SHARED PLANET CAFE

University of Aberdeen (Chaplaincy / Interfaith Center, High Street)

A student-run café that serves delicious soups and toasties once a month. Organic, cheap and tasty. Feel free to come and eat, share some time with others in a more than friendly atmosphere and perhaps learn how to improve your cooking skills! If you feel like helping out, pop in early to help chop veg and get a free lunch. This is also a place to find out about any student activism at the University!

## KILAU

57/59 High Street, Aberdeen

Pretty incredible stuff on campus! A very local and a very good cafe as well as a perfect refuge from them busy and stressful days at Uni. Coffee as well as food worth every penny. Cosiness guaranteed during the cold days but there is also a very welcoming garden in case some sunshine arrives in Aberdeen. Sit-ins and take-aways.

## BOOKS & BEANS

22 Belmont Street, Aberdeen

Great coffee, good food, quality books and Internet access. Feeling like going to a book shop and a café at the same time? Here's a perfect solution! Local, tasty, different. And the portions are very big!

## BONOBO CAFE (100% VEGAN CAFE)

73/75 Skene Street, Aberdeen

Lovely. Friendly. Pretty. Delicious (you'd better believe us on that!) and 100% vegan. Bonobo is working with local suppliers and other co-ops from the area, e.g. the farm Greencity. Every day raw and gluten-free alternatives are available. If you're in a hurry you can always grab a goodie from the to-go fridge that stocks wraps and sandwiches. If you have a wee moment, we strongly recommend the upstairs sitting area, especially the garden where you can watch the veggies and herbs grow (and taste them in the food!).

## THE BREAD MAKER

50/52 Rosemount Viaduct, Aberdeen

A famous Aberdonian bakery and café. A great place to catch up with friends, relax and enjoy a range of fine quality baking accompanied by a great coffee.

## FOODSTORY (VEGETARIAN/VEGAN)

13/15 Thistle Street, & Shop in Taylor Building, Aberdeen

From morning to evening, serving healthy, locally-sourced food for all dietary requirements, brewing tasty coffee and staging regular events to give people a chance to get together and have fun. It is a beautiful place with a very special atmosphere and with really good quality food being offered.

## CAFE COGNITO

39 St Swithin Street, Aberdeen

Willing to crown a walk along the streets of the lovely Aberdonian West End with a good coffee, tea, sweetie or a lunch perhaps? Freshly prepared food coming from local suppliers and producers in the heart of this beautiful district.

# EATING OUT

## COPPA COFE

40 St Swithin Street, Aberdeen

A student-run café that serves delicious soups and toasties once a month. Organic, cheap and tasty. Feel free to come and eat, share some time with others in a more than friendly atmosphere and perhaps learn how to improve your cooking skills! If you feel like helping out, pop in early to help chop veg and get a free lunch. This is also a place to find out about any student activism at the University!

## KILAU

57 / 59 High Street, Aberdeen

Feeling and looking cosy, a great place to meet a friend and enjoy the moment while having a tea, coffee and some nice food. It is, too, in the marvellous Aberdonian West End!

## CAFE SOCIETY

466 Union Street, Aberdeen

An independent and local cafe serving freshly made sandwiches to order. Fresh coffee and homemade treats!

## THE CRAFTSMAN COMPANY

2 Guild Street, Aberdeen

An independent business providing a city-centre platform to independent coffee and beer brewers. You might find a lovely hot chocolate there, a good croissant and enjoy all of that in a super lovely atmosphere!

## NEWTON DEE CAFE

Newton Dee Village, Aberdeen

The cherry on the cake. Hidden in a forest but easily accessible. Either by bike (highly recommended bicycle path) or by the 19 bus. Everything local, homemade, truly delicious and in a fairy-tale-like spot. Newton Dee is a charity based in Aberdeen, Scotland. Co-workers (live in volunteers) and Villagers (adults with special needs) live together here and work. Amongst other things, they take care of the animals (come and have a look!) or bake (visit the bakery, too!).

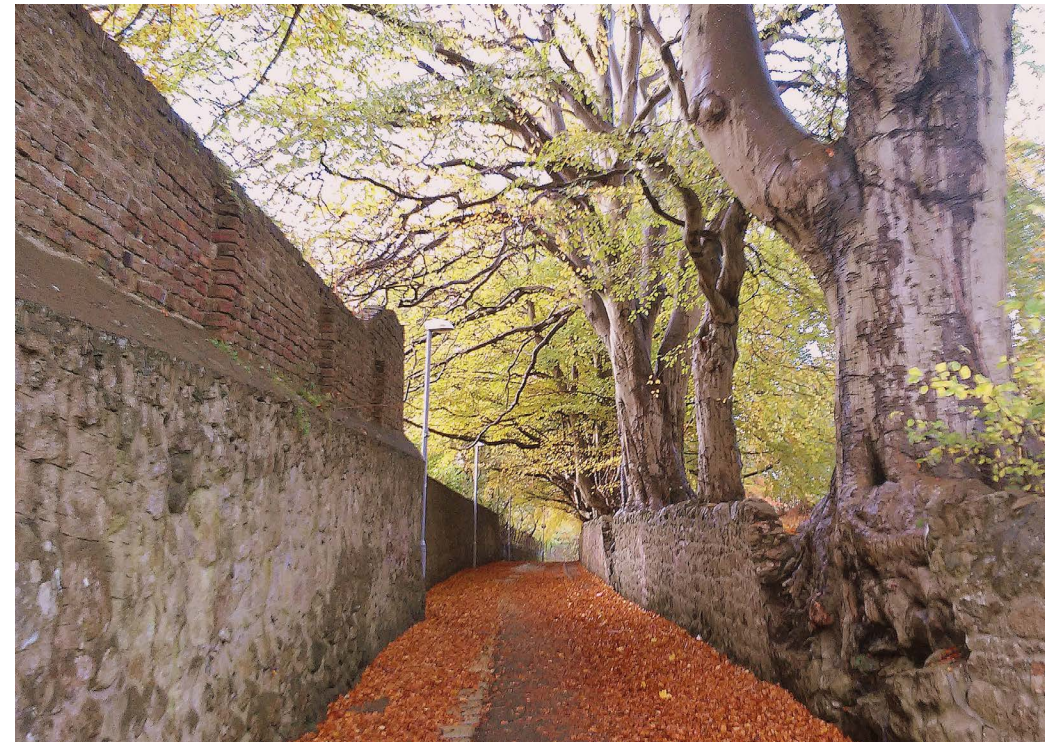
# MOVING AROUND

## CYCLING

Although Aberdeen's cycle infrastructure is far from excellent, depending on where you live cycling to campus may be faster, cheaper and greener than alternatives. BeCycle (open on High street Wed 3-8pm, Sat 1-6pm) offers tools and free help fixing your bike. You can also borrow a bike from there for free (deposit required) for as long as you stay in Aberdeen. On the City Council website you can find a map showing all cycle friendly roads and paths in Aberdeen. For recreational cycling, the Old Deeside Railway Line is a great route starting at Duthie Park and heading all the way to Ballater (approx. 70km). The cycle path is built to follow an old train line and is thus almost completely flat and away from roads!

## BUSES

Two bus companies operate in Aberdeen, First and Stagecoach. For First, which run most services in the city, a Student Day Pass is (at the time of writing) £3.70 and you can pay in exact change or with a contactless card. Stagecoach operate services through Aberdeenshire, and have different prices for different zones, a zone 1 Student Day Pass is £2.60 and covers the entire city. You can pay cash only, but change is given. If you plan on using both bus services you can buy a Student Zone 1 Grasshopper Pass for £3.80, which can be used on all busses. There is also a free bus service, 9U, provided by the University and running between the Library and Foresterhill campus (ARI). In the mornings and at night, the bus also goes to Hillhead. The exact timetable can be found on the University webpage.



# NICE PLACES AROUND ABERDEEN

## SEATON PARK

Situated between the University and Hillhead, Seaton Park has a lot to offer: you can wander around the flowers, go for a run in the park or walk along the River Don. See it on a map [here](#).

## THE BEACH

One of Aberdeen's best features, the Beach Esplanade runs between the River Dee and the River Don, and you can cycle along it or go for a run. If you go further north, there is a more natural beach and you can walk along the sand dunes. Sometimes, you can spot seals and even dolphins from the beach, and you can watch amazing sunrises! See it on a map [here](#).

## DUTHIE PARK & WINTER GARDENS

A twenty-minute walk from the City Centre, Duthie Park is one of Aberdeen's nicest parks. A must-see are the Winter Gardens, which are free to visit and you can have a look at local and tropical plants, and even some turtles! There is also a pond where you can rent a paddle boat. See it on a map [here](#).

## HAZLEHEAD PARK

Four miles inland from the University, Hazlehead Park is a great destination for a day out. It's massive and has football pitches, two golf courses as well as woods for walking, running and cycling. There's also a maze which is loads of fun! See it on a map [here](#).

## VICTORIA PARK

located close to our campus at Foresterhill and the Royal Infirmary, Victoria Park is ideal for a little stroll to clear your head. There's a lovely fountain in the middle of it, and loads of benches and flowers for you to enjoy on a nice day. See it on a map [here](#).

## OLD DEESIDE RAILWAY LINE

Perfect for a day out of town! The Deeside Way is a cycling and walking road that follows the former Deeside Railway, and is therefore mostly flat and makes for an excellent cycling path. It starts next to the entry of Duthie Park. Just five miles out of the city centre, you will come across Newton Dee Cafe, which we talked about in the Eating Out section. See it on a map [here](#).



# MORE INFO

Here are some Facebook Groups you might find useful:

## SHARED PLANET SOCIETY

A student society running the Corner, VegBag and the SwapShop, as well as a monthly vegan café and many campaigns around social and environmental justice on campus.

## VEGGIE & VEGAN SOCIETY

Student run group to organise events, meetings and potlucks on campus.

## THE DEAD BOTANISTS SOCIETY

Community garden on campus, and they're always looking for a helping hand!

## ABERDEEN DIRTY WEEKENDERS

Student volunteering opportunities in a garden and on a farm.

## VEGAN ABERDEEN

Members share updates about which shops or restaurant offer vegan food, and organise meet-ups and street stalls.

## ABERDEEN ACTIVISTS

Great group to keep up to date with what is going on in the city.

## ABERDEEN CLIMATE ACTION

Organises events across Aberdeen to raise awareness about global warming and how we can combat it.

## ABERGREEN

AberGreen is a community-led sustainability education project run by AUSA to help reduce the student body's carbon footprint. We offer a wide range of educational workshops and training, volunteering opportunities and social events for you to get involved in! To find out more, visit our website at [www.ausa.org.uk/getinvolved/abergreen](http://www.ausa.org.uk/getinvolved/abergreen)

# GLOSSARY

## FAIRTRADE

A social movement which states as its goal to help producers in developing countries achieve better trading conditions. The organisation sets standards for farmers and workers, so if you buy fairtrade produce you can be assured that certain environmental and workers' rights standards have been adhered to.

## ORGANIC

Produce which is organic was grown without the use of chemical pesticides or any other non-natural substances. If a product produced by animals is described as organic, it means that the animals have not been given any growth hormones or antibiotics.

## VEGANISM

A lifestyle where you do not consume any products that are produced, or used parts which are produced by, animals. This includes eggs, milk, honey and meat, as these products have a higher carbon footprint than plant based foods.

## ZERO-WASTE

A philosophy that aims to reduce and cut out any waste that is not recyclable. A good example is buying your pasta from a wholesale shop and bringing your own glass container - this way you don't have to use plastic packaging. One of the main components is making sure that everything is being reused and recycled.

## CO-OP

A co-operative is a business that is owned and run by its employees. Instead of profit, co-operatives generate surplus, which is immediately re-invested into the company or redistributed to its members. Co-ops exist in many different shapes and forms, from Housing Co-ops, where the building is owned by all the inhabitants, to food or farm co-operatives.



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