

## Sustainability at Macalester



Welcome to Macalester College! You are joining a group of students who have long worked on sustainability issues on campus. Sustainability is a concept that encompasses justice, the environment, economics, and more – “pieces” that not only fit together, but cannot exist separate of each other. Achieving sustainability requires challenging common divisions between present and future, local and global, learning and doing, and self and world.

The root of the word “liberal,” in the context of “liberal arts” refers to liberty and freedom. “Art” refers to the craft of creativity. A liberal arts education, then, is all about creating freedom; gaining skills that allow you to think expansively, and directly translate your ideas into practice. It is about building your (and our) capacity to dream and to do. It encourages us not to investigate only that way the world *is* but to understand the structures upon which we will create the world we *want*.

Sustainability at Macalester, then, is about seeing the world around us and challenging ourselves to confront what we disagree with and working with others for change. This is your community now, and we are excited to welcome you, get to know you, work with you, and celebrate life with you.

As a Macalester student you have opportunities that may save you money and promote sustainability on campus. You can also promote sustainability through your daily actions.

### Opportunities for Macalester Students

- **Subsidized Bus Passes** (50% off retail) are available to all students at the information desk in the Campus Center. To find the bus routes, use Metro Transit’s trip planner (<http://metrotransit.org/tripPlanner/Default.aspx>).
- **Mac Bike’s** Bike Share program allows students to check out bicycles from the Information Desk in the Campus Center for up to a week. The bikes are free and a helmet, lock, and map of Twin Cities’ bike routes are included.
- **HourCar** (<http://www.HOURCAR.org>), a pay-by-the-hour car share program, is located adjacent to campus. The age limit for membership was recently lowered to 18 years of age with at least one year of driving experience.
- **Bring your own mug** to the Grill and you can get \$1 coffee refills. They also sell refill mugs for \$5 with your first refill free.
- **Reusable take out containers** are available at the Grill. Sign up at the Grill by a one-time \$3 fee.
- **Ask for dishes** if you are eating in at the Grill instead of using disposable products.
- **The Cultural House**, located at 37 Macalester Street, is a safe space for students of color and allies who are interested in learning from and contributing to a sustainable multicultural environment. Careful attention is paid to the intersection of multiple

identities, including race, gender, class, sexual orientation, national origin, age, ability, and religion.

## What Can You Do to Promote Sustainability at Macalester?

- **Academics**
  - Sustainability touches on everything going on around us – integrate sustainability into classes, research topics, labs, internships etc.
  - Looking for research or paper topics? The Sustainability Office has a list of possible student projects that could help you connect your class work with larger goals of sustainability on campus.  
(<http://macalester.edu/sustainability/studentprojects>)
- **Climate Change**
  - Macalester College’s president signed the American College and University Presidents Climate Commitment which requires us to develop a plan to become climate neutral. There are numerous opportunities to connect with this project.
- **Food**
  - Cafe Mac actively promotes local (20% of budget) and organic food, and strives to provide vegan, vegetarian and carnivorous delights.
  - “Low Carbon Diet” connects food choices and climate change. “Fair Trade” ingredients connect us to the people who help feed us.
- **Health and Well Being**
  - Sleep and eat well – Café Mac has tons of healthy options!
  - Yoga, meditation, running/biking trails, ultimate frisbee – take care of your body, your physical health and growth is just as important as your intellect
- **Save Energy and Water**
  - Turn off unneeded lights and make sure your computer is set for “sleep mode” after a certain time of inactivity.
  - Evaluate your mini-fridge – they can account for 50% of your electrical usage on campus!
  - Hot Showers – can you sing someplace else, or while the water isn’t running?
- **Relationships and Community**
  - Actively engage everyone around you, and seek to understand those who may seem different, your closest friends are often people you may least expect.
  - Learn about and question oppression and privilege, both acted upon you and what you act out yourself.
  - Listen – don’t give “voice to the voiceless”, hear the voices present around you
  - Campus is your new home, but don’t forget to venture beyond the dorms and classrooms to explore the neighborhood and the Twin Cities.
- **Reuse/Recycle**
  - All the buildings on campus have easy to find recycling, just toss it in the right bin and no extra thinking involved.
  - Look for opportunities to reuse materials. The Art Scraps store on St. Clair Ave. sells donated materials for art projects. The Twin Cities Freemarket (<http://twincitiesfreemarket.org>) is a listing service for people who want to give or get free reusable goods.

*Adapted from: “How to be a Sustainable Scot: A student written guidebook”, written by Macalester students, edited by Matt Kazinka. Printed by Macalester College Sustainability Office*  
(<http://macalester.edu/sustainability>).