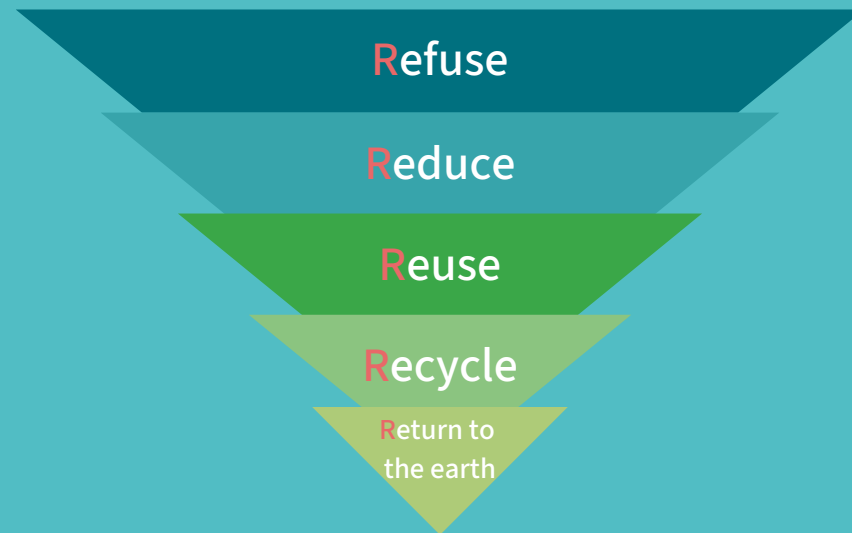


How to reverse the spiral of overconsumption?

THE 5 R THEORY

The 5 R theory is a practical guide to encourage responsible and sustainable behavior in consumption and waste management. Each “R” represents a key step in this process:



**DISCOVER TIPS TO ADOPT THE 5 R
IN YOUR DAILY LIFE!**

What is **UNI FOR CHANGE?**

UNI for Change is a dynamic that starts on campus and aims to **massively bring together** communities committed to taking positive action regarding the social and environmental transition.

Looking for **concrete action?**

Join us on the UNI for Change app and take part in the challenges of your choice, with lots of rewards up for grabs!

Register
here!



www.uniforchange.com

ADOPT THE 5 RS IN YOUR DAILY LIFE



Discover some solutions
to consume more responsibly.

Consuming more responsibly THANKS TO 5Rs

• Have reusable items around

- Reusable bag
- Bottle
- Cutlery
- Mug

• Use paper more responsibly

- Only print the bare minimum, two sided and Black and white
- Combine slides on each page
- Use blank sides as draft

2

REDUCE

3

REUSE/REPAIR

• Buy second hand:

- Clothing (second hand stores, Earth)
- Furniture (Liège recycling centers, online resale sites)
- Phone, computers, etc. (Cash-Converters, Back Market, Swappie, etc.)

- **Repair as much as possible:** Go to the Repair Café at B8, or to the Ressourcerie de Liège, to repair objects that you cannot repair alone.

- **Reuse your school supplies** from year to year or those of your family or friends. (link to the university donation center)

1

REFUSE

Refuse anything that is not really useful or necessary.

- Samples, free gifts, bags, t-shirts, caps, medals, souvenirs, etc.
- Single-use packaging and waste

4

RECYCLER
/ RETURN TO THE EARTH

If the **object** is no longer (re)usable then **recycle it.**

- Sort waste properly (PMC*, cardboard/paper, general waste, biodegradable waste and glass)



*PMC: Plastic, metals, cartons

Practical
information and tips

