



Central Campus – Summer Holiday hints & tips

Embrace sustainability – from the Centre for Sustainable Practice

The definition of a sustainable society that we use at the Centre for Sustainable Practice has four key priorities. These priorities come from [The Natural Step](#). They are:

In a sustainable society, nature is not subject to systematically increasing...



...concentrations of substances extracted from the Earth's crust,



...concentrations of substances produced by society,



...degradation by physical means,

and, in that society...



...people are not subject to conditions that systematically undermine their capacity to meet their needs.

Three of these principles relate to how we live as part of our environment without degrading it and the fourth is about how we support other people.

Rather than deciding to be more sustainable in the way you live, sometimes it is easier to make continuous small changes that can make you living more harmonious and aware. As we enter 2016, maybe now's the time for you and your family to consider how you could use this framework in your lives to contribute towards a better environment, society and future. Here are some suggested changes you can make that will make a big difference:

1. Reduce your use of fossil fuels by getting on your bike. Set a goal that suits you i.e. anywhere within 10kms of where you live you will travel by bike.
2. Use that backyard and create a productive garden – include chickens, bee food, fruit trees, and herbs to keep your family fed and nature happy!
3. Apply the 'no breaking' principle by trying to reduce your family's consumption and keeping in mind how something might be produced and what its next use might be once it no longer works for us. This means trying not to buy things that are headed straight for the landfill when you've finished with it.
4. Be more aware – about people, nature, other cultures and let's all try to be fair.