

## 2015 最綠迎新營大獎 Greenest O'Camp Award 2015

### Aim

To encourage O'Camp organizers (OCs) to incorporate green elements in their O'Camp to reduce the environmental impact of the event, and make O'Camp an educational event for freshmen so that they are aware of ways to make events green as well as learn about green resources they can use during their academic life on campus.

### Who can join

All CUHK O'Camp are welcome to join.

O'Camp applying for the '[Green O'Camp Sponsorship](#)' will be entered into the competition automatically when they submit their '[Green O'Camp Action List](#)' e-survey forms online.

### How it works

The O'Camp that has **fulfilled the highest number of actions** in the 'Green O'Camp Action List' ('Appendix A: Green O'Camp Action List') will be the winner. There are a total of 22 green actions in the 'Green O'Camp Action List'. The first 4 green actions are **mandatory**.

Participating O'Camp should try to take photos and collect the other relevant information during O'Camp as proof of fulfilling the actions.

OCs can go beyond the list of green actions below and implement other green measures as they see fit, and provide a brief description and photos (where available) of the optional action(s).

### Proof of implementation

Submission of photos and relevant information on the implementation of green measures will be required. Please see 'Appendix B: How to prove that my O'Camp has fulfilled the actions?' for some examples of proof of implementation. O'Camp can be creative with ways to prove that they have fulfilled the actions!

Proof of implementation should be submitted via a '[Green O'Camp Action List](#)' e-survey form.  
E-survey form link: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=78623>

### Deadline for submitting proof of implementation

4 Sept 2015

### Prize

Each OC member of the winning OC will receive a recycled plastic shopping bag featuring a CUHK landmark as a prize.

## Enquiries

For enquiries, please contact Flora Lee (3943 3925/ [floralee@cuhk.edu.hk](mailto:floralee@cuhk.edu.hk)) or Eliza Mok (3943 3924/ [elizamok@cuhk.edu.hk](mailto:elizamok@cuhk.edu.hk)) of the Campus Planning and Sustainability Office.

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## APPENDIX

### A. Green O'Camp Action List (First 4 actions are mandatory)

For items marked with '\*', please feel free to check the '**Resources**' section below (see Appendix 'D') for supporting information and resources!

#### **Mandatory actions**

1. **(Mandatory action)** We have forbidden water games.
2. **(Mandatory action)** We have forbidden the use of toys that pollute the campus landscape like: crackers with paper streamers (花炮), helium balloons, confetti (五彩纸屑) and glitter (閃光粉).
3. **(Mandatory action)** We have not distributed or we have minimized the distribution of drinks in disposable packaging. We have requested all members of O'Camp to bring their own reusable water bottles where possible.
4. **(Mandatory action)** We have consulted canteen and restaurant management prior to ordering meals to find out which dishes are most well-liked and generate the least food waste.

#### **Learn about green resources on campus**

5. \*We have presented the Powerpoint "'Like" our Earth- Bring Your Own Bottle!' to freshmen and encouraged them to bring their own bottles and use water dispensers on campus, OR, we have conveyed the message in the Powerpoint to them by electronic communication (i.e. by sending them the web link to the said Powerpoint file).
6. \*We have shown freshmen how to access the location map of water dispensers in the CUHK Mobile App.
7. \*We have taken freshmen on a walk along the University MTR – Yasumoto International Academic Park (escalators) - Nursery Path – Ho Sin-Hang Engineering Building – University Mall fast walking trail (either uphill or downhill direction).
8. We have given freshmen tips on how to obtain second-hand textbooks.
9. \*We have encouraged freshmen to register as 'CU Green Buddies'.

#### **Green event planning**

10. \*We have asked all organizers and 'jobamas' to read the 'Guidelines for Sustainable O' Camps and Promoting the University's Green Guidelines to Freshmen' for tips on how to make our O' Camp greener.

#### **Carbon footprint reduction**

11. We have set the thermostat temperature of air conditioning at our event venues to 25.5°C +/- 2°C and reminded new students to observe the temperature range for air conditioning in their own rooms.
12. We together with the freshmen have taken the stairs instead of the lifts as far as practicable.

13. We reduce our carbon footprint from commuting by visiting places within walking distance or accessible by MTR.
14. We reduce our carbon footprint from food consumption by not ordering any dishes that contain beef.
15. \*Help plant trees - We have joined '[Action 2 - Green! O Camp Awards](#)' of the 'Green! O' Camp' programme of 'Friends of the Earth' and obtained bronze (prize: sponsor planting of 1 tree), silver (prize: sponsor planting of 2 trees) or gold certificate (prize: sponsor planting of 3 trees).

#### ***Waste reduction***

16. \*We have asked freshmen to separate their recyclable waste (i.e. paper, plastic and metal) and dispose of them properly in recycling bins.
17. We did not use disposable dishware (e.g. plastic or paper plates, cups) or cutlery (e.g. plastic forks, chopsticks, knives, etc.).
18. We accepted four or fewer types of sponsored items for freshmen.
19. If we had any excess or unwanted sponsored items left after O'Camp, we donated them to a charity organization.
20. \*We have signed up for '[Action 1 - B.Y.O. Bottle](#)' of the 'Green! O' Camp' programme of 'Friends of the Earth'.

#### ***Love food hate waste***

21. \*We have minimized food waste with careful planning such as ordering food portion as appropriate to the number of participants and in anticipation of no-show of participants
22. We have encouraged freshmen to request 'less rice' when dining at canteens to keep food waste to a minimum.

### **B. How to prove that my O'Camp has fulfilled the actions?**

O'Camp can be creative with ways to prove that they have fulfilled the actions. Examples of valid proof can include:

- Actions 1 and 2: Photos of all O'Camp members holding a 'No water games' sign, a 'no paper streamers' sign, etc.
- Action 3: Email announcement, or a photo of all O' Camp members holding their water bottles
- Action 4, 14: Menu and name of caterer
- Actions 5, 6, 8, 9, 10: Email correspondence
- Action 16: One or more O' Camp members putting recyclable materials in the recycling bin
- Actions 7, 12, 17: Photo of one or more O'Camp members taking part in the green actions
- Action 11: A photo of the room thermostat
- Action 13: Itinerary of O'Camp
- Action 18, 19: List of sponsored items received, or receipt from charity organization.
- Action 15, 20: Confirmation from Friends of the Earth
- Action 21, 22: A photo of empty plates after a meal.

If you are unsure whether your O'Camp's proof for an action is valid, please contact Flora Lee of Campus Planning and Sustainability Office for enquiries at: [floralee@cuhk.edu.hk](mailto:floralee@cuhk.edu.hk) / 3943 3925.

### **C. Resources**

#### **Action 5:**

- "Like" our Earth - Bring Your Own Bottle! 「Like」環保 - 自備水樽!
- Pdf (English version): [http://www.cuhk.edu.hk/cpsd/documents/BYOppt\\_Eng.pdf](http://www.cuhk.edu.hk/cpsd/documents/BYOppt_Eng.pdf)
- Pdf (Chinese version): [http://www.cuhk.edu.hk/cpsd/documents/BYOppt\\_Chin.pdf](http://www.cuhk.edu.hk/cpsd/documents/BYOppt_Chin.pdf)

**Action 6:**

Accessing the locations of water dispensers in the CUHK Mobile App

- A non-exhaustive list of locations of easy-to-access water fountains on campus is available in the CUHK mobile app's campus map under Facilities> Living Essentials> Water Dispensers.

**Action 7:**

\*University MTR – Yasumoto International Academic Park (escalators) - Nursery Path – Ho Sin-Hang Engineering Building fast walking trail Map (the red and purple line on the map) – University Mall Map (English version): [http://www.cuhk.edu.hk/cpso/documents/walking\\_routes\\_eng.pdf](http://www.cuhk.edu.hk/cpso/documents/walking_routes_eng.pdf)  
Map (Chinese version): [http://www.cuhk.edu.hk/cpso/documents/walking\\_routes\\_chi.pdf](http://www.cuhk.edu.hk/cpso/documents/walking_routes_chi.pdf)

Please also support CUHK's 'Walk for Green' Campaign – simply record walking trips by tapping CU Link cards at card readers at the designated start and end points of walking trails. Participants can receive prizes for walking credits:

<http://www.iso.cuhk.edu.hk/english/publications/sustainable-campus/news.aspx?newsid=105>

**Action 9:**

CU Green Buddies – Become a CU Green Buddy by pledging to take 6 simple green actions in daily life. CU Green Buddies receive updates about CUHK's green events/news and also invitations to exclusive events. Registration (English): <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=48024>  
Registration (Chinese): <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=47140>  
Posters on the CU Green Buddies Scheme will be available from CPSO upon request.

**Action 10:**

Guidelines for Sustainable O' Camps and Promoting the University's Green Guidelines to Freshmen  
《迎新營的環保須知及環保意識推廣》

- Pdf (English version): <http://www.osa.cuhk.edu.hk/orientation/en-GB/orientation-camps/ocamp-green-tips>
- Pdf (Chinese version): <http://www.osa.cuhk.edu.hk/orientation/zh-TW/orientation-camps/ocamp-green-tips>

**Action 15:**

'Action 2 - Green! O Camp Awards' of the 'Green! O' Camp' programme of 'Friends of the Earth':  
<http://www.foe.org.hk/GOC/chi/actiontwo.html>

**Action 16:**

Poster with waste separation tips 「回收分類指引」海

報: [http://www.cuhk.edu.hk/cpsogo/resources/recycling\\_tips-Poster.pdf](http://www.cuhk.edu.hk/cpsogo/resources/recycling_tips-Poster.pdf)

Campus recycling locations poster 「回收箱位置」海

報: [http://www.cuhk.edu.hk/cpsogo/resources/recycling\\_locations-Poster.pdf](http://www.cuhk.edu.hk/cpsogo/resources/recycling_locations-Poster.pdf)

**Action 20:**

'Action 1 - B.Y.O. Bottle' of the 'Green! O' Camp' programme of Friends of the Earth': <http://www.foe.org.hk/GOC/chi/actionone.html>

**Action 21:**

'Food Waste Reduction' Guideline for University Special Events - Orientation Camp and Thousand People Feasts 「舉辦迎新營、千人宴及其他活動惜食指引」

Guide (English version): [http://www.cuhk.edu.hk/cpsogo/resources/special\\_events\\_guideline\\_en.pdf](http://www.cuhk.edu.hk/cpsogo/resources/special_events_guideline_en.pdf)

Guide (Chinese version): [http://www.cuhk.edu.hk/cpsogo/resources/special\\_events\\_guideline\\_c.pdf](http://www.cuhk.edu.hk/cpsogo/resources/special_events_guideline_c.pdf)

Poster for Food Waste Reduction for University Special Events 「舉辦迎新營、千人宴及其他活動惜食資訊海報」 [http://www.cuhk.edu.hk/cps0/go!/resources/special\\_events\\_poster.pdf](http://www.cuhk.edu.hk/cps0/go!/resources/special_events_poster.pdf)