





This sustainability assessment form is designed to be completed in preparation for UC Eco Office certification. This document contains two sections, a walk-through survey (1.) and interviews with your purchasing officer (2.1) and staff (2.2).

To conserve paper, please print these assessment forms double-sided or on once-used paper (paper that has already been printed on one side), and use the same copy of the interview questions for each interview. The answer boxes have been designed to accommodate multiple answers, for example:

2.2 How often do you			Totals
recycle paper?	Never	II	2
	Sometimes	IIII III	8
	About half	IIII	4
	Often	IIII IIII	10
	Always	II	2

When you have completed the assessment, send a copy of your results by internal mail to the Sustainability Projects Facilitator, Sustainability Office (Engineering Services). Please keep the original copy for your records. Thank you and good luck!

*Please write N/A If this action is 'not applicable' to your office, or there is a clear barrier to completing this action. State a reason for these responses on the the last page of this form.

Date:	Level:
Eco Office Rep:	Building:
Department:	Campus:
No. Staff in Department:	

1.1 Walk-Through Survey

1. Energy		
1.1 How many rooms have save energy reminder stickers on light switches?	How many do?	
Steeless on agree streets	How many don't?	
1.2 How many desks have computers on (including screen savers) after hours?	How many do?	
(How many don't?	
1.3 How many empty rooms have lights on after hours?	How many do?	
arternours.	How many don't?	
1.4 How many pieces of office equipment are left on after hours?	How many are?	
	How many aren't?	

2. Water		
and toilet areas?	How many are?	
	How many aren't?	

3. Recycling	
3.1 Does your office have a paper recycling system?	○ No ○ Yes
3.2 Does your office have a bottle and can recycling system?	○ No ○ Yes
3.3 Does your office have a printer cartridge recycling system?	○ No ○ Yes
3.4 Does your office have a cardboard recycling system?	○ No ○ Yes
3.5 Has your office been involved in any other recycling programs such as e-waste, polystyrene or office furniture in the past six months?	○ No ○ Yes
3.6 How many staff members have a paper recycling box at their desk?	How many do?
	How many don't?

(NB: all UC offices should already have these recycling systems in place)

4. Reuse	
4.1 How many printers and photocopiers have once-used paper trays located nearby?	How many do?
once used paper days rocated nearby.	How many don't?
4.2 Is used paper printed on one side reused or bound into notebooks?	○ No ○ Yes

2.1 Purchasing survey

How many reams of environmentally preferred paper were purchased by your department last year? e.g. Forest Stewardship Council (FSC) or recycled paper.		
Total number of reams:		
2. How many reams of other paper were purchased by y last year?	our department	
Total number of reams:		
3. Does your department purchase remanufactured or recycled printer cartridges?	○ No ○ Yes	
5. If your department purchases disposable plates, cups and cutlery, are these environmentally preferred?	○ No ○ Yes	
6. Does your department purchase fair trade tea and/ or coffee?	○ No ○ Yes	
7. Do you know how to search for environmentally preferred products using the online Office Max catalogue?	○ No ○ Yes	

You may also like to make a note of the top 5 purchases made by your department and discuss the environmental impact and potential alternatives for each of these with the Sustainability Projects Facilitator.

•	
2	
3	
4	
5	

2.2 Staff survey

Please introduce yourself, and ask if you could have a few minutes of their time to answer a few questions about sustainability issues in their office. Remember to assure them that they will remain anonymous, and this information will not be linked to any performance management reviews. Please skip any questions that are not applicable to the interviewee or the office.

1. Introduction

1.1 Are there any sustainability issues that require particular attention in your office?

1. Energy		
1.1 Are the power management		Totals
settings on your computer adjusted to reduce energy usage?	Yes	
(ie. not with a screen saver)	No	
1.2 How often do you turn off your		Totals
computer monitor when you will be absent for more than	Never	
30 minutes?	Sometimes	
	About half	
	Often	
	Always	
1.3 How often do you turn		Totals
lights off when you will be will be absent for more than	Never	
30 minutes?	Sometimes	
	About half	
	Often	
	Always	
1.4 How often do you turn off your		Totals
computer when leaving the office at night?	Never	
	Sometimes	
	About half	
	Often	
	Always	
1.5 How often do you turn off		Totals
equipment (printers, photocopiers etc) if you are the last person to leave the office?	Never	
	Sometimes	
	About half	
	Often	
	Always	

2. Water			
2.1 Do you use hot water only when			Totals
necessary e.g. washing hands and washing dishes.	Never		
	Sometimes		
	About half		
	Often		
	Always		
3. Recycling Note: please skip any questions for syst	ems which are i	not available in your	office.
3.1 Do you know how to recycle			Totals
paper in your office?	Yes		
	No		
3.2 How often do you recycle the			Totals
paper that you use?	Never		
	Sometimes		
	About half		
	Often		
	Always		
3.3 Do you know how to recycle			Totals
bottles and cans in your office?	Yes		
	No		
3.4 How often do you recycle the			Totals
bottles and cans that you use?	Never		
	Sometimes		
	About half		
	Often		
	Always		
3.5 Do you know how to recycle printer cartridges in your office?			Totals
Note: if someone else is responsible for	Yes		
this, please skip this question and ask that person later. For more information	No		
on how to do this, please visit www.sustain.canterbury.ac.nz/waste/			
index.shtml#toner_cartridges			T . 1
3.6 How often do you recycle the printer cartridges that you use?	Never		Totals
	Sometimes		
	About half		
	Often		
	Always		
3.7 Do you know how to recycle			Totals
cardboard in your office?	Yes		
	No		

3.8 How often do you recycle the		Totals	
cardboard that you use?	Never		
	Sometimes		_
	About half		_
	Often		
	Always		
4. Reuse			
4.1 When buying food on campus,		Totals	
how often do you accept plates and cutlery that must be put in	Never		
the landfill?	Sometimes		
	About half		
	Often		
	Always		
4.2 If you are given compostable		Totals	
plates or cutlery by a campus cafe, how often do you take them home,	Never		
or to the UC Community Garden and compost them?	Sometimes		
NB: these are not accepted in the UC paper, recycling or organics collections	About half		
at present.	Often		
	Always		
4.3 When buying hot drinks on		Totals	
campus, how often do you use single-use takeaway cups that	Never		
must be put in the landfill?	Sometimes		
	About half		
	Often		
	Always		
4.4 When buying hot drinks on		Totals	
campus, how often do you have it made in your own mug?	Never		
	Sometimes		
	About half		
	Often		
	Always		
4.5 How often do you accept a		Totals	
bag (either paper or plastic) when making a purchase on campus?	Never		
	Sometimes		
	About half		
	Often		
	Always		
5. Paper			
5.1 How often do you print/ photocopy documents that are not	Nover	Totals	
absolutely necessary? (ie. for legal records)	Never		_
(ie. ror iegai records)	Sometimes		_
	About half		
	Often		
	Always		

5.2 Do you know how to print/ photocopy on once-used paper (paper that has already been printed on one side)? 5.3 How often do you print/ photocopy darfts, notes and internal documents on once-used paper? 5.4 Do you know how to print/ photocopy double-sided? 5.5 How often do you print/ photocopy double-sided? 5.5 How often do you print/ photocopy double-sided? 5.6 Do you know how to reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? 5.7 How often do you reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? 6. Transport 6. Transport 6. How do you mostly get to work? Moorbike Car Other	2 1 1 1 1 1 1		
(paper that has already been printed on one side)? 5.3 How often do you print/ photocopy double-sided? 5.4 Do you know how to print/ photocopy double-sided? 5.5 How often do you print/ photocopy double-sided? 5.6 Do you know how to reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? 5.7 How often do you reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? 6. Transport 6. Transport 6. Transport 6. How do you mostly get to work? Mo Totals Never Sometimes About half Often Always Formal Totals Motorbike Bus Motorbike Car	photocopy on once-used paper	Vec	lotais
5.3 How often do you print/ photocopy drafts, notes and internal documents on once-used paper? Sometimes About half Often Always 5.4 Do you know how to print/ photocopy double-sided? Yes No 5.5 How often do you print/ photocopy double-sided? Never Sometimes About half Often Always 5.6 Do you know how to reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? No 5.7 How often do you reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? Sometimes About half Often Always 5.6 Transport 6.1 How do you mostly get to work? Motorbike Bus Motorbike Car	(paper that has already been		
photocopy drafts, notes and internal documents on once-used paper? About half Often Always 5.4 Do you know how to print/photocopy double-sided? Yes No 5.5 How often do you print/photocopy double-sided? Never Sometimes About half Often Always 5.6 Do you know how to reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? No 5.7 How often do you reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? Sometimes About half Often Always No 5.7 How often do you reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? Sometimes About half Often Always Never Sometimes About half Often Always Totals Never Sometimes About half Often Always Totals Never Sometimes About half Often Always Totals About half Often Always Sometimes About half Often Always Totals About half Often Always Sometimes About half Often Always Sometimes About half Often Always Totals About half Often Always Sometimes About half Often Always No Sometimes About half Often Always Sometimes About half Often Always No Sometimes Ab	printed on one side):	No	
internal documents on once-used paper? Sometimes About half Often Always 5.4 Do you know how to print/ photocopy double-sided? Yes No 5.5 How often do you print/ photocopy double-sided? Never Sometimes About half Often Always 5.6 Do you know how to reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? No 5.7 How often do you reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? No 5.7 How often do you reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? Sometimes About half Often Always 6. Transport 6.1 How do you mostly get to work? Walk Bike Bus Motorbike Car	5.3 How often do you print/		Totals
About half Often Always 5.4 Do you know how to print/ photocopy double-sided? Yes No 5.5 How often do you print/ photocopy double-sided? Never Sometimes About half Often Always 5.6 Do you know how to reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? No 5.7 How often do you reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? No 5.7 How often do you reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? Sometimes About half Often Always 6. Transport 6.1 How do you mostly get to work? Malk Bike Bus Motorbike Car		Never	
Often Always 5.4 Do you know how to print/ photocopy double-sided? Yes No 5.5 How often do you print/ photocopy double-sided? Never Sometimes About half Often Always 5.6 Do you know how to reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? No 5.7 How often do you reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? Sometimes About half Often Never Sometimes About half Often Always 6. Transport 6.1 How do you mostly get to work? Walk Bike Bus Motorbike Car	once-used paper?	Sometimes	
5.4 Do you know how to print/photocopy double-sided? Yes No 5.5 How often do you print/photocopy double-sided? Never Sometimes About half Often Always 5.6 Do you know how to reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? No 5.7 How often do you reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? No 5.7 How often do you reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? No 6.1 Transport 6.1 How do you mostly get to work? Walk Bike Bus Motorbike Car		About half	
5.4 Do you know how to print/ photocopy double-sided? Yes No 5.5 How often do you print/ photocopy double-sided? Never Sometimes About half Often Always 5.6 Do you know how to reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? No 5.7 How often do you reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? No 5.7 How often do you reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? No 5.7 How often do you reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? Never Sometimes About half Often Always 6. Transport 6.1 How do you mostly get to work? Walk Bike Bus Motorbike Car		Often	
photocopy double-sided? No 5.5 How often do you print/ photocopy double-sided? Never Sometimes About half Often Always 5.6 Do you know how to reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? No 5.7 How often do you reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? No 5.7 How often do you reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? Sometimes About half Often Always 6. Transport 6.1 How do you mostly get to work? Malk Bike Bus Motorbike Car		Always	
No			Totals
5.5 How often do you print/photocopy double-sided? Never Sometimes About half Often Always 5.6 Do you know how to reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? No 5.7 How often do you reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? No 5.7 How often do you reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? Sometimes About half Often Always 6. Transport 6.1 How do you mostly get to work? Malk Bike Bus Motorbike Car	photocopy double-sided?	Yes	
photocopy double-sided? Never Sometimes About half Often Always 5.6 Do you know how to reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? No 5.7 How often do you reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? No Sometimes About half Often Always 6. Transport 6.1 How do you mostly get to work? Walk Bike Bus Motorbike Car		No	
Sometimes About half Often Always 5.6 Do you know how to reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? No 5.7 How often do you reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? No Never Sometimes About half Often Always 6. Transport 6.1 How do you mostly get to work? Walk Bike Bus Motorbike Car			Totals
About half Often Always 5.6 Do you know how to reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? No 5.7 How often do you reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? Never Sometimes About half Often Always 6. Transport 6.1 How do you mostly get to work? Walk Bike Bus Motorbike Car	photocopy double-sided?	Never	
Often Always 5.6 Do you know how to reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? No 5.7 How often do you reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? Never Sometimes About half Often Always 6. Transport 6.1 How do you mostly get to work? Malk Bike Bus Motorbike Car		Sometimes	
Always 5.6 Do you know how to reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? No 5.7 How often do you reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? Never Sometimes About half Often Always 6. Transport 6.1 How do you mostly get to work? Walk Bike Bus Motorbike Car		About half	
5.6 Do you know how to reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? No 5.7 How often do you reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? Sometimes About half Often Always 6.1 How do you mostly get to work? Walk Bike Bus Motorbike Car		Often	
(copy 2 or more pages onto 1 sheet) when printing or photocopying? No 5.7 How often do you reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? Sometimes About half Often Always 6. Transport 6.1 How do you mostly get to work? Walk Bike Bus Motorbike Car		Always	
when printing or photocopying? No 5.7 How often do you reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? Sometimes About half Often Always 6. Transport 6.1 How do you mostly get to work? Walk Bike Bus Motorbike Car			Totals
5.7 How often do you reduce (copy 2 or more pages onto 1 sheet) when printing or photocopying? Sometimes About half Often Always 6. Transport 6.1 How do you mostly get to work? Walk Bike Bus Motorbike Car		Yes	
2 or more pages onto 1 sheet) when printing or photocopying? Sometimes About half Often Always 6. Transport 6.1 How do you mostly get to work? Walk Bike Bus Motorbike Car		No	
printing or photocopying? Sometimes About half Often Always 6. Transport 6.1 How do you mostly get to work? Walk Bike Bus Motorbike Car			Totals
Sometimes About half Often Always 6. Transport 6.1 How do you mostly get to work? Walk Bike Bus Motorbike Car		Never	
Often Always 6. Transport 6.1 How do you mostly get to work? Walk Bike Bus Motorbike Car		Sometimes	
Always 6. Transport 6.1 How do you mostly get to work? Walk Bike Bus Motorbike Car		About half	
6. Transport 6.1 How do you mostly get to work? Walk Bike Bus Motorbike Car		Often	
6.1 How do you mostly get to work? Walk Bike Bus Motorbike Car		Always	
to work? Walk Bike Bus Motorbike Car	6. Transport		
Bike Bus Motorbike Car	, , ,		Totals
Bus Motorbike Car	to work!	Walk	
Motorbike Car		Bike	
Car		Bus	
		Motorbike	
Other		Car	
		Other	

Please remember to thank participants again for their time and take their details to follow-up on any questions that you are unable to answer at the time. If they are interested, let them know when the results will be available.

Contact the Sustainability Office:

Katie Nimmo, Sustainability Projects Facilitator Ph: 364 2025 or email katie.nimmo@canterbury.ac.nz www.sustain.canterbury.ac.nz

Last updated July 201

UC SUSTAINABILITY







Notes, questions and comments