



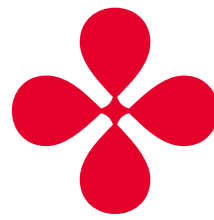
**International Education**  
UNIVERSITY OF DENVER

# AUSTRALIA SUSTAINABILITY GUIDE



**Congrats on choosing to study abroad in Australia! In addition to any cultural and social considerations you may have to make before and during your time abroad, you should consider how you want your actions to affect the ecosystems and communities that you will be a part of. This guide will walk you through ways to consciously and sustainably study abroad in Australia, including your options to shop locally, ride public transit, and give back to the communities you will be staying in.**

# PERTH



## Public Transportation

- Perth has an extensive public transportation network called Transperth, which is made up of buses, trains, and ferries. A train or bus ride will cost between \$2.30-5.10 AUD (\$1.49-3.30 US) depending on how far you travel. All travel is free on Sundays for SmartRider holders.

## Food Options

- Shopping for in-season, local produce is one of the best ways to be sustainable with your food choices. In the Spring and Summer (Fall quarter), apples, bananas, blueberries, strawberries, broccoli, tomatoes, and other produce are in season. In the Fall and Winter (Winter and Spring quarters), citrus fruits like mandarins, pears, kale, and brussels sprouts are in season. Make sure to shop in-season and locally for the most delicious, cheapest, and most sustainable produce.
- Perth has many farmers markets that make choosing sustainable food options more accessible. The Mount Claremont Farmers' Market, the Perth City Farm Farmers' Market, and the Palmyra Western Farmers' Market are the closest markets to the University of Western Australia campus and would make for a great morning trip using public transportation.

## Volunteering

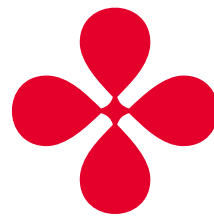
- Students attending the University of Western Australia are welcome to join student clubs and organizations, many of which have a focus on volunteering and giving back to the Perth community. Most volunteering clubs at UWA are centered around mentoring younger students and assisting large volunteer organizations based in Perth.

## Recycling and Thrifting

- Perth recycling is relatively general: dispose of glass, paper, cardboard, cans, and plastic in the same bin. Be sure to remove the caps of bottles and clean all materials before recycling them.



# NEWCASTLE



## Public Transportation

- Newcastle has a number of bus, light rail, and ferry services that make it easy to navigate the city. A ride on the light rail or the bus will cost between \$2.24-5.30 AUD (\$1.48-3.50 US) depending on distance travelled and if you ride during peak hours.

## Food Options

- Students at the University of Newcastle are required to have a meal plan. Making sustainable choices with a residence hall meal plan can include choosing in-season fruits and vegetables, avoiding single-use containers and silverware, and eating less meat.

## Volunteering

- The University of Newcastle prioritizes sustainability within student life and provides students with many opportunities to join clubs and volunteer organizations that prioritize sustainability. Students can also get involved with on-campus organizations supporting and celebrating Aboriginal and Torres Strait Islander cultures

## Recycling and Thrifting

- Recycling in Newcastle is general and requires minimal sorting. Remember to clean and dry plastic containers before recycling them.

