



Sustainability development student guidebook 2022

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L'Escouade DD



SUMMARY

GET INVOLVED IN SUSTAINABLE DEVELOPMENT

PAGE 02

You have a project idea in Sustainable Development?
You want to participate in HEC student life? You want to know more about Sustainable Development ?
Then, get involved in one of the numerous student projects and committee !

DIGITAL POLLUTION

PAGE 08

Our studies can have a significant environmental impact, especially through greenhouse gas emissions from our web researches, our emails and our social media consumption which accelerate data traffic. In this section, we give you some practical advice to reduce this pollution source.

HEC MONTRÉAL ZERO-WASTE

PAGE 12

For several years now, HEC Montréal has made efforts to improve waste management within its walls. Whether you are at Côte-Sainte-Catherine building or at Descelles building, it is possible to contribute to becoming a zero-waste environment by adopting small habits that will make an important difference.

EQUITY, DIVERSITY AND INCLUSION, AND WELL-BEING

PAGE 12

SUSTAINABLE DEVELOPMENT STUDENT GUIDE

A photograph of three young women with long dark hair, smiling and standing under a blue tent. The woman on the left is wearing a dark jacket over a dark polo shirt. The woman in the middle is wearing glasses, a red and black plaid shirt, and a dark jacket. The woman on the right is wearing a dark puffy jacket. A large yellow circle with the number '1' is overlaid on the image.

1

GET INVOLVED IN SUSTAINABLE DEVELOPMENT

ou have a project idea in Sustainable Development? You would like to participate in HEC student life? Or gain more knowledge about Sustainable Development? Then, get involved in one of the numerous student projects and committees !



Student life

Some interest groups, student committees, and associations in HEC Montréal make sustainable development their main mission! They meet at the Sustainable Development Student Council, coordinated by the Sustainable Development Direction. Every year, they elaborate together awareness campaigns, projects and/or joint events.



Humaniterre is an interest group whose mission is to make future managers aware of the benefits of better social, environmental and economic practices, while encouraging sustainable value creation from innovation.



groupe_humaniterre



Groupe Humaniterre



HECOresponsable is a student committee from AECS whose mission is to promote the principles of sustainable development to graduate students. Moreover, it encourages them to adopt pro-social behaviors inside and outside HEC.



heco_responsable



HECOresponsable



Nova is an interest group whose mission is to enhance the community links and to create conscious, fair and responsible managers by allowing students to use and practice their skills in management during the organization of events.



nova.hecmontreal



NOVA HEC Montreal



Enactus is a student interest group whose mission is to promote, activate and facilitate social progress throughout entrepreneurial action and businesses inside and outside HEC Montréal's student life.



enactushec



Diversité HEC is a student committee whose mission is to promote, initiate and support projects that benefits students from marginalized groups at HEC Montréal.



diversitehec



Diversité HEC

1



Hectare urbain HEC MONTRÉAL

A project that

- Is an institutional and community-based of urban agriculture;
- Aims to raise awareness on conservation and biodiversity;
- Organizes conferences and workshop on food consumption, production and distribution.



You would like to get involved in this project ?
Write an email to ddurable@hec.ca

Here are the 4 Axes of Hectare Urbain :



A school sponsorship program

to introduce
permaculture



A seed library

accessible for all



A vegetable garden

to consume local



A forest garden

inspired by principles
from permaculture

1

You have an idea ? HEC can help!



The school provides the student community with tools to develop and uphold activities and projects related to Sustainable Development. Whether it is a personal or a collective project, you can realize it!

Le Fonds en Développement Durable

The school provides the student community with tools to develop and uphold activities and projects related to Sustainable Development. Whether it is a personal or a collective project, you can realize it!

The Sustainability Fund encourages students' projects that raise awareness around sustainable development themes. So if you have a social and/or environmental project in mind, the Sustainability Fund can financially support it! Fill out the form by scanning this QR code !

Scholarships are also available to students for any academic projects in sustainable development. Check out the scholarship directory!



L'Escouade DD

Our group is represented by students and supported by the Direction of Sustainable Development which makes tools and useful resources available for anyone interested in integrating eco-responsible practices in their daily lives. Among other things, the Escouade organizes activities, creates audiovisual content, and raises awareness about waste sorting on HEC campuses.



Jihane Abidi



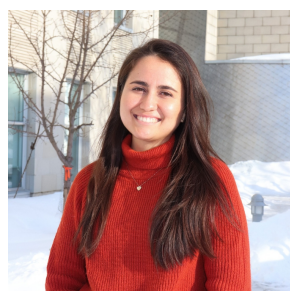
Lou Bergevin



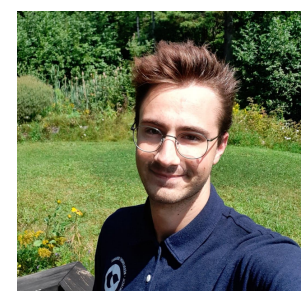
Sugandha Gupta



Narimene Labdoude



Kattia Umeres



Quentin Winstel

SUSTAINABLE DEVELOPMENT STUDENT GUIDE

2

Digital Pollution

Digital pollution is single-handedly responsible for 4% of global GHG emissions. Most of it due to the energy consumed to power and cool the servers, or 'data centers', which can surpass the amount of energy required for a city like Amsterdam to run. The hours we spend behind our screens can therefore have a significant impact on the planet! At HEC Montréal, we believe that good digital practices can help us reduce digital pollution.

2



Mitigating the footprint of our web searches

Our data is stored in data centers, which today represent 2% of carbon emissions on a global scale. Moreover, the demand for new online services is accelerating data traffic, and therefore our impact on the environment. Fortunately, simple gestures can help reduce our footprint.

Some habits to adopt

**Regularly clear
your search
history**

**Make a search as
precise as possible to
avoid multiple
searches**

**Use eco-
responsible
search engines**

**Limit the storage
of your files on
the cloud (or
equivalent) to
what is strictly
necessary**

**Did you know that
an internet search
generates between
1 and 10g of CO2?**

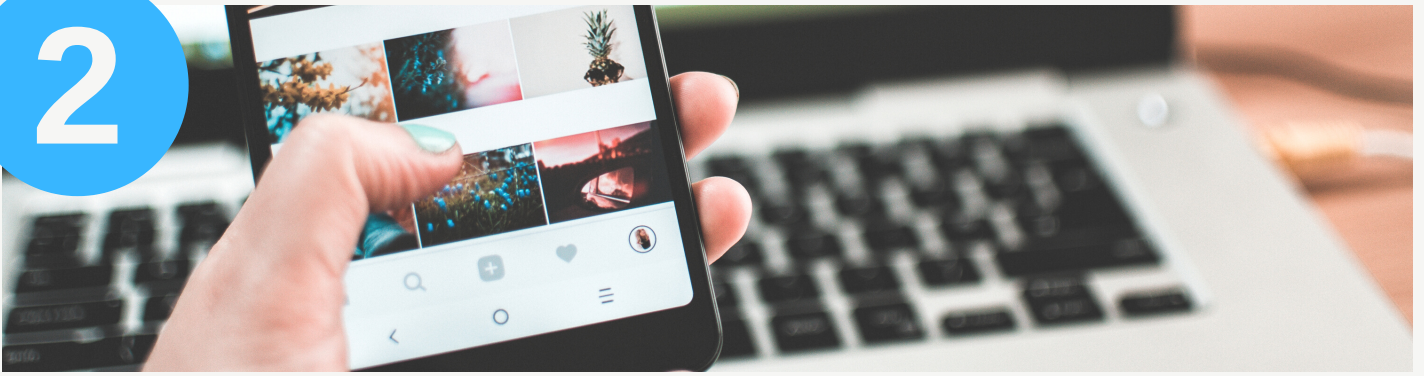
**Block advertising
and audience
measurement
cookies**

**Create
bookmarks for
pages you visit
frequently**

**Reduce video
quality while
posting or
consuming
content**

**Close inactive
tabs on your
browser**

2



Reducing our e-mail footprint

The acceleration of telecommuting and online studies has increased our communication needs. On the contrary, our means of communication are not environmentally neutral. An e-mail, for example, can easily reach 50g of CO₂ with an attachment! But some tips can help lighten it.

Some habits to adopt



Avoid unnecessary 'thank you' emails

Unsubscribe from commercial mailing lists and newsletters

Limit attachments/ reduce their sizes

Reduce the size of your signature and set it to be sent to the 1st email only



Regularly delete your emails

Prefer phone calls or instant messaging over e-mails



3

Zero-waste HEC campus


In recent years, HEC Montréal has made several efforts to improve waste management within the school. Whether you are at the Côte-Sainte-Catherine building or the Decelles building, it is possible to contribute to an environment that leans towards zero-waste by adopting small habits that can make a big difference.

3



A zero-waste campus

According to a study conducted by Recyc-Québec, approximately 65% of the plastic generated by the Quebec population ends up in landfills, even when a large part could be recycled! The omnipresence of plastics in our purchases can complicate our task, but simple daily gestures can help lower these figures, not only for plastic but also for all the other types of waste that we can produce during our time on the campus:

Some resources at your disposal 

Did you know that in 2019, HEC Montréal's waste recovery rate was 66%?



Composting and recycling bins are present throughout the campus!



A community fridge is located at the Salon National to store your lunch and reduce waste!



Water fountains have been installed to facilitate the use of water bottles!

3



Initiatives for a more sustainable way of life

To encourage students to adopt a healthy, fair and waste-free lifestyle, here are some examples of student and institutional initiatives implemented in recent years on both HEC Montréal campuses:

Some resources at your disposal



Surgical masks can be recycled at the entrance to both buildings

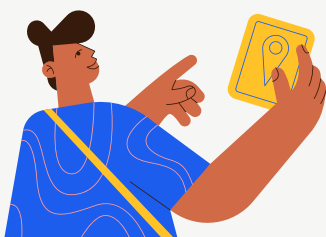


The Library offers scrap paper to any student requesting it, and recycles it!

Bike garages are located in the car parks of both buildings, where bike repair workshops also take place!



Electrobins to recycle your electronic devices are located at the Descelles and CSC entrances



Consult the map in the appendix to find out their locations

3



Every bit counts

Here are some tips to help make HEC Montréal a waste-free school and reduce your ecological footprint on the planet!

Some habits to adopt



**Use a water bottle to
drink your water!**

**Pack yourself a
lunch box**

**Limit printing on
paper**

**Bring your reusable
coffee cup (you can
even get a discount
at the the COOP!)**



**Use washable
utensils and towels**

**Put your food
scraps in the
compost bins
in the cafeteria**

Sustainable Development Initiative Mapping



Bike repair workshop

Office supplies at the library

Seed library

Opus card recycling bin



4

Equity, diversity, inclusion, and well-being

Helping community to blossom healthily without discrimination is an essential value in HEC Montréal. By adopting a policy in terms of equity, diversity, inclusion, and global health, the University consider well-being of its stakeholders as a priority. Committees and departments work to transform the theory into a reality through various activities and resources accessible to all.

4



Pour le bien-être de tous

To contribute to the development of a supportive environment for the student community, HEC Montréal provide services such as psychological, success, and career management support. Resources are also available to people in a situation of disability, students who are already parents, and newcomers. Integrity activities, awareness-raising campaigns and physical arrangements are finally organized to promote comfort and socialization of students.

Some initiatives offered

A wellness area situated in the feeder forest of HECtare Urbain: the Escale

The Week of Well-Being in January with lots of free activities such as yoga and nature walks

Well-being appointments with a health and well-being consultant from the SAÉ



Tea-studies meetings every tuesday from 10:00 to 16:00



To learn more about health and wellness resources, visit the following link!

Free and confidential meetings with the SAÉ psychologists



A community that reflects HEC Montreal

HEC Montreal's EDI policy is divided into 5 axes that offers various possibilities of involvement for students. Awareness activities are also organized such as the Black History Month activities and the LGBTQ+ 101 training. To keep up with the latest news concerning EDI issues at HEC, you can consult the university social networks or subscribe to the mailing list edi@hec.ca.



1st Axe : Engage

To get involved in the HEC Diversity Student Committee or to share ideas write to edi@hec.ca



2d Axe :

Understand

Each fall, a student census is conducted to better guide the choice of EDI actions to be taken.

3rd Axe : Learn

To improve the current mechanisms, initiatives are being taken to better understand certain issues



4th and 5th Axe : Raising awareness and taking action

Awareness, mobilization and training activities are offered.



To contact an EDI counselor, learn more or report a situation of discrimination, visit the following link.

