

SMART TIPS FOR A STUDENT LIFE...



UNIVERSITÉ
DE GENÈVE

HELLO!

My name is Miléna, and I've been a student at the University of Geneva for almost 7 years now. (Yes, I know, quite a long time!)

This little guide has been specially created for you, to give you practical advice and inspiring initiatives to adopt sustainable habits and save money. Whether you're new to Geneva or already familiar with the city, it'll be with you from the very start to help you live a more eco-responsible lifestyle.

I SINCERELY HOPE THAT YOU'LL FIND WHAT YOU'RE LOOKING FOR!

Here's what you can expect:

- **GOAL: ZERO HUNGER & ZERO WASTE | Page 4**
Discover how to eat smart and avoid waste while taking care of your budget.
- **SECOND-HAND, BORROWING AND REPAIR | Page 8**
Great deals to find what you need without spending a fortune.
- **ACTIVE MOBILITY | Page 12**
Tips to get around Geneva easily and cheaply.
- **GREEN DAILY | Page 16**
Simple gestures for a greener everyday life.
- **WELL-BEING AT UNIGE | Page 21**
Advice and resources to feel good and make the most of university life.

HAPPY READING
AND SEE YOU SOON
ON CAMPUS! 
MILÉNA



GOAL: ZERO HUNGER & ZERO WASTE

In Geneva, the price of a sandwich can rival that of an iPhone. Discover our secrets to eating well without blowing your bank account, all while adopting an environmentally friendly approach. Ready to dive into this section full of flavors and tips? Let's go!

IN GENEVA

LA FARCE

'La Farce' offers free distribution of food to UNIGE and HES-GE students every week during the academic semester. Sign up at lafarce.ch and pay an annual fee of CHF 20 to benefit from it. Distribution takes place at 98 rue de Carouge. (Check the website for hours).

LA FARCE
épicerie gratuite



TOO GOOD TO GO

With the app 'Too Good to Go', you can pick up unsold food from restaurants, bakeries, supermarkets, and more at a reduced price. Help reduce food waste while saving on your meals!



FREE-GO

'Free-Go' are self-service refrigerators where you can safely share and pick up surplus food. You'll find them in the Plainpalais, Pâquis, Meyrin and Charmilles neighborhoods.



UNION MARAÎCHÈRE STORES

The Union Maraîchère stores located in Pâquis, Carouge, and Perly offer seasonal, local, second-choice fruits and vegetables at reduced prices.

- ▶ Check out their website (umg.ch) for more information and anti-waste tips.

BULK STORES

Opt for bulk grocery stores where you can buy exactly the amount you need, without unnecessary packaging or plastic. Discover this eco-friendly shopping alternative in Geneva.

- ▶ Scan the QR code for a full list of bulk store addresses:



ON THE CAMPUS



NADIR'S PAY-WHAT-YOU-WANT MEALS

Every Wednesday at noon during the academic semester, head to the Nadir located in the corner of Uni Mail building to enjoy pay-what-you-want meals in a self-managed space.

5CHF MEALS

From Monday to Friday, enjoy a balanced meal at the university cafeterias for just CHF 5. Forget instant noodles, these are balanced, gourmet meals! Simply show the QR code you get from unipass.unige.ch

ANTI-WASTE RECIPE: THE FAMOUS PAIN-PERDU (FRENCH TOAST)

Did you know that French toast is the brainchild of a culinary genius who refused to waste bread? Now it's your turn to become that genius and turn yesterday's leftovers into a golden delight!

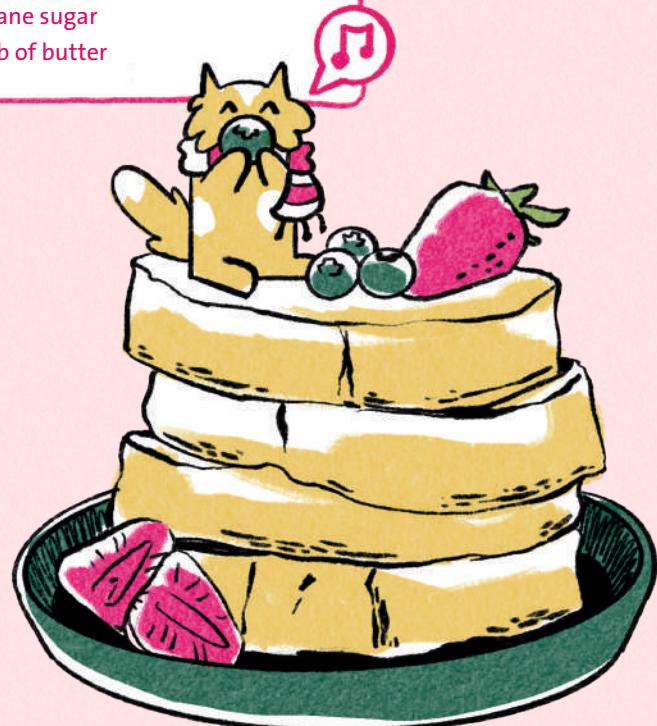
INSTRUCTIONS

1. In a bowl, whisk the eggs with the cane sugar.
2. Gradually add the milk while continuing to mix.
3. Soak the bread slices in the mixture until they are well soaked.
4. In a frying pan with butter, brown the bread slices over medium heat.
5. Serve warm with seasonal fruit or honey for an even more delicious treat.

► *You can make a vegan version by replacing the milk with plant milk, the butter with vegan margarine and using 1.5 tbsp of cornstarch instead of eggs.*

INGREDIENTS

- 6 thick slices of bread (even stale bread works)
- 25 cl milk
- 2 eggs
- 75 g cane sugar
- a knob of butter



INGREDIENTS

- Vegetables of your choice
(e.g. sweet potato, beet, carrot,...)
- 3 tbsp olive oil
- salt and other spices



ANTI-WASTE RECIPE: VEGETABLE CHIPS

Turn your forgotten vegetables at the back of your fridge into delicious chips with this recipe. Approved by Carouge Zéro Déchet.

INSTRUCTIONS

1. Preheat the oven to 150° (fan setting).
2. Slice your vegetables very thinly (about 1mm).
3. Mix the vegetables with the olive oil, salt and other spices you like.
4. Spread them out on a baking tray or tray lined with parchment paper.
5. Bake for 30-40 min, keeping an eye on them to make sure they don't burn.
6. Let them cool.



SECOND-HAND, BORROWING AND REPAIR

Who said that new was better? In the world of second-hand, borrowing and repair, discover treasures while doing good for your planet and your budget. Whether you're looking to refresh your wardrobe, borrow a raclette grill, or repair your coffee machine, you will find a multitude of options in Geneva to give items a second life.



IN GENEVA

RECYCLED LOOK

• Thrifting

Geneva boasts over fifty spots where you can find the best second-hand looks. The best-known are 'Renfile', 'La Recyclerie', 'Vêt'Shop', and 'Emmaüs' (See the full list below).

• Repair

Several times a year, the 'De Fil en Fil' association organizes Textile Repair Cafés. Come along with your damaged garment and learn how to repair it in a friendly workshop.

► *More information under the "activities" tab on their website: defilenfil.com*

• Receiving

Several times a semester, *La Farce* collaborates with *Vestiaire Solidaire* to organize free distributions of clothes, shoes, and accessories (for UNIGE and HES-GE students). You can get up to 10 items of clothing free of charge.

► *More information on Instagram:
@vestiaire_solidaire_ge &
@la_farce_epiceriegratuite*



PLATES, BEDDING, BOOKS, AND MUCH MORE

• Find Anything and Everything

From books to computer equipment and household appliances, *Caritas* in Plainpalais, the *Renfile* in Meyrin and Plan-les-Ouates, *Emmaüs* in Carouge, and many other second-hand stores will satisfy your needs. You'll find pots and pans, plates, bedding and more for your apartment and your life.

• Get ready for mountain adventures on a budget

The Geneva Section of the Swiss Alpine Club offers second-hand equipment for mountaineering, climbing and other mountain activities. A practical and sustainable way to get all your gear at an affordable price.

► See what's available on their website:
secondemain.cas-geneve.ch

• Read and enjoy a coffee

At the bookshop-café *Les Recyclables*, you can enjoy a coffee or a dish, while finding recent, second-hand books in very good condition.

• Get a second-hand computer

At *Itopie*, you can find second-hand computers and repair your own if necessary.

► To discover all existing second-hand addresses in Geneva, scan the following QR code:



LA MANIVELLE AND THE MACO PROJECT

In the Charmilles neighborhood, the *MACO* (MANufacture COLlaborative) project is a space that brings together several associations promoting more responsible consumption.

Discover *La Manivelle*, a library of objects and tools where you can borrow various items such as fondue and raclette machines, mixing consoles and even an UV nail lamp. Choose between a CHF 20 monthly or CHF 100 annual subscription.

► For more info:
manivelle.ch
or Instagram:
@la.manivelle

PLAINPALAIS FLEA MARKET

All year round, visit the Plainpalais flea market on Wednesdays, Saturdays and every first Sunday of the month. From 6:30 a.m. to 5:15 p.m. in winter and 6:30 a.m. to 6:15 p.m. in summer, find everything you need: plates, pots, furniture, jewelry, clothing, collector's items and much more.



ON THE CAMPUS

REPAIR'LAB

In the heart of the School of Physics, the *Repair'Lab* offers a friendly space to learn how to diagnose and repair your electronic and computer equipment. You can have it repaired or repair it yourself, avoiding the need to throw it away.

UNISWAP

Give your unused items a second life with *Uniswap*! This project provides self-service shelves for exchanging books, games, electronics, clothing, and more. You'll find three of them on your campus (with more to come!):

- **66 Boulevard Carl-Vogt** 1st floor
- **CSU** Next to the fitness room
- **Uni Sciences** Corner of the Pictet auditorium 0115



ACTIVE MOBILITY

In Geneva, eco-friendly mobility is within reach! Whether you're a cycling enthusiast or need a helping hand to get around, UNIGE has got you covered. In this section, we'll explore the various options for getting around easily and sustainably.

IN GENEVA



GETTING A BIKE

Just arrived in Geneva and need a quick way to get between the university and your place (or the bars)? A bike is your best friend. You have several options:

- **Buy**

Second-hand bikes can be found at the bike fairs organized outside Uni Mail (details on page 14), on *MarketPlace* (Facebook), at Plainpalais Flea Market or at *Péclot 13*.

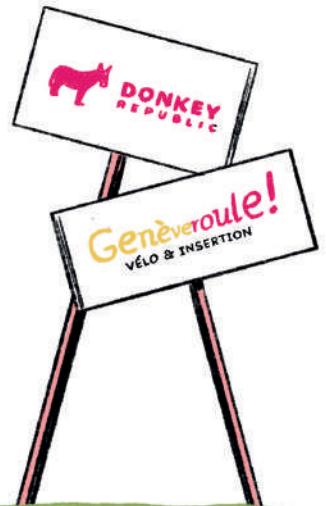
- **Long-term rental**

The 'Bicyclette bleue' association rents bikes for CHF 50/3 months + CHF 5 per additional month, with an initial security deposit of CHF 150.

- **Short-term rental**

If you only need a bike a few days a week, you can also rent bikes from *Genève Roule* or *Donkey Republic* (outside of UNIGE).

- *Note: Make sure to check if you're covered by personal liability insurance in case of accidents.*



REPAIRING YOUR BIKE

At *Péclot 13*, as well as finding second-hand bikes, you can also have your bike repaired at great prices.

- *More info at: peclot13.ch*



MOVING AROUND DIFFERENTLY

If biking isn't your thing, no worries. There are other eco-friendly transport options that will get you where you need to go. Good to know:

- **Free TPG season ticket* for under 25s**

Hooray! The TPG season ticket is now free for young people under 25 years old. From 25 years old, it costs CHF 70 per month or CHF 500 annually.

- **AG Night**

For CHF 99 per year, free rail travel from 7:00 p.m. to 5:00 a.m. (until 7:00 a.m. on weekends and holidays) on all Swiss lines if you're under 25.

- **Half-Fare Travelcard**

For only CHF 120 per year if you're under 25, and CHF 190 above that, travel at half price by train, bus, tram, and boat anywhere in Switzerland!

- **Supersaver Tickets**

Remember to book your journey in advance for the time and date you are travelling, on the CFF website or app. This will give you up to 50% off the price of a ticket.

- **Mobility**

We understand that a double mattress won't fit on a cargo bike! In Switzerland and Geneva, you have the option of car sharing: sign up for a membership and rent vehicles by the hour or by the day, according to your needs

**Even though the full cost of your public transport pass is covered, you still need to apply for it yourself.*

ON THE CAMPUS

UNI MAIL BIKE FAIRS

Twice a year, in autumn and spring, bike fairs are held outside Uni Mail. You can buy or sell second-hand bikes at low prices.

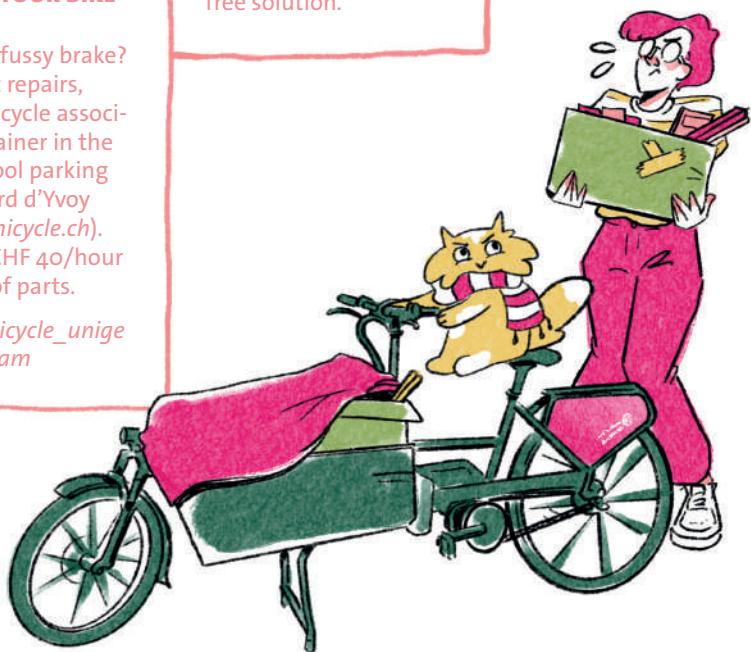
REPAIRING YOUR BIKE AT UNIGE

A flat tire, a fussy brake? For low-cost repairs, visit the Unicycle association's container in the Physics School parking lot, Boulevard d'Yvoy (hours on unicycle.ch). The cost is CHF 40/hour + the price of parts.

► Info: [@unicycle_unige](https://www.instagram.com/unicycle_unige/) on Instagram

RIDE A CARGO BIKE

At UNIGE, we've thought of everything, even bulky items! With *Pegasi*, UNIGE's first shared electric cargo bike, you can easily transport your large items. A practical and free solution.





GREEN DAILY : 5 HABITS TO ADOPT

Adopt these five simple habits to make sustainability part of your daily routine. By following these eco-friendly practices, you'll help preserve our planet while improving your well-being.

1. Save Water

- Turn off the tap while brushing your teeth, shaving, or soaping up.
- Report any water leaks.
- Opt for showers instead of baths and share them with a partner to save even more.

2. Save Electricity

- Turn off lights when leaving a room, even if it's just for a short time.
- Use LED bulbs.
- Turn off appliances in prolonged standby mode, ideally using a power strip with a switch.

3. Reduce Packaging

- In Geneva, you can drink tap water! No need to buy plastic bottles.
- Use reusable cloth bags for shopping.
- Prefer bulk purchases (see page 5 for the addresses of bulk stores).



INGREDIENTS

- 1 part white vinegar
(e.g. one large glass)
- 1 part water
(e.g. one large glass)
- A few drops of lemon or lavender essential oil (optional)

4. Prioritise Eco-friendly Alternatives

- Whether it's cosmetics or cleaning products, make your own homemade products, or if you're feeling lazy, choose products with ecological, natural, and cruelty-free labels.

To give you some ideas, here are three recipes for natural, handmade homemade products:



RECIPE FOR UNIVERSAL CLEANER

ULTRASIMPLE AND ULTRA CHEAP

Vinegar is your best friend for effective and affordable cleaning! With just vinegar and water, you can create a universal cleaner.

INSTRUCTIONS

1. Mix the ingredients in a clean spray bottle and shake well.
2. Spray directly onto the surfaces to be cleaned (countertops, tiles, sink,...) and let it sit for a few minute.
3. Wipe with a clean cloth.



RECIPE FOR A COFFEE GROUNDS BODY SCRUB

THAT'S ALSO ULTRASIMPLE AND ECONOMICAL

Don't throw away your coffee grounds after breakfast! Use them to create an effective and economical body scrub.

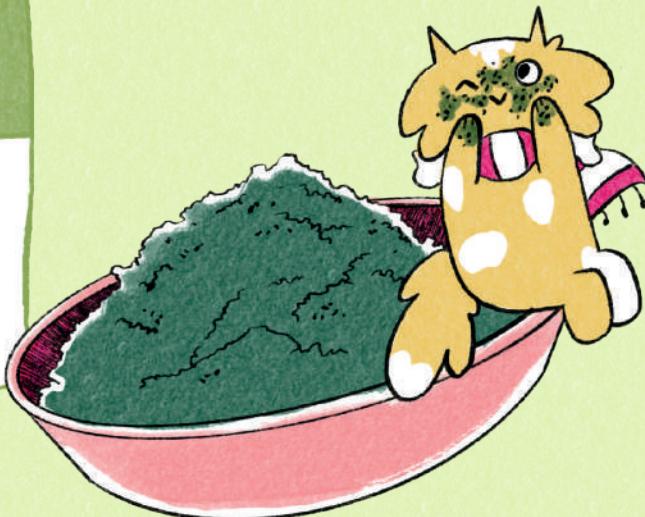
- ▶ Note: coffee grounds can be irritating for the face and sensitive areas, so use this scrub for the body instead.

INGREDIENTS

- 3 tbsp coffee grounds
- 2 tbsp oil (olive or coconut)
- 1 tbsp white sugar
- essential oil (optional)

INSTRUCTIONS

1. In a bowl, mix all the ingredients together until you get a sandy paste consistency.
2. Apply the scrub in circular motions on the body.
3. Rinse well after use.



INGREDIENTS

- 30 g. Marseille soap without added glycerin
- 45 g soda crystals
- *Caution: irritating to the respiratory tract, avoid inhaling.*
- 1,5 liters of water

You will be able to find these ingredients in bulk stores, some drugstores, and supermarkets.

► For more zero-waste recipes, scan the following QR code:



RECIPE FOR WASHING POWDER WITH MARSEILLE SOAP

TESTED BY CAROUGE ZÉRO DÉCHET

► Note: use Marseille soap containing 72% olive oil and make sure you follow the recipe quantities carefully. Too much soap can damage your washing machine.

INSTRUCTIONS

1. Grate the soap.
2. Bring the water to boil and remove the pot from heat.
3. Add the grated soap and soda crystals. Mix well.
4. Pour the mixture into a empty container and let it sit overnight.
5. Shake your mixture before each use. Use one small glass of this detergent per machine.

5. Recycle!

In Switzerland, recycling is a way of life. In Geneva, numerous resources and initiatives make recycling easier and aim to encourage residents to reduce their environmental impact. Find out what needs to be recycled:

- **Clean paper**

Newspapers, envelopes, cardboard,...
No dirty pizza or food boxes.

- **Glass**

Jars, bottles.

- **Aluminium and Tin**

Cans, aluminium tubes, tins, aluminium trays,...

- **PET**

Beverage bottles with PET logo.
No shampoo, milk, oil, sauce bottles,...

- **At home**

→ **Organic waste**

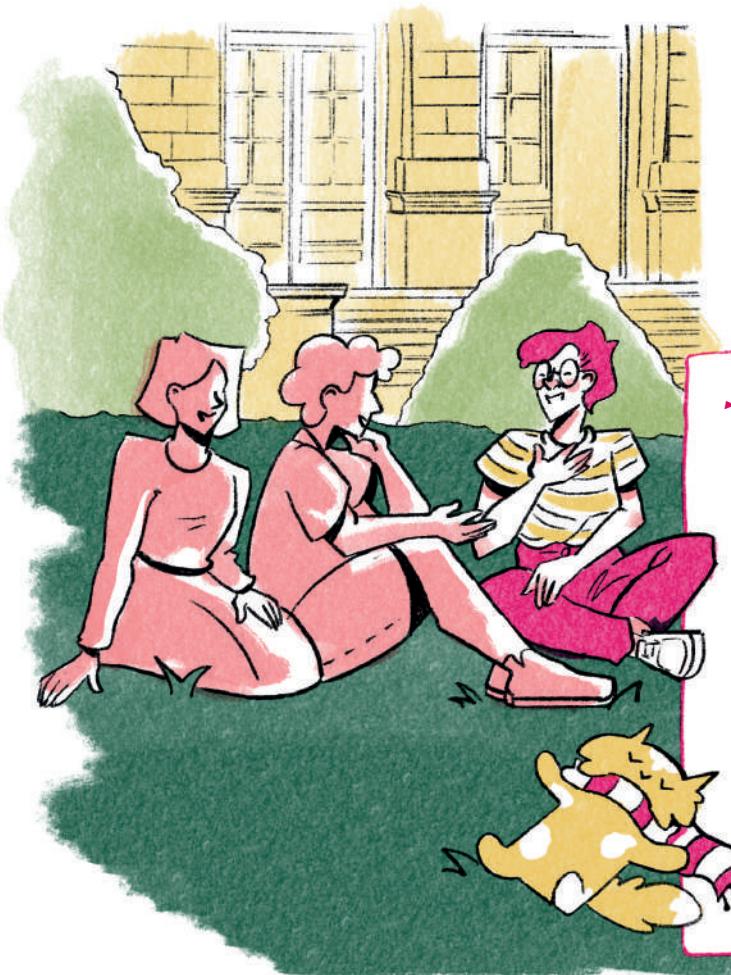
Peelings, vegetables, eggshells, meat,... Not collected on campus.



This means that no waste from these categories should end up in household garbage (black bin)

► *To have more details on how to recycle properly, scan the Following QR code:*





► *For any questions about financial aid, sports activities, administrative procedures, health, equality, and diversity, visit the Campus Life Point on the 1st floor of Uni Dufour or scan this QR code:*



WELL-BEING AT UNIGE

At the University of Geneva, student well-being is a priority. Various initiatives support students' physical and mental health: free or discounted sports and cultural activities, tickets for artistic events, medical and psychological consultations, as well as workshops and support groups.

To enhance your skills, soft skills development programs and student coaching are also offered.



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