

Rushing at Home for Greek Life



The Green Greeks program seeks to establish and support efforts within the Greek Life community that improve environmental, social, and economic sustainability.

The Green Greeks student intern team at the UW-Madison Office of Sustainability has created this Rushing at Home guide to help both hosts and attendees be energy efficient, maintain health and wellbeing, and practice social sustainability. The team hopes this guide will provide useful resources for the transition to virtual Rush 2020.

If you are interested in learning more or partnering with the Green Greeks team at the Office of Sustainability, please contact us at [greengreeks@g-groups.wisc.edu](mailto:green Greeks@g-groups.wisc.edu)

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Energy

Devices and Appliances:

- Turn off devices and appliances when not in use.
- Unplug your devices when not in use.
 - There are some appliances that use power even when not in use; this is called “ghost power.”
 - Some of the biggest culprits of ghost power are Keurigs, TVs, cell phone chargers, plugged-in laptops, and video game consoles.
 - To avoid ghost power, use smart strips, or switch activated power strips. This will decrease your energy use which saves you money and helps the planet!

Lighting:

- Turn the lights off in empty rooms.
- Utilize natural lighting—sit by windows during rush events.

Heating and Cooling:

- Set the thermostat to 68°F during cooler months and 78°F during warmer months.
 - This setting maximizes efficiency and can save you between 5-15% per year on utility costs.
 - If you do decide to use your air conditioner, make sure all of your windows are closed and use a timer so your air conditioner doesn't run all night.

Fashion

Clothing

- **What is fast fashion?** [Here](#) is an article that provides some insight.
- Only buy clothes when it is absolutely necessary. There are tons of ways to make your old clothes look brand new!
 - Style your old clothes differently by trying a new sewing project; mend your old clothes to make them look brand new; and swap clothes with your friends for “new” pieces.
- Opt for resale clothing instead of buying brand new clothes.

- Some nearby options that are on the bus line:
 - ReThreads (410 State St)
 - St. Vincent de Paul Dig-N-Save (1900 S Park St): \$1/lb of clothing
 - St. Vincent de Paul Store (1309 Williamson St)
 - Goodwill (closest to campus option: 4530 Verona Rd)

Online Shopping

- Here are some online resources that sell second-hand clothing and allow you to sell your own clothes!
 - Depop
 - ThredUP
 - Poshmark
 - Instagram/facebook accounts
- Opt for recycled, durable, rechargeable and/or energy efficient products.
 - [Link to top 35 most ethical clothing brands \(2018\)](#)
 - [Link to top 25 most sustainable companies to purchase from \(2018\)](#)
- Opt out of expedited two-day shipping when it is not absolutely necessary.
- Make use of the Amazon Locker Locations at Sallery Residence Hall (821 W Johnson St) or Fresh Market (703 University Ave).
 - Sending your packages to these locations greatly reduces carbon emissions associated with transportation.
 - The fastest and most sustainable method is normal shipping.
- These brands sell used and refurbished on their clothing site:
 - [REI's Used Site](#)
 - [Patagonia's Used Site](#)
 - [Northface's Used Site](#)

Wellbeing

Virtual Rush Wellness

- **Recognize that being able to Rush From Home is a privilege and not everyone has access to fast internet, a quiet space to rush, or a personal computer. Make sure people know that bad wifi or background noise will not affect their bids.**
- If possible, try to take small screen-free breaks throughout rush to give your eyes a rest. Also, try incorporating different stretching routines as it can be

difficult to maintain good posture when you're sitting for long periods of time.

- Drink lots of water! This is simple and well-known advice; however, the reason you see it everywhere is because it is effective. So, consider this your reminder to fill up a glass of water and keep it next to you during rush.
- Eat a snack! Make some snacks before rush starts to eat along the way.

Body Wellness:

- Create an area that is comfortable and supports your wellbeing during rush.
 - Incorporate simple biophilic designs to your space (for example: plants, natural light, ventilation)
 - To minimize the negative impact of spending long hours on a computer, consider using a blue light filter, a bigger screen, an ergonomic keyboard and mouse, and take regular breaks from the computer screen. Also, try to find a chair with back support to avoid tensing your neck, shoulder, and back muscles.
 - Rushing from home body wellness: check out these videos if you want stretches that are good for your body and mind.
 - [15 min yoga for a break](#)
 - [6 min yoga at your desk](#)
 - [19 min lunch break yoga](#)
 - [3 min yoga for healthy wrists](#)
 - To keep your body and mind right, it is beneficial to step away from your screen and move (stand, stretch, walk).
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Accessibility:

- During virtual rush, be aware of digital accessibility when conducting online meetings and creating contents. It is best practice to enable closed captioning if possible.
 - Please see our [Virtual Communications Guide](#) for more information and resources about online accessibility.

Interested in More Information?

If you are interested in learning more about sustainability within Greek life, see our [guide](#).

We also offer the opportunity to be an Official Sustainability Ambassador for the University. This position has a low time commitment, provides you with the ability to be a representative of your chapter, and is a great résumé builder! If you are interested in working with us, please reach out to us at greengreeks@g-groups.wisc.edu.

Thank you for making your rush
experience more sustainable and good
luck!