



UFV Office of Sustainability

Introduction Guide



UFV Office of Sustainability

Welcome to UFV!

We are so glad to have you join us. This guide will help you get to know UFV's Office of Sustainability, and the sustainable initiatives going on at UFV that you can be a part of.

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Territory Acknowledgement



The University of the Fraser Valley campuses are built on the sacred land of the Stó:lō Peoples. Stó:lō Tém:éxw (Stó:lō Land), has been cared for deeply and responsibly by Stó:lō people for thousands of years, and their stewardship continues today. Over the last few hundred years, colonization and Western ideologies have had significant impacts on Stó:lō Peoples' land, culture, and way of life.

To work with sustainability is to respect all living things and to understand the value of the environment, good quality of life, various forms of interdependence, and how they all interconnect with one another.

Sustainable change will only be achieved by following the wisdom and leadership of Indigenous knowledge holders, for their understanding that land means more than territory – that it encompasses ecosystems, social systems, culture, relationships, spirituality, and law – is vital to building a sustainable, resilient, and just society together.



Who We Are

UFV's Office of Sustainability (OoS) works towards making sustainability a pan-institutional priority by facilitating partnerships, creating resources, and kickstarting initiatives for all departments and community members.

We provide engagement opportunities and information about what is going on in the world with topics primarily including social and environmental issues.

Our monthly newsletter and social media features easy tips on how to be more sustainable, important events going on, new and exciting initiatives at UFV, and more.

Our Mission:

Driving meaningful partnerships that support a sustainable transformation towards the well-being of our communities and ecosystems.



What is Sustainability?

An Indigenous saying that better fits sustainability is this:

"We do not inherit the earth from our ancestors, we borrow it from our grandchildren".

This is mostly attributed to the environmental aspect of sustainability, but the social and economic aspects need to be accounted for.

Holistic sustainability is the combination of environmental, social, and economic sustainability in a true multi-faceted approach, working with them as a system instead of separate entities.



The 5 P's of Sustainability are guided by the Sustainable Development Goals, [learn more here!](#)

UFV is Committed to Sustainability

UFV has committed to aligning with the 17 UN Sustainable Development Goals (SDGs) by signing the [SDG Accord](#)

UFV is a member of the Sustainability Tracking, Assessment and Rating System™ (STARS®) and achieved silver ranking in 2023 in our first certification attempt!



To learn about how UFV is aligned with each SDG, check out our [Sustainability Report for 2022/2023](#)

Get Involved!

Ecochallenge:

Held every October since 2021!

March for Sustainability:

Held every March since 2022!

Pollinator Garden:

We are often looking for volunteers to help us maintain our pollinator garden located behind Lá:lem te Baker (student housing).

Sustainable Event Certification (SEC)

The SEC evaluates your event, awarding badges and banners based on both environmental and social aspects. Sustainable events are accessible, welcoming, fun, and environmentally-conscious!

Sustainable Office Certification (SOC)

The SOC evaluates your office or department through multiple categories. A sustainable workplace is a comfortable, environmentally friendly, accessible, and supportive work environment!

Anyone that wishes to have their event or office Sustainable UFV certified can email us to begin evaluation and receive materials at

sustainability@ufv.ca

Earn your gold, silver, or bronze certification!





Take Action!

It's not always easy to be sustainable, and getting started can be overwhelming. Here are some tips to get you started!

Start simple!

- Bring your **own reusable coffee mug and water bottle**
- Take advantage of our **writing utensil recycling program**
- Become familiar with using our **4-bin waste system**
- Talk to your peers about **carpooling**
- Check out our **Tip of the Month** for easy sustainable actions
- Look over our **Plastic Free July guides** for more ideas
- **Follow us on Social Media:** stay up to date on events to participate in, job postings, and volunteer opportunities
- **Subscribe** to our monthly **newsletter** for regular updates on sustainable initiatives at UFV



For more sustainability initiatives on the Abbotsford campus **check out our sustainability map!**

Stay Connected!

Office: **B150d**

Email: **sustainability@ufv.ca**



Instagram
@sustainableufv



Facebook
UFV Office of
Sustainability



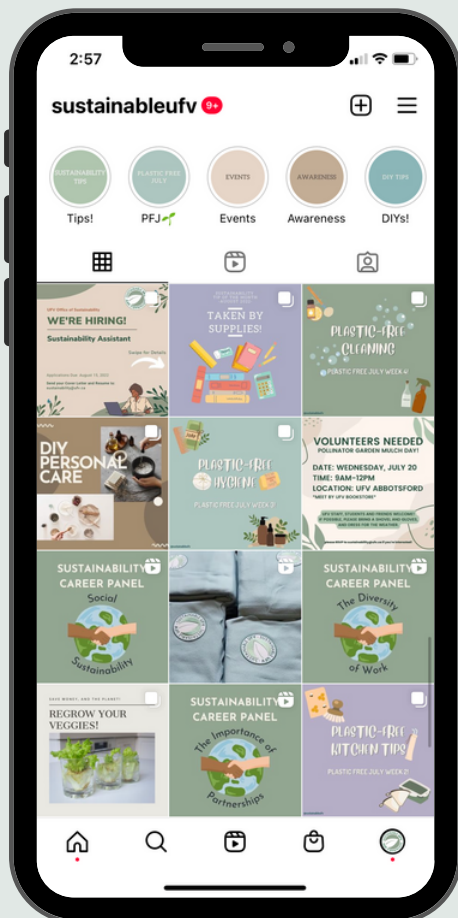
TikTok
@sustainableufv

Click the
icons!



Subscribe to our Newsletter!

Check out our Lnk.Bio!



Social Media

The best way to hear about the sustainable initiatives going on at UFV is through our social media and newsletter! Click the icons to follow our social media, and the link above to subscribe to our monthly emailed newsletter.