

SUSTAINABLE GUIDE TO MONTREAL: 10 THINGS YOU SHOULD KNOW



PGSS
Post-Graduate Students' Society
McGill University, Montreal

Welcome to PGSS and Thomson House!

[Sustainable Thomson House](#) presents a quick guide to practicing a sustainable lifestyle in Montreal and reducing your ecological footprint. McGill's groundbreaking initiative [Vision 2020](#) in collaboration with student societies (PGSS, SSMU, and MCGSS) has created an environmentally friendly atmosphere at our campuses. This has made it convenient to not only learn about sustainability, but develop an eco-friendly lifestyle. There are several ways to get involved in activities and projects on and off campus. This year, graduate and undergrad students completed assessing how socially and environmentally sustainable Thomson House is, using the Sustainability Tracking, Assessment, and Rating System ([STARS](#)). The next step is to implement the PGSS Sustainability Action Plan, which includes projects like more workshops, events, sourcing local food, and reducing greenhouse gas emissions at Thomson House.

For updates on PGSS, follow us on our [facebook page](#).

Here is a list of ten resources around Montreal to help you live a green lifestyle:

1. CYCLING & TRANSPORTATION

- Montreal offers an extensive network of [bike paths](#) and an amazing public bike sharing program called [Bixi](#).
- Buy a second hand bike: [McGill Classifieds](#), [Craigslist](#), [Kijiji](#)
- Get your bike fixed: [La Cave](#), [The Flat](#)
- Other services: [Inter-campus shuttle bus](#); [OPUS card](#) (for bus, train and subway).
- Useful apps: STM app (public transit), Strava (biking).



2. COMPOSTING

- Check out [Compost Montreal](#) and the composting initiatives at McGill downtown & Macdonald campus: [Gorilla Composting](#). The food waste at Thomson House is composted.
- Get free compost from the municipal [Éco-quartiers](#) and [St. Michel Environmental Complex](#).
- Some [Éco-quartiers](#) offer low-cost community composting options for residents.



3. GREEN PRODUCTS

- Use environmentally certified (**Ecologo, Green Seal**) safe products so wastewater treatment plants can degrade the chemicals easily. Or easily and cheaply [make your own cleaning products!](#)

Useful links:

- [What chemicals to avoid in your cosmetics?](#)



4. RECYCLING

- [What can be recycled](#) at McGill

- McGill has recently installed [battery collection bins](#).

- For proper hazardous waste disposal in labs, see [Waste Management Program](#)

- For refurbished computers contact [Reboot](#).



5. EDUCATION & RESEARCH

- In the past, students have received credits for carrying out environmental projects with PGSS. [Come to us](#) for projects!

- For public events and activities related to environmental issues: [Green Drinks](#) & [Green week](#)

- Have an idea for a sustainable project at McGill? Check out the [Sustainability Projects Fund](#).



6. GARDENING

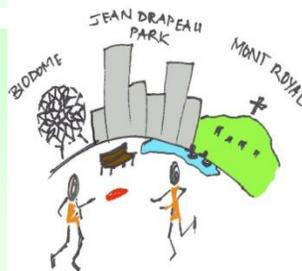
- Check out the collective and community gardens, and grow your own food at McGill with [Campus Crops](#). Also, have a look at the [Macdonald Student-run Ecological Gardens](#), a revolutionary initiative.

- Sign up for other [Community gardens in Montreal](#)



7. GO OUTSIDE!

- [Network of parks in Montreal](#)
- [Mount Royal](#)
- [PGSS softball](#)
- [Provincial parks](#)



8. GET INVOLVED

Check out the extensive network of student clubs working towards greening McGill:

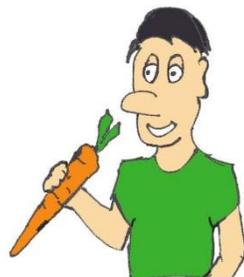
[Student and community groups McGill Office of Sustainability](#)



9. GO VEGETARIAN!

- Get free vegan meals by **Happy Belly** (Mac campus) & **Midnight Kitchen** (downtown campus) at McGill.

- Try out the veg meals at [Thomson House restaurant](#), as well as other [vegetarian restaurants](#) in your area.



10. FOOD

The Thomson House Restaurant terrace is open to all PGSS members!

Local Food:

- Farmer's Market at McGill
- [Mangezquebec](#)
- [Farmers Markets in Montreal](#)
- [Metro's Harvest Calendar](#)
- [Le Frigo Vert](#)
- [Lufa farms](#)
- [Couffin Bio](#)

