

People & Planet in Action

1. Know the Context: You're in a Climate-Leading City

London isn't casually "green-ish." Under Sadiq Khan, the city is pushing serious climate targets — net zero, cleaner air, green transport, circular economy systems.

You're not just visiting London. You're living inside a city actively reshaping its environmental future. Act like it.

Pack With Purpose

Your sustainability journey starts before you land.

- Bring reusable bottles, bags, coffee cups.
- Avoid overpacking — lighter luggage = lower transport emissions.
- Skip fast-fashion "just in case" buys.

Intentional > impulsive.

Travel Smarter in London

You do not need a car. At all.

- Walk when you can.
- Cycle (London's cycle lanes are expanding constantly).
- Use buses and the Tube.
- Try low-emission routes where possible.

Cleaner air. Better for communities. Also, you see more of the city.

If you're travelling within the UK or Europe, rethink short flights. Trains and coaches are usually lower-carbon and way less chaotic.

Slower travel often = deeper experience.

Don't Buy New by Default

London charity shops? Elite.

- Buy second-hand.
- Donate at the end of term.
- Use the AES Donation Hub.

This supports local charities (people) and reduces new production (planet). Circular economy in real life.

Eat for People & Planet

Food choices matter more than most people realise.

- Choose seasonal and local when possible.
- Try plant-forward options.

- Bring your own bag.
- Avoid single-use plastics.

London has a strong sustainable food scene — use it.

Refill, Don't Replace

London tap water is high quality and safe.

- Carry your AES bottle.
- Use refill stations across the city.
- Stop buying bottled water.

Single-use plastic is one of the easiest impacts to cut. No drama required.

Make Your Accommodation Greener

This is where your daily habits stack up.

- Turn off appliances properly.
- Be conscious with heating.
- Shorter showers.
- Don't overbuy cleaning products.
- Share appliances and cook together.

Energy use is one of the biggest controllable impacts during your stay. Small changes × hundreds of students = real impact.

The 5 Rs — AES Circular Economy Model

At AES, we go beyond the usual 3 Rs.

Refuse. Reduce. Reuse. Repurpose. Recycle.

- Refuse unnecessary packaging.
- Reduce impulse consumption.
- Reuse throughout your stay.
- Repurpose or donate via AES Donation Hub.
- Recycle properly using local guidance.

Circular thinking protects the planet *and* strengthens community systems.

Volunteer & Engage

Sustainability isn't just carbon — it's community.

- Join AES charity events.
- Attend ESG workshops.
- Ask how your academic discipline connects to climate and equity.
- Follow AES social channels for volunteering opportunities.

Impact feels different when you're actually part of it.

Bring People & Planet Into Your Learning

AES integrates sustainability into academics — not as an add-on, but as part of the structure.

- Dedicated sustainability course.
- ESG workshops across Construction, Media & Journalism, and Finance.
- Virtual Internship programmes reducing commuter emissions.

You're not just studying your subject. You're studying its impact.

AES Progress So Far (Because Accountability Matters)

AES has achieved Planet Mark Business Certification for the second consecutive year.

2024 Highlights:

Carbon Reduction (Scope 1 & 2):

- 21.1% reduction (target was 5%)
- 75% electricity from renewable sources

Scope 3 Travel Impact:

- 31,720 commuter miles saved via Virtual Internships
- 6,640 business travel hours reduced annually

Waste Reduction:

- 35% reduction
- Plastic-free operations
- Smarter procurement

Social Value Generated:

- £144,234 total impact
- 70+ volunteering hours
- 19 acres of rainforest preserved
- £44k+ invested in community and NGO collaboration

Sustainability here isn't branding. It's measurable.

2025–2027 Goals

- 100% renewable energy transition
- Minimum 5% annual GHG reduction (targeting 25% from baseline)
- Expand ESG modules across all programmes
- Grow virtual internships
- Deepen reforestation partnerships
- Increase stakeholder engagement and SDG impact

This is Year 2. The trajectory is upward.

The Bigger Picture

People & Planet isn't a trend. It's responsibility.

Studying abroad already shapes who you become. The way you live while you're here shapes the systems around you.

You don't need to be perfect. You need to be intentional.

That's how collective change actually happens.