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**One year on: Nottingham Trent University records 63,000 positive sustainability and wellbeing actions**

Nottingham Trent University (NTU) has completed over 63,000 positive actions as the University celebrates a successful first year of Green Rewards.

Since the launch of the Green Rewards programme in January 2019, NTU has avoided over 80 tonnes of CO2 emissions, completed 90,000 miles of active travel and collectively recorded 40 years of meat free days.

Green Rewards engages both staff and students at NTU to earn Green Points by taking part in activities that boost sustainability and wellbeing, competing as individuals and teams to top the leader board, with the chance to win monthly prizes. Launched in partnership with Jump, the UK’s leading supplier in sustainability and wellbeing engagement programmes, Green Rewards empowers individuals to take positive actions to create lasting and effective behaviour change.

As a leader across the sector, ranked 3rd in the [People & Planet University Green League](https://peopleandplanet.org/university-league), sustainability and climate change feature high on the agenda at NTU. Through activities to boost sustainability and wellbeing, students and staff have demonstrated this through their 63,000 positive actions within the first year of Green Rewards.

NTU’s unique engagement programme focuses on themes of My Carbon Footprint; My Travel; My Food and Drink; My Community; My Health and Wellbeing and My Ideas. Members of the programme are encouraged to engage with activities such as; plastic reduction, footprint calculator, sustainability suggestions, active travel, recycling, a Fitbit-integrated steps challenge, meat free, and practicing mindfulness.

In recognition of its commitment to sustainability, NTU received Outstanding Leadership Team of the Year award, at the Green Gowns in 2019. These recognise the exceptional sustainability initiatives being undertaken by universities and colleges across the world.

Looking ahead, NTU is partnering up with University of Nottingham and UoNSU for [Sustainability Action Week](https://www.ntu.ac.uk/about-us/sustainability/sustainability-action-week-2020) from March 2-8. It will bring together sustainability expertise from across Nottingham to raise awareness about environmental and social issues, with a target to complete 2,000 positive actions during the week. Highlights include Getting to Net Zero Carbon: a workshop and group discussion exploring pathways toward carbon neutrality, photography competition and two group cycle rides around Nottingham.

Charmaine Morrell, Head of Sustainability at NTU, says, “we’re incredibly proud to be counted as one of the most sustainable universities in the world. Our Green Rewards programme helps us to engage our staff and students in sustainability and drive lasting and positive behaviour change in a fun and meaningful way.”

Graham Simmonds, Chief Executive at Jump, says “It’s really encouraging to see such a high level of engagement with over 63,000 positive actions from Nottingham Trent University students and staff in the first year alone”.

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For further information contact: Sadie Hodgson at [sadie.hodgson@teamjump.co.uk](mailto:maya.comely@teamjump.co.uk) or call 020 7326 5055

Jump is the UK’s leading supplier of engagement programmes that boost sustainability and wellbeing. Working with companies, universities and the public sector to motivate individuals to take positive steps, clients include Manchester University NHS Foundation Trust, Barclays, Camden Council, Scottish Courts & Tribunal Service, University of Bristol and Assembly Systems ASM. For more information about Jump, see [www.teamjump.co.uk](http://www.teamjump.co.uk).