

CHECKLIST FOR SEE-FAB

A sustainable environment on Earth for all beings



In partnership with



SEfficiency

Checklist for SEE-FAB

A sustainable environment on Earth for all beings

Geneva, Switzerland. February 2023

All Rights Reserved © 2023

SEfficiency

<https://sefficiency.org/>



Creative Commons License
Attribution-NonCommercial-NoDerivs

This license allows you to download and share the work, giving credit to SEfficiency, but you cannot alter it in any way or use it for commercial purposes.

© 2023 SEfficiency

Disclaimers

The use of information from this document for publicity or advertising is not permitted.

Important Note

This document is for informational purposes only. Nothing in the following work constitutes technical or engineering advice. Always engage professionals to ensure that any intervention is appropriate for your specific needs, conditions, and local requirements.

Acknowledgements

We (EBU) wish to thank Yeshin Norbu, Sweden, for their active participation and feedback. We would also like to extend our thanks to all the centers that have shared their efforts and ambitions and especially SEfficiency who continue to show leadership on this topic.

Cover/editorial design: Nayoung Lee

CHECKLIST FOR SEE-FAB

A sustainable environment on Earth for all beings



In partnership with



About this Checklist

What Goals Does This Checklist Aim to Achieve?

This checklist is developed as a part of the *European Buddhist Union* SEE-FAB (Sustainable Environment on Earth for All Beings) project. It is a tool intended to be used by Buddhist centres and organisations that aim to reduce their environmental impact. Its purpose is to highlight important areas of consideration and inspire quick fixes and broader organisational change.

What Are the Major Areas of Consideration?

The checklist covers five major areas of consideration: planning for sustainability, energy use, water use, resource use, and biodiversity. The list is intended to highlight what is being done at your centre and spur ideas for possible improvements. As you continue your sustainability journey, you can gradually check off the list, keeping track of your achievements.

Organization Information Form

Name of person with lead responsibility for this SEE-FAB audit (*)

First Name

Surname

Organization (*)

Email

Completion date (DD/MM/YY) (*)

Review date (DD/MM/YY) one year from now (*)

If you have queries or concerns, the EBU can be reached via following email:

j.lyne@europeanbuddhistunion.org

If your centre is taking steps that are not mentioned in this guide, please share them with us. By doing so we can improve the checklist, allowing centres to learn from each other.

Contents

Continuity

Planning for Sustainability
Communication

Use of Resources

Strategy & Policy
Food Sourcing and Waste
Practices
Purchases

Energy Use

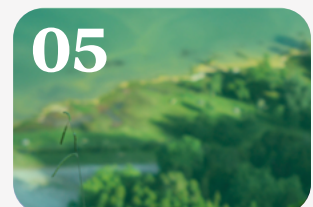
Strategy & Policy
Appliances
Transportation
Buildings
Lights
Heating, Ventilation & Cooling

Biodiversity

Strategy & Policy
Wildlife
Plants

Water Use

Strategy & Policy
Water Use
Maintenance



Click on the number above to navigate directly to each section.










Continuity





Sustainable continuity involves ensuring the long-term viability of operations and practices. This section assesses the organization's commitment to maintaining and enhancing its activities over time.

It encompasses strategies for organizational resilience, risk management, and adaptability in the face of changing environmental, economic, and social conditions.

Planning for Sustainability

-  We have a sustainability plan, strategy, or policy document.
-  We have a dedicated person responsible for updating our sustainability plan, strategy, or policy document.
-  We have an established green team that has sustainability as a main part of their brief.
-  We offer regular training for all staff and volunteers in sustainability.
-  We sponsor additional training and development for staff and volunteers who want to take on more responsibility in the centre's sustainability.
-  We have made sustainability a part of our annual report.
-  When planning building and construction works, we conduct environmental audits and choose sustainable building practices and materials.

Communication

-  We have a system in place to make it easier for people to make suggestions and get involved in sustainability at our centre, (e.g. dedicated email address, regular meetings, suggestion boxes).
-  We share our good practice on social media and our website.
-  We share our good practice with fellow centres.
-  We use social media to educate people on environmental issues and how to reduce environmental impact at home. Practical tips are included.

The background image is a landscape photograph with a warm, orange-gold color overlay. In the upper half, a series of wind turbines are silhouetted against a bright, hazy sky. Below them, a rolling green hill slopes down towards the foreground. In the lower half, a small village with several houses and a church is visible, nestled among trees. The foreground is dominated by rows of grapevines in a vineyard, which are also bathed in the warm light. The overall mood is peaceful and sustainable.

Energy Use

Addressing energy use is a crucial aspect of sustainability.

This section focuses on evaluating the efficiency of energy consumption and exploring renewable energy sources.

By minimizing reliance on non-renewable resources and optimizing energy efficiency, organizations contribute to reducing their carbon footprint and fostering a more sustainable future.

Strategy & Policy

- We track how much electricity, fuel, gas, and district heating, we use each month. This is most easily done by using a smart metering system.
- We source our electricity and gas from renewable sources.
- We encourage members to reduce their personal energy consumption.

Appliances

- Fridges and freezers are not placed next to heat sources.
- Fridges and empty freezers are turned off when no one is going to be on the premises for a longer period of time.
- We have labelled equipment clearly, so visitors and staff know how to activate energy saving features or switch equipment off.

Transportation

- We promote public transport on our website and on social media, as well as in communication with visitors to the centre and in invitations to retreats.
- We offer safe bike storage for visitors, and we have a bike pump station or a portable pump at our center.
- Our vehicles are electric or hybrid.
- We have a system in place to facilitate and encourage car sharing.
- We track monthly fuel consumption of our vehicles, recording distance travelled, and amount and type of fuel, and we encourage fuel efficient driving.
- We offer work at home options or flexible schedules so staff and volunteers can avoid getting stuck in traffic.
- We reduce reliance on flights by encouraging train use and, where possible, holding events closer to public transportation hubs.

Buildings

- We have done everything we can to reduce or stop draughts around windows, doors, exterior walls and roof spaces.

Lighting

- All our light sources are LED.
- We maximise use of natural light whenever possible.
- We have light switch timers in spaces such as closets, bathrooms and other low traffic areas.
- We do not leave lights on inside or outside of the centre when it is vacated.

Heating, Ventilation & Cooling

- (For centres that use wood products for fuel.) We buy locally produced pellets or wood that is made from combustible waste where possible.
- Airflow around radiators is not blocked by boxes or furniture.
- Notes near air conditioning units remind people that all external doors and windows should be closed when the air conditioning is used, and that it should not be running at the same time as the heating.
- Where applicable we have installed heat insulating curtains, shutters or reflective window film to increase or reduce solar gain.



Water Use

Responsible water management is integral to sustainability.

This section evaluates an organization's water usage practices, emphasizing conservation, recycling, and responsible sourcing. Efforts to reduce water consumption and minimize environmental impact contribute to the preservation of this vital resource and support ecosystems dependent on healthy water systems.

Strategy & Policy

- We have goals to reduce water consumption year-on-year incorporated into our policy and strategy.
- We measure and monitor the water we use monthly including irrigation.
- Water usage is communicated to staff, volunteers, and members annually.
- We heat water using sustainable energy sources, such as solar or geothermal energy.
- We have a formal policy to purchase appliances that use less water than traditional appliances.
- We encourage members to reduce their personal water consumption.

Water Use

- We use low flow fixtures for toilets, faucets, showerheads, and urinals.
- We have placed signs at sinks and water fountains to encourage people to be mindful of water consumption.
- We collect rainwater for watering indoor plants and outdoor gardens.
- We have installed a composting toilet, i.e. a waterless toilet, on our premises.
- We have a grey water system.

Maintenance

- We review our water bills for abnormal increases, an indication of leaks.
- We regularly check for leaking or dripping taps and toilets.
- We check for leaks in the irrigation system once every season.

Use of Resources

Assessing the use of resources is essential for sustainable practices.

This section examines how an organization acquires, utilizes, and disposes of materials and resources. By promoting circular economy principles, reducing waste, and embracing eco-friendly alternatives, businesses can minimize their environmental footprint and contribute to the responsible use of resources.



Strategy & Policy

- We have goals to reduce waste year-on-year incorporated into our policy and strategy.
- Waste-reduction initiatives and progress are communicated to all staff, volunteers and members annually.
- We encourage members to reduce their overall personal consumption.
- We encourage members to reduce their personal waste.

Food Sourcing and Waste

- All meals and snacks provided at the centre are vegetarian or vegan.
- We use fairtrade ingredients wherever appropriate and possible.
- Ingredients and food we purchase are locally grown/sourced where possible.
- We source all food from suppliers and vendors who are environmentally responsible.
- We separate food waste.
- We track how much food waste we produce each week.
- We have trained kitchen staff and volunteers on how to reduce food waste.
- We are partnered with a local food waste scheme to reduce food waste.
- We have a composting program to produce nutrient-rich soil out of food waste.

Practices

- We recycle waste with clear instructions at recycling stations for how to separate items.
- We track the amount of printing we do and have targets to reduce such.
- We print double sided whenever possible.
- We use email and digital documents, when possible, to reduce paper use.
- We encourage visitors and staff to reduce their waste with signs by the waste bin.

Purchases

- We have a no single-use plastic policy.
- We do not use disposable products (e.g. paper cups, plastic cutlery).
- We source products locally, or from the closest source possible.
- We do not purchase or use chemical fresheners.
- We only purchase or use natural cleaning products.
- We purchase and use recycled materials for construction and renovations, as much as possible.
- We purchase materials, resources, and products that are non-toxic, ethical, and sustainable wherever possible.
- We plan procurement so as to reduce the number of trips and deliveries, by ordering in larger batches (if possible) and from as few suppliers as possible.

Biodiversity

Biodiversity is a key indicator of ecosystem health and resilience.

This section evaluates the impact of an organization's activities on local and global biodiversity. Sustainable practices involve protecting and promoting biodiversity through conservation efforts, responsible land use, and measures to prevent the depletion of ecosystems that support a variety of plant and animal species. Prioritising biodiversity contributes to a balanced and thriving environment.

This section is suitable for centres that have their own grounds or gardens.

Strategy & Policy

- We encourage members, staff and visitors to spend time and practice Buddhism outside.
- We encourage members to shift their personal consumption to locally sourced plant-based produce.
- We encourage members to seek local sources for food and material.
- For health and environmental reasons, we use incense sparingly or not at all.

Wildlife

- We have a management plan for our land and gardens, including its design, maintenance, and encouragement of wildlife and biodiversity.
- We do not use harmful chemicals, such as deicers, pesticides, or herbicides, on our land, including gardens, driveways, and paths.

Plants

- We plant perennials.
- We plant species that are pollinator-friendly and benefit insects such as bees, moths, and butterflies.
- We grow fruit and vegetables on our land.
- We have researched the benefits of companion planting and how we can benefit from this in our own gardening practice.
- We only use natural, safe, organic fertilizers and pesticides.
- We manage our landscape and gardens according to the needs of our facilities. For example, planting trees near windows to give shade and cool the facilities, or trimming trees that prevent sunlight.

CHECKLIST FOR SEE-FAB

A sustainable environment on Earth for all beings

The checklist is part of the European Buddhist Union SEE-FAB project, designed for Buddhist centres and organizations to minimize their environmental impact.

It covers five key areas: sustainability planning, energy, water, resources, and biodiversity.

This checklist serves as a guide to assess current practices, inspire improvements, and track progress over time.

It encourages gradual implementation of sustainable measures to enhance environmental stewardship within Buddhist communities.