

The No Impact Week Pledge

From Sunday morning on April 21st to Sunday evening on April 28th, I pledge to follow the steps outlined in the No Impact Week manual to the best of my abilities. If at first a task seems impossible, I pledge to try to find an alternative way of accomplishing it. Finally, I pledge to spend time thinking about the impact of my everyday activities on the environment and on my community, and to engage my peers in conversation about their impact too.

Sign here:

The following is a checklist of suggested things you can do for the week

For No Impact Week, I pledge to do the following:

Consumption (Sunday until the next Sunday)

- _____ refrain from buying anything other than food
- _____ refrain from shopping online
- _____ buy only second-hand
- _____ borrow any items I need for the week from a friend
- _____ make anything I need for the week by repurposing items that I already own
- _____ make a 100 Things list (i.e. inspired by a man named Dave Bruno, spend time thinking critically about what you would hold onto if you could only own 100 things)
- _____ other (_____)

Food* (Monday until Sunday)

*Waste Day and Food Day in the manual have been switched out of Dining Services' desire to combine Food Day and Earth Day meals

- _____ attend the 150-Mile meals taking place in the dining halls (breakfast in Mission, lunch in Driscoll, and dinner in Whitmans)
- _____ eat strictly vegetarian

- _____ eat strictly vegan
- _____ eat strictly local food (you choose the range of “local”)
- _____ consume only local alcoholic and non-alcoholic drinks (water and milk are local at Williams!)
- _____ buy and cook all of your meals yourself or with friends
- _____ volunteer for WRAPS (i.e. a daily community service project where students collect leftovers from dinner in the dining halls and drop them off in designated hunger-assistance locations in North Adams, e-mail Christine Schindler for more information)
- _____ other (_____)

Transportation (Tuesday until Sunday)

- _____ use only self-propelled transportation (i.e. walking, running, scooting, biking, unicycling, etc.)
- _____ use public transportation, if the distance is too great to walk or bike
- _____ carpool any time I plan to drive somewhere
- _____ other (_____)

Take action: Letter-writing Campaign (Tuesday)

- _____ call your senator to give your opinion on an issue you care about
- _____ attend the letter-writing campaign event, potentially co-hosted with Amnesty International

Waste (Wednesday until Sunday)

- _____ eat all the food I put on my plate
- _____ compost all of my food scraps
- _____ use a reusable water bottle instead of buying plastic bottles
- _____ bring a reusable mug to drink hot beverages, instead of throw-away paper ones
- _____ use reusable cloth napkins or handkerchiefs instead of paper napkins and tissues
- _____ carrying reusable utensils around with me, so I never need to use plastic utensils
- _____ bring reusable bags when grocery shopping to avoid plastic bags

- _____ bring my own containers to the store and buy food in bulk
- _____ use my receipts for scrap paper
- _____ other (_____)

Energy (Thursday until Sunday)

- _____ align my sleep schedule with the sun—waking up at sunrise and going to bed shortly after sunset—so I can rely on natural lighting
- _____ do my homework in places where the lights are on automatically (e.g. Paresky, Schow, Sawyer)
- _____ turn off my cell phone until the 28th
- _____ use a power strip for all of my electronic devices
- _____ use school computers instead of my laptop
- _____ use a drying rack to dry my laundry
- _____ eat only “raw meals” (meals that do not require electricity-powered cooking)
- _____ cut back on cooking hot meals, by making enough for leftovers
- _____ take colder showers
- _____ other (_____)

Water (Friday until Sunday)

- _____ choose tap water over bottled water
- _____ time my showers, so I don’t exceed the limit I set for myself
- _____ take sponge baths
- _____ obey the “if it’s yellow, let it mellow” rule in the bathroom
- _____ attend the Do-It-Yourself biodegradable beauty products event for Williams After Dark
- _____ other (_____)

Giving Back (Saturday)

- _____ participate in Great Day of Service, run by Lehman Council

- _____ attend a Williams sporting event
- _____ perform one random act of kindness
- _____ introduce myself to one or more people outside of the Purple Bubble
- _____ submit a Great Idea to College Council
- _____ other (_____)

Eco-Sabbath (Sunday)

- _____ spend time with people I love
- _____ spend time doing something I love
- _____ meditate
- _____ attend the No Impact Week final community dinner and discussion
- _____ other (_____)