

I would love for you to talk me through a typical day (in college, in work) and specifically think about where and how you interact with plastics. Do you see much plastics during the day?

Stage	Brief description	Score 1-5 where 1 is not happy, 5 is happy and 3 is neutral.
You wake up in the morning	6.30 Would describe herself as environmentally aware	5
You wash	I use a shower gel from any of the stores. I'm not fussy. I use a good shampoo though. Would like to be able to buy refills but at least the bottles are recycled/	3
You get dressed	Tracksuit if I'm at home. Something proper if I'm going into college. I have a few UCC hoodies. They are warm but I'm aware they are made from polyester.	2
Eat your breakfast	Don't really have a breakfast. I grab a coffee on college Road.	4
Journey to UCC	I get the 216 bus and usually walk i through the college Rd entrance. I pass loads of building sites and they I note how they are wrapped in plastic (washington st)	2
Walking/driving on campus	The campus is generally clean. Lately though you do see a lot of face masks which cannot be recycled. It makes me really angry. I did get the UCC branded ones though and they are really hard to breath through so I use disposable ones too. All the main college signs, on lamp posts etc are all plastic	1
Go to your office/Lecture	All the furniture is made from plastic, chairs in particular and tables are laminated. They are hard wearing though.	4
Take a coffee/cigarette break	I usually grab a coffee in the Students union. The policy is they use compostable cups but the bewleys cup in the student union says it contains plastic so I'm confused. If its nice I sit outside with my friends. I don't like all the butts around. If it wet the smokers are gathered at the entrance to the student centre and you have to walk through their fumes.	2
Library?	student card is scanned Not allowed to bring normal bottles into library and only reusable cups. There are plenty of recycling	3 5

	<p>opportunities.</p> <p>It does annoy me when I see mixed waste in the recycling bins and I do point it out to my friends if I see them do it.</p>	1
Lunch. Where what?	<p>Often I have only lectures in the morning so I go home at lunch. If I'm on campus I go to the shop on college Road. The wrap the sandwiches in paper. The prepacked sandwiches on campus are wrapped in cardboard and plastic so are not recycled.</p>	3
Go to the gym?	<p>I go to Dennehy's in Douglas. I reuse my water bottle. It is a ballygowan one and I refill it from the tap at home</p>	5
Journey home	<p>Get the bus home again</p>	4
SDG Goals	<p>No knowledge of them.</p>	2
UCC Clothing	<p>Would buy a hoodie. I would prefer if it was made from natural fibers but understand from a cost perspective it can't. Although I buy a lot of ethical clothing in H&M made from organic cotton and linen and it is not more expensive than their plastic stuff.</p>	3