

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.
	Would describe herself as environmentally conscious	
You wake up in the morning	Get up at 5:30 and go to the gym. Drinks Sn Peligrino water in a plastic bottle. Does not like this but only available in plastic.	3
You wash	Showers using any generic shower gel. Shampoo is an eco friendly one and I buy the refills. Wish there was refills for shower gel.	2
You get dressed	I deliberately buy clothes that are made from recycled fabrics. The fact that most clothes now are made from plastics is a concern.	1
Eat your breakfast	I make my own breakfast. I have an espresso coffee machine. The pods annoy me but Lidl have eco-friendly pods so I use those now.	5
Journey to UCC	Cycle to UCC AT 8:00AM	5
Morning lab activities	Use about 3 boxes of tips a week and 10-12 petri dishes/culture plates. We reuse the boxes but the tips are autoclaved and dumped. Some of these could be reused or recycled perhaps but would be contaminated so have to be dumped/incinerated.	2
Deliveries come in the morning	Everything is wrapped in plastic because they are usually sterile. Cardboard box outer, everything is wrapped in plastic and it is not recyclable. Only the paper is recycled. Bottles usually come in styrofoam and there would be 3-4 a week. These are dumped.	1
Take a coffee/cigarette break	Goes for a walk around the building. Smokers annoy me as they are outside the main doors under cover. There is nowhere to put the butts so they are on the ground	1
Lunch. Where what?	I bring my own lunch and the containers are recycleable	5
Afternoon	The lab is basically plastic, chairs, benches, wires,	3

classes	containers but are in use long term. In her four years she had one broken chair. There is no signage in the lab around recycling. Loads of sterile tissues being used. Constantly telling students to recycle. Uses old plastic containers to store used tips on the bench.	
Another break?	Same as before. Sometimes would go to the cafe in the building. They use plastic knives and forks. Don't know if they're biodegradable or not.	3
More lectures		
Meet with friends		
Go to the gym?	Finish work around 5pm and go to the gym again. Would use the same water bottle as before.	5
Journey home	Cycle home	
Eating dinner	I eat a lot of Lidl's Nutriquick meals. These are all in plastic but are recycled.	5
TV/Activities	Watch a small amount on Netflix but prefer to read.	5
Bed	Im in bed by 10pm	5