

Why Tobacco Free?

**Each year, big tobacco
produces the same
amount of CO2 as 16
million cars**

#airweshare

 @healthytrinitydublin

 TrinityHealthPromotion

part of the healthy trinity initiative





Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin



Why Tobacco Free?

Cigarettes are the biggest contaminants in the world's oceans



TrinityHealthPromotion



@healthytrinitydublin

Part of the Healthy Trinity Initiative

#ButtVase campaign

Aim: To highlight cigarette butts as litter

#ButtVase wants to take you to the Ball!

Guess the number of butts in this vase. We gathered them outside the Hamilton in 8 h.

A butt takes 25 years to decompose.

TO ENTER, GO TO:



@TrinityHealthPromotion



@HealthyTrinityDublin

tcd.ie/collegehealth/
promotion/smoking/

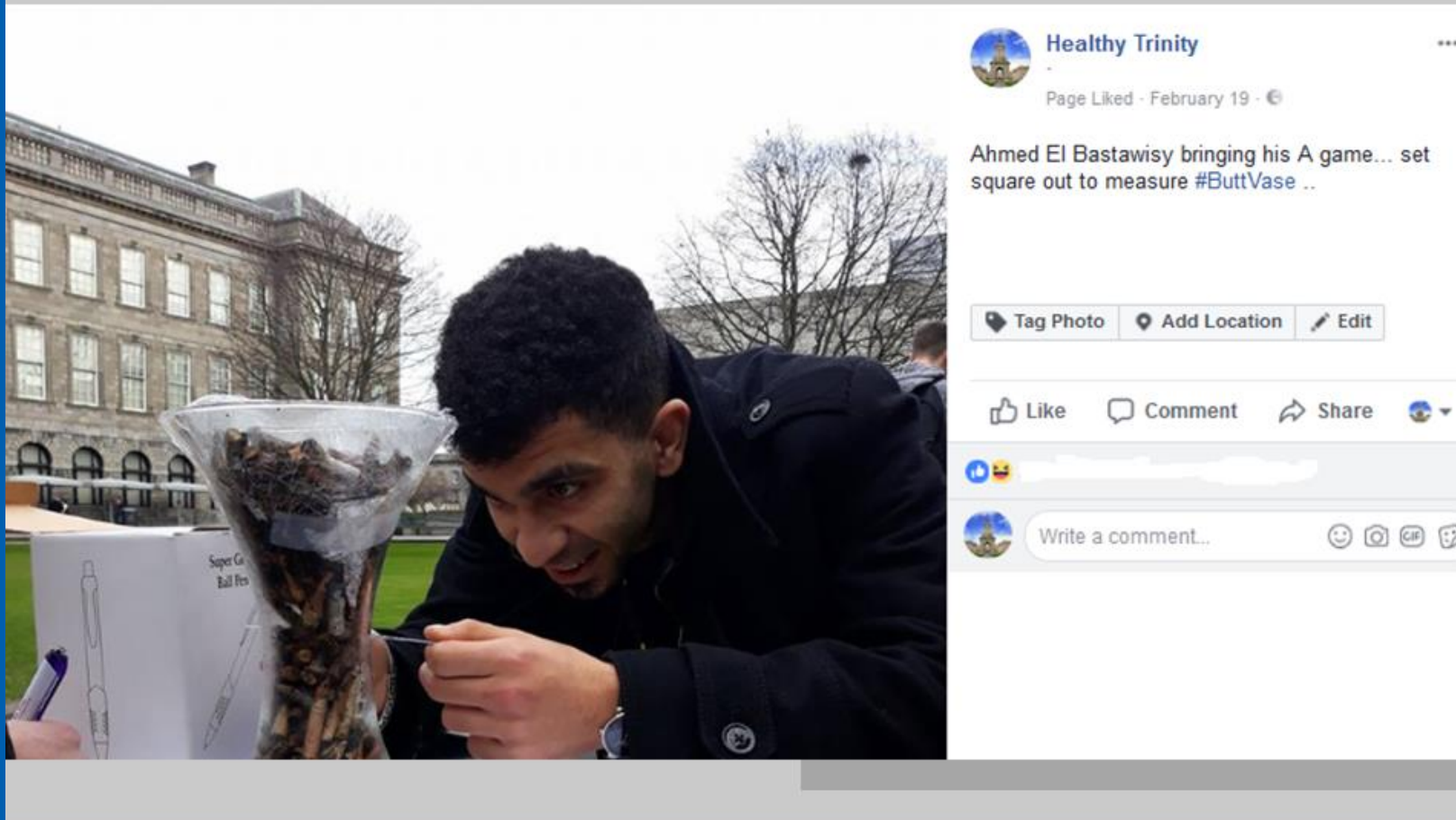
For support
to stop
smoking
email:

Health.Promotion
@tcd.ie



#ButtVase campaign

A student participating in the campaign



Trinity College Dublin, The University of Dublin

Healthy Library Initiative

Aim: To provide an alternative to cigarette breaks at the library

Healthy Library



Yoga, Mindfulness, Meditation in BLU

Table Tennis, Soccer, Volleyball beside the BLU

Board Games in Berkeley, Hamilton, John Stearne



Make the most of your breaks. See tcd.ie/collegehealthweek/

#BreakSmart

Better breaks mean better work

 @TrinityHealthPromotion

 @HealthyTrinityDublin

 @TCDHealthP

Healthy Library Initiative

Images of participation in the initiative

Ultimate Frisbee on
Fellows' Square



Quiditch come and
try on Cricket pitch



DU Table Tennis on
Fellows' Square



DU Yoga Soc in Berkeley
basement training room



Piñata Initiative

Aim: To encourage compliance to the Tobacco Policy

Piñata Punch : Win a Trinity Ball Ticket



Tuesday 20th March, 1.30pm Fellows' Square

De-stress by bashing a cigarette shaped piñata. One TBall ticket & condoms galore inside.



@TrinityHealthPromotion



@HealthyTrinityDublin



@TCDHealthP

Piñata Initiative

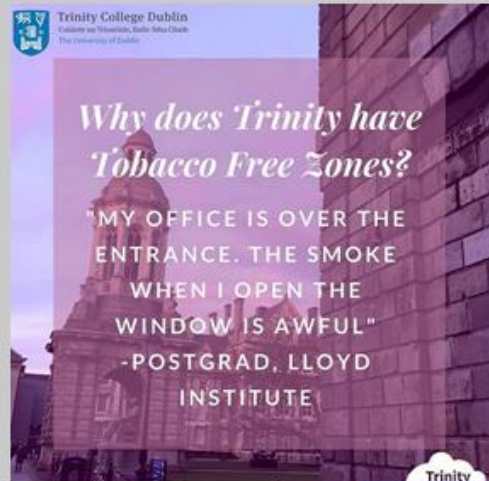
The student who struck the winning blow



Trinity College Dublin, The University of Dublin

Campaign: Why Tobacco Free Zones?

Examples of Education Campaign on why Trinity has Tobacco Free Zones



Planning to Quit Smoking Next Year?

Most 20 year olds are 40 before they quit. Tobacco Free Zones help

More info and quit support here:
<http://www.tcd.ie/collegehealth/promotion/smoking/>

Trinity
smoke free



Trinity College Dublin, The University of Dublin,

Health Behaviours Art Campaign

Aim: To encourage student engagement in the Tobacco Policy group's activities

Are you creative?

**Do you want to win a
Trinity Ball ticket**

**AND see your work all
over campus?**

Enter the Healthy Trinity:
Healthy Messages Competition

For more details:

[http://www.tcd.ie/collegehealth/
/promotion/smoking/](http://www.tcd.ie/collegehealth/promotion/smoking/)



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Health Behaviours Art Campaign

Student submissions





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The University of Dublin

Part of the Healthy Trinity Initiative

“ Cleaning cigarette butts is vile and takes ages. They don’t seem to see butts as litter ”

Why Tobacco Free?



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