



Chartered property,
land and construction
surveyors

Successful Sustainability Journey: Navigating Challenges And Harnessing Positive Impact

14th February 2024

Speakers:

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Sustainability Journey navigating challenges and harnessing positive impact

Sustainability Journey – navigating challenges and harnessing positive impact

Katerina Kopecna MSCSI Bio

Katerina has been working in property for over 19 years actively managing commercial properties across all sectors mainly focusing on offices, retail, mixed use properties and providing consultancy advice for schemes under development.

Working with her client's, Katerina has achieved GRESB, BREAM, LEED, WELL accreditations and Environmental ISO 1400 as well as putting in place measures to meter, monitor and reduce energy, water and waste across properties in line with client's ESG strategies. Katerina has also focused on improving biodiversity, air quality, waste and water management practices and has been actively working with clients to progress their ESG strategies.

Katerina holds a First Class Honours in MSc in Sustainable Development from UCD Dublin and First Class Honours in BSc (Hons) in Property Studies from DIT in Bolton Street. Katerina has also undertaken a series of training courses including LEED training course with the IGBC and completed Sustainability Leaders Programme.

Aramark Property

Aramark Property is a dedicated property and facilities management company providing clients with management services and strategic advice on office, retail, residential, leisure and mixed-use schemes. Aramark Property has in-house team of Property and Facility Managers, Building Consultancy, ESG and Professional Services Surveyors.



Sustainability Journey - challenge

How to mainstream sustainability within all our property management activities bringing clients, building occupiers and suppliers on the journey in a space where everyone is doing something



Sustainability Journey – main focus areas

- Invite new staff to join the Green Committee
- Upskill all Property and Building Managers in the area of Sustainability and ESG
- Prepare Property Specific ESG Action Plans for all sites
- Set targets to reduce energy by 10% on year to year basis in our office
- Encourage membership of SEDEX or similar for all suppliers
- Target Waste reduction and encourage recycling on all sites
- Maintain ISO 14001 : 2015 certification

Training courses available

Sustainability Pass <https://www.climatereadyacademy.ie/sustainability-pass/>

Introduction to Sustainability through Skillnet Climate Ready Academy. It is designed to support all staff of all disciplines and skill levels in understanding how their sustainability actions will play a vital role in the country's collective response to climate change. It takes 60 – 90 minutes to complete and a certificate is available at the end after successfully passing a test.

Climate Ready Academy <https://www.climatereadyacademy.ie/>

Offers training on various subjects such as Sustainability Leader, Energy Leaders Programme, Waste and Circular Economy Programme.

SDG Academy courses <https://www.edx.org/search?tab=course&page=1&partner=SDG+Academy>

Choice of various free online courses such as Planetary Boundaries, Nature-based Solutions for Disaster and Climate Resilience, Climate Change: The Science and Global Impact, Sustainable Cities, Age of Sustainable Development etc. These are free online self-paced courses. Each course also have an option to receive a certificate once successfully completed but this is subject to a small fee.

SEAI Energy Academy <https://www.seaienergyacademy.ie/>

Free online training courses through the SEAI body on various topics such as Real Estate, Energy Efficiency, Meters and Sensors, Energy Audits, Leading Sustainability Change to Decarbonisation etc.

IGBC <https://www.igbc.ie/events/>

IGBC holds various courses and sessions throughout the year to learn about for example LEED, BREEAM and other courses and CPDs. Some sessions are free of charge but some have a cost.

Green Lease Toolkit <https://www.betterbuildingspartnership.co.uk/green-lease-toolkit>

Better Buildings Partnership created a Green Lease Toolkit which is a guide that enables owners and occupiers of commercial buildings to agree on carbon, Energy, waste and water reduction strategies which best fit with the circumstances of individual properties. This is a UK based toolkit.

Energy initiatives

- Tracking consumption – either through bills or regular meter readings of electricity, gas and water meters and setting reduction targets
- Sharing consumption data with staff/occupiers
- Putting a policy in place to target energy reduction including switch off policy for computers, monitors, lights off when spaces not in use
- Knowing what equipment consumes most energy and manage its operations effectively
- Regular maintenance of equipment
- Replacing lights with more energy efficient alternative, installing PIRs
- Installing of Automated Meter Reading (AMR) devices, Pinergy for example offers AMRs if energy is purchased through their company
- Regularly review of utility bills to save costs, using an advisor can take the hassle out of this process
- Energy Surveys – SEAI provide a grant of €2k towards SI 426 Energy Survey
- Decarbonisation strategy, CREEM analysis
- Considering renewables such as solar panels, heat pumps – opportunity to sell back to grid for business – SEAI grants may be available
- Installing EV charging points to encourage use of electric cars.

40% of global energy-related carbon emissions comes from the built environment

*Irish Government targets
51% reduction in GHG by 2030
Net zero by 2050*

*Renewable targets
80% of electricity in Ireland to be sourced from renewables by 2030
Phasing out coal and peat-fired electricity generation*

(Climate Action Plan 2021)



Waste initiatives

- **Tracking waste** – waste management company provides monthly waste data split to waste streams collected such as general, recycling, food, glass etc.
- **Reviewing** data regularly and **setting targets** to reduce waste
- Working with waste management company **to perform waste audits** and provide talks to all staff/occupiers on how best to recycle waste, reduce waste and eliminate waste
- Introducing **3-bin system** - general, recycling and food bin
- Introducing areas for **batteries, glass, WEEE** and other waste streams
- **Marking bin area** clearly with pictures what can be placed in what bin
- Putting a **waste management policy** in place to enforce recycling, limiting over purchasing and consumption, outlining donations and charity shops in the local area
- **Sharing data** with staff/occupiers
- Target **zero waste to landfill** with your waste management provider
- Considering implementation of **'take your waste home'** policy
- Implementation of paperless office

Ireland's Circular Economy Programme

Reduce food waste by 50% by 2030

All business are required to have a food waste bin

Remove single use plastic and disposable coffee cups

Ensure all plastic packaging is reusable or recyclable by 2030

Mandatory segregation, incentivised charging



Other initiatives

- **Supporting biodiversity** – external areas can be mapped out to support the All Ireland Pollinator Plan <https://pollinators.ie/> with specific initiatives noted such as reducing mowing, planting flowering plants during all seasons etc. Businesses can sign up to support pollinators. Organise planting events. Support local schools.
- **Water initiatives** – installation of leak detection systems, setting targets for water reduction, installing rain water harvesting for irrigation systems or toilet water, map out water systems within premises for larger user of water, water stewardship course available, installing low flow water fittings, dual flush controls.
- **Occupier Engagement** - Occupiers Guide with tips on sustainable initiatives, quarterly newsletters, sustainable training sessions, community days and events
- **Green Building Certifications** – BREEAM in use, LEED and WELL
- **Green Cleaning policy** – working with cleaning contractor to ensure the use environmental friendly products
- **Transport** – issue transport survey to occupiers/staff to ascertain means of transport to office, site, encourage the use of bikes, provide bike shelter, install servicing kit, subsidies Dublin bikes



Aramark office fit-out in St Stephens Green office

- Forest Stewardship Council (FSC) certified timber products, ensuring timber used is ethically sourced and from sustainably managed forests
- All plasterboard and stud work certified to BES 6001 (Responsible Sourcing of Construction Products)
- Occupancy sensor lighting demand used in combination with LED low energy demand light fittings
- Intelligent design in provision of air conditioning, reducing over-provision. When required, ensured high efficiency units were used
- Existing and natural finishes where possible. Retaining the exposed ceiling negated need for mineral fibre ceiling tiles
- Minimisation of service maintenance, as all are exposed at ceiling level
- Recycled flooring tiles. These are made from recycled fishing nets and can be recycled at end of life.
- All products chosen have low volatile organic compound (VOC) emissions
- Excellent indoor air quality, given the shallow floor plate and large openable window provision
- Biophilic features (integrating natural elements) to encourage physical and mental health and productivity



**Thank You and don't forget to sign up to Surveyors Declare
available through the SCSI website.**





My Sustainable Journey

14th February 2024

Gareth Brown

Move to Ireland from London



Brexit



Credit Crunch Hours



Extinction Rebellion



Boris

The House



Issues with the house



- Asbestos
- Dry rot
- Wet rot
- Damp
- No insulation
- Single glazed windows
- Fossil fuel boiler

The Works



- Ground source heat pump
- Triple Glazing
- 150mm floor insulation throughout

- 200 to 300mm ceiling insulation throughout
- New walls 100mm in cavity, 80mm inside 50mm outside in cladding 30mm; 50mm and 80mm insulated plasterboard internally

Additional Works

- Rewire with all-new low-wattage lighting throughout
- Build the library against the external walls



Hurdles

- Council
- Grant system
- Lack of competent tradesman



What next?

- Electric car (unlocking the Energy Efficiency Opportunity June 2015)
SEAI
- Diesel car
- Photo Voltaics v Biodiversity
- Enigeria 100%



Business



- Remote Conference Calls
- 99% PDF reports
- 1% Recycled paper
- Reachable batteries

Spread the word!





Thank You!

Signup for Surveyors Declare
Link in Chatbox