

# ARTISTS' SUSTAINABILITY GUIDE

La Mama is committed to working with our artists to collaboratively reduce our environmental impact.

Things to consider when preparing for your show:

- **Lighting design** - please consider how you can reduce your energy consumption when planning your lighting design. La Mama is working towards achieving a sustainable balance between conventional and LED lighting.
- **Costume and set design** - use sustainable, recycled materials where possible and source second-hand or used items for your costumes, props and set.
- **Paper-free promotion** - we encourage you to consider paper-free promotional methods. From data analysis conducted in 2019, we found social media and online campaigns to be more effective in engaging audience than printed posters or postcards (on average less than 1% of audience heard about a show because of printed postcards). Please contact Sophia ([sophia@lamama.com.au](mailto:sophia@lamama.com.au)) or Solange ([solange@lamama.com.au](mailto:solange@lamama.com.au)) if you need support with online promotion.
- **OPT-IN Green Ticket incentive offer** - La Mama artists can choose whether they would like to be part of our **Green Ticket** incentive offer and share the discount code amongst their networks. The code 'GREEN' will give audience members who book online and plan to travel sustainably within their accessibility needs (on public transport, bike or foot) \$5 off their Full or Concession tickets. While audience members will be invited to show their helmet or myki, this will largely be a system of trust. If you would like to be part of the environmental advocacy offer, please email Tessa ([tessa@lamama.com.au](mailto:tessa@lamama.com.au)). It is completely optional.

At the theatre, during rehearsals and your season:

- **Recycle and dispose of your waste correctly** - Please recycle where possible and ensure you use the correct bin when disposing of waste.
- **Energy and water consumption** - Please be conscious of switching off the air-con and lights, ensuring taps are turned off properly, and using only what is necessary.
- **Buying takeaway coffee and food in Carlton** - We encourage you to use the cups/mugs at La Mama Courthouse (in the top draw at the bar in the dressing room) for any takeaway coffees. If you're getting a few coffees, take someone with you to help you carry the cups.

Please feel free to use La Mama's containers, plates, bowls and cutlery. If you're buying takeaway food, consider going somewhere that lets you bring your own containers. Sea Salt is a good option for sushi, offering a small discount if you bring your own container. Ima across the road from La Mama Courthouse have compostable containers and happily accept your own container.

If you would like to see La Mama's Sustainability Action Plan, it can be found: [here](#)

For more information, questions or ideas, please contact Caitlin Dullard: [caitlin@lamama.com.au](mailto:caitlin@lamama.com.au).