



At La Mama Theatre, we recognize that in today's world, creativity does not exist in isolation from its environmental impact.

We are dedicated to partnering with our artists to collectively reduce our ecological footprint and promote sustainable practices.

As you prepare for your show, please consider the following sustainability guidelines:

- **Lighting design:** please consider how you can reduce your energy consumption when planning your lighting design. La Mama HQ is now fully rigged with energy-efficient LED lights to minimize electricity consumption and is working towards seeking funds to upgrade the Courthouse.
- **Support the re-use of Material and support the circular economy:** When possible, use sustainable and recycled materials in your design. Help the environment and your budget by sourcing second-hand or used items for costumes, props and sets.
- **Paper-Free Promotion:** Our data analysis from 2019 revealed that social media and online campaigns are more effective in engaging audiences than printed posters or postcards (on average, less than 1% of the audience heard about a show because of printed postcards).
- **Reduced Printed Materials:** Explore ways to reduce the printed materials in your production. Consider transitioning toward digital & online options.
- **Conscious Energy Usage:** Be mindful of energy and water usage throughout your season.
- **Recycling and Waste Disposal:** Both of our venues have clearly marked bins for "Rubbish" (Red Bins) and "Recyclables" (Yellow Bins). Compost bins are available in both the HQ Greenroom kitchen, HQ FOH, and Courthouse FOH.
- **Eco-Friendly Travel:** Opt for environmentally friendly transportation options whenever feasible.
- **Takeaway Coffee & Reuseable food containers:** Consider using the cups and mugs available at La Mama accessible in the greenroom kitchen and FOH at HQ, or top drawer at the bar or dressing room at the Courthouse. Feel free to utilize La Mama's containers, plates, bowls, and cutlery. Takeaway containers and bowls are also available for borrowing at both of our venues.

For more about La Mama's Sustainability Action Plan, please see [here](#).

For additional information, questions, or ideas, please contact Myf Powell at [myf@lamama.com.au](mailto:myf@lamama.com.au).

Together, we can make a significant impact on reducing our environmental footprint while creating exceptional art.

All images by Darren Gill