



# Suggested Environmental Practices

The UN Intergovernmental Panel on Climate Change (IPCC) estimates the need for a 45% reduction of CO<sub>2</sub> emissions by 2030 in order to contain the increase in the global mean temperature within 1.5 °C by 2100. This ambitious global challenge imposes radical changes to our society and private habits. We believe that public research institutions must play an exemplar leading role in the transition to a sustainable future, and contributions are needed at all levels. Here are some practical suggestions to improve the sustainability of your daily professional activity.



## IT & digital

- ▶ **Extend the lifetime** of your hardware, consider upgrading or opt for an extended warranty. The IT service can help you to do that!
- ▶ Opt for **reading on screen**, instead of printing
- ▶ **Avoid large and useless attachments** in your emails (files, logos, banners...)
- ▶ Store files, **avoid multiple downloads**

Check this out:

<https://ecoinfo.cnrs.fr/ecodiag>

## Travel & Mobility

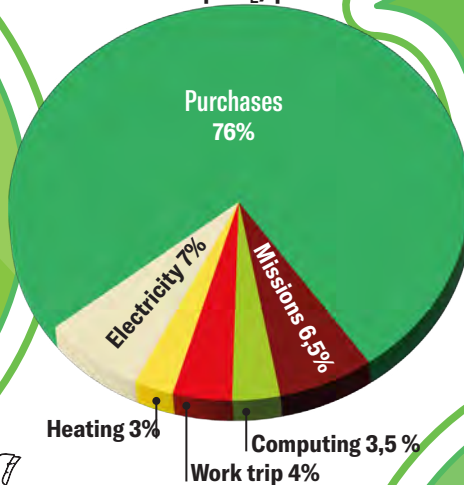
- ▶ **Reduce travels**, opt for video conferencing whenever possible
- ▶ **Avoid flights to France and Europe:** train must be preferred for destinations reachable within 6 hours
- ▶ Minimize the environmental impact of commuting, opt for **public transports, cycling or carpooling**

<https://cnrs.employee.eu.people-doc.com/home>

## Energy & resources

- ▶ **Avoid overheating or overcooling** your office, dress according to the season
- ▶ **Switch off lights and computer screens** when not needed
- ▶ **Don't leave taps running!** Report any dripping taps (to your security & prevention agent). Consider using your own hand towel
- ▶ **Print documents only when needed**, preferably two-sided and B&W

GHG balance sheet  
(Labos 1point5)  
9.5 teqCO<sub>2</sub>/person



## Events & everyday life

- ▶ Choose an **eco-friendly caterer** for your events (opt for local & seasonal food, non-disposable items)
- ▶ Use a **personal cup** for drinks, instead of disposable ones
- ▶ Minimize the environmental impact of your diet (reduce meat, beef)

## Re-use & recycling

- ▶ Try to give a **second life to your goods** (lab equipment, furniture, computers, etc.). Don't know how? Contact us!
  - ▶ **Recycle waste** as much as possible: **white paper** is collected directly in your office, if placed in the appropriate cardboard basket (ask us to get one)
- Specific recycle bins** (metal, glass, batteries, cardboard...) are located close to building D

round trip Paris/New-York = 2 tCO<sub>2</sub>e

Same distance by train = 1/40

1 laptop + 23" screen = 1/4   
2 people, 2h video call = 1/10000

2 MB email attachment < 1/100000

1 meal/day with beef during 1 year = 1

chicken = -78%  
vegetarian = -92%



The +1.5°C objective is to limit the emission per person to 3 tCO<sub>2</sub>e by 2030!



ecoresponsible research in the laboratory



labos 1point5.org