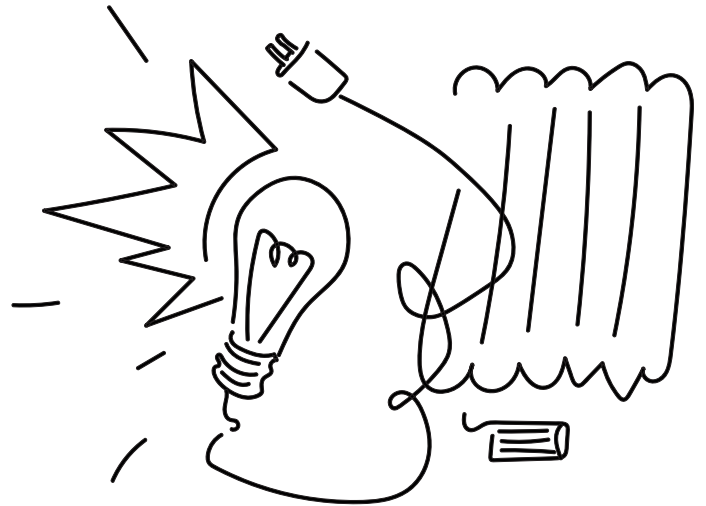


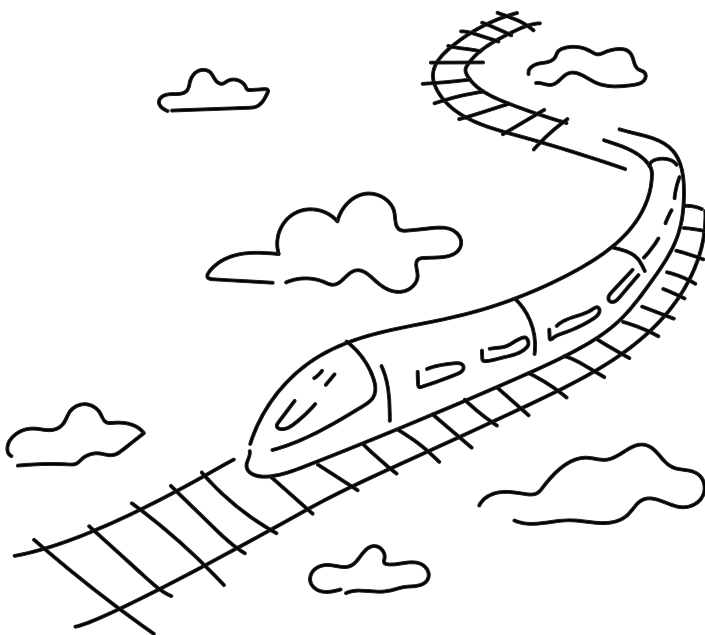
SUSTAINABLE RESEARCH



① Use **CPU time** carefully. Turn off your computer whenever not needed. Check the CO₂ emissions of your simulations at www.green-algorithms.org



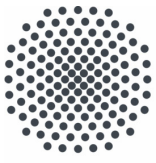
② Don't forget to turn off **lights and heating** whenever possible. Every degree less saves 6 % energy. Keep doors of offices and laboratories closed during the heating period to keep the heat in the room.



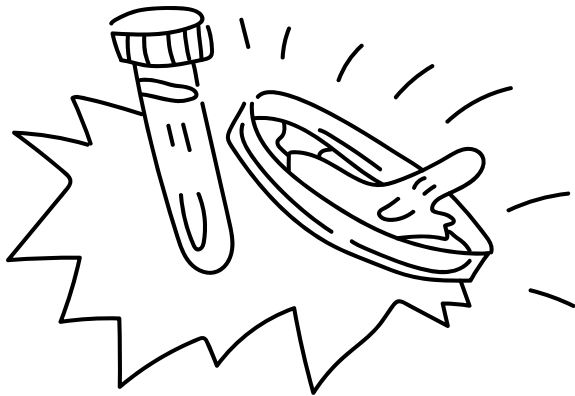
③ **Travel** wisely! Choose a transport system to the university or to conferences with a lower impact for the environment



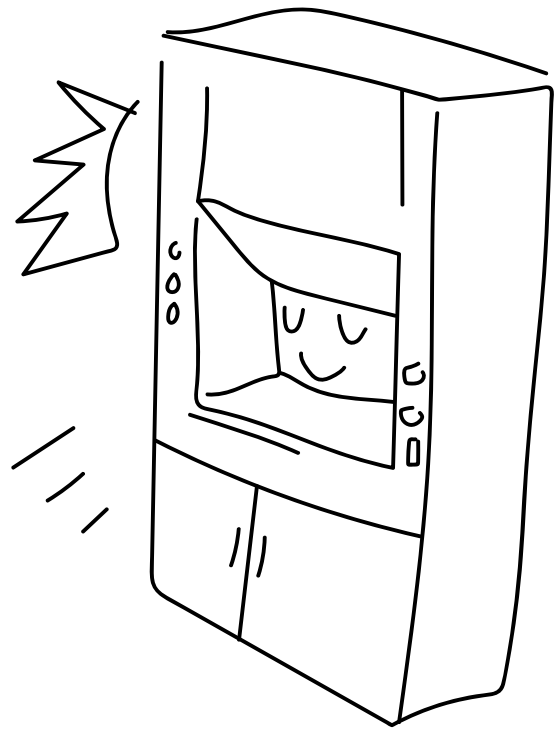
④ You are not alone defending our planet! Be the change that our planet needs, get engaged and **motivate** your colleagues



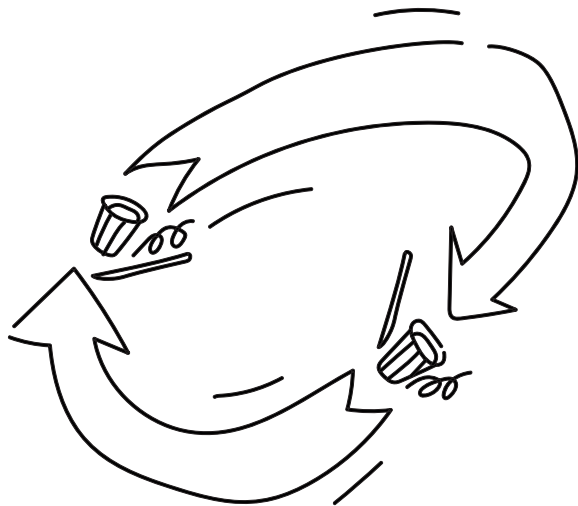
SUSTAINABLE RESEARCH



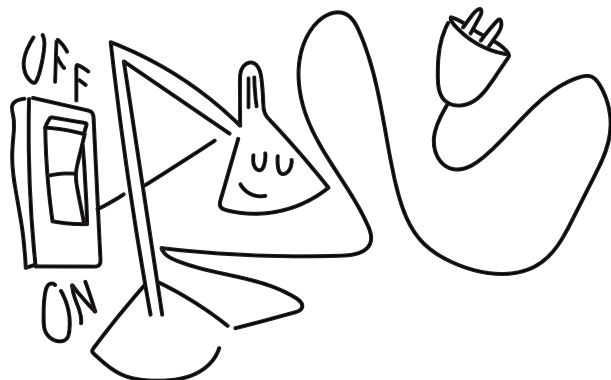
5 Use **reusable glassware** instead of single-use plastics. Reusing glass cuvettes, glass petridishes, etc. can reduce waste by up to 95%.



6 A single **fume-hood** guzzles as much energy as four households. Keep fume-hood sashes and clean-benches shut at all times if switching them off is not possible



7 Modify and optimise all **laboratory protocols** with waste reduction and sustainability in mind. Remember to Reduce, Reuse, and Recycle!



8 **Switch off** any equipment or devices when not in use. Save energy!