



Sustainability at PSYCH - how YOU can take action!



Mobility

- Prefer **local/long-distance public transportation** or **bicycles** to cars*
- **Reduce flights***
- Use **online- and hybrid solutions** for meetings, events and conferences as an alternative (e.g., [Gather.Town](#)) and plan your [virtual events](#) at the UZH

More information on...

- [Commuter Traffic](#)
- [Business Travel](#)
- [Sustainability During Your Exchange](#)
- [Sustainable Events](#)
- [Sustainable Catering](#)



University Life

- If there is no need, **turn off the light**
- **Turn down the heating** (and dress warmly instead)
- **Minimize printing** (use double-sided printing, if required)
- Comply with **waste separation** (e.g., paper, PET, glass, residual waste)
- Use **online teaching materials** instead of paper resources, if possible
- **Avoid paper forms for performance records**, if possible
- Prefer **textile bags** to plastic bags

More information on...

- [Media Use](#)



Lunch and Nutrition

- Reduce your meat consumption (choose the **vegetarian** or **vegan alternative**)*
- Prefer **unpackaged food** (e.g., fruit instead of sweets as a healthy and sustainable alternative)
- Choose **seasonal** and **regional products**
- **Avoid "food waste"** (e.g., adjust portion size, use containers for food that has not been consumed for Apéros or the like or use offers like [Too Good To Go](#))
- **Avoid "take-away" food with disposable tableware, pre-cook meals** or use the **dining hall** instead
- **Avoid plastic tableware** (e.g., use tea kitchen equipment or your own cutlery/ dishes instead)
- **Avoid capsule machines** for the preparation of coffee (e.g., use Bialetti coffee machines instead)
- Use your own (multi-use) **coffee-to-go cups**
- **Avoid kitchen paper** (e.g., use your own cloth towels)
- **Choose SodaStream/ tap water** instead of disposable/ PET bottles (water as a healthy/ sustainable alternative)
- Do not start the **dishwasher until fully loaded**

More information on...

- [Food in University Life](#)

*Amongst the top three factors with the greatest impact on greenhouse gas emissions.

Further information and useful links

Follow this link for more information on the topic of [sustainability at the UZH](#).