Since 2012, the University of Basel has been committed to a sustainability mission statement and has anchored it in its Strategy 2014.

We are shaping the future...
Sustainability is actively lived at the University of Basel: On the one hand, as an organization that shapes the future, it supports the sustainable development of society by imparting this issue in its teaching and research. On the other hand, being a role model for sustainable action, it is committed to the use of ecological, economic and social resources based on respect. For example, between 2012 and 2015 the cafeterias of the University of Basel succeeded in saving 156,000 kg of greenhouse gases (CO₂ equivalents) thanks to an innovative climate protection program. This figure is equal to just under 1.3 million kilometers driven by car.

... together with you at the University
In order for the multifaceted topic of sustainability to remain at the focus of actions and initiatives at the University of Basel, it needs your special contribution as staff and students in particular.

We cordially invite you to support the sustainability activities of the University of Basel and collected some tips in this brochure on how you can get involved yourself.

Best regards,
The Sustainability Office

www.unibas.ch/sustainability

"Think further..." stands for sustainable thinking, planning and acting at the University of Basel.

Saving electricity is indispensable for ecological reasons and is also sensible for economic reasons in view of constantly rising energy prices. The University of Basel is a major electricity consumer. Alongside measures to optimize operations, staff and students can make a valuable contribution to reducing electricity consumption in day-to-day life at the University. Even if everybody only contributes a small amount – 5,000 members of staff and 13,000 students can create a big impact. Here are some tips to help you save energy and lower costs.

More information can be found at www.unibas.ch/sustainability/getactive

**Use Energy Consciously**

1. **Switch off the light**
   Switch off the light when you leave a room – particularly in the evening or on weekends.

2. **Ventilate and heat systematically**
   Select the recommended room temperature of 21 °C. Air the room in winter by fully opening the window(s) for around 5 minutes each time. Pull down the blinds in winter evenings.

3. **Make the correct energy savings settings on your PC**
   Switch on the energy savings mode on your PC or laptop. You can find this setting in: “Control Panel” under “Power options”.

4. **Say goodbye to standby**
   Shut down your computer when you no longer need it or when you are taking a longer break (especially overnight and over the weekend). Switch off the screen when you are away for more than 5 minutes. Switch off printers, copiers etc. at the main switch.

5. **Monitor**
   Reduce monitor brightness to 25-40%. Screen savers are no longer needed.

**Valuable Links**
www.topten.ch (compares equipment for various needs with regard to energy efficiency)
Allocating resources effectively is key to success and excellence. That includes taking care of one's health and well-being. Balancing and regenerating one's personal resources attentively is essential in a competitive environment. The University of Basel is a founding member of the “Netzwerk Gesundheitsfördernde Hochschulen Schweiz,” the Swiss network of health-promoting universities and colleges, and is committed to protecting and promoting the health of faculty and staff. The Department of Training and Development is coordinating health promotion at the University of Basel. The Department supports faculty and staff in establishing a culture of respectful collaboration and leadership that enhances motivation, creativity, and well-being.

For further reference: www.unibas.ch/staff/healthpromotion

#### Tips for Everyday Life

1. **Be a role model in leadership**
   - Promote dialogue with and among members of your team.
   - Be specific about each team member’s tasks, responsibilities, and competences. Be a role model and value your team members’ expertise and contributions.

2. **Resolve conflicts**
   - Conflicts at the workplace stifle creativity and productivity. They are stressful and may lead to serious health issues. Address conflicts timely and help resolve them through constructive dialogue.

3. **Break down your workload into manageable portions**
   - Schedule breaks regularly. Whether you’re planning a major research project, your semester courses, or your daily routine, make sure to take short breaks on a regular basis and regenerate your body and mind.

4. **Mind your posture**
   - Set up your desk or lab bench ergonomically. Alternate the sitting position or switch between sitting and standing. Get up regularly and take a walk or do some quick stretching exercises.

#### Useful links

- www.unibas.ch/training-and-development (coaching, counseling and workshops for staff and faculty in English)
- www.fortbildung.unibas.ch (select workshops on collaboration, leadership, and conflict resolution offered in English)
- www.unibas.ch/en/Staff/Advice-Conflicts.html (support for staff and faculty)
- www.unibas.ch/en/Studies/Advice.html (support for students)
Fair and Responsible Use of Resources

Many of our resources are finite and we should treat them fair and responsibly. Every new product needs resources and generates waste. Even the waste treatment needs further resources. Thus, during the whole life cycle of products and materials the environment is polluted - often accompanied by dubiously or even degrading social working conditions. We can diminish these negative aspects on the one hand by critically reflecting about our consumer behavior, e.g. buying fair trade products. On the other hand we can do so by striving to avoid waste production at all, following the maxim: avoid – reduce – recycle.

More information can be found at www.unibas.ch/sustainability/getactive

Recycling instead of throwing away
Waste or reusable material - where does it go? Don’t throw paper and cardboard, PET or Alu in the bin but in the collection containers provided.

Reducing paper consumption made easy
Print out as little as possible and wherever possible, print double-sided or more than one page per sheet. Paper written or printed on only one side can be reused excellently for drafts, test prints or note paper.

Use recycled paper
Whenever possible, use recycled paper with Blue Angel or FSC Recycling label.

Reduce water consumption
Toilet: A short flush (the smaller of the two buttons) is often sufficient for “small business”. Please report running toilet flush or a dripping tap. Turn taps (fully) off when you no longer need them.

Buy fair
When going shopping watch out for certified products which guarantee a socially and ecologically fair production. Consider products from local production.

Valuable Links
www.blauer-engel.de (label for the environment)
www.tiefbauamt.bs.ch (information for waste collection in Basel)
Strawberries and asparagus in winter, fish from Vietnam and steaks from Argentina – nowadays, everything is available all the time. But the production of such food often involves great environmental impact. Environmental impact includes aerial emissions such as CO₂ and other greenhouse gases and also emissions into soil and water, such as fertilizers, pesticides and hormones. It also includes energy, water and land consumption as well as food waste. Food is responsible for just under one third of our private environmental impact in Switzerland.\(^7\) As consumers, we can reduce such negative impacts through our shopping behavior, our food and choice of recipes. We have collected a few tips for sustainable food and drink.

More information can be found at www.unibas.ch/sustainability/getactive

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**Regional and seasonal – the best choice**
The WWF chart of the seasons for fruits and vegetables shows you at a glance which fruits and vegetables are currently in season. Do without foodstuffs that are transported by air.

**Fair trade foods**
Fair Trade labels (e.g. Max Havelaar, Gepa) ensure that these producers can work under humane conditions with reasonable pay.

**Meat: Making more out of less**
By putting vegetables, pasta and also pulses on the menu instead of meat (e.g. with the vegetarian menu of Basel cafeteria), it is possible to considerably reduce everyone’s ecological footprint. A well balanced, meat reduced diet, furthermore, contributes to keeping you healthy.

**Tap water instead of mineral water**
Use tap water instead of buying bottled water. You can take a jug, glass bottle or SIGG bottle to your office or lecture and refill it time and time again.

**Refilling instead of throwing away**
Drink your tea or coffee in the canteen or cafeteria from a reusable cup.

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**Valuable Links**
www.labelinfo.ch (to compares the different labels)
www.wwf.ch (chart of the seasons for fruits and vegetables)
www.foodwaste.ch (initiative for the avoidance of food waste)
Sustainably on the Road

24,849 kilometers each year: This is the average distance traveled by every inhabitant of Switzerland each year. Thereof, 13,915 km were traveled within Switzerland. This means that traffic is the most significant cause of noise and the main source of nitrogen oxide and greenhouse gases in Switzerland. Traffic routes seal the soil, cut through the landscape and interfere with the habitats of flora and fauna. The following tips will help you protect the environment while allowing you to remain mobile in day-to-day life and in your leisure time.

More information can be found at www.unibas.ch/sustainability/getactive

1. **By bike or on foot**
   By bike, e-bike or on foot – that is not only the healthiest option but also the climate friendliest.

2. **Use public transport**
   For commuting and for (business) travels no further than 5 hours by rail from your point of departure take the train, tram or bus.

3. **Consider carpooling**
   By carpooling, you can share traveling expenses and protect the environment at the same time.

4. **Car sharing: Use a car rather than own one**
   As a supplement to public transport, the use of a car sharing service lends itself as an inexpensive alternative (for example: Mobility or Catch a Car).

5. **Travel less**
   As an alternative to business travels use low-cost options like Skype, telephone and video conferencing.
   Information can be found on www.its.unibas.ch.

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Valuable Links

- www.bvb.ch (timetable of local public transportation)
- www.sbb.ch/mobile (timetables of swiss public transportation)
- www.rentabike.ch (bike rentals)
- www.ecopassenger.org (calculate and compare CO2 emissions for your trip)
Resource Consumption at the University of Basel

13,000 students and PhD-fellows and more than 5,000 staff members work, teach and study in around 90 buildings at the University of Basel. The buildings are distributed all over Basel city and the canton Baselland.

Heat consumption 2015
33,819 MWh

Electricity consumption 2015
27,515 MWh

Füllinsdorf
27,695 MWh

Gelterkinden
24,562 MWh

In comparison
An apartment with the size of 75 m² has an average heat consumption of around 10 MWh per year. The heat consumption of the university equals 3,380 households.

Water consumption 2015
279,564 m³

In comparison
This equals the consumption of the municipality Lausen in Baselland (households and small business) in 2015 (279,613 m³, population 9,036).

Paper consumption 2015
13,500,000 Sheets DIN A4

In comparison
This equals a paper queue of 283,500 km, which reaches 70 times around the equator.

References of the brochure

Tips for Everyday Life
The aim of the office is to promote sustainability as an interdisciplinary topic into all areas of the University of Basel. We support and coordinate sustainability initiatives at the University of Basel and implement projects in close cooperation with other faculties and departments.

**Contacts**
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