



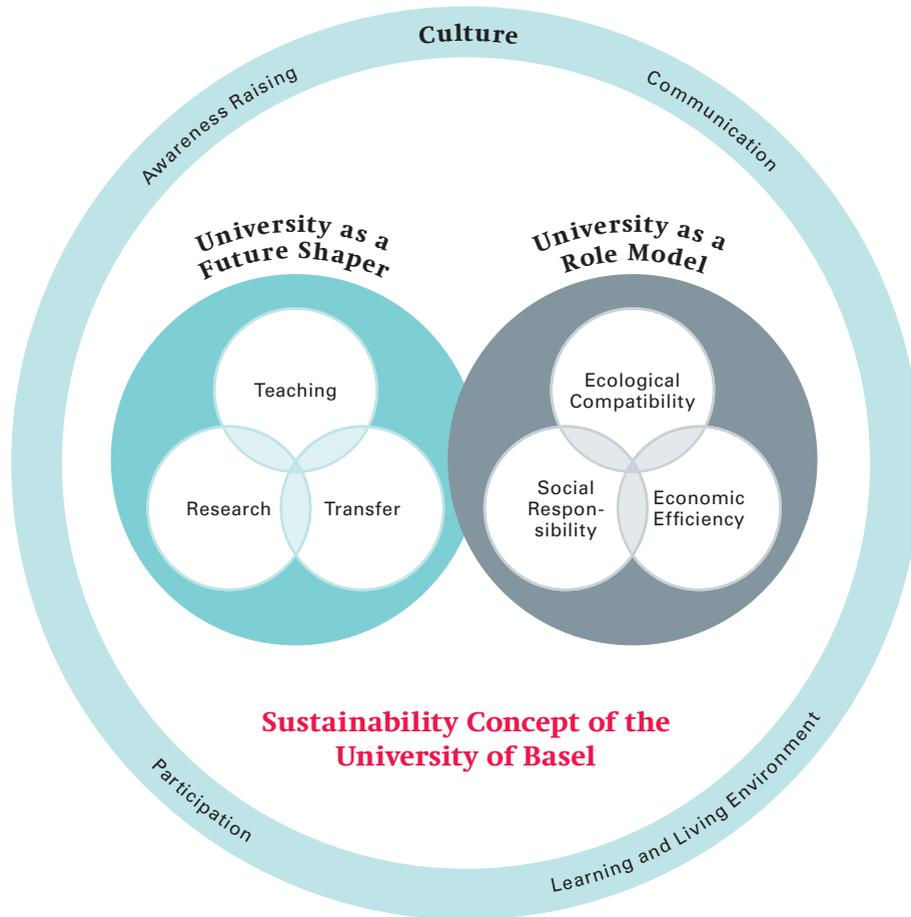
University
of Basel

Sustainability

Tips for Everyday Life



Think Further ... Sustainability at the University of Basel



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. The University of Basel is committed to make a major contribution to solving the challenges facing society on the regional, national and global level, such as those described in the United Nations Sustainable Development Goals.

... 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.

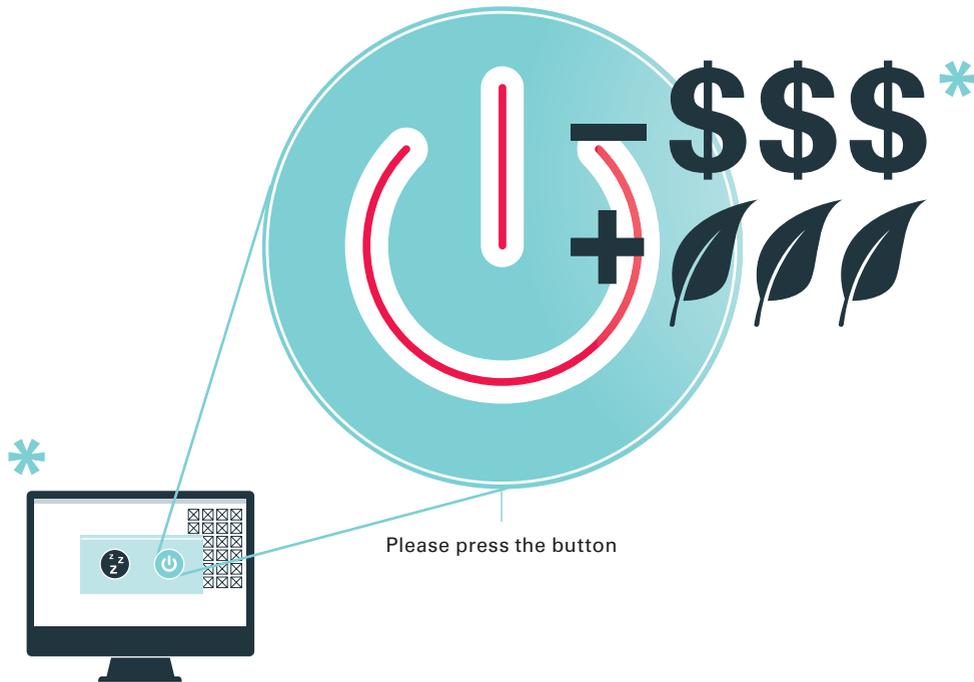
Best regards,
The Sustainability Office

www.unibas.ch/sustainability

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



Use Energy Consciously



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

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)

Promoting Health among Faculty and Staff

Balancing personal resources



Balance your well-being and health with your efforts

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

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

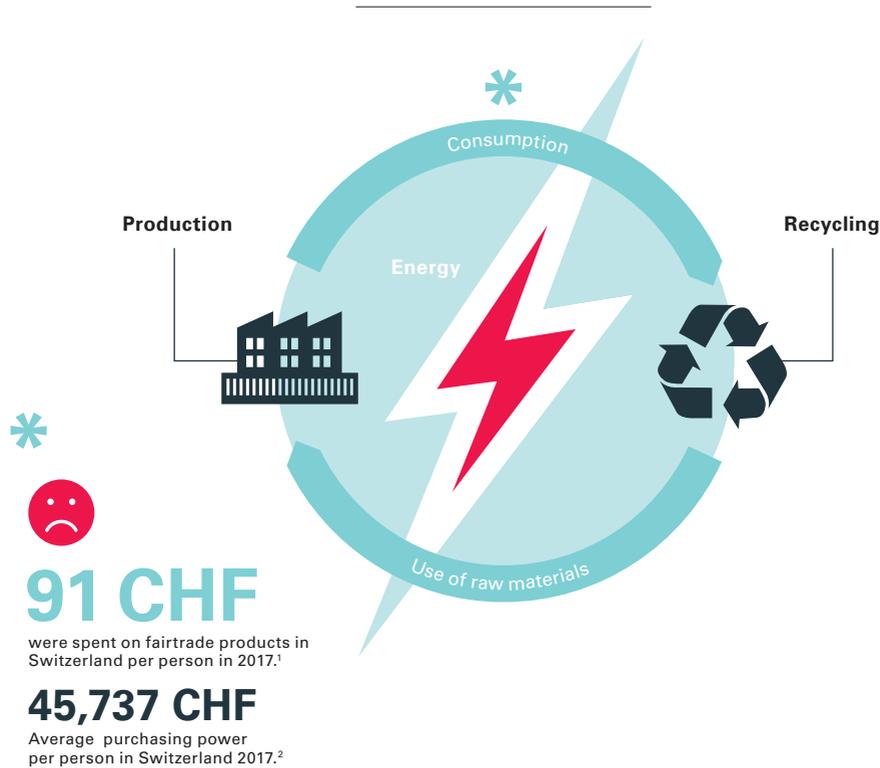
www.unibas.ch/td

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 dubious 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

1

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.

2

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.

3

Use recycled paper

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

4

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.

5

Buy fair

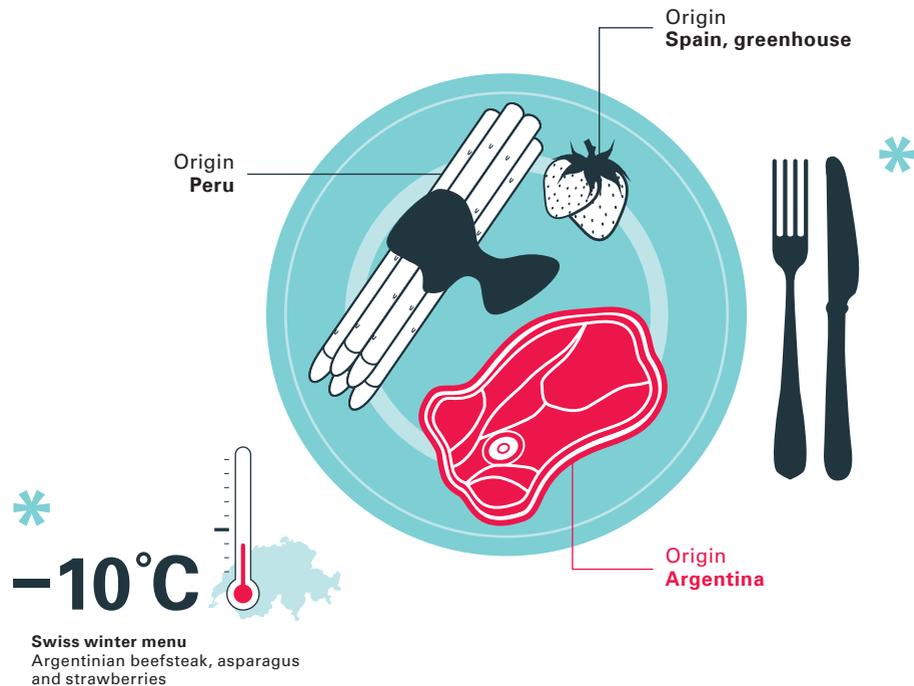
When going shopping watch out for certified products which guarantee a socially and ecologically fair production. Consider products from local production.

Valuable Links

www.blauer-engel.de (label for the environment)
www.fairwear.org, www.global-standard.org (certifications in textile industry)
www.tiefbauamt.bs.ch (information for waste collection in Basel)

Culinary Delights

Taking a Broader View



Swiss winter menu
Argentinian beefsteak, asparagus
and strawberries

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.³ 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

1

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.

2

Fair trade foods

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

3

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.

4

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.

5

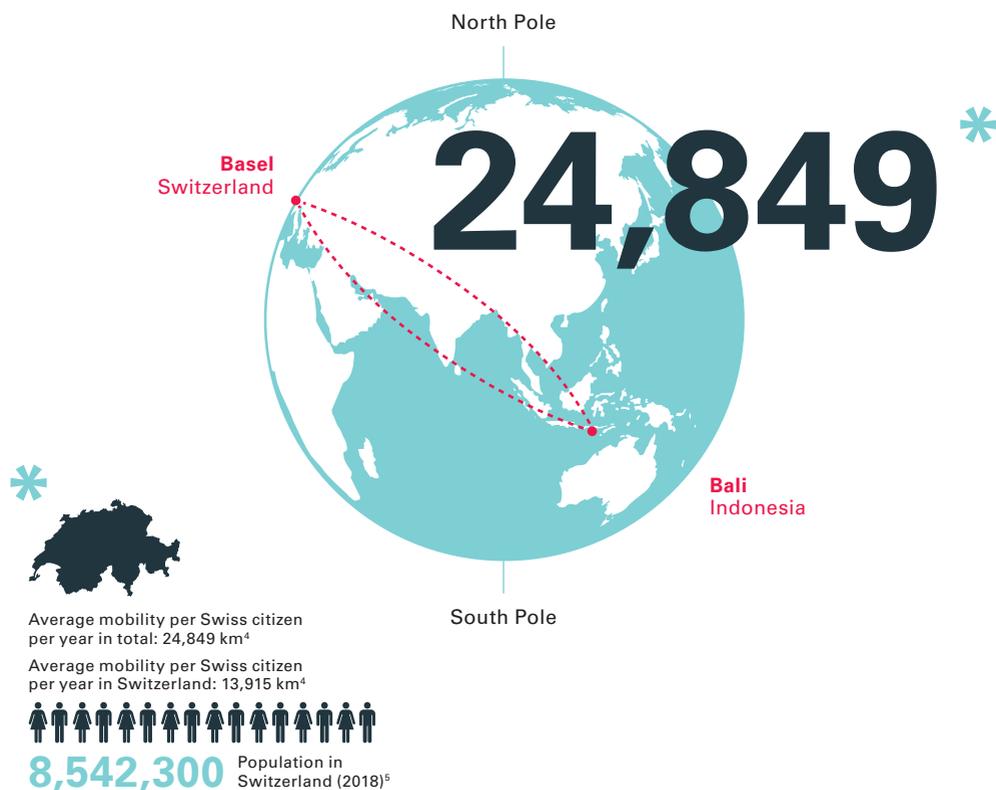
Refilling instead of throwing away

Drink your tea or coffee in the canteen or cafeteria from a reusable cup.

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.⁴ This means that traffic is the most significant cause of noise and the main source of nitrogen oxide and greenhouse gases in Switzerland.⁶ 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.

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)

Sustainability Report – Highlights 2018

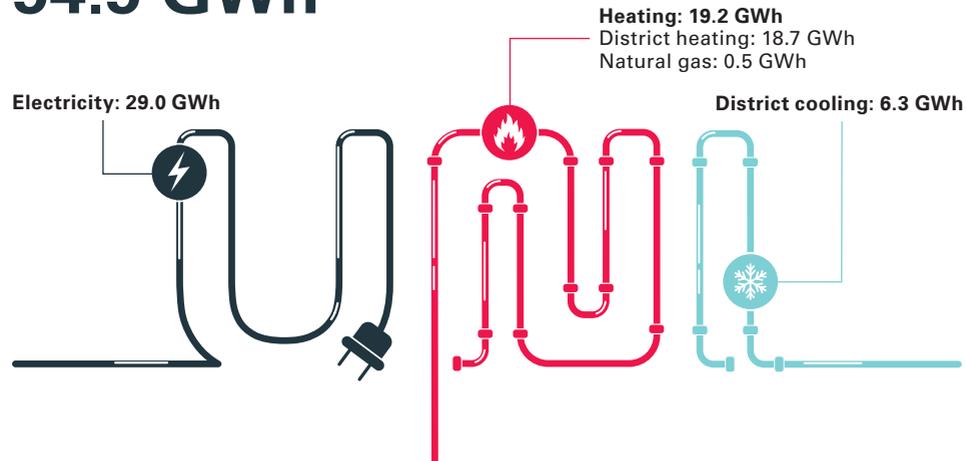
Resource consumption

To provide resources for the almost 13,000 students and doctoral students, as well as the 5,000 staff members at the University of Basel, in over 80 buildings:

- 54.5 gigawatt hours of energy were used, which is equivalent to the energy consumed by 3,100 Swiss homes⁹.
- 2,961 metric tonnes of CO₂ equivalent were emitted through energy consumption.
- 229,230 cubic meters of water were used, primarily for the cooling of laboratories, devices and materials used in research. This corresponds to a decrease of 7.3% compared with 2016.

More information can be found at <https://www.unibas.ch/sustainabilityreport>

54.5 GWh



Catering

Around 260,000 meals, as well as drinks and snacks, were consumed at the University of Basel's seven catering facilities. Thanks to a sustainable catering concept:

- 0.12% of total shopping cart were transported by air
- 100% of the meat served came from Switzerland – 51% from animal-friendly farms.
- 27g of leftovers per meal were thrown away – 71% less than in 2006.

More information can be found at <https://www.unibas.ch/sustainabilityreport>

260,000 Menus



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- ⁹Statistiken des Bundesamts für Statistik (2017): «Privathaushalte nach Gemeinde und Haushaltsgrosse» und des Bundesamts für Energie (2017): «Der Energieverbrauch der Privaten Haushalte 2000–2017»

Sustainability Office

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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