

WANT TO REDUCE YOUR CARBON FOOTPRINT WHILE ATTENDING THE CONFERENCE? HERE'S A SIMPLE CHECKLIST WITH GOOD HABITS THAT MAKE A DIFFERENCE.

www.aalborgcvb.dk



CHOOSE A GREENER WAY TO TRAVEL

Take the train or bus instead of flying. If flying is necessary, use public transport from the airport to the conference venue.



WALK OR USE PUBLIC TRANSPORT

Use the bus, bike, or walk whenever possible. If you need a car, consider renting an electric vehicle.



BRING YOUR OWN WATER BOTTLE

Refill your bottle at water stations and avoid single-use plastics.



USE A REUSABLE COFFEE CUP

Fill your own cup at the coffee machine during the day. It reduces waste and saves resources.



CUT DOWN ON PAPER USE

Use the digital version of the programme and take notes on a tablet or smartphone instead of printing.



SORT YOUR WASTE CORRECTLY

Use the waste sorting options available at the conference venue.



BE ENERGY-CONSCIOUS AT THE HOTEL

Turn off lights, air conditioning, and electronics when you leave the room, and reuse towels instead of having



EAT CONSCIOUSLY AND AVOID FOOD WASTE

Take only what you can eat, and be open to vegetarian or plant-based meals, which often have a lower carbon footprint.



CHOOSE LOCALLY PRODUCED SOUVENIRS

If you want to bring something home, choose local products that are responsibly made.



INSPIRE OTHERS

Share your sustainable choices with other participants and help highlight green solutions.

THANK YOU FOR TAKING RESPONSIBILITY FOR A GREENER CONFERENCE EXPERIENCE.