Capgemini UNIVERSITY

HINTS AND TIPS FOR SUSTAINABILITY HABITS

SUSTAINABILITY

Sustainability starts with you!

We all play a part in creating the sustainable future we want.
Here are some handy hints and tips that you can apply in your day to day routine.

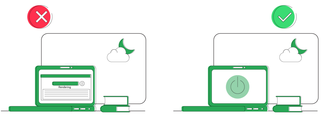
DIGITAL HABITS

FACT

The digital sector emits almost 4% of worldwide Greenhouse Gas (GHG) (and could double by 2025!), and uses about 5.5% of world electricity.

DO YOU KNOW?

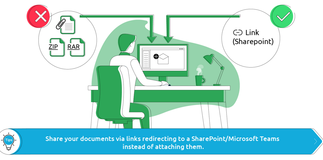
Increasing a PC lifespan from 2 to 4 years reduces its environmental impact by half.



Take care of your equipment to increase its lifespan.

DO YOU KNOW?

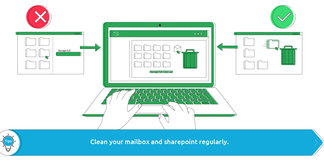
Sending a simple email emits about 4g of CO_2e – with a heavy attachment (>1Mo) it can emits up to 50g CO_2e.



Share your documents via links redirecting to a SharePoint/Microsoft Teams instead of attaching them.

DO YOU KNOW?

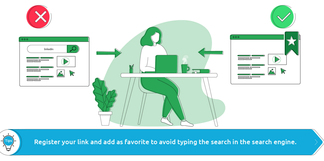
Saving and storing 100 GB of data in the cloud per year amounts to 0.2 tons of CO_2e.



Clean your mailbox and sharepoint regularly.

DO YOU KNOW?

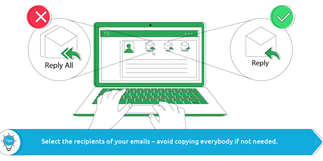
In 2018, 3.3bn searches were made on Google on a daily basis, which had the same impact as Norway's annual electricity consumption.



Register your link and add as favorite to avoid typing the search in the search engine.

DO YOU KNOW?

60% of reply all emails sent globally go unopened; a carbon footprint of 1.5 million wasteful tons of CO_2e.



Select the recipients of your emails – avoid copying everybody if not needed.

PERSONAL HABITS

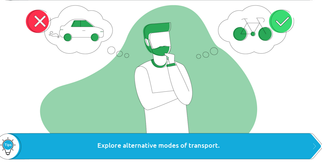
DO YOU KNOW?

Travel emissions make up a significant proportion of our carbon footprint, contributing over 300,000 tons CO_2e in a typical year.

Promote low carbon transportation for your projects.

DO YOU KNOW?

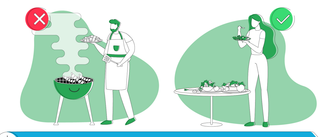
In some countries, 60% of the population are commuting distances less than 5 kilometers (3 miles) by car.



Explore alternative modes of transport.

DO YOU KNOW?

Committing to participate in Meatless Monday, every Monday for a year you would save the same amount of emissions as driving 560 km (348 miles) in a car, and would save 503 liters (133 gallons) of water.



Consume more plant-based foods and consider meat a treat.

DO YOU KNOW?

We generate around 25kg of waste per employee in a typical year.

Reduce single use waste (coffee cups, water bottles, sandwich plastic bags, ...).

By applying these tips, you will contribute towards saving the planet.

Act now and create the sustainable future you want!