



CO₂Advice

How big is the carbon footprint of the University of Barcelona? How can we reduce greenhouse gas emissions?







CO₂Advice #1

Prioritise walking or cycling, and longer journeys by public transport.





CO₂Advice #2

If you have to travel by car, you can share your trip to make it more fun, reduce costs and emissions.

UNIVERSITAT DE BARCELONA

CO₂Advice #3

If we travel by train instead of by plane on journeys of less than 1,000 km, the UB could avoid the emission of 328 tons of CO_2 per year.





CO₂Advice #4

If you have to travel, consider attending meetings or workshops via videoconference.





CO₂Advice #5

When our day is over, we should not forget to turn off the computer, lights and non-essential equipment.





CO₂Advice #6

In summer, if you open the windows located in different facades, there will be a natural air flow that will allow you to have a good thermal comfort without using the air conditioning.



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CO₂Advice #7

If you have the heating on in your home, do not leave windows open. To ventilate, 10 minutes is enough.

(In other areas, follow the instructions that have been established in agreement with the health authorities)



CO₂Advice #8

Remember to make good use and maintenance of air conditioning equipment, refrigerators and freezers.





CO₂Advice #9

Do you know at what temperature you have to set the air conditioning? In summer, it should not be less than 26°C. In winter, it should not exceed 21°C.







CO₂Advice #10

By using reusable products we can considerably reduce the amount of waste we generate.



CO₂Advice #11

Look for the nearest selective collection "clean point" in your center to separate waste fractions and recycle correctly.





CO₂Advice #12

Don't forget to turn off the tap once you've finished washing your hands!





CO₂Advice #13

Notify if you detect any water leaks, even if it's just a dripping tap.







CO₂Advice #14

If we use recycled paper instead of white paper, we can avoid emitting 1.6 kg of CO₂ per 500-sheet package.

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Paper has two sides! The other side of the paper can be used as a draft.

CO₂Advice #15

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CO₂Advice #16

Every time we don't print we avoid consuming energy, water and other resources ... And we reduce CO₂ emissions.