

# 6 RULES TO FOLLOW



## Eco - friendly training location

- Non-remote
- Easily-reached by public transport
- Refillable cosmetic bottles with dispenser
- Separated recycling bins
- Information on environmentally sustainable behaviours available at the hotel



## Healthy, locally sourced menu

- Plenty of seasonal vegetables and fruit
- Wholegrain products
- Less meat options as well as vegan meals included
- Local products, ideally from certified eco farms
- Reusable dishes, cutlery, tablecloth and packages
- Drinkable tapwater available
- Plastic minipackages excluded



## Save paper attitude

- Educational material, questionnaires and tests available online
- Trainers' namecards in Vcard and QR format



## Spare use of educational aids and tools

- Use reusable items, for instance: refillable markers, dry-erase flipcharts, sustainable handouts
- Use post-recycled and natural products
- Encourage pen-sharing
- Avoid distributing notebooks, give separate sheets of paper



## Virtual classrooms and teleconferences instead of travel

- Online communication should be preferred
- Use trains, buses or bicycles rather than cars or planes
- Encourage the participants to carpooling and public transport



## Fight the climate crisis - Inspire suppliers and customers

- Training content enriched with eco-terms e.g. case studies and training exercises related to the eco-crisis
- Eco-friendly behaviours included in the training contract
- Environmentally-friendly suppliers prioritized



**ADOPT AN ENVIRONMENTALLY-FRIENDLY POLICY**

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