

Dear all,

the THEME of my monthly letter as your delegate for Environment and Sustainable development is: REDUCE the ENERGY consumption at home and at work. Here is what you can do:

1. Turn off the lights, computers and all equipment that is not in use at the end of the day
2. Disconnect equipment that is not in regular use
3. Always bring down the front window of the chemical ventilated hood after finished work
4. Turn off completely the sterile hood in the end of the day. Turn it on 15 min before your start work next time, for complete sterile conditions
5. Defrost the -20 freezers when ice and snow are accumulated
6. Take away snow regularly from your -80 freezers. Defrost once a year
7. Turn off the incubators that are not in use. This will directly reduce the CO<sub>2</sub> emissions 😊

I attach a Smart Energy list for your private use that I borrowed from our “Bostadsföreningen” – in Swedish – please, Google-translate!

### ANNOUNCEMENTS

The last week of November (w. 48) we will have our yearly “give away-exchange” activity. It will be in connection to a world-wide initiative <https://givingtuesday.se/> or <https://www.givingtuesday.org/>. The instruments, lab or office supplies, which you do not need any longer, or the images of these along with your contact information, can be placed in the vacant lab in J5:30 (U230 05 **4500**) at BioClinicum. If any large equipment changes the owner, contact AdMin. This way we can save money, resources and the PLANET!

Our motto: We can make a difference!



I'll be back!  
Katja