

Dear all,

In this letter I am listing our achievements along our Path to a Green lab.

1. We have bought a LED lamp for the virus-lab microscope instead of a mercury lamp. Motivation: to avoid poisonous mercury, to save energy and prolong the life of the lamp. Cost: 40000 SEK
2. We have introduced a yearly centrifuge service and REPAIR. Motivation: to prolong life of the instruments, to have good standards for research. Cost: 12000 (for common centrifuges); 29000 (Ultracentrifuge).
3. We bought timers for the equipment. Motivation: to save energy and equipment. Cost: 400. There is one left upon request!
4. Introduced a yearly Exchange Week. Motivation: share and reduce wasting materials. Cost: 0
5. Disconnected not-in-use freezers in empty labs and common areas. Motivation: save energy. Cost: 0
6. Defrosted all -20 freezers in the JIT and other common areas. Motivation: save energy, prolong life of equipment, re-organize and save space. Cost: time
7. Triton-X100 is substituted by Tween20 for immunohistochemistry at HistoCore. Motivation: Substitution of dangerous chemicals. Cost: Time to test. Profit: protect yourself and nature

## ANNOUNCEMENTS

The [Council for Environment and Sustainable Development](#) is organizing [KI Sustainability Day 2023 | Karolinska Institutet Nyheter](#), on the **24<sup>th</sup> of May**. Check out the program and save the date!



I'll be back!

Katja