



Tips for sustainable participation at ERA24



REDUCE YOUR CARBON FOOTPRINT

Reduce your travel **carbon footprint** (use the calculator to calculate your impact) thanks to the **Fly Green Fund**, a special local initiative that **ERA** is supporting. The Fly Green Fund promotes **SAF** (sustainable aviation fuel) – **make a donation!**



CHOOSE SUSTAINABLE TRANSPORTATION

Prefer low-emission travel and public transportation. However, if you must travel by plane, do take advantage of the special offer by **Arlanda Express** and get **20% discount code on your purchase**. Overall, please remember that trains are fast, comfortable and ecological!



BRING YOUR REUSABLE ITEMS

Remember to bring your own **reusable water bottle** and coffee cup to refill at our water stations and coffee breaks.



WASTE SEPARATION

Dispose of waste responsibly by using designated **recycling bins** provided throughout the venue.



RECYCLE YOUR LANYARD

Please **reuse your lanyard** next year when you will attend our Congress in Vienna on June 4-7, 2025.



ENGAGE IN SUSTAINABLE CATERING

Enjoy **locally sourced food** and the **vegetarian** options provided by our caterers and avoid single-use plastics.



ENERGY CONSERVATION

Turn off computers, laptops and other electronic devices when not in use. Recharge them only when needed.



LEARN AND SHARE

Discover the **ePlanet project** at the **ERA Booth** to learn more about how healthcare professionals can make a positive impact.



GO DIGITAL AND REDUCE PAPER USAGE

Access congress materials and schedules through our official **Congress app** and **Virtual Congress** to reduce paper waste.



PROVIDE FEEDBACK

Share your **thoughts and suggestions** on how we can improve our sustainability efforts for future congresses. Please contact us at secretariat@era-online.org

