

# PODIUM 2020

## THE ECO-RESPONSIBLE PARTICIPANT GUIDE

### I REDUCE MY GREENHOUSE GAS EMISSIONS

- I travel to Montreal by carpool or public transit
- I get around from place to place on foot, by bicycle or public transit
- I avoid printing or taking paper copies of documents that can be found online



### I REDUCE MY ENERGY CONSUMPTION

- If I am staying at the hotel, I request that sheets and towels not be replaced daily
- If I am staying at the hotel, I turn off lights and any electronic devices before leaving the room

### I COME EQUIPPED

- I bring my reusable bottle and I refill it with the water provided on-site
- I bring my reusable cup if I drink a lot of hot beverages
- I bring a reusable bag from home to carry easily the program or other documents



### I ADOPT SIMPLE BUT IMPORTANT GESTURES

- I throw my waste in the appropriate sorting bins
- I use reusable dishes and cutlery provided by the place
- I return my nametag to the indicated area once the Conference is over

### I SUPPORT THE INITIATIVE

- I understand the sustainable development policy and I am committed to reducing the environmental impact of the event
- I understand the measures and choices that have been taken by the organization

