

# Summary of Environmental Activities in 2023

Department of Clinical Science, Intervention and Technology  
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Arbetsmiljögruppen

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## Summary of Environmental Activities in 2023

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## Background

Karolinska Institutet has signed the "Klimatramverket" agreement, an agreement between 37 Swedish universities and higher education providers to commit to the aims of the Paris Agreement to keep global warming below the 1.5-degree limit.

Karolinska Institutet also actively works towards the UN Sustainable Development Goals and follows the Swedish Environmental Objectives. To succeed in all this work, Karolinska Institutet has prepared an environmental plan. This plan was adapted and introduced to the Department of Clinical Science, Intervention and Technology (CLINTEC) during 2022. During 2023, all CLINTEC divisions and administration selected at least two activities each from CLINTEC's environmental plan to work with. The activities were reported to the work environment group at the end of the year. This concise summary presents the main observations regarding our work for increased sustainability.

## Selection of activities in 2023

The 13 divisions and administration collectively selected 47 different activities to work with, distributed across seven different focus areas. The only area where no activities were planned was "Samverkan för nyttiggörande." The three focus areas with the most planned activities were "Travel and Meetings," "Energy and Buildings," and "Purchase and Procurement." The aims in these areas often related to decreasing air travel, reducing energy usage, and investing in more sustainable catering.

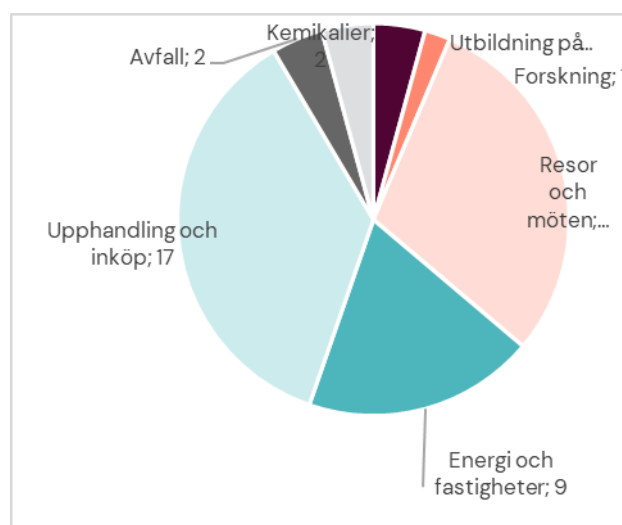
## How did we succeed?

Every division reported their environmental work at the end of 2023 via a simple online reporting system, where work within each selected activity was described as quantitatively as possible using free text. Altogether, 46

activities were reported across seven different focus areas. As was planned, most activities were accomplished within “Purchase and Procurement” (n=17), followed by “Travel and Meetings” (n=14), and “Energy and Buildings” (n=9).

Notable examples include units reporting that all half-time seminars and other meetings were organized online to avoid travel, the reduced use of plastic cups, bottles, animal-based products, and non-organic options when ordering catering. Additionally, there was increased use of electronic signatures to reduce paper use, and turning off computers, lamps, and machines at the end of the day to save energy. Units also used Teams groups for second-hand equipment and furniture instead of buying new and encouraged staff to adopt a healthier lifestyle with reduced car use and an increased plant-based diet.

An important aspect of environmental reporting is its desired quantitative nature. The reports submitted to the work environment group generally showed that quantifying the impact of the work is challenging. While the opportunities to show reduced energy consumption are very limited, other kinds of activities can be tracked in more detail: how many people were served sustainable food at meetings, how many attended meetings online, how many second-hand items were acquired, and how many hazardous chemicals were phased out. Some examples of reported activities are given below.



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Focus area	Aim	How to measure?	Description of work in quantitative terms
Upphandling & inköp	Se över användningen av engångsprodukter och använda porslin i stället för pappersmuggar/ tallrikar etc.		Vi köper inte längre engångsartiklar till fika eller möten. Använder befintligt porslin.
Upphandling & inköp	Kranvatten i tillbringare i stället för att köpa vatten på flaska/burk		Vi köper inte vatten, använder tillbringare och kranvatten.
Ej angivet	Skriva ut mindre papper och utnyttja skärmar för läsning i större utsträckning.	Vi börjar med att inventera våra nuvarande utskrivningsvanor och därefter sätter upp exakt vilken typ av utskrifter vi ska minska och hur mycket.	Vi startade med en inventering där medarbetarna fick skatta sin nuvarande utskriftsmängd samt skatta hur mycket de upplevde att den skulle kunna minskas. Samtliga medarbetare tyckte sig skriva ut ganska lite (1–2 på en femgradig skala), men att de ändå skulle kunna minska något. Vi har inte genomfört någon eftermätning ännu, men enligt fakturor har antalet utskrifter minskat något, dock inte så mycket som vi hade förväntat.
Resor & möten	The sustainable <a href="#">event guide</a> will be followed when ordering catering for meetings.	Compile orders for division meetings, Ph.D. defense, and student "fika".	Guiden för hållbara möten används vid servering: "Regarding catering, we use reusable utensils, glasses, and food packaging. We order tap water carafes as often as possible. We choose catering services that are on campus, so they prepare the food locally,

			deliver by foot with trolleys and not with cars. We adjust the food amount to the actual number of people to reduce food waste."
Energi & fastighet	Utnyttja CLINTEC Teams-grupp samt sjukhusets grupp för begagnade möbler och utrustning.	Antal begagnade möbler och köps in i stället för nya.	Begagnat skrivbord i stället för nyinköp.
Avfall	Minska antalet kaffemuggar.	Pappersmuggsförbrukning på enheten.	Pappersmuggar används inte längre.
Ej angivet	Stänga av elektriska apparater som inte behövs. Komma ihåg att släcka ljuset i rum vi inte vistas i.		Uppskattar måluppfyllelsen till 80%

## Environmental review

In March, CLINTEC underwent an external environmental review conducted by a specialist in environmental law from Envima. Our work on sustainability received positive feedback, and we were overall praised for the implementation of Karolinska Institutet's environmental strategy to our activities. However, some areas requiring further focus were identified. The importance of phasing out hazardous chemicals was emphasized, as well as the need to collect data on the progress of our environmental efforts in more quantitative terms.

## Recommendations

The CLINTEC Work Environment Group, together with the Head of the Department, kindly requests all employees and students to continue their contributions to our environmental work. It is important that we continue pursuing the goals we have set and even expand on them. Each division involved in laboratory activities is advised to conduct a thorough chemical inventory and reduce the number of hazardous chemicals used.

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Furthermore, all divisions are encouraged to develop methods for quantifying their progress in environmental efforts.

## Further reading and contact

[Environment and Climate at the Department of Clinical Science, Intervention and Technology – CLINTEC | Staff Portal \(ki.se\)](#)

The full list of reported activities is available upon request to the work environment group.