



Are you aware of the great amount of energy and consumables we use to power our research every day? Most of it is necessary, but not all.

This is why we've created the

"Instead Of" Challenge!

It aims to spread good practices in reducing waste while maintaining productivity in our daily activities and to share these ideas with our peers. The more people join, the greater the impact!

So, here are the details:

What's this about?

We are looking for specific actions, something you can tell a colleague, have him/her/them say - wow, that's a great idea! - and start doing it straight away. To collect and share these simple but influential attitude changes, we created a Google Doc.

[Google Doc](#)

OK. Could you give some examples?

Of course! We have prepared a teaser illustrating the format: Instead of <doing something wasteful>, we can save resources by <doing this instead>. Click on the image below to watch our teaser on YouTube or check out the Google Doc for more examples ;)



But I am computational...

No excuses! There are also many ways to make your computational work greener - e.g. using standby mode and turning off your monitor during lunch reduces energy consumption. Since there is less awareness of computational activities and energy waste, we encourage you to find novel ways to optimize resources and share them!

How exactly is this going to help?

We are planning to compile all your tips and make a video/e-flyer with the best ones. This will be shared with your entire institute and other members of the Basel Life Science community!

Hopefully, we sparked your enthusiasm and look forward to your contributions!

