



HEAL 2024 - MAKING SUSTAINABILITY A PRIORITY

HEAL strives to increase sustainability and reduce our carbon footprint as part of our commitment to improving the health of all people and the environment, and the HEAL 2024 conference has been designed to reflect this ethos. The hybrid format of the conference, with full online coverage and regional in-person sessions in all Australian states and territories, aims to stimulate interaction and minimise travel.

We wish to demonstrate leadership in sustainable events as part of our broader aim of driving sustainable solutions in all sectors, and we aspire to raise awareness of pro-environmental behaviours. Wherever possible, we have aimed to minimise the environmental impacts of HEAL 2024, such as through reducing our energy use, choosing more sustainable food and travel options, and by minimising waste and resource use. We encourage all conference delegates to consider which smaller and bigger steps they can also take to join us in creating a sustainable and healthy event.

Travel and Carbon Footprint

To reduce the carbon footprint of the conference, we recommend delegates consider the following when arranging travel and transport:

- Cycle or walk to your conference destination if possible - it's best for your health and the planet!
- Use public transport such as buses, trams or trains
- Minimise the use of private vehicles, and car-pool or rideshare with other people where possible
- Only fly when absolutely necessary, and choose the carbon offset option when offered by the airline (HEAL recognises not all carbon offset programs are effective, however we still recommend supporting them in principle)
- Choose accommodation that is more sustainable (e.g., hotels or Airbnbs which reduce their energy consumption, promote responsible resource use and provide green travel options)
- Consider online participation in the conference when travel is unnecessary and the method would carry a larger carbon footprint

Food and Catering

To reduce the environmental impacts of food consumed during the conference, we recommend the following:

- Minimise food waste through avoiding over-supply at in-person events and taking home what is not consumed (tip: bring containers for leftovers)
- Choose food that is sustainably produced (e.g., seasonal and regional fresh produce that is grown and transported in ways which reduce resources, emissions and pollution)
- Aim for vegetarian options
- Choose sustainable catering companies, cafes and restaurants
- Avoid disposable plates, cutlery and beverage container items; use compostable, recyclable and sustainable items as needed
- Take a reusable water bottle/coffee cup

Resources and Energy Use

To minimise the use of resources and energy during HEAL 2024 we recommend the following:



- Reduce energy consumption by using LED lighting and screens
- Consider the environmental impacts of heating and cooling at hotels and venues and reduce their use
- Turn off lights, televisions, plugged in devices, etc. when not in use
- Avoid printing documents; all information you will need about the conference is available on the website: <https://healnetwork.org.au/heal-conferences/heal-2024-conference/>
- Don't pick up printed materials on offer unless you will make proper use of them
- Use reusable and recyclable name tags
- Minimise water wastage at conference venues and hotels
- Dispose of any waste from events properly, recycling as much as possible