Commitment to climate-friendly and sustainable research

As a chair, we would like to anchor our social responsibility in our work with this commitment. This way, we want to contribute to the implementation of the environmental guidelines at LMU Munich (Umweltleitlinien der LMU München). Our understanding of sustainability is shaped by the 17 Global Development Goals von Project Everyone.

We want to actively engage in making our research resource-conserving, environmentally conscious and responsible. In doing so, we recognize that our understanding of sustainability evolves in joint discourse and is therefore to be understood as a process. For work within the chair team, we would like to formulate recommendations for action that we can use as practical guidelines in our everyday work:

Daily life at the chair

Office materials: We order office materials from sustainable and fair suppliers, e.g., via www.memolife.de, as far as the costs are reasonable. We take care to use materials in a way that conserves resources. The printing of documents is to be avoided as far as possible (see also "Digitization").

Waste avoidance: We try to avoid unnecessary waste and use reusable alternatives whenever possible. When we take food or drinks to go from the cafeteria, we use the LMU deposit system (StuCup & StuBowl) or cups from the café whenever possible. We make sure to bring the dishes back to the cafeteria regularly. For appointments outside of LMU or catering, we also include sustainable alternatives, e.g., via https://map.future.coop/.

Waste separation: We pay attention to the separation of paper, organic and residual waste to enhance the chances of recycling. In the kitchen you will find the organic waste as well as an overview of the correct waste separation. Information on correct separation is also available on the Serviceportal.

Energy conservation: We make sure that the last person to leave the room closes windows and turns off lights, standby devices, PCs and heaters. We also try to organize as many multiple plugs with toggle switches as possible and turn them off as well. In each office, we hang reminder slips on the doors for this purpose (can be found on the internal drive under: Sustainability at KlinPsy (Sustainability)\Ressourcen\"Reminder for the last person to leave").

Electronics: We maintain an internal database of electrical equipment available at the chair (e.g., laptops, docking stations, monitors, lab phones). This is maintained by the IT team via REDCap. When electrical equipment is needed, we first contact the IT representative so that we can look in the equipment database to see if a device is available (i.e., not currently in use, but in inventory) before ordering a new device. Defective equipment is reported and thus marked as defective in the equipment database and can then either be given for repair or recycled and replaced. Older devices

that still work but no longer meet our needs are uploaded to the LMU Device Exchange (LMU Gerätebörse).

Research work

Compensation options: If compensation in person is not possible, we prefer sustainable options to provide study participants with their compensation. A list of alternatives is available for this purpose (can be found on the internal drive under: "Sustainability at KlinPsy"\Ressourcen).

Digitization instead of paper: We try to conduct our studies as digitally as possible. To this end, we specifically use the SONA-Plattform for recruitment but also for crediting the study subject hours. We also try to make the study process as digital as possible and have content filled out directly on the tablet/PC via REDCap. Ideally, this means that only the consent form and (if necessary) a receipt need to be printed. Plus point: This not only saves us paper, but also space in the folders and cabinets.

Search engines: Instead of using the search engines Google, Bing, Yahoo etc., the search engine Ecosia can be used (50 reasons for using Ecosia).

Business trips: When traveling to conferences and the like, we use public transport (especially trains) whenever possible and avoid air travel. In doing so, we would like to follow the self-commitment of Scientists for Future, which recommends avoiding short-haul flights of less than 1000km distance. If a flight cannot be avoided, we choose at best an option with CO_2 compensation. When choosing accommodation, depending on the size of the group, we choose the option that is most likely to conserve resources and local infrastructure (hotel vs. AirBnB).

Attentive cooperation: We pay attention to fair remuneration for every activity performed in the context of our research, e.g., in the form of auxiliary positions, internships, theses, doctorates. In addition to financial remuneration, fair participation in publications ((co-)authorship) must also be taken into account. At the same time, we support each other as a team in maintaining a healthy work-life balance.