informa

Tips for being a **sustainable attendee** at our virtual event

1 Reduce the brightness of your screen and remember to hibernate your computer when not in use to help reduce your energy usage.

2 Make sure you take a break at regular intervals throughout the day. Getting away from your screen for a minute to stretch your legs, staying hydrated and having a healthy snack will improve your ability to get the most out of the event.

3 When talking to exhibiting companies remember to ask them about the sustainability credentials of their business and their products.

4 Be aware of our code of conduct and help us ensure a welcoming atmosphere of respect for all.

5 Consider eating a healthy meat-free lunch during the event, its good for you and for the planet.

6 Most event resources have been designed to be easily viewed online or via a mobile device so please avoid printing where possible to help reduce paper waste.

Would you like to know more about the sustainability of the event? Contact the event team or reach out to Informa's sustainability team for more information at sustainability@informa.com