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# Letter of green practices

PROJECT HEDERA



## 1. Commitments and Project Objectives

The Hedera project, framed in the Erasmus+ KA220-VET program, is comprehensively committed to the integration of green practices in all its phases, seeking to reduce its environmental impact and promote ecological awareness among participants.

The specific objectives regarding green practices are:

### Sustainable Acquisitions:

- Search for suppliers committed to sustainable practices for the acquisition of materials and resources necessary for the construction of the therapeutic model.
- Prioritize green products and materials in all procurement activities.

### Digitization of Resources:

- Prioritize the digital format in tools and materials linked to the project (management, therapeutic, training, etc.), thus reducing paper consumption and promoting more efficient information management.

### Remote Work:

- Integrate mechanisms for collaboration and remote work in all phases of the project (avoiding unnecessary travel).

### Sustainable transport:

- Encourage the use of public transport, bicycles or other sustainable forms of travel for trips related to the project (both meetings and therapeutic sessions at home or training meetings).
- Prioritize locations for training meetings that are well connected by public transport.

### Innovation in Green Technologies:

- Explore and adopt innovative and green technologies that can improve project efficiency and sustainability.
- Identify opportunities for green innovation in the field of family therapy at home.

## 2. Actions, Measures and Strategies

### Sustainable Acquisitions:

- In the acquisition of products and materials for the project, priority will be given to sustainable consumption and those products that have recognized environmental certifications, such as ecological labeling or sustainable forest management certifications.

### Digitization of Information and Resources:

- The information and resources used in the project will be digitized and digital formats will be prioritized in project tools and materials, significantly reducing the need for paper printouts and promoting more efficient management of resources.
- The use of online collaborative platforms will be implemented to share documents and resources, facilitating access and collaboration between professionals involved in the project.

### Holding Meetings in Online Format:

- The project will prioritize holding meetings virtually whenever possible, thus reducing the need for travel and contributing to the reduction of greenhouse gas emissions.

### Responsible Distribution of Tasks and Meetings:

- Efficient planning will be established for the distribution of tasks and the scheduling of meetings, minimizing unnecessary travel and optimizing the use of time and resources.

### Remote Work:

- Online training activities will be implemented through virtual learning environments, reducing the need for travel and promoting flexibility in learning.

### Sustainable transport:

- Locations for in-person meetings (trainings, meetings, etc.) that are well connected by public transport will be prioritized.

### Innovation in Green Technologies:

- Emerging technologies in the field of home family therapy will be periodically studied, seeking opportunities to integrate innovative and sustainable solutions.

### 3. Indicators to Measure Progress:

- **Indicator 1:** Percentage of suppliers committed to sustainable practices in relation to the total suppliers used for the acquisition of materials.
- **Indicator 2:** Number of products purchased with recognized environmental certifications.
- **Indicator 3:** Percentage of information and resources digitized in relation to the total resources used in the project.
- **Indicator 4:** Percentage of tools and materials resulting from the project in digital format compared to printed formats.
- **Indicator 5:** Number of mechanisms implemented for collaboration and remote work in all phases of the project (platforms, programs, etc.).
- **Indicator 6:** Percentage of meetings held virtually compared to in-person.
- **Indicator 7:** Evaluation of efficiency in the distribution of tasks and meetings, considering the minimization of unnecessary trips and the optimization of time and resources.
- **Indicator 8:** Percentage of training activities carried out online compared to in-person.
- **Indicator 9:** Percentage of trips to the project training meetings made by public transport, bicycles or other sustainable ways by those attending.
- **Indicator 10:** Number of green technologies adopted and integrated into the project.
- **Indicator 11:** Number of green innovation opportunities identified and evaluated in the field of family therapy at home.

## 4. Responsibilities and Monitoring Mechanisms:

### Project Coordinating Organization:

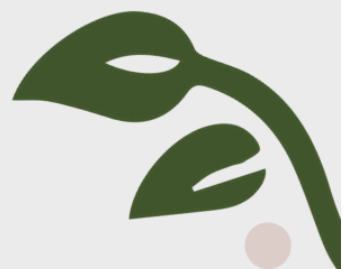
- Coordinate and supervise the implementation of green practices in all phases of the project.
- Guarantee the integration of sustainable criteria in the selection of suppliers and procurement.
- Implement the measures described.
- Evaluate compliance with objectives.

### Partner Organizations:

- Actively collaborate in identifying suppliers committed to sustainable practices.
- Ensure that information and resources relevant to the project are digitized and accessible efficiently.
- Participate in the implementation of mechanisms for collaboration and remote work.
- Identify opportunities for green innovation in the field of family therapy at home.
- Develop online training programs, prioritizing the digital format and reducing the need for travel.
- Evaluate the effectiveness of the locations selected for face-to-face meetings in terms of accessibility by public transport.

To guarantee compliance with the different aspects established in the green practices charters, monitoring will be carried out with reports that will be prepared halfway through the project, being able to establish corrective measures, and at the end of the project.

In addition, monitoring of the established measures will be addressed in meetings between the project organizations and through feedback forms.



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