# César Ritz Colleges

# Carbon footprint 2022

Myclimate's solution for companies







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The report is made out of 4 parts. Part A (environmental footprint) and D (annexes) can be transmitted to the clients. Part B (communication) and C (Climate protection projects) is intended to internal use.

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# A. 2022 Report for César Ritz Colleges

### A.1 General overview of the emissions

### A.1.1 Breakdown of CO<sub>2e</sub> emissions in tonnes

The following table provides a detailed overview of emissions from the different sectors for 2022<sup>1</sup>.

	2022	
Category of emissions	t CO2e Part in %	
Electricity	181,4	6,8%
Heating and cooling	348,7	13,0%
Commuting	105,2	3,9%
Business travel	22,9	0,9%
Food and drinks	1266,7	47,2%
Material	678,1	25,3%
Waste and recycling	81,1	3,0%
Total emissions	2684,0	100,0%

### A.1.2 Breakdown of CO<sub>2e</sub> emissions by category



### Observations

In 2022, the César Ritz Colleges emitted 2684,0 tonnes of CO<sub>2e</sub>. The main source of emissions was *Food and drinks*, and *Material*. These two sectors account for 72% of total emissions.



<sup>&</sup>lt;sup>1</sup> Les catégories sont détaillées en annexe



### A.2 Relative CO<sub>2e</sub> emissions

# A.2.1 CO<sub>2e</sub> emissions per overnight stay



### A.2.2 CO<sub>2e</sub> emissions of event



### Observations

In order to monitor the school's environmental performance from year to year, it is necessary to use indicators. Here we consider the overall climate impact per overnight stay, as well as the climate impact per event.

Per overnight stay, 20,3 kg of CO<sub>2e</sub> are generated.

Per event, an average of 35,5 tonnes of CO<sub>2e</sub> are generated





### A.3 CO<sub>2e</sub> emissions by scopes

The definition of each scope is detailed in annexes.



### Observations

The graph above shows the breakdown of greenhouse gas emissions according to different scopes. Scope 1 represents direct emissions (on site), in particular emissions linked to heating with oil and natural gas, and to a lesser extent to fuel for the college's vehicles. Emissions from this scope total 256,5 tCO<sub>2e</sub>. Scope 2 corresponds to restricted indirect emissions, notably from electricity production, and accounts for 155,2 tCO<sub>2e</sub>. Scope 3 includes extended indirect emissions, covering the college's entire value chain (catering, production of materials, employee mobility, waste disposal, etc.), and accounts for 85% of the college's greenhouse gas emissions, i.e. 2272,3 tCO<sub>2e</sub>.

### Recommendations

- A new study by the BAFU highlights the fact that, despite considerable efforts, Switzerland's environmental impact (calculated in UBP) is still three times too high. Damage such as soil impoverishment, melting glaciers and the increasing frequency and intensity of extreme weather phenomena will be felt more and more strongly, and future generations will have to bear the consequences. The national targets for reducing environmental pressure defined by the study can be broken down as follows:
  - Pressure on biodiversity: -74%
  - Eutrophication : -48%
  - Greenhouse gases : -89%

Companies and organizations can and must take action by optimizing their processes to reduce energy and resource consumption, while at the same time limiting their production of waste and pollution; by involving their suppliers in a responsible purchasing approach; by redirecting their investments towards sustainable companies; by banning the use of fossil fuels; and in the case of a school, by recruiting local students to limit air travel, which is a major GHG emitter.





### A.4 Global emission reduction targets for 2030 and 2050 applied to the school



### Observations

In order to contribute to the Swiss targets for reducing greenhouse gas emissions<sup>2</sup>, the school is expected to emit 1691 tonnes of  $CO_{2e}$  in 2030 and approximately 338 tonnes of  $CO_{2e}$  in 2050<sup>3</sup>.

This information is indicative and the distribution between the different categories in the graph above may vary depending on the measures implemented.

### Recommendations

- The achievement of these objectives is essential to limit global warming to 1,5 degrees by 2050. The society as a whole must take part in achieving these objectives by making transition. This effort must focus primarily on phasing out the direct and indirect use of fossil fuels in all areas.

<sup>&</sup>lt;sup>3</sup> The percentage reduction refers to the greenhouse gas emissions of the year 1990. Therefore, the emissions of that year are extrapolated and based on the development of the emissions in Switzerland between 1990 and 2022. This graph is therefore indicative.



<sup>&</sup>lt;sup>2</sup> OFEV (2023). Switzerland's targets for reducing greenhouse gas emissions. Available on : https://www.bafu.admin.ch/bafu/en/home/topics/climate/info-specialists/emission-reduction/reduction-targets.html



### A.5 Food, Drinks and Material



### A.5.3 Material (office and cleaning products) CO<sub>2e</sub> emissions per overnight stay



### Observations

Per overnight stay, 9,27 kg of CO<sub>2e</sub> are emitted into the atmosphere by food, making it the main source of emissions for the school (which generates 20,3 kg of CO<sub>2e</sub> per overnight stay).

Another major source is the material, generating 5,19 kg of CO<sub>2e</sub> per night. Drinks have a relatively low impact.

Based on these relative indicators, it's time to set reduction targets.

### Recommendations

- A simple and effective way of reducing the impact of food is to reduce meat consumption. One kg of beef produces 22,4 kgCO<sub>2e</sub>, one kg of poultry 3,6 kgCO<sub>2e</sub> and one kg of vegetables 0,9 kgCO<sub>2e</sub>. What's more, high-quality service doesn't always rhyme with high meat consumption. Vegetarian menus are often





healthier and can be more sophisticated. It's all part of a change of practice that's necessary for the climate transition, and the César Ritz, as a training facility, must implant these values in future workers in the sector.

- It would be interesting to align ourselves with the food quantity recommendations suggested in the report *The Future of Food in Switzerland* by the Sustainable Development Solutions Network Switzerland in chapter 2.3, Objective 1: <u>https://sdsn.ch/wp-</u> <u>content/uploads/2023/02/Fesenfeld\_etal\_SDSN\_Leitfaden\_F.pdf</u> (available in French and German).
- The aim is also to carry out an analysis of food waste, so that measures can be put in place to avoid it as much as possible. As the kitchen operates for students only, it's easy to estimate the quantity needed for each meal.
- The Equipment category is also a major source of emissions. Hygiene articles (mainly soap) are responsible for 45% of Material category emissions, followed by office equipment (40%), with its high consumption of virgin fiber paper. The priority is to limit the use of these items.
- The purchase of new electronic devices is always a source of CO<sub>2e</sub> emissions and the use of raw materials; in 2022, this represented 40,3 tCO<sub>2e</sub> (6% of Material category). We therefore need to limit the renewal of these devices as much as possible, by buying equipment that can last at least 5 years, repairing devices whenever possible and identifying real needs.
- The external laundry also generates 6% of the emissions in Material category (43 tCO<sub>2e</sub>), it is recommended to study the possibilities of limiting laundry requirements.





14

12

10

8

6

4

2

0

kWh / overnight stay

### A.6 Energy and Waste





# A.6.2 Electricity in kWh per overnight stay



### A.6.3 Water in liters per overnight stay





### Observations

Incinerable waste Special waste Recyclable waste Electronic waste

Over the year, the two César Ritz Colleges sites consume 1'561'597 kWh for heating and cooling, and 1'720'202 kWh for electricity, which classifies them as "large consumers" (electricity consumption in excess of 0,5 GWh per year).

On average, this works out at 11,9 kWh per night for heating and 13,2 kWh per night for electricity.

Water consumption per overnight stay is 307,1 liters. Waste generated per overnight stay is 1,34 grams. Only 32% is recyclable waste.





### Recommendations

- Purchasing certified 100% renewable electricity would drastically reduce the GHG emissions associated with this category. This choice supports the development of renewable energies in Switzerland and improves the overall balance of the Swiss electricity mix. As a major consumer of electricity, it would be beneficial to consider a high rate of direct and ecological supply, for example with photovoltaic panels. Indeed, the energy crisis underscores the importance of a local and diversified supply of electricity to guarantee the smooth running of our business despite the instability of the European market.
- It would be worthwhile commissioning a specialist company to carry out an energy audit to optimize the use of energy and electronic appliances, particularly in kitchens. Such a measure would generate financial savings that would be all the more significant in view of today's energy issues.
- If, in the context of the risk of shortages that threatened Switzerland this winter, a sobriety plan has been drawn up in which measurements and calculations have been carried out to determine the energy-saving potential that exists according to the actions taken (for example, by lowering the heating by 1 degree), the aim will be to use these measurements to guide energy-saving actions aimed at reducing the school's climate impact.
- To strengthen and sustain behavioral change among employees, regular awareness-raising actions carried out in a variety of ways (implementation by a permanent GreenTeam, awareness-raising workshops, poster campaigns, challenges, etc.) may be considered.
- To save water, shower, washbasin (jetbreakers) and toilet (dual-pushbutton) equipment can be installed.
- The cleaning team must be trained to use water sparingly. In addition, a rational use of cleaning products and a selection of eco-friendly products to preserve the environment are recommended.
- In addition to their impact on the climate, the production and disposal of waste are also a major source of pollution, which has effects on the environment, health and biodiversity. As such, the reduction of incinerable waste is important. The following proposals can be considered:
  - Check and improve the presence of waste sorting bins in places that facilitate their use.
  - Adjust the quantities purchased to avoid surpluses.
  - Raise awareness about single-use items, packaging and sorting.





### A.7 Commuting

# A.7.1 Distribution of transport modes in kilometers

### A.7.2 $CO_{2e}$ emissions by mode of transport



### Observations

47% of kilometers travelled to work are done by public transport, which is a very good point.

Car travel accounts for 84% of the 105,2 tCO<sub>2e</sub> generated by the commuting category.

### Recommendations

- As car travel accounts for 84% of the category's emissions, this is a priority area for action. A mobility plan could be implemented by considering the following measures:
  - Allocation of parking spaces according to precise criteria of location and accessibility by public transport.
  - o Introduction of subsidies for public transport and soft mobility.
  - Promotion of carpooling.
- In addition to reduced environmental impact, the other numerous advantages of cycling, public transport and carpooling are also highlighted:
  - For example, the electric bike is the fastest way to cover distances of 8-12 km in urban centers, it's the cheapest form of transport after walking (no fuel costs, no parking fees, low maintenance, electricity and insurance costs), it's good for your health and it reduces noise pollution and air pollution.
  - Public transport is in most cases much cheaper than the car, less stressful and more reliable. According to the SBB comparator (https://business.sbb.ch/fr/conseil/vos-avantages/optimisationdes-couts/comparateur-couts-deplacement.html), a Lausanne-Montreux commuter journey made 4 days a week costs CHF 3860 per year by public transport, compared with CHF 8'198 by car, assuming a parking space costs CHF 100/month.
  - Carpooling also significantly reduces costs, as it is shared and takes up less road space than a journey in a private vehicle.





### A.8 Business Travel



### A.8.1 Business travel in kilometers by mode of transport

### Observations

In 2022, employees at the two César Ritz Colleges sites traveled 33'459 kilometers by car and 126'568 kilometers by public transport on business travel, representing 14,1 tonnes of CO<sub>2e</sub>.

Air travel accounted for 7,9 tonnes of CO<sub>2e</sub>, or 34% of total business travel emissions in 2022.

### Recommendations

- The aim is to identify the real needs associated with air travel with a list of criteria, and to eliminate travel that does not meet these criteria. In addition, it would be interesting to monitor the impact of air travel by students returning home or traveling in Europe, and to take measures to reduce this impact.





### A.9 General overview of the emissions Le Bouveret

### A.9.1 Breakdown of CO<sub>2e</sub> emissions in tonnes

The following table provides a detailed overview of emissions from the different sectors for 2022.

	2022	
Category of emissions	t CO2e	Part in %
Electricity	114,9	7,1%
Heating and cooling	304,1	18,8%
Commuting	88,3	5,5%
Business travel	12,8	0,8%
Food and drinks	642,3	39,7%
Material	394,2	24,4%
Waste and recycling	60,4	3,7%
Total emissions	1616,9	100,0%

### A.9.2 Breakdown of CO<sub>2e</sub> emissions by category



### Observations

The Bouveret site emitted 1616,9 tonnes of CO<sub>2e</sub> in 2022, or 60% of total emissions, given that 65% of students are on this site.

The categories with the highest emissions are the same as for the global analysis, i.e. *Food and drinks* and *Material. Heating and cooling* emissions are higher than in the global analysis.





### A.10 General overview of the emissions Brig

### A.10.1 Breakdown of CO<sub>2e</sub> emissions in tonnes

The following table provides a detailed overview of emissions from the different sectors for 2022.

	20	2022	
Category of emissions	gory of emissions t CO2e Part in %		
Electricity	66,5	6,2%	
Heating and cooling	44,6	4,2%	
Commuting	16,9	1,6%	
Business travel	10,1	1,0%	
Food and drinks	624,4	58,5%	
Material	283,9	26,6%	
Waste and recycling	20,7	1,9%	
Total emissions	1067,1	100,0%	

### A.10.2 Breakdown of CO<sub>2e</sub> emissions by category



### Observations

The Brig site emitted 1067,1 tonnes of  $CO_{2e}$  in 2022. The Food and drinks category is responsible for 58% of the site's emissions. Heating and cooling emissions are much lower than at the Bouveret site, as the building and installations are more recent. Business travel emissions are also lower than at the Bouveret site.





### A.11 Comparing sites

### A.11.1 CO<sub>2e</sub> emissions per overnight stay



### A.11.2 CO<sub>2e</sub> emissions of event



### Observations

The Bouveret site has a lower impact (18,8 kgCO<sub>2e</sub>) per overnight stay than the Brig site (22,8 kgCO<sub>2e</sub>). This means that fewer resources (energy, food and drink, equipment, etc.) are required to spend a night at the Bouveret site.









A.11.4 Drinks CO<sub>2e</sub> emissions per overnight stay









### Observations

The impact of food per overnight stay is almost twice as high in Brig as in Bouveret. The opposite is true for drinks, which have a significantly lower impact than food.

As for material, the Bouveret site also has a lower impact.



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### A.11.6 Heat in kWh per overnight stay



### Observations

In terms of heat production, the Brig site is more efficient than the Bouveret site, requiring less kWh per overnight stay. What's more, as the source of heat is district heating, it produces fewer greenhouse gases than the combustion of fuel oil and natural gas.

Electricity consumption per overnight stay is fairly similar between the two sites, with the Bouveret site being slightly more efficient.









### Observations

The Bouveret site consumes significantly less water per overnight stay than the Brig site.

The Bouveret site produces more waste per overnight stay.

### Recommendations

- It is recommended to analyze where these differences between sites come from, in order to learn from the best performing site in each sector.





### A.11.10 Distribution of transport modes in kilometers





### A.11.11 CO<sub>2e</sub> emissions by mode of transport



### Observations

The Brig site has a high rate of kilometers travelled by public transport for commuting purposes. This results in emissions of  $0,46 \text{ tCO}_{2e}$  per year per employee.

In Le Bouveret, where 72% of kilometers are driven by gasoline or diesel car and 7% by motorcycle, emissions per year per employee are 1 tCO<sub>2e</sub>, twice as high as in Brig.





### A.11.12 Business travel in kilometers by mode of transport



### Observations

Employees at the Brig site made far more business trips than those at the Bouveret site. Most of this travel was by public transport. The number of kilometers covered by company vehicles or external vehicles is fairly similar between the two sites.





# B. Communication

There are many ways to enhance the value of your climate protection approach. These are directed both internally and externally to the company. To this end, we provide you with a wide range of communication materials.

### Internal communication

By doing your greenhouse gas emissions footprint and and implementing targeted actions to reduce emissions, it is possible to significantly improve the institution's sustainability performance. Communicating your commitment to your employees allows you to:

- Further integrate respect for the environment into your company's values,
- Raising employee awareness of climate protection,
- Improve the company's image internally,
- Reinforce the feeling of belonging to the company.

Therefore, you have several tools at your disposal such as:

- Presentation of the approach (operation, objectives, etc.) with screening of the video of the selected climate protection project, the graphics presented in part A, etc.
- Awareness-raising workshops proposed by ecoLive,
- Publication of articles on your intranet with images or video of the climate protection project,
- Mailing to employees,
- Display of the framed certificate or some photos of the project,
- Use of the myclimate logo or label (depending on the contract you have signed) in your correspondence, emails, publications or on your website.

### **External communication**

You can also benefit from the environmental approach you have started to consolidate your image as a responsible company in the eyes of your external partners and the public. Here are some opportunities:

- Enhance the value of your company by highlighting sustainable and responsible aspects,
- Strengthen your relationships with your partners by taking advantage of this opportunity to communicate with them,
- Build customer loyalty by communicating your responsible initiatives,
- Increase and consolidate your customer base by meeting ever more stringent environmental protection requirements,
- Earn extra points in tenders.

For this purpose, you can use:

- Your website (news, sustainable development page, etc.) or social networks (LinkedIn, Twitter, Facebook, etc.) presenting your approach and the project you are supporting, presenting the additional benefits of the project for the local population,
- A special or non-special newsletter with links to pages on your website or to the description of your project (<u>http://projets-climatiques.ecolive.ch</u>)
- The myclimate label or logo according to the contract you have signed on your various communication media,
- Your email signatures with the climate neutral label or logo of myclimate.

Text, image and/or video content is offered in the communication kit provided by ecoLive.





# C. Supporting high quality projects to reduce greenhouse gases

### C.1 Label "Engaged for impact"

As a result of this study, César Ritz Colleges has the opportunity to become a company committed to having a positive impact on climate and sustainability, by continuing its efforts to reduce emissions and by supporting a high quality projects to enable them to reduce the 2684,0 t of CO<sub>2e</sub> generated last year (residual balance). On this basis, the following elements can be considered:

- Purchase of CO<sub>2e</sub> reduction certificates from a project of the myclimate foundation, in Switzerland or in another country, portfolio available at ecoLive.
- When a company reduces as much CO<sub>2e</sub> as it emits, it is awarded the "Engaged for impact" label. A unique tracking number and a certificate are generated to guarantee the credibility of the approach.
- Communication to customers and business partners: we recommend that you make your climate protection efforts visible, both for your image and to democratise climate action. Material is available to you as part of our communication partnership.

# C.2 High quality and sustainable climate protection projects

There are Swiss and international projects that reduce CO<sub>2e</sub> emissions. The international projects we offer with the myclimate foundation are all **Gold Standard** or **Plan Vivo** projects. This means that they meet the very high





myclimate.org/01-23-449633

requirements of the Clean Development Mechanism (CDM/CDM) under the UNFCCC and thus guarantee :

- the effective saving of CO<sub>2e</sub> emissions
- rigorous monitoring
- excellent traceability of projects.

In addition, these projects integrate positive socio-economic and environmental benefits for local populations in the long term.

### C.3 Why support a climate protection project

Your support for a climate protection project is part of a key international mechanism to reduce global greenhouse gas (GHG) emissions and achieve Swiss and international climate goals: climate neutrality by 2050. In order to understand the benefits of such support, the following points must be understood:

• One ton of GHG emitted anywhere around the globe has the same impact on the climate, as was recognised at the Kyoto conference (1997). It is therefore equally useful for climate protection to reduce GHG emissions abroad or in Switzerland.

Supporting a climate protection project is a voluntary process. It should not be seen as the purchase of a right to pollute, but as an opportunity for companies wishing to engage in climate protection to act quickly on their emissions until they are able to reduce them directly at their sites.
 In deed, emissions reduction in Switzerland is often a slower process due to the costs of replacing

equipment. Therefore, acting quickly and effectively is not always possible.

For the international projects, they take place in developing country, which means that budget can represented a barrier to CO<sub>2</sub> reduction project.





- By supporting GHG emission reduction projects, the development and use of clean technologies is stimulated, thus accelerating the energy transition to renewable energies and the development of the circular economy.
- GHG emission reduction projects outside Switzerland make a significant contribution to improving the living conditions of local populations. The main benefits lie in :
  - the integration of sustainable technologies that are easily replicable
  - time saving, allowing children to go to school regularly
  - o saving time for women to develop their professional activity
  - o improving air quality, especially indoors
  - o conservation of forests and arable land
  - o access to clean water
- GHG emission reduction projects in Switzerland also improve local air quality, optimise industrial
  processes and reduce costs, reduce energy and water consumption, preserve biodiversity, and stimulate
  and strengthen the circular and sustainable economy.





### D. Annexes

### D.1 myclimate's approach for businesses

myclimate's approach to the management of companies greenhouse gas emissions aims to :

- Calculate your greenhouse gas footprint in a clear and credible manner, monitor it annually and improve it continuously.
- **Manage data:** Simple data collection and management with the *myclimate smart 3* online platform.
- **Explore your energy saving potential** and thus reduce your costs and CO2 emissions.
- Support high-quality climate protection projects so that they can reduce your emissions completely or partially.
- Help with your communication: photos, videos and texts are made available to the client to communicate about the approach and the offset projects.

### D.2 myclimate smart 3

### D.2.1 Method

The method is to a large extent in line with the one of life cycle assessments, but taking into account greenhouse gas emissions. In this framework, the entire life cycle of the products consumed by the company's activities has been taken into consideration. The life cycle encompasses the extraction of raw materials, the manufacture, use and disposal of goods as well as transport between each phase of the life cycle.

When analysing the company's climate footprint, various greenhouse gases are taken into consideration. The best known greenhouse gas is carbon dioxide (CO<sub>2</sub>), which results for example from the combustion of raw fossil materials. In addition to CO<sub>2</sub>, other greenhouse gases such as methane (CH<sub>4</sub>) or nitrous oxide (N<sub>2</sub>O) are also released into the atmosphere during various industrial or agricultural processes. The effect of these gases can be expressed using an equivalent amount of CO<sub>2</sub>. This is why, in general, the climate impact is indicated with the unit "kg CO<sub>2e</sub>" (or "t CO<sub>2e</sub>"), i.e. in "kilogram CO<sub>2</sub> equivalent" (respectively "tonne CO<sub>2</sub> equivalent"), which makes it possible to add up the effects of all greenhouse gases<sup>4</sup>.

The contextual data used to establish the climatic impact of the different processes come from Ecoinvent<sup>5</sup>. Ecoinvent is the world's largest and most widely used database for life cycle assessments.

<sup>4</sup> The indicator, expressed in "kg CO<sub>2e</sub>" and representing climate impact, is the "Global Warming Potential" over a 100-year period (GWP 100a). For more information, please refer to the "IPCC Fourth Assessment Report 2007", Chapter 2, available online. 5 Cf. www.ecoinvent.ch







### D.2.2 Emission categories

**Electricity:** includes the production of electricity, as well as the infrastructure and transport necessary for this production.

**Heat and cooling:** includes the production of heat and cooling (oil, natural gas, biogas, wood energy, solar thermal energy, district heating, cooling networks, refrigerants, etc.) except for heat pumps, whose emissions are included in the electricity category.

Commuting: includes the travel of all employees between home and workplace.

**Business travel and overnight stays:** includes emissions related to business travel by car, public transport and air, as well as overnight stays related to business travel.

**Food and drinks:** includes drinks (soft drinks, juices, coffee, tea, milk, alcoholic beverages) and foodstuffs used in the kitchen.

**Materials:** includes the main office supplies, i.e. consumables (paper, toner), outsourced printed products (flyers, brochures, etc.), electronic devices and water.

Waste and recycling: covers emissions from waste to be incinerated, electronic waste and recycled waste.

### D.2.3 Scopes

The greenhouse gas balance sheet follows the guidelines of ISO 14'069:2013 and divides all emissions into 3 "scopes", which are defined as follows

- Scope 1 (or direct emissions): covers all emissions from the company itself or from infrastructure/vehicles controlled by the company. For example, water heaters, boilers or vehicles owned or maintained by the company.
- Scope 2 (or indirect emissions): includes all indirect emissions generated by the purchase of electricity, steam or heat consumed by the company. For example, emissions from power plants.
- Scope 3 (or extended emissions): covers all other indirect emissions that occur along the company's value chain and are accounted for in this CO<sub>2e</sub> balance. E.g. raw materials, transport of purchased fuels, use of products and services sold.







Originally sourced from - ghgprotocol.org





### D.3 Some values for comparison

The following average impacts are generally considered:

Travel	
A person emits 1kg of CO <sub>2</sub> by making <sup>6</sup>	
147 km	by train
41 km	by trolleybus
39 km	by tram
15 km	by electric car
10 km	by bus
5 km	by car

Paper (per pack of 500 A4 sheets)		
100% recycled paper, compared to paper made from virgin fibres, saves <sup>7</sup>		
0.9 kg	CO <sub>2</sub>	
88 litres	Water	
7.5 kWh	energy	
5.5 kg	wood	
30 g	Chemical substances	

Water	
Emissions in grams of CO <sub>2</sub> per litre of water, by source <sup>8</sup>	
420 g	PET bottle, from Europe
180 g	PET bottle, from Switzerland
0.4 g	Tap water

Meal		
Meals with or without meat <sup>9</sup>		
4 meals with meat	omit the same amount of COs	
9 meals without meat		

<sup>&</sup>lt;sup>6</sup> Source: ecoinvent



<sup>&</sup>lt;sup>7</sup> Source: Papier, Protéger la forêt et le climat, Association suisse pour le papier écologique et l'écologie au bureau, 2013

<sup>&</sup>lt;sup>8</sup> Source: Société suisse de l'industrie du gaz et des eaux, 2006

<sup>&</sup>lt;sup>9</sup> Source: myclimate