

Sustainability within SPS-NIP

SPS-NIP is the Section Psychology Students of the Dutch Association for Psychologists and has more than 3000 members. As a national organization we feel compelled to contribute to a more sustainable society. We also believe that we, as a large organization, should set a good example with regard to sustainability. In addition, a sustainable environment contributes to the psychological well-being of people (UN Environment Programme, 2019). For these reasons we have formulated the following ideal: As an organization we want to contribute to a sustainable society. We strive to achieve this ideal by means of the goals and approach mentioned below. Indicators have been set for 2023. At the end of each year, the National Board will issue a short annual report on what has been achieved with regard to sustainability that year.

To contribute to a sustainable society as SPS-NIP

<i>Goal: less plastic and paper waste</i>	
<p>Approach</p> <ul style="list-style-type: none"> ▪ Separate waste ▪ Only keep agendas for meetings and policy days on your laptop ▪ Only print when necessary ▪ Maintain online accounting folders ▪ Use reusable shopping bags (kept in the office) ▪ Shop as little as possible food that is packaged in plastic (for General Assemblies and other activities of bodies of SPS-NIP) ▪ Send as few parcels by post as possible. Packages can be picked up at the office, can be brought by national board members or can be send online. ▪ Send Christmas card for Active Members online ▪ Use online program booklets during activities, Active Member Days and General Assemblies. ▪ Reduce paper use for evaluations. Either use an online evaluation form or use the format. ▪ Send 'experience'-gifts that can be sent online for fun promotions and recruitment campaigns 	<p>Indicator</p> <ul style="list-style-type: none"> ▪ No or an online program booklet is used for all activities and meetings ▪ A maximum of 5 shopping bags are ordered every 3 years ▪ 80% of the prizes are sent online

<i>Goal: sustainable traveling</i>	
<p>Approach</p> <ul style="list-style-type: none"> ▪ Encourage Active Members to travel with public transportation to General Assembly's and Active Member Days ▪ Gasoline costs are not being reimbursed 	<p>Indicator</p> <ul style="list-style-type: none"> ▪ 95% of all Active Members travels by public transportation or

<p>The National Board travels only with public transportation to activities of our body's</p> <ul style="list-style-type: none"> ▪ Limit the CO₂ emissions by traveling as much as possible by train or bus during Psychologyweekend, LB Ligt lekker and EFPSA congress ▪ Compensating CO₂ emissions if there is being traveled by plane 	<p>bike to Active Member Days</p> <ul style="list-style-type: none"> ▪ At maximum one time per year there will be traveled by plain for LB Ligt Lekker
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Goals: sustainable Active Members Days

<p>Approach</p> <ul style="list-style-type: none"> ▪ Offering vegetarian/vegan food ▪ Reducing food waste as much as possible: not throwing away food ▪ Extra glasses will be purchased that can be used during Active Members Days ▪ Crockery that will be used only once, has to be sustainable, so no plastic ▪ Name tags will be re-used during the whole year 	<p>Indicator</p> <ul style="list-style-type: none"> ▪ At least 50% of the food that is offered is vegetarian ▪ No plastic cups and other plastic crockery are purchased anymore
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Goal: sustainable clothes for Active Members

<p>Approach</p> <ul style="list-style-type: none"> ▪ Active Members receive a blouse that can be re-used ▪ New clothes for Active Members will be purchased at a sustainable producer ▪ Blazers for the National Board will be passed on the successors 	<p>Indicator</p> <ul style="list-style-type: none"> ▪ All blouses are returned ironed and washed at the end of the year of the Active Members
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Goal: duurzame goodies

<p>Approach</p> <ul style="list-style-type: none"> ▪ 	<p>Indicator</p> <ul style="list-style-type: none"> ▪
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Goal: duurzaam bankieren

<p>Approach</p> <ul style="list-style-type: none"> ▪ 	<p>Indicator</p> <ul style="list-style-type: none"> ▪
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Goal: aansluiting externe organisaties

<p>Approach</p> <ul style="list-style-type: none"> ▪ 	<p>Indicator</p> <ul style="list-style-type: none"> ▪
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Literature

UN Environment programme (2019, October). *Caring for the environment helps to care for your mental health*. United Nations. <https://www.unenvironment.org/news-and-stories/story/caring-environment-helps-care-your-mental-health>