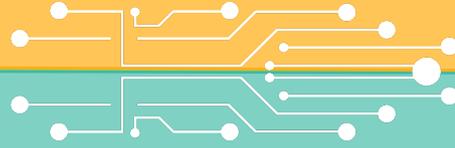


# TRASH TALK!

Our top-level sound bites



## ELECTRONIC WASTE!

### What's the issue?

- Overconsumption of electronics! In 2019, global electronic waste (e-waste) reached a record high of 53.6 million metric tons. This is an increase of 21% in 5 years and corresponds to 7,3kg e-waste per capita.
- Poor legislation around e-waste causes most electronics to end up in landfills or be incinerated.
- Toxic substances from e-waste leak into soil and water, causing serious health and environmental issues.
- Metal ores present in electronics are non-renewable materials and extracted by mining.
- Manufacturing process consumes massive amounts of water and electricity.
- Electronics require electricity to run, currently from non-renewable sources.

### What can you do?

- Don't 'buy-in' to the overconsumption of e-goods
- Be mindful before purchasing; do you really need an upgrade?
- Take better care of electronics to ensure longevity – fix don't ditch!
- Take back unwanted goods to shops or manufacturers. Use your voice to make them take action and responsibility
- Think before you bin!
- Buy second hand
- Recycle at responsible sites



## DIGITAL POLLUTION!

### What's the issue?

- All digital information stored on servers and data center consumes tones of energy in order to power and cool the servers.
- Every year 900 million tones of CO<sub>2</sub> is emitted by the internet, which is more than the annual output of Germany.
- 1 email + 1 CC consumes 26 gr CO<sub>2</sub>, equals to the consumption of one lightbulb for 1 hour.
- Streaming one movie equals to the consumption of one lightbulb for 20 days.
- Storage of 1 mail/year consumes 10 gr CO<sub>2</sub> per year.

### What can you do?

- Be more thoughtful when using e-mails, don't reply all
- Send a Teams message rather than an email: 0.006g CO<sub>2</sub> vs 20g CO<sub>2</sub>
- Unsubscribe to newsletters you don't read and close or remove unused tabs or searches
- Delete unnecessary emails, files, apps, duplicates of photos and videos
- When you watch a movie online, reduce the quality

# TRASH TALK!

## More to know!



E-Waste  
and Digital  
Pollution –  
Fact sheet  
Part II

## THE PROBLEM... OVERCONSUMPTION

- E-Waste is the world's fastest-growing solid-waste stream.
- Obsolete technology to encourage unquenchable need for newest products.  
5G will also result in a dramatic increase in e-waste, as millions of smartphones, modems, and other gadgets incompatible;
- In US in 2008, 3.16 million tons of e-waste was generated but only 14% was recycled.
- In 2019, 17.4% of the global e-waste was properly recycled. Recycling processes are slow and inefficient.

## DIGITAL TRASH CREATES DIGITAL POLLUTION

- It is estimated that in a decade the internet network will consume 20 percent of the world's total energy.
- 15 hrs of camera on for meetings creates 9.4kg CO<sub>2</sub> a month equivalent to smartphone charging overnight for 3 years.
- Video streaming (average 2hrs/day) is the equivalent of 3000km on an electric scooter
- Consumption of data needs 3x more energy than all solar panels in the world.

## WHAT CAN WE DO

- Think twice before upgrading your devices.
- Think if you can give your device to a friend, family, charities
- Take your items to a local reliable e-waste recycling
- Buy electronics from sustainable companies
- Buy second hand electronic via e.g. [Back Market - de refurbished \(super\)markt \(thebackmarket.nl\)](https://www.backmarket.nl)
- Recommendations to keep your electronics longer:
  - Battery last longer if kept between 40-80% charged
  - Don't put your laptop on your lap, pillow or quilt, this blocks the vents and leads to overheating
  - Protect your electronics from cold and warm temperatures
- Reduce your digital footprint by:
  - Switch off your camera at times during a call
  - Store images and video's offline on a hard (e.g., portable hard discs, USB flash drives and SD cards)

## FOLLOW THE LINKS FOR MORE INFORMATION

[The Environmental Impact of Electronics and E-Waste - Cohen \(cohenusa.com\)](https://www.cohenusa.com)

[What is e-waste and what can we do about it? | Natural History Museum \(nhm.ac.uk\)](https://www.nhm.ac.uk)

[15 tips for making your electronic devices last longer \(grannystips.co.uk\)](https://www.grannystips.co.uk)

[What Can Be Recycled | Electronic Hardware Sustainability \(osu.edu\)](https://www.osu.edu)

[Electronic Waste Is Becoming a Global Environmental Problem | Time](https://www.time.com)

[Global E-Waste - Statistics & Facts | Statista](https://www.statista.com)