





Another Greenweek is behind us.

It was impressive to see so many **employees from different countries** taking part in this corporate social event.

From Bristol, HEC, Castillo, Curis, Modlin or Frankfurt, we all showed a lot of creativity. We spent some time together with good vibes and smiles, engaged in green activities such as sport or healthy food discoveries. And I wouldn't forget to mention the mem contest: a lot of fun ©

I can't wait for the next Greenweek!

Sebastian

WHAT'S INSIDE

 $\frac{O1}{Carbon}$ $\frac{O2}{CSR}$

Footprint 2021 Ambassadors

03

Greenweek June 2022

01. Carbon Footprint

Reminder for our new comers

Global warming is caused mainly by the presence of greenhouse gases in the atmosphere creating the greenhouse effect. Greenhouse gases include carbon (CO2).

Measuring our **carbon footprint** (CO2) enables us to better understand and manage our carbon emissions throughout our operations as part as our corporate responsibility.

How is Codeo's carbon footprint calculated?

We take into account 3 key factors:



Employee-related emissions



Freight emissions



Maintenance and refurbishing activities emissions



Our carbon footprint

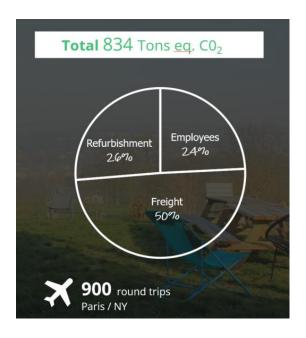
Did you know? You can reduce your carbon footprint at an individual level.

We can all reduce our carbon emissions by, for example: using our car less or carpooling, eating less meat, lowering our heating system of 1 degree.

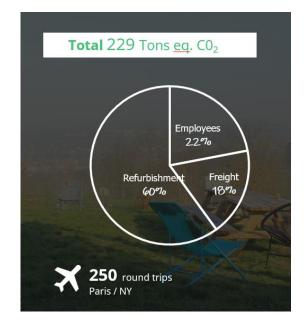
What do you do to reduce your carbon emissions?













Welcome aboard!

Introducing

OUR 2022 AMBASSADORS

codeogroup



















































A voluntary commitment

Our CSR Ambassadors voluntarily support in three ways to make a difference:

CSR Board

Contribute seriously:

Contribute to our CSR strategy during our semester board.

Greenweek

Contribute with fun:

Define the theme & help organizing the events.

Expertise optionnal

Contribute precisely:

Give inputs on specific topic (country differences, department specificities...)







03. Greenweek June 2022



In all our office, we dedicated
the week to a more balanced life
... with a smile!

03. Greenweek June 2022

What's Greenweek?

The Greenweek is organized twice a week to:

- Learn, try and adopt new greener habits
- Take part in a challenge together in the workplace with colleagues
- Have fun



Greenweek#9

Life can be stressful sometimes. It is important to be able to step back and take time to take care of ourselves and the environment while connecting with our colleagues.

The Greenweek is an opportunity to do just that.

This 9th edition focused on 'A healthy mind in a healthy body'. It included activities such a sports, improving posture, healthy eating, gardening, etc.

You'll see the programs from in the different countries below.



700M: Healthy mind Nature & Gardening

More 'Green' in the office!

Having plants at work is known to relax people and help them concentrate. Vegetation can also absorb CO2 and other toxins in the air like carbon monoxide, benzene, formaldehyde (which are common domestic pollutants) through photosynthesis.

That's why we dedicated a day to plant and/or bring plants in our offices.



Green tips!

'An apple a day keeps the doctor away.'

Eating fruits and vegetables is healthy. Here's a reminder on seasonal fruits vegetables which are:

- More nutritious
- Cheaper
- Less environmentally impactful



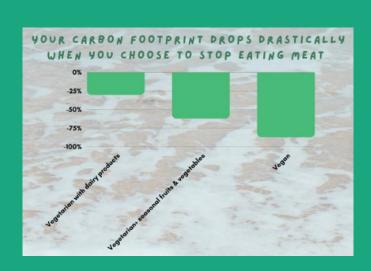


03. Greenweek June 2022

700M: Healthy body Sport & Vegetarism

Did you know?
A vegetarian diet can reduce by up to 62% our individual carbon footprint!

Lifestock have a very high environmental footprint: intensive culture, deforestation, gases emitted by animals, transportation and transformation. A lot of resources are also required to produce meat.





1 Kg of meat = 13 500 L of water



1 Kg of meat = 10 to 25 kg of food



Let's get sporty!

Practicing sport has much more benefits than just keeping you into shape. It also improves your mental health by reducing your stress level and boosts your self-esteem.







At Codeo Group, we contribute to a better futur throught our reuse activity. We also try to raise awareness on a healthier and more balanced lifetsyle in our everydaylife.

Being part of a company that have positive impacts both on **People and Planet** is key to achieve great goals.

I would like to warmly thank all teams at Codeo, Codeo Medical and Remober for taking part in this 9th edition of the Greenweek everywhere across Europe, and discovering new ways to take care of oneself and our environment.

"We love what we know & protect what we love". Jean-Jacques Cousteau





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