



INSIDE-HEART

INSIDE-HEART: multi-disciplinary, multi-Sectoral and multi-national training network on Digital biomarkers for supraventricular arrhythmia characterization and Risk assessment

Project N°: 101119941

Start date of the project: 01/11/2023 Duration: 48 months

Project Coordinator: Valentina Corino

Deliverable D3.2

Green charter measures manual

Submission date: 08.01.2024



This project has received funding from the European Union's Horizon Europe programme under the Marie Skłodowska-Curie grant agreement No 101119941.



Document Properties

Document ID	D3.2_Green charter measures manual
Document Title	Green charter measures manual
Deliverable N°	D3.2
Lead Beneficiary	POLIMI
Work Package N°	WP 3
Work Package Title	Project management and quality control
Nature	Report
Dissemination Level	Public
Number of pages	7
Due Date (in months)	2
Submission date	08/01/2024



Distribution List

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Revision History

Rev. No.	Date of issue	Author(s)	Brief description of change
1.0	20/12/2023	Valentina Corino, Massimo Rivolta	First version
1.0	08/01/2024	All	Last version

Abbreviations and Definitions

DC	Doctoral candidates
MSCA	Marie Skłodowska-Curie Actions



Table of contents

1. Summary	6
2. Guidelines.....	6
General raccomandations.....	6
Network events.....	7



1. Summary

The aim of the “Green charter measures manual” report is to describe the guidelines for INSIDE-HEART project following the European Commission Marie Skłodowska-Curie Actions (MSCA) Green Charter. INSIDE-HEART promotes the sustainable implementation of research activities as in the MSCA Green Charter, at both individual and network level. Common measures were defined during the kick-off meeting and will be described in this report.

2. Guidelines

General raccomandations

INSIDE-HEART’s core activities refer to training doctoral candidates (DCs) and high impact scientific research in the field of supraventricular arrhythmias. Both activities have been planned to promote sustainability by implementing several actions. Such actions will follow the European Commission MSCA Green Charter. As INSIDE-HEART’s core technology is based on artificial intelligence and digital biomarkers derived from clinical and non-clinical sensors, special considerations will be put in place to promote the sustainability of these technologies (for example by monitoring the CO2 emission during the training of deep learning models).

General guidelines will include:

- i) promoting green purchasing for project-related materials,
- ii) ensuring the sustainability of project events (see section Network events)
- iii) promoting teleconferencing whenever possible (in-person meetings are extremely important for DCs at the network-wide events but when possible on-line meetings, even for administrative/management tasks, will be foreseen),
- iv) promoting low-emission forms of transport or car-sharing/bus.

These common measures will be described to the DCs during the first summer school, where a specific lecture on this will be given. Moreover, MSCA Green Charter will be explained also to the wider non-scientific public during communication activities.



Network events

In order to reduce the environmental impact of their research project, INSIDE-HEART beneficiaries and fellows will organize sustainable events by following the following suggestions:

- Biodegradable disposable only will be used and appropriate recycling will be in place,
- EU Ecolabel Tourist Accommodation Catalogue will be used, when possible, to find out environmentally friendly services and accommodation, for example using www.bookdifferent.com,
- Low-emission forms of transport will be promoted and will be used whenever possible,
- Promotion of these events will be mostly done through online channels limiting the use of printed flyers.