

Planned obsolescence	Poor management of e-waste	Overconsumption	Digital misconception	Energy-intensive infrastructure
<p><b>Collective actions</b></p> <ul style="list-style-type: none"> <li>• Extending the lifespan of equipment policy</li> <li>• Barter and second-hand equipment policy</li> <li>• Equipment donation and pooling policy</li> </ul> <p><b>Individual actions</b></p> <ul style="list-style-type: none"> <li>• Maintain the hardware</li> <li>• Maintain the software</li> <li>• Clean your equipment</li> <li>• Protect your equipment</li> </ul>	<p><b>Collective actions</b></p> <ul style="list-style-type: none"> <li>• Recycling policy</li> <li>• Equipment donation and pooling policy</li> <li>• Barter and second-hand equipment policy</li> <li>• Implement and optimize the sorting of consumables</li> </ul>	<p><b>Collective actions</b></p> <ul style="list-style-type: none"> <li>• Environmental clauses policy</li> <li>• Barter and second hand equipment policy</li> <li>• Collective moments for digital disconnection</li> <li>• Equipment donation and pooling policy</li> </ul> <p><b>Individual actions</b></p> <ul style="list-style-type: none"> <li>• Limit use of email</li> <li>• Question digital benefits in learning and teaching</li> <li>• Limit the number of screens</li> <li>• Favor low-tech teaching activities</li> <li>• Use existing resources</li> <li>• Eco-friendly printing</li> </ul>	<p><b>Collective actions</b></p> <ul style="list-style-type: none"> <li>• Training on the impact of digital tools on teaching and learning</li> <li>• Life cycle analysis</li> <li>• Social and mental impact of digital tools</li> </ul> <p><b>Individual actions</b></p> <ul style="list-style-type: none"> <li>• Prescribe technology usage in courses</li> <li>• Favor low-tech teaching activities</li> <li>• question digital benefits in teaching and learning</li> </ul>	<p><b>Collective actions</b></p> <ul style="list-style-type: none"> <li>• Renewable energy</li> <li>• Energy-efficient equipment policy</li> <li>• Smart power supply policy</li> <li>• Enable eco-mode on equipment and infrastructure</li> <li>• Network location infrastructure</li> </ul>

Energy consumption: equipment	Energy consumption: digital services	Digital addiction	Non-sustainable course design	Unethical digital practices
<p><b>Collective actions</b></p> <ul style="list-style-type: none"> <li>• Enable eco mode on equipment and infrastructure</li> <li>• Energy-efficient equipment policy</li> <li>• Smart power supply policy</li> </ul> <p><b>Individual actions</b></p> <ul style="list-style-type: none"> <li>• Manage battery cycles</li> <li>• Turn off or set your device to sleep mode</li> <li>• Disable unused features</li> <li>• Eco friendly printing</li> <li>• Learn and work in airplane mode</li> </ul>	<p><b>Collective actions</b></p> <ul style="list-style-type: none"> <li>• Network infrastructure location</li> </ul> <p><b>Individual actions</b></p> <ul style="list-style-type: none"> <li>• Clean up personal digital space</li> <li>• Centralize data sharing</li> <li>• Use reduced version of application</li> <li>• Limit use of email</li> </ul>	<p><b>Collective actions</b></p> <ul style="list-style-type: none"> <li>• Collective moments for digital disconnection</li> </ul> <p><b>Individual actions</b></p> <ul style="list-style-type: none"> <li>• Learn and work in airplane mode</li> <li>• Prescribe technology usage in courses</li> <li>• Use reduced versions of applications</li> <li>• Limit the number of screens</li> </ul>	<p><b>Collective actions</b></p> <ul style="list-style-type: none"> <li>• Training on the impact of digital tools on teaching and learning</li> </ul> <p><b>Individual actions</b></p> <ul style="list-style-type: none"> <li>• Anticipate the use of training material</li> <li>• Favor low-tech teaching activities</li> <li>• Use existing resources</li> <li>• Prescribe technology usage in courses</li> <li>• Open access resources</li> </ul>	<p><b>Collective actions</b></p> <ul style="list-style-type: none"> <li>• Social clauses policy</li> <li>• Responsible digital charter</li> <li>• Environmental clauses policy</li> </ul> <p><b>Individual actions</b></p> <ul style="list-style-type: none"> <li>• Open access resources</li> <li>• Use open source software</li> </ul>