

## Principles for reducing air travels at NAT

1. No domestic air travel, unless it is as part of a trip abroad. The head of secretariat can make an exemption in special cases.
2. It is a quality that Master's and PhD defences are held with physical participation. In the case of Master's defences, alternatives to air travel must be sought. For PhD defences, it is encouraged that at least one opponent is physically present, and that any overseas opponent participates virtually.
3. For shorter distances in Europe, air travel must be avoided. However, consideration is shown for travel time in relation to work-life balance and any total additional costs and CO2 accounting for other forms of transport.
4. The first meeting in new collaborations can be held physically. After this, the need to meet physically must be carefully considered.
5. Stopovers for air travel should be avoided as far as possible.
6. Departments should prioritise their travel-intensive activities, i.e. consider the weighting between, for example, on-site visits to major infrastructures and facilities, data measurements and data collections, and intercontinental meetings and conferences.