MED-Routes | Interreg Euro-MED | Co-funded by the European Union

MED - Routes

"Enhancing MED sustainable cultural tourism through the creation of eco-itineraries inside European Cultural Routes"

Carbon Footprint Report

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Interreg Mediterranean ZeroCO2MED

ZeroCO2MED

Summary Dashboard

Beta Biodiversitat, Ecologia, Tecnologia Ambiental i Alimentació | CENER | Institute for Health and Environment | WWF

Document Control

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Version 5.0	12.03.2026.	Gabriela Dimova

Introduction

MED-Routes overall objective is to establish and disseminate a local-based, low-impact model of **sustainable tourism across Cultural Routes** in the MED area, in particular to establish a specific model of Mediterranean “slow tourism” rooted in the common heritage of four Cultural Routes of the Council of Europe: the Phoenicians’ Route, the Routes of the Olive Tree, the European Route of Ceramics and Destination Napoleon. To tackle the project's general objective, MED-Routes’ approach is rooted in a TRANSFER rationale: transfer mechanisms are put into place to cross-reference the most relevant, field-tested outputs from the INCIRCLE and EMBLEMATIC projects for the design of eco-itineraries.

Within this context, monitoring and reducing the carbon footprint of project activities represents an important component of the overall sustainability approach of the MED-Routes project. Tourism and international cooperation activities often involve travel, events, accommodation and resource consumption, all of which contribute to greenhouse gas emissions. Assessing these impacts allows the partnership to better understand how project implementation affects the environment and to identify opportunities for reducing emissions wherever possible. The activity, therefore supports the broader goal of promoting **environmentally responsible practices** and ensuring that the project itself follows the same sustainability principles that it promotes through its outputs.

This report is designed as a set of documents and tools for the assessment of project activities’ impact on **carbon and climate-altering emissions**. The main objective is not only to quantify the emissions generated during the project implementation, but also to raise awareness among partners, encourage more sustainable choices in project management and support informed decision-making throughout the project lifecycle.

Due to its technical expertise and experience in Interreg actions, **BATTI** leads Activity 1.5 and has provided project partners with a tailored calculator where they enter their own data on travel, accommodation, food, events, offices, communication materials and other emission sources, based on the requirements of the Interreg EURO-MED Programme and its recommended calculation tools. BATTI periodically collects the data provided by the partners, compiles it in the reporting tables and aggregates the results in order to analyse the evolution of the project’s carbon footprint over the different reporting periods. This process allows the partnership to **monitor progress, identify key emission sources and highlight potential measures** for reducing the environmental impact of project activities.

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Reporting Period 1.

Total carbon footprint results

Global results show the cumulative amount of CO2eq emitted during all projects (Carbon Footprint). The number of hectares of forest required to absorb all the CO_2 released into the atmosphere (according the Ecological Footprint methodology) are also displayed.

Total emissions per category

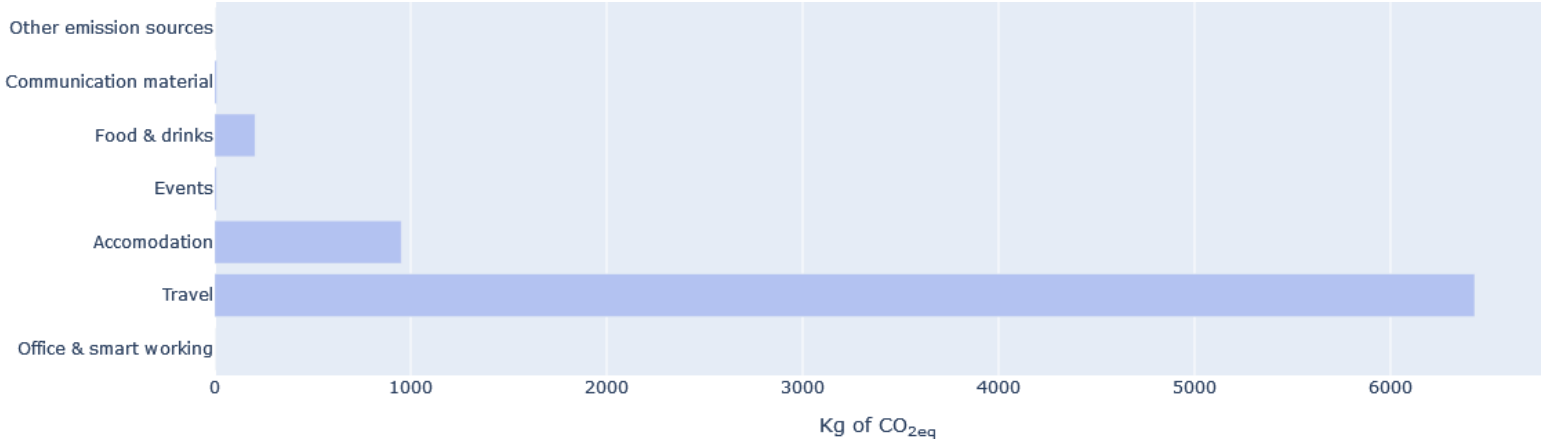


Figure 1. Total CO_{2eq} emissions per category.

Total Emissions per partner and per work package

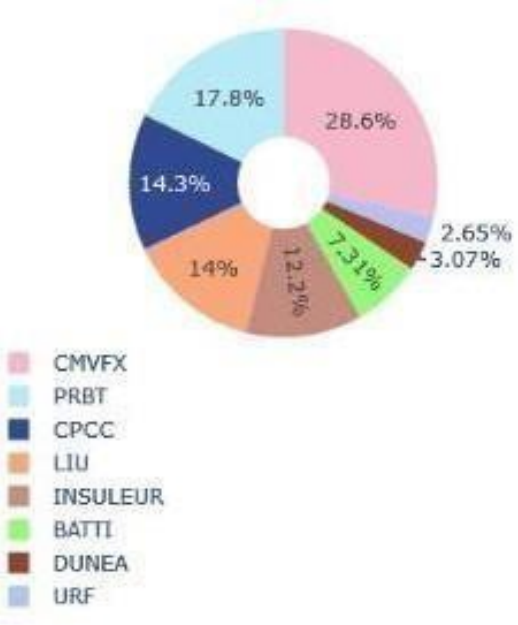


Figure 2. Total % of emissions per partner. Non allocated emissions are those emissions in which no partner was selected in “allocation” step of the Carbon Footprint Calculator.

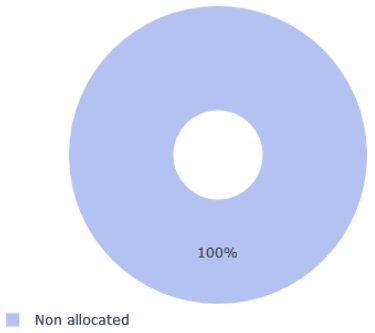


Figure 3. Total % of CO2eq emissions per partner. Non-allocated emissions are those for which no work package was selected in the "allocation" step of the Carbon Footprint Calculator.

Kgs of CO2eq per partner

Partner	Office & smart working	Travel	Accommodation	Events	Restaurans/Caterings	Communications	Other processes	Total
URF	0	8	149.9	3.1	38.2	2.1	0	201.3
CPCC	0	963	107.9	0	19.6	0	0	1090.2
PRBT	0	1276	49.0	0	25.5	0	0	1350.2
LIU	0	820	217.6	0	26.9	0	0	1064.0
INSULEUR	0	738	166.8	0	25.5	0	0	930.0
DUNEA	0	159	62.0	0	12.7	0	0	233.5
CMVFX	0	2004	149.2	0	25.5	0	0	2178.3
BATTI	0	464	49.0	4.9	31.3	7.4	0	556.2

Emissions per reporting period

Figure 4. The blue line represents the accumulated CO_{2eq} emissions over the length of the project. The red bars represent the total CO_{2eq} emissions of each reporting period.

Project Recommendations

Travel

You took 5 flights of less than 1000 kilometers, which generated emissions of 219.1 kg.
If you make them by rail, they will produce emissions of 105.4 Kg.

Office & smart working

No recommendations available yet, keep entering information

Accommodation

No recommendations available yet, keep entering information

Events

No recommendations available yet, keep entering information

Food & drinks

- If you served vegetarian menus instead of meat menus, you would save 68.2 kg of CO2.
- If you served light meals instead of full meals, you would save 60.2 kg of CO2 (also because of the reduction of organic waste).
- If you opted for a coffee break instead of a light meal, you would save 2.1 kg of CO2 (also because of the reduction of organic waste).

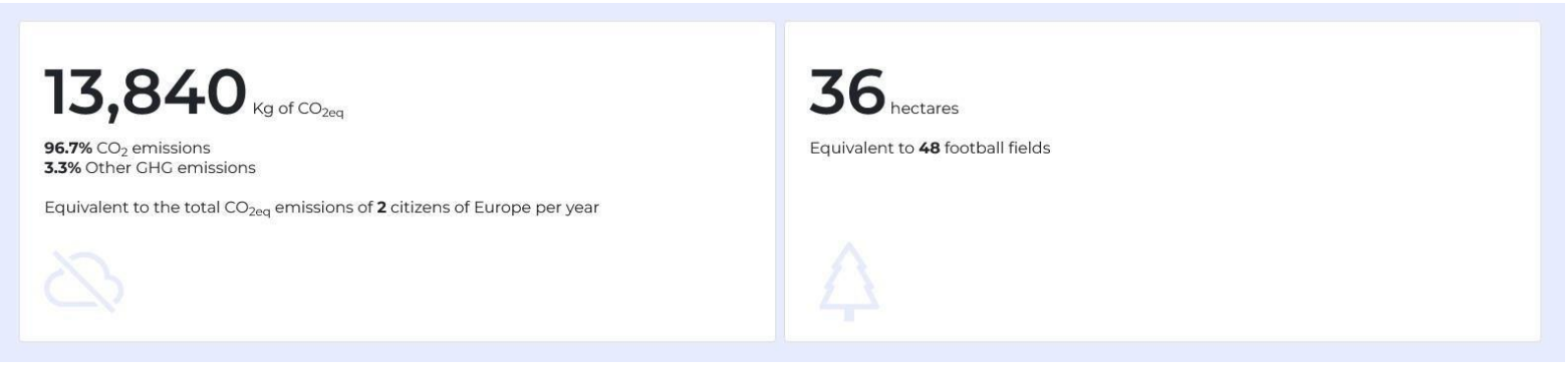
Communication material

No recommendations available yet, keep entering information

Reporting Period 2.

Total carbon footprint results

Global results show the cumulative amount of CO2eq emitted during all projects (Carbon Footprint). The number of hectares of forest required to absorb all the CO_2 released into the atmosphere (according the Ecological Footprint methodology) are also displayed.



Total emissions per category

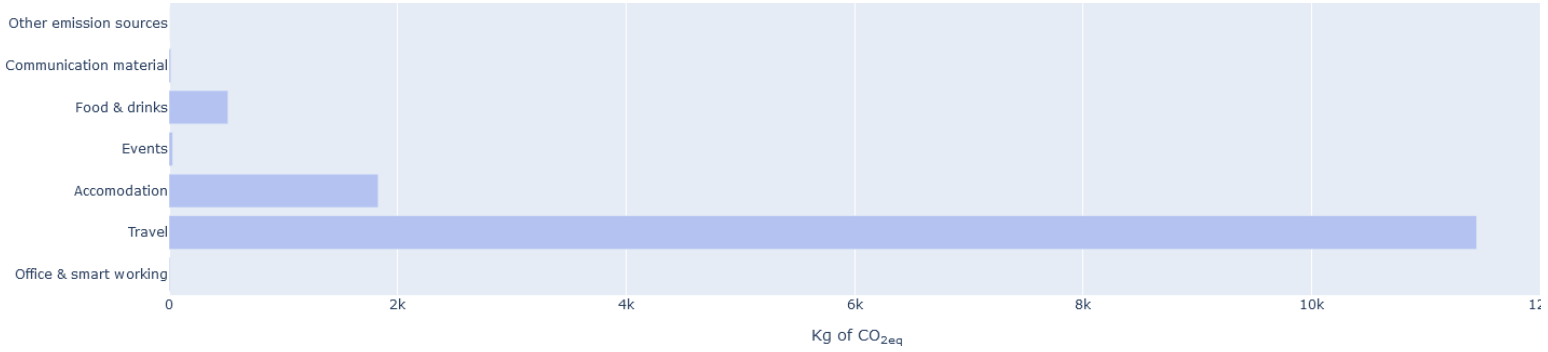


Figure 1. Total CO_{2eq} emissions per category.

Total Emissions per partner and per work package

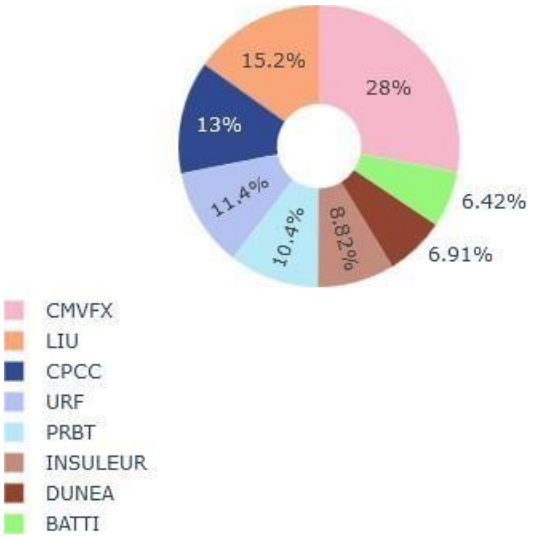


Figure 2. Total % of emissions per partner. Non allocated emissions are those emissions in which no partner was selected in “allocation” step of the Carbon Footprint Calculator.

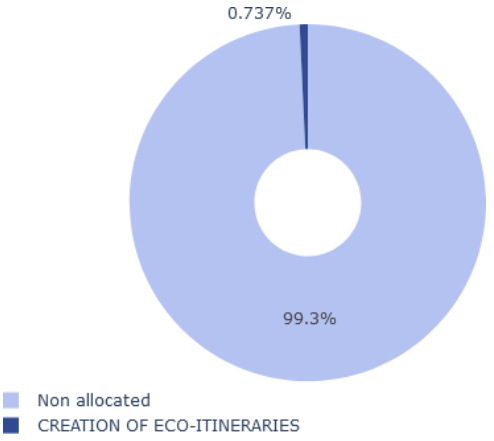


Figure 3. Total % of CO2eq emissions per partner. Non-allocated emissions are those for which no work package was selected in the "allocation" step of the Carbon Footprint Calculator.

Kgs of CO2eq per partner

Partner	Office & smart working	Travel	Accommodation	Events	Restaurans/Caterings	Communications	Other processes	Total
BATTI	0.4	241	72.7	0	18.9	0	0	332.9
CMVFX	1.6	1506	145.3	2.1	32.7	4.5	0	1692.3
CPCC	0	622	72.7	0	7.9	0	0	702.7
DUNEA	0.3	613	55.5	0	53.1	0	0	722.3
INSULEUR	0.5	175	72.7	3.8	39.6	0	0	291.4
LIU	0.3	752	242.2	0	39.9	0	0	1034.5
PRBT	2.5	0	0	5.6	72.7	2.1	0	82.9
URF	1.2	1102	218.0	10.8	45.3	0.2	0	1377.8

Emissions per reporting period

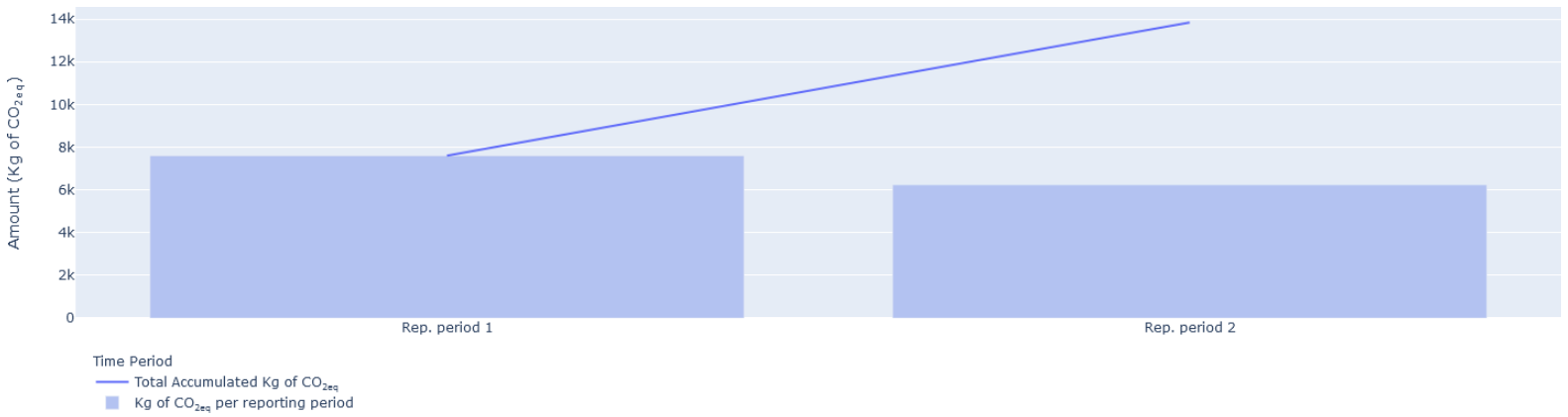


Figure 4. The blue line represents the accumulated CO_{2eq} emissions over the length of the project. The red bars represent the total CO_{2eq} emissions of each reporting period.

Kgs of CO_{2eq} per work package

Work package	Office & smart working	Travel	Accommodation	Events	Restaurans/Caterings	Communications	Other processes	Total
CREATION OF ECO-ITINERARIES	6.8	0	0	22.3	66.1	6.8	0	102.0
Non allocated	0	5011.7	879.1	0	35166.5	0	0	41057.3

Kgs of CO_{2eq} per Activity

Activity	Office & smart working	Travel	Accommodation	Events	Restaurans/
Non allocated	0	5011.7	879.1	0	244.0
Strategic stakeholders' engagement for the launch of small-scale eco-itineraries through consultation groups: participatory labs	6.8	0	0	22.3	66.1

Kgs of CO_{2eq} per Deliverable

Deliverable	Office & smart working	dTravel	Accommodation	Events	Restaurans/Caterings	Communications	Other processes	Total
None	0	4960.6	846.7	0	105.7	0	0	5913.0
Report of consultation groups	6.8	0	0	22.3	40.7	6.8	0	69.8

Project Recommendations

Travel

You took 12 flights of less than 1000 kilometers, which generated emissions of 284.4 kg.
If you make them by rail, they will produce emissions of 152.6 Kg.

Office & smart working

- According to the Health and Safety Executive, one person needs around 4.5 m2 of working space in the office for optimal working conditions.
- Therefore, if more people worked in the same office, if you lowered the average surface area to 4.5 m2 per person, you could save 1.1 kg of CO2 due to lower energy consumption.
- You have already implemented some energy-saving practices, congratulations! However, you could save 0.5 kg of CO2 if you implemented most of the energy-saving practices.
- Could the same work be done remotely? By working from home once per week (20% of total working hours), you would save 1.7 kg of CO2 caused by daily commuting.

Accommodation

No recommendations available yet, keep entering information

Events

According to the Native Spaces, one person needs 2–4 m2 of usable space. Having this in mind, if you reduced the location size accordingly to the rule of 3 m2 per person, you would save 15.4 kg of CO2.

Food & drinks

- If you served vegetarian menus instead of meat menus, you would save 196.7 kg of CO2.
- If you offered fish instead of any kind of meat or dairy, you would reduce 58.7 kg of CO2.
- If you chose white meat over red meat, you would reduce 95.3 kg of CO2.
- If you served mixed menus (50% vegetarian, 50% meat) instead of meat menus, you would save 49.3 g of CO2.
- If you served light meals instead of full meals, you would save 152.3 kg of CO2 (also because of the reduction of organic waste).
- If you opted for a coffee break instead of a light meal, you would save 2.1 kg of CO2 (also because of the reduction of organic waste).

Communication material

No recommendations available yet, keep entering information

Reporting Period 3.

Total carbon footprint results

Global results show the cumulative amount of CO2eq emitted during all projects (Carbon Footprint). The number of hectares of forest required to absorb all the CO_2 released into the atmosphere (according the Ecological Footprint methodology) are also displayed.

20,606 Kg of CO_{2eq}

96.7% CO_2 emissions
3.3% Other GHG emissions

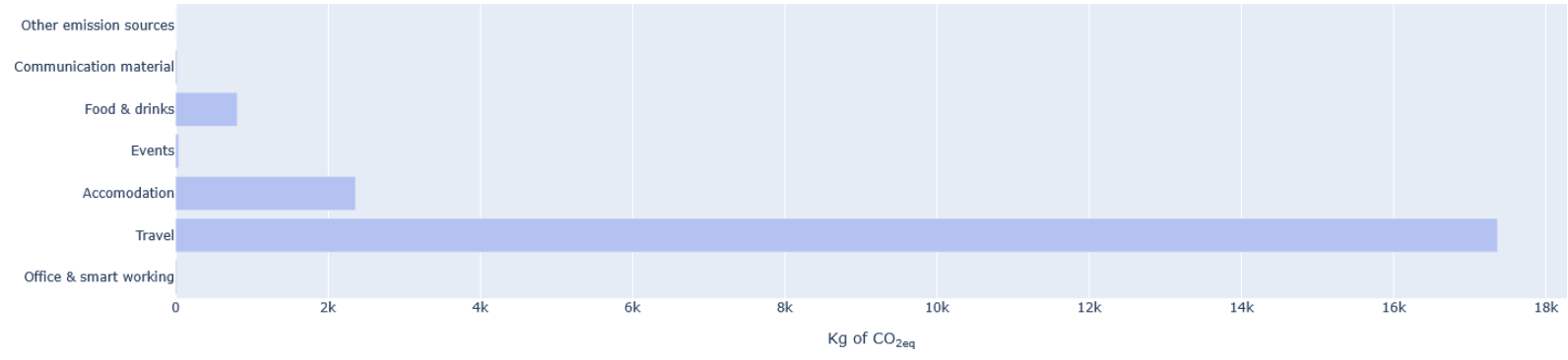
Equivalent to the total CO_{2eq} emissions of **3** citizens of Europe per year

54 hectares

Equivalent to **71** football fields

Total emissions per category

Figure 1. Total CO_{2eq} emissions per category.



Total Emissions per partner and per work package

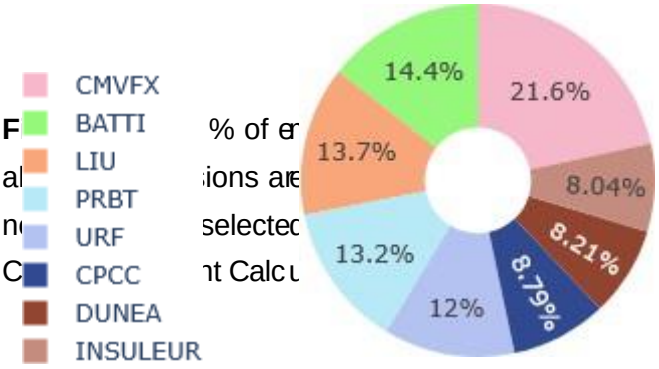


Figure 2. Total % of emissions per partner. Non allocated emissions are those emissions in which no partner was selected in "allocation" step of the Carbon Footprint Calculator.

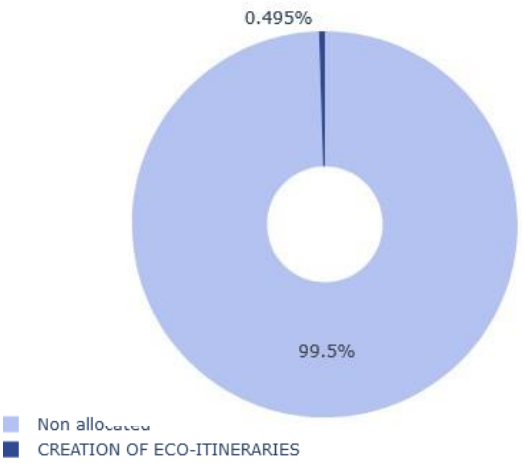


Figure 3. Total % of CO2eq emissions per partner. Non-allocated emissions are those for which no work package was selected in the "allocation" step of the Carbon Footprint Calculator.

Kgs of CO2eq per partner

Partner	Office & smart working	Travel	Accommodation	Events	Restaurans/Caterings	Communications	Other processes	Total
BATTI	0.4	1922	141.7	0	19.6	0	0	2084.2
CMVFX	1.6	328	47.2	0.7	210.7	0	0	587.9
CPCC	1.4	0	0	9.0	6.9	0	0	17.3
DUNEA	0.1	653	70.9	0	11.8	0	0	735.8
INSULEUR	0.9	406	23.6	0	4.9	0	0	435.6
LIU	0.1	643	70.9	0	13.7	0	0	727.8
PRBT	1.5	1201	70.9	0	9.7	0	0	1283.5
URF	1.2	766	106.3	0	17.8	0	0	891.6

Emissions per reporting period

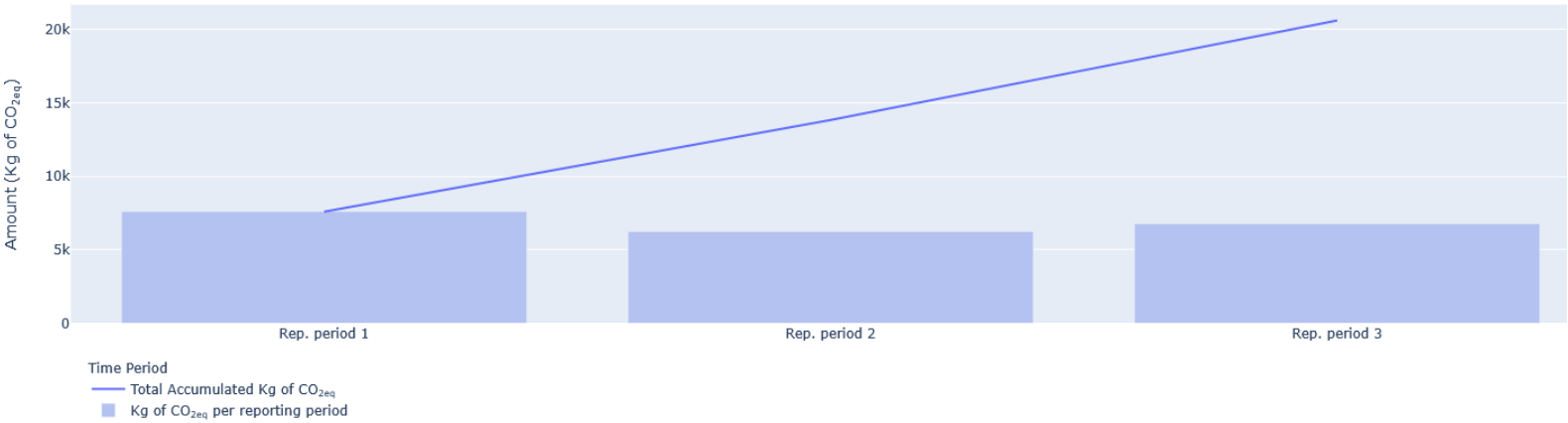


Figure 4. The blue line represents the accumulated CO_{2eq} emissions over the length of the project. The red bars represent the total CO_{2eq} emissions of each reporting period.

Kgs of CO_{2eq} per work package

Work package	Office & smart working	Travel	Accommodation	Events	Restaurans/Caterings	Communications	Other processes	Total
Non allocated	7.2	5920.2	531.5	9.7	29780.8	0	0	36249.4

Kgs of CO_{2eq} per Activity

Activity	Office & smart working	Travel	Accommodation	Events	Restaurans/Caterings	Communications	Other processes	Total
Non allocated	7.2	5920.2	531.5	9.7	295.1	0	0	6756.5

Kgs of CO_{2eq} per Deliverable

Deliverable	Office & smart working	dTravel	Accommodation	Events	Restaurans/Caterings	Communications	Other processes	Total
None	7.2	5860.7	482.8	9.7	180.1	0	0	6533.3

Project Recommendations Travel

- You took 21 flights of less than 1000 kilometers, which generated emissions of 696.6 kg.
- If you make them by rail, they will produce emissions of 397.2 Kg.

Office & smart working

- According to the Health and Safety Executive, one person needs around 4.5 m2 of working space in the office for optimal working conditions.
- Therefore, if more people worked in the same office, if you lowered the average surface area to 4.5 m2 per person, you could save 1.4 kg of CO2 due to lower energy consumption.
- You have already implemented some energy-saving practices, congratulations! However, you could save 1.8 kg of CO2 if you implemented most of the energy-saving practices.
- Could the same work be done remotely? By working from home once per week (20% of total working hours), you would save 1.8 kg of CO2 caused by daily commuting.

Accommodation

No recommendations available yet, keep entering information

Events

According to the Native Spaces, one person needs 2–4 m2 of usable space. Having this in mind, if you reduced the location size accordingly to the rule of 3 m2 per person, you would save 15.4 kg of CO2.

Food & drinks

- If you served vegetarian menus instead of meat menus, you would save 276.9 kg of CO2.
- If you offered fish instead of any kind of meat or dairy, you would reduce 58.7 kg of CO2.
- If you chose white meat over red meat, you would reduce 95.3 kg of CO2.
- If you served mixed menus (50% vegetarian, 50% meat) instead of meat menus, you would save 49.3 g of CO2.
- If you served light meals instead of full meals, you would save 173.0 kg of CO2 (also because of the reduction of organic waste).
- If you opted for a coffee break instead of a light meal, you would save 19.1 kg of CO2 (also because of the reduction of organic waste).

Communication material

No recommendations available yet, keep entering information

Reporting Period 4.

Total carbon footprint results

Global results show the cumulative amount of CO2eq emitted during all projects (Carbon Footprint). The number of hectares of forest required to absorb all the CO_2 released into the atmosphere (according the Ecological Footprint methodology) are also displayed.

24,654 Kg of CO_{2eq}

96.5% CO_2 emissions
3.5% Other GHG emissions

Equivalent to the total CO_{2eq} emissions of **3** citizens of Europe per year

64 hectares

Equivalent to **85** football fields

Total emissions per category

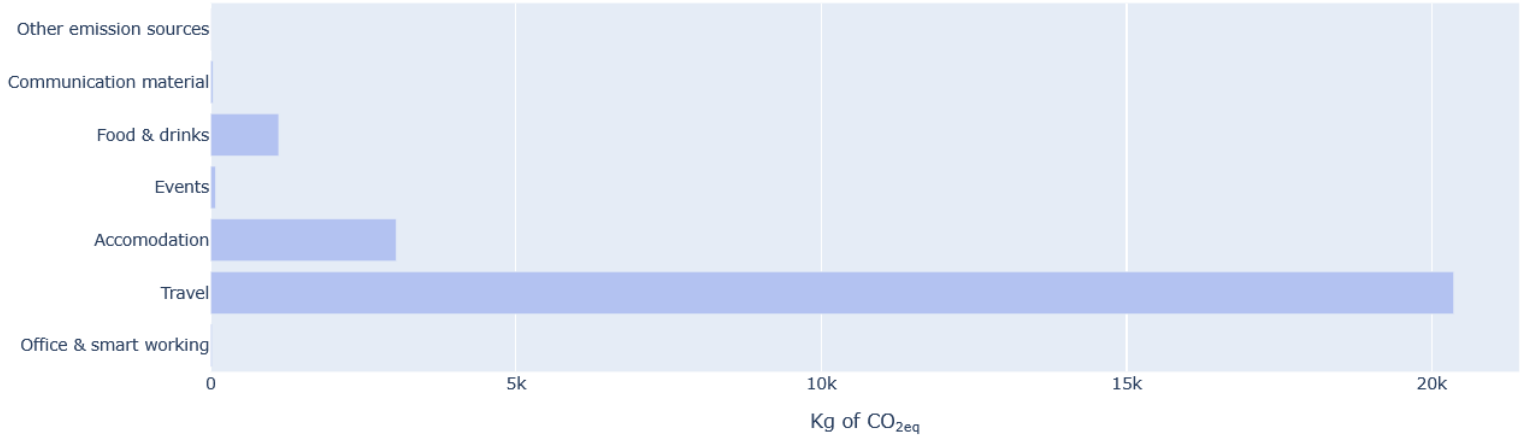


Figure 1. Total CO_{2eq} emissions per category.

Total Emissions per partner and per work package

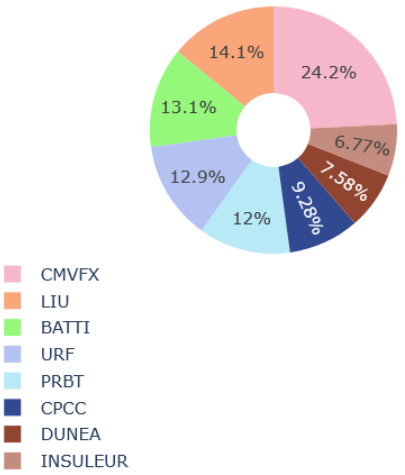


Figure 2. Total % of emissions per partner. Non allocated emissions are those emissions in which no partner was selected in “allocation” step of the Carbon Footprint Calculator.

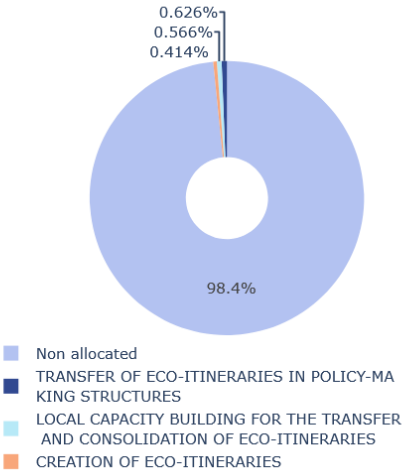


Figure 3. Total % of CO2eq emissions per partner. Non-allocated emissions are those for which no work package was selected in the "allocation" step of the Carbon Footprint Calculator.

Kgs of CO2eq per partner

Partner	Office & smart working	Travel	Accommodation	Events	Restaurans/Caterings	Communications	Other processes	Total
BATTI	1.5	2804	342.3	6.2	80.0	7.4	0	3241.1
CMVFX	4.8	5003	479.5	18.1	451.2	18.3	0	5975.2
CPCC	2.8	1989	226.5	14.4	53.0	1.4	0	2286.7
DUNEA	2.0	1539	234.3	9.0	83.4	0.2	0	1868.1
INSULEUR	2.5	1319	263.1	5.1	78.7	0	0	1668.1
LIU	0.7	2659	691.4	2.1	119.3	0	0	3472.5
PRBT	5.4	2652	188.8	5.6	113.7	2.1	0	2967.5
URF	3.6	2395	612.0	18.2	137.6	8.0	0	3174.4

Emissions per reporting period

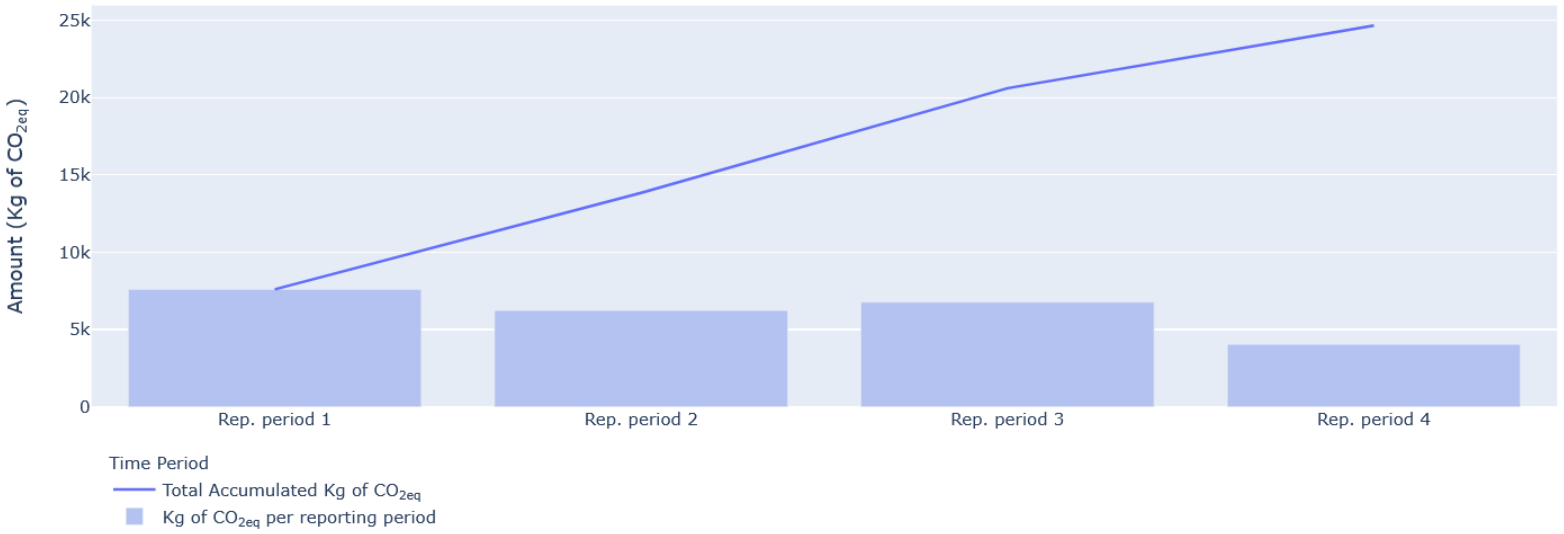


Figure 4. The blue line represents the accumulated CO_{2eq} emissions over the length of the project. The red bars represent the total CO_{2eq} emissions of each reporting period.

Kgs of CO_{2eq} per work package

Work package	Office & smart working	Travel	Accommodation	Events	Restaurans/Caterings	Communications	Other processes	Total
CREATION OF ECO-ITINERARIES	6.8	0	0	22.3	66.1	6.8	0	102.0
LOCAL CAPACITY BUILDING FOR THE TRANSFER AND CONSOLIDATION OF ECO-ITINERARIES	2.9	0	0	26.3	102.1	8.2	0	139.5
Non allocated	13.6	20359.4	3037.9	19.0	814.5	13.3	0	24257.7
TRANSFER OF ECO-ITINERARIES IN POLICY-MAKING STRUCTURES	0	0	0	11.1	134.2	9.1	0	154.4

Kgs of CO_{2eq} per Activity

Activity	Office & smart working	Travel	Accommodation	Events	Restaurans/Caterings	Communications	Other p
Non allocated	13.6	20359.4	3037.9	30.1	948.7	22.4	0
Strategic stakeholders' engagement for the launch of small-scale eco-itineraries through consultation groups: participatory labs	6.8	0	0	22.3	66.1	6.8	0
Training with key institutional actors in the cultural, political and socio-economic sphere & MED-ROUTES Package	2.9	0	0	17.6	72.8	6.2	0
Training with operators and businesses in the local tourism sector	0	0	0	8.7	29.3	2.0	0

Kgs of CO_{2eq} per Deliverable

Deliverable	Office & smart working	dTravel	Accommodation	Events	Restaurans/Caterings	Communications	Other processes	Total
None	16.5	20156.1	2859.3	56.4	596.2	30.6	0	23698.6
Report of consultation groups	6.8	0	0	22.3	40.7	6.8	0	69.8

Project Recommendations Office & smart working

- According to the Health and Safety Executive, one person needs around 4.5 m2 of working space in the office for optimal working conditions.
  Therefore, if more people worked in the same office, if you lowered the average surface area to 4.5 m2 per person, you could save 1.5 kg of CO2 due to lower energy consumption.
- You have already implemented some energy-saving practices, congratulations! However, you could save 0.8 kg of CO2 if you implemented most of the energy-saving practices.
- Could the same work be done remotely? By working from home once per week (20% of total working hours), you would save 1.8 kg of CO2 caused by daily commuting.

Travel

- You took 29 flights of less than 1000 kilometers, which generated emissions of 736.6 kg.
  If you make them by rail, they will produce emissions of 468.2 Kg.

Accommodation

- No recommendations available yet, keep entering information

Events

- According to the Native Spaces, one person needs 2–4 m2 of usable space. Having this in mind, if you reduced the location size accordingly to the rule of 3 m2 per person, you would save 30.3 kg of CO2.

Food & drinks

- If you served vegetarian menus instead of meat menus, you would save 352.4 kg of CO2.
- If you offered fish instead of any kind of meat or dairy, you would reduce 58.7 kg of CO2.
- If you chose white meat over red meat, you would reduce 95.3 kg of CO2.
- If you served mixed menus (50% vegetarian, 50% meat) instead of meat menus, you would save 49.3 g of CO2.
- If you served light meals instead of full meals, you would save 240.4 kg of CO2 (also because of the reduction of organic waste).
- If you opted for a coffee break instead of a light meal, you would save 20.8 kg of CO2 (also because of the reduction of organic waste).

Communication Material

- You can reduce 3.8 kg of CO2 by not printing your project publication/report but simply publishing it online.

Reporting Period 5.

Total carbon footprint results

Global results show the cumulative amount of CO2eq emitted during all projects (Carbon Footprint). The number of hectares of forest required to absorb all the CO_2 released into the atmosphere (according the Ecological Footprint methodology) are also displayed.

26,791 Kg of CO_{2eq}

96.5% CO_2 emissions
3.5% Other GHG emissions

Equivalent to the total CO_{2eq} emissions of **4** citizens of Europe per year

70 hectares

Equivalent to **93** football fields

Total emissions per category

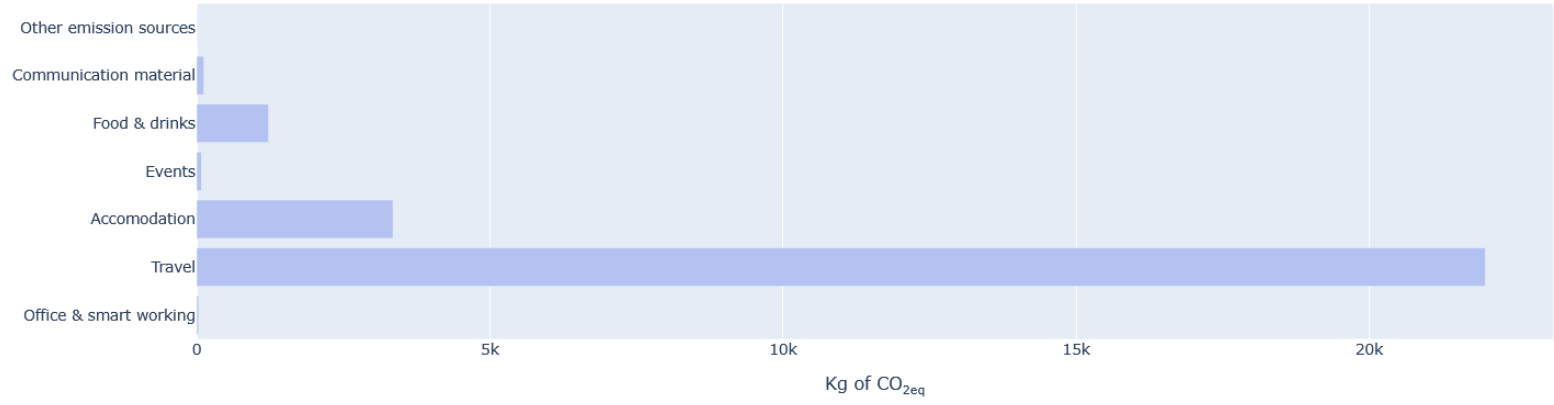


Figure 1. Total CO_{2eq} emissions per category.

Figure 1. Total CO_{2eq} emissions per category.

Total Emissions per partner and per work package

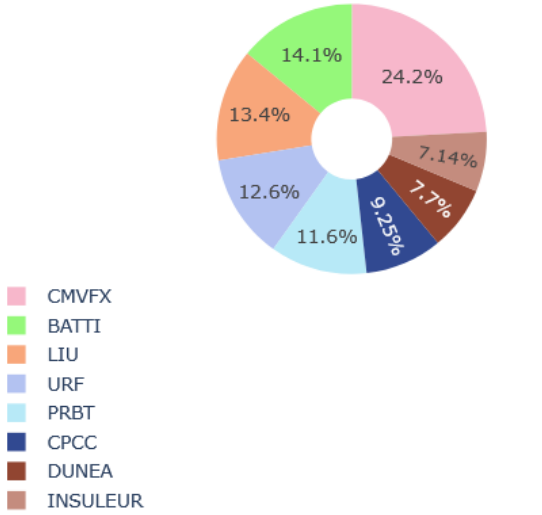


Figure 2. Total % of emissions per partner. Non allocated emissions are those emissions in which no partner was selected in “allocation” step of the Carbon Footprint Calculator.

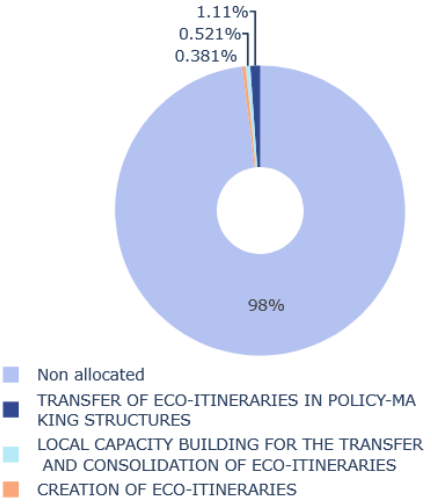


Figure 3. Total % of CO2eq emissions per partner. Non-allocated emissions are those for which no work package was selected in the "allocation" step of the Carbon Footprint Calculator.

Kgs of CO2eq per partner

Partner	Office & smart working	Travel	Accommodation	Events	Restaurans/Caterings	Communications	Other processes	Total
URF	6.2	2522	668.6	18.2	147.4	8.0	0	3370.6
CPCC	4.2	2164	235.5	14.4	57.9	1.4	0	2477.8
PRBT	7.6	2780	202.9	5.6	118.6	2.1	0	3116.9
LIU	1.1	2659	754.4	2.1	129.1	56.4	0	3602.1
INSULEUR	3.6	1539	281.1	5.1	83.6	0	0	1912.2
DUNEA	3.0	1666	290.9	9.0	93.2	0.2	0	2062.5
CMVFX	6.4	5451	515.5	18.1	461.0	18.3	0	6470.4
BATTI	2.1	3199	398.9	7.0	135.5	35.5	0	3778.1

Emissions per reporting period

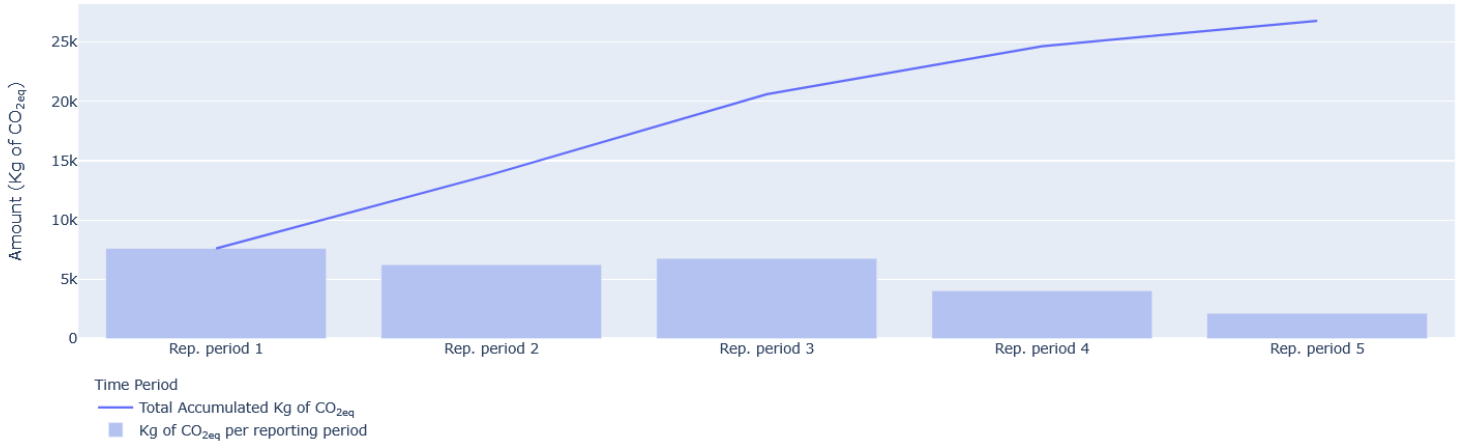


Figure 4. The blue line represents the accumulated CO_{2eq} emissions over the length of the project. The red bars represent the total CO_{2eq} emissions of each reporting period.

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Kgs of CO_{2eq} per work package

Work package	Office & smart working	Travel	Accommodation	Events	Restaurans/Caterings	Communications	Other processes	Total
CREATION OF ECO-ITINERARIES	6.8	0	0	22.3	66.1	6.8	0	102.0
LOCAL CAPACITY BUILDING FOR THE TRANSFER AND CONSOLIDATION OF ECO-ITINERARIES	2.9	0	0	26.3	102.1	8.2	0	139.5
Non allocated	13.6	21980.9	3347.8	19.0	878.2	13.3	0	26252.8
TRANSFER OF ECO-ITINERARIES IN POLICY-MAKING STRUCTURES	10.9	0	0	11.9	179.9	93.6	0	296.3

Kgs of CO_{2eq} per Activity

Activity	Office & smart working	Travel	Accommodation	Events	Restaurans/Caterings	Communications	Other p
Creation of training materials for the dissemination of eco-itineraries	0	0	0	0	0	56.4	0
Non allocated	13.6	21980.9	3347.8	30.1	1012.4	22.4	0
Strategic stakeholders' engagement for the launch of small-scale eco-itineraries through consultation groups: participatory labs	6.8	0	0	22.3	66.1	6.8	0
Training with key institutional actors in the cultural, political and socio-economic sphere & MED-ROUTES Package	13.8	0	0	18.4	118.5	34.3	0
Training with operators and businesses in the local tourism sector	0	0	0	8.7	29.3	2.0	0

Kgs of CO_{2eq} per Deliverable

Deliverable	Office & smart working	dTravel	Accommodation	Events	Restaurans/Caterings	Communications	Other processes	Total
Comprehensive training package	0	0	0	0	0	56.4	0	56.4
None	27.4	21763.5	3139.0	57.2	663.6	58.7	0	25682.0
Report of consultation groups	6.8	0	0	22.3	40.7	6.8	0	69.8

Project Recommendations Office & smart working

- According to the Health and Safety Executive, one person needs around 4.5 m2 of working space in the office for optimal working conditions.
- Therefore, if more people worked in the same office, if you lowered the average surface area to 4.5 m2 per person, you could save 2.1 kg of CO2 due to lower energy consumption.
- You have already implemented some energy-saving practices, congratulations! However, you could save 1.8 kg of CO2 if you implemented most of the energy-saving practices.
- Could the same work be done remotely? By working from home once per week (20% of total working hours), you would save 1.8 kg of CO2 caused by daily commuting.

Travel

- You took 36 flights of less than 1000 kilometers, which generated emissions of 1141.2 kg.
If you make them by rail, they will produce emissions of 660.3 Kg.

Accommodation

- No recommendations available yet, keep entering information

Events

- According to the Native Spaces, one person needs 2–4 m2 of usable space. Having this in mind, if you reduced the location size accordingly to the rule of 3 m2 per person, you would save 30.3 kg of CO2.

Food & drinks

- If you served vegetarian menus instead of meat menus, you would save 377.9 kg of CO2.
- If you offered fish instead of any kind of meat or dairy, you would reduce 58.7 kg of CO2.
- If you chose white meat over red meat, you would reduce 95.3 kg of CO2.
- If you served mixed menus (50% vegetarian, 50% meat) instead of meat menus, you would save 49.3 g of CO2.
- If you served light meals instead of full meals, you would save 265.1 kg of CO2 (also because of the reduction of organic waste).
- If you opted for a coffee break instead of a light meal, you would save 20.8 kg of CO2 (also because of the reduction of organic waste).

Communication Material

- You can reduce 60.2 kg of CO2 by not printing your project publication/report but simply publishing it online.

Conclusion

The implementation of the carbon footprint monitoring approach within the **MED-Routes** project has played an important role in increasing awareness and encouraging more sustainable practices among all project partners. Throughout the entire project period, partners were regularly informed about the latest available data related to the project's carbon footprint. During project meetings and coordination activities, the updated results from the carbon footprint calculator were presented and discussed, which helped partners better understand how different project activities, such as travel, events, catering, and communication materials, contribute to CO_2 emissions. This continuous sharing of information allowed partners to reflect on their practices and gradually adapt their behavior in order to reduce the environmental impact of project implementation.

The analysis of the reporting periods shows that travel has been one of the main contributors to the project's carbon footprint, particularly flights for short distances. The data demonstrates that even a relatively small number of flights can generate significant emissions, while alternative transport options such as rail would result in substantially lower CO_2 emissions. As partners became more **aware of this impact**, efforts were made to reduce unnecessary travel and to organize some activities online whenever possible. An example of this approach was the organisation of the webinar "Presentation of the MED-Routes project", which allowed stakeholders to participate without the need for travel and therefore contributed to lowering the project's overall emissions.

Another important area where improvements became visible during the project period is related to catering and food choices during project events. The data and recommendations provided through the calculator clearly illustrate that vegetarian menus and lighter meals can significantly reduce CO_2 emissions compared to meat-based catering. As partners became more familiar with these results, many of them started to introduce more vegetarian options in event catering, often offering more plant-based choices than meat dishes. This shift **reduced the potential emissions** associated with food consumption and also helped raise awareness among participants about the environmental impact of dietary choices.

In addition, the project also explored opportunities to reduce emissions related to office activities, events, and communication materials. Partners increasingly applied energy-saving practices in their offices, considered remote working options where feasible, and optimized the organization of events and working spaces. Furthermore, the project encouraged the use of digital communication materials instead of printed publications whenever possible, which also contributes to reducing emissions associated with printing and distribution.

Overall, the results of the carbon footprint monitoring process demonstrate that **awareness and behavioural change** among partners improved progressively throughout the project. The continuous collection and presentation of data helped partners understand the environmental consequences of their decisions and motivated them to adopt more sustainable practices. While travel remains a significant source of emissions for international cooperation projects, the MED-

Routes partnership has shown that through conscious choices, such as increasing online participation, promoting vegetarian catering, applying energy-saving measures, and reducing printed materials, it is possible to gradually decrease the environmental impact of project activities.

In conclusion, the carbon footprint monitoring process has proven to be not only a reporting tool but also an effective **learning mechanism** for the partnership. By regularly analysing the data and discussing the results during project meetings, partners became more aware of their environmental responsibilities and were encouraged to integrate more sustainable approaches into their daily project implementation. These experiences and lessons learned can serve as a valuable reference for future cooperation projects aiming to balance international collaboration with climate-responsible practices.