



TOKUSHIMA INTERNATIONAL CONSUMER'S FORUM 2022

10 WAYS TO ACHIEVE SUSTAINABLE DEVELOPMENT IN DIGITAL SOCIETY

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INTRODUCTION

- **The consumption of digital platforms have been increasing drastically.**
- **Eventually, this has caused unlimited digital energy consumption which contradicts the sustainable development goal in regards to energy consumption by consumers worldwide.**
- **In order to overcome this issue, we suggest 10 ways that individuals, students and schools/universities can take to achieve sustainable development in regards to energy consumption.**



What An Individual Can Do

WAY 1: CHANGES IN ONLINE SHOPPING HABITS

01

Limit the number of items purchase online

02

Do thorough research on the products and the manufacturer before buying online products

03

Avoid being manipulated by the mega sale or cheaper products in online shopping.

04

Report online shops that are greenwashing their products under misinformation.

WAY 2: USE YOUR SMARTPHONE WISELY

01

Close or shut down the applications that are not in use properly

02

Reduce the amount of time you spend using mobile phones and applications that are energy consuming

03

Avoid charging your phone if it is not absolutely necessary

04

Set a timer to control yourself from spending too much time on the mobile applications

05

Close all active tabs before exiting Google, especially on mobile devices

WAY 3: USE BROWSER EXTENSIONS THAT PROMOTE ETHICAL AND SUSTAINABLE ONLINE SHOPPING

01

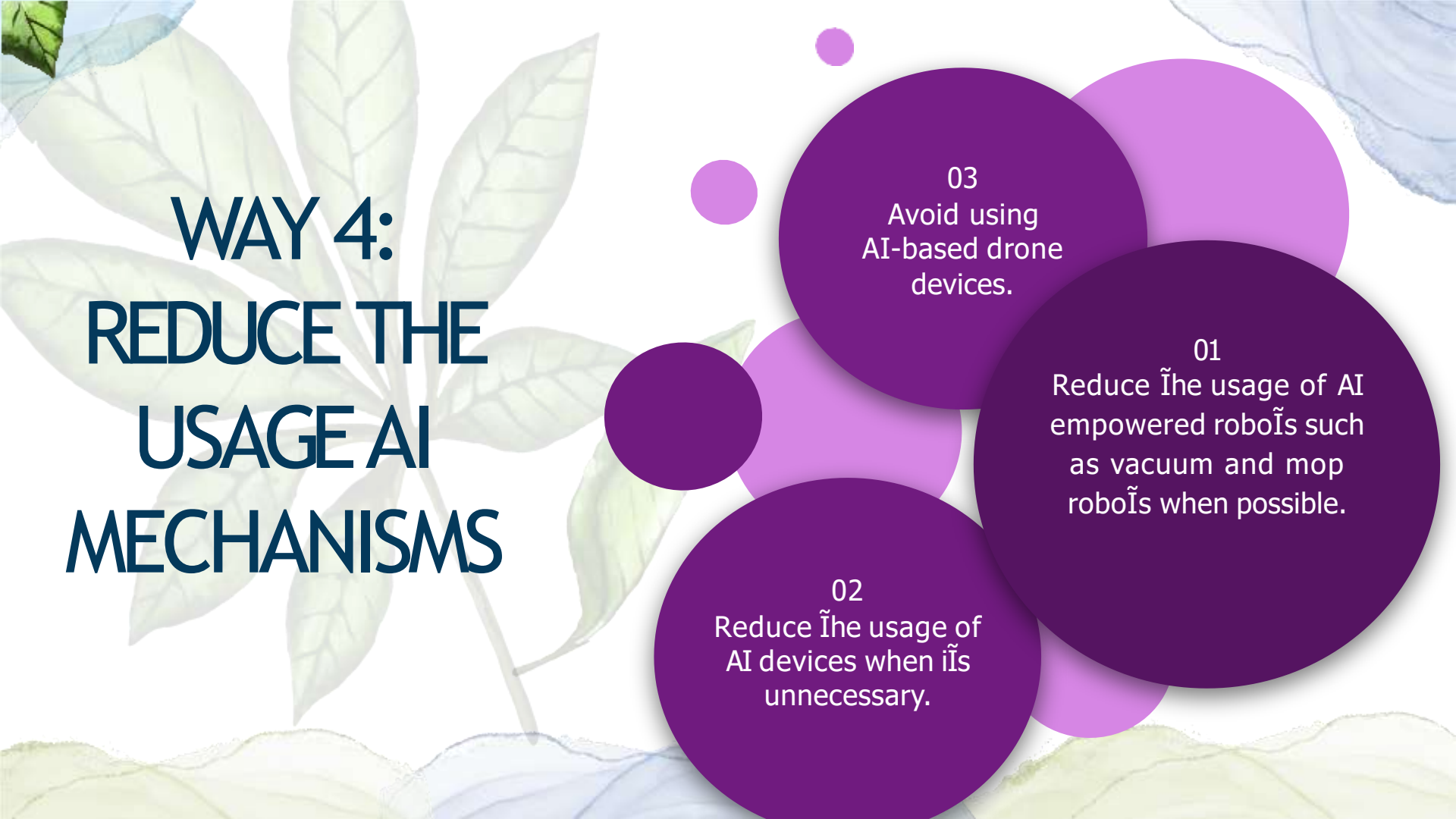
Use a browser extension as an online shopping assistant that helps recommend sustainable brands on retail websites.

02

Use extensions that allow consumers to plant trees by shopping online.

03

Optimise the usage of browser extensions that offer consumers ethical and sustainable products.



WAY 4: REDUCE THE USAGE AI MECHANISMS

03
Avoid using
AI-based drone
devices.

01
Reduce the usage of AI
empowered robots such
as vacuum and mop
robots when possible.

02
Reduce the usage of
AI devices when it's
unnecessary.

WAY 5: LIMIT STREAMING

1. *Download Music*

Devices use twice the amount of battery life to play a streamed song compared to a downloaded one.

3. *Use Smaller Devices*

A laptop or phone emits significantly less CO2 equivalent than streaming on a TV.

2. *Stream on WIFI*

Stream videos, movies, and songs on WIFI rather than on mobile network. Mobile data is more energy intensive than WIFI.

4. *Use Smaller Devices*

Reduce consumption and try not to stream music for more than five hours a time. Limit TV streaming time,

WAY 6: Utilising Renewable and Eco-Friendly Sources

1 Reduce/Avoid Power Banks

Often, power banks are not discarded appropriately. Most power banks contain batteries made of lithium-ion or lithium-polymer.

INSTEAD

2. Use Solar Power Banks

Reduce and greenify your power consumption when charging your electronic devices.

3. Eco-Friendly Sources

Always check for an eco-friendly version first.



What A Student Can Do

WAY 7: AFTER CHARGING YOUR LAPTOP, AVOID LEAVING IT PLUGGED IN FOR TOO LONG

Typically, laptops contain lithium-ion batteries. Your laptop's battery life may be impacted if you leave it plugged in all the time.

01

Randomized and partial charging is acceptable

02

Does not need full charge

03

The best move is to keep your laptop charged between 40% and 80% of its capacity

The environmental effect of manufacturing a laptop is greater.

We must reduce its carbon footprint by using it wisely so that there is no need to replace new ones when batteries lose their ability to store energy in devices.

WAY 8: REDUCE ONLINE STORAGE





What A School/University Can Do

WAY 9: DISABLE WIFI ON A ROUTER AT NIGHT/ AFTER WORKING HOURS/ OR WHEN NOT IN USE

01

Simply unplugging your WiFi router or modem before going to bed/after working hours is the simplest and most obvious way to switch off your WiFi when not in use.

02

When you wake up or before starting work, you may plug it back in.

03

You should understand that disabling your WiFi when not in use doesn't always imply disabling all of your internet connection.

04

You must remember that you are just turning off the wifi capability when you turn off your WiFi network.

- An Ethernet cable will still work for utilising the wired internet.

**DID YOU
KNOW ?**

WiFi transmits electromagnetic fields (EMFs) to everyone within its range by using radio frequency to connect with your devices

EMFs are yet another environmental hazard.



WAY 10: MANAGE THE USAGE OF THE E-FILING WEBSITES

01

Utilise electronic filing ("e-filing") wisely.

02

Encourage lecturers to hand out group assignments to reduce the number of documents or assignments to be submitted.

03

Delete assignments or data stored on cloud that are more than 8-10 years.

04

Allow e-filing system to automatically log out of the website when it is left idle for 5 to 10 minutes.



CONCLUSION

- **These are just a few steps towards the sustainable development goal in regards to energy consumption by consumers.**
- **The main focus here is for consumers to use digital platforms and mechanisms wisely.**
- **We believe that there is a possibility to achieve the sustainable development goal regarding energy consumption in near future through the measures we have presented.**
- **However, we would like to remind that this change may take some time and countless effort from all authorities and countries worldwide.**
- **On the bright side, we believe many countries and authorities will be open and welcoming to this initiative.**



**THANK
YOU**