

Our Sustainability Pledge

Organisers of the Tay Health Tech Conference 2026 recognise the importance of taking care of the environment and the environmental impact of hosting a conference. We commit to running our conference with a reduced environmental impact by working closely with our venues and suppliers to put in place environmental-friendly policies and best practices wherever possible. To achieve this, we put the following initiatives in place to reduce our carbon footprint every step of the way and contribute towards a safe and healthy environment.

Tay Health Tech supports the Environmental and Sustainability Policy of the conference venue, the [Apex City Quay Hotel & Spa, Dundee](#).

Organiser

Pre-event

- We used conference calls during the planning stage, reducing our carbon footprint by significantly removing travel for each organiser.
- We aim to significantly reduce the amount of printed material at every stage of our event by using technology. When printed material is unavoidable, we will use recycled paper.
- We used media and electronic methods for registration and confirmation, event promotion, general and delegate communication including e-newsletters and emails. The conference programme will be listed online and on screens at the event; a small amount will be printed on recycled paper for those who prefer it.
- We selected a conference venue which supports sustainable practice, has a good recycling policy and a robust waste management policy.
- The venue selected for the conference is a short walk from the city centre, close to all travel links and a wide range of accommodation.
- We selected local suppliers to avoid long distance transport of goods and people.

During the event

- Where possible, we use digital signage to reduce single-use signage options.
- Name badges will be printed on recycled paper or card, using reusable unbranded lanyards to promote re-use, and delegates will be asked to return them at the end of the event.
- To minimise the environmental impact, we worked with our conference venue to select fresh, locally, or regionally sourced, seasonal food for the catering and order carefully to avoid food waste.

Delegates and Visitors

We encouraged our delegates and visitors to make sustainable choices where possible to help reduce their carbon footprint.

Travel

- Analyse the carbon footprint associated with your travel to and from Dundee by using this [calculator](#). The majority of delegates are expected to be local to Tayside or the central belt of Scotland. Offset the carbon footprint by compensating unavoidable emissions through acknowledged projects, for example [The UN Carbon Offset Platform](#).
- Get active out and about in Dundee city. A compact city bursting with places of interest, history, and things to see, it is so easy to get around. Dundee's active travel routes in and around the city have been developed over the last few years with a key objective to encourage travel through walking, cycling and public transport, and deploy sustainable alternatives to decarbonise transport. Visit Dundee.com website and find out more about [Our Walkable City](#).
- We fully encourage the use of public transport, car share and walking as much as possible. When using a taxi, you may wish to consider sharing it with one of your fellow delegates.

Hotel

- Select a hotel that supports sustainability activities where possible.
- Consider selecting a hotel in the vicinity of the conference venue so you can walk to the venue or use a bike, there are many options close by.
- Only use the air conditioning if it is really necessary.
- Turn off the lights and TV when leaving the room.
- Select the type and amount of food during meals sensibly in order to avoid food waste.

During the event

- Consider bringing your own reusable water bottle and refilling it.
- Only pick up printed marketing and information material that you are really interested in and that you will use.
- Help us increase our recycling rate by placing all waste and recyclables into the appropriate waste recycling bins.
- Use only as many disposable items as you need (e.g. paper towels, napkins, utensils).

Industry - Exhibitors and Partners

During the event

We encouraged our exhibitors and partners to consider the following:

- Use recyclable or reusable material for any stand construction. Consider cardboard pop-ups that are fully recyclable.
- Less is more – sponsors/exhibitors are encouraged to rethink the number of printed brochures and flyers or change to a digital version.
- Rethink give-aways and offer sustainable versions.
- Choose local partners for your needs.