Vhumana

## SUSTAINABILITY GOALS FOR THE FUTURE

VHUMANA is committed to sustainability. Over the last years, we have been active in the social, cultural, and environmental initiatives by contributing to the Sustainable Development Goals (SDG).
We have a 5-year plan (2023-2028) for sustainability actions focused on some of the existing SDG.
The impact on the planet of these diverse actions contribute to the following SDG: good health and well-being [3], quality education [4], affordable and clean energy [7], climate actions [13], and partnerships [17].

### 1. STAY GROUNDED IN HEALTH [3]

Health is a main concern for people, companies, and governments all over the world. Taking in consideration pandemics, mental health and longevity, challenges emerge such as promotion of health, prevention of diseases, adoption of healthy lifestyle.
We decided to reinforce the commitment to this sector, and for that Vhumana associated to a project as founding member. This project has in its core the Education for Health. It is also intended to be a knowledge center for the History of Medicine and at the same time a space for education and awareness of the community for healthy, balanced, and sustainable habits.

### 2. STAY GROUNDED IN EDUCATION [4]

Investing in education is a key factor for the present and future of our society. It is a powerful tool to change lives and to reduce poverty and inequality in our communities.
We have been supporting actions on the development and implementation of new methodologies for the promotion of scholar success, quality of education, and youth professional integration. As part of our program, we intend to keep our support to educational institutions. Moreover, we have been providing scholarships to university students in different areas of study.

### 3. STAY GROUNDED IN CLEAN ENERGY [7]

Our planet is going through a period of significant and rapid climate changes caused by greenhouse gases (GHG) in the atmosphere, emitted by human activities, which affect all of us. Business activities play a crucial role in climate action by reducing GHG emissions and increasing carbon sequestration. Thus, they contribute to the adaptation to predicted changes and minimizing the negative effects of climate change on ecosystems and quality of life.
Our plan consists in decreasing our carbon footprint by using clean energies in our offices and warehouses and changing our fleet for electric vehicle. This implementation will help to reduce $CO_2$ emissions initially caused by fossil fuel-based production, contributing to fight against climate change and to a more sustainable future.
The logistics has a central role to play in the transition to sustainable logistics systems, must be both cost and environment effective and at the same time has to meet clients and suppliers' requirements.



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We are aware of the challenges to reach a more sustainable logistics due to its carbon footprint. It starts by making it more efficient and working with partners motivated about it.
The switch to sustainable transportation is a slow process that needs to be thorough. Therefore, we will work together with our transport and logistics suppliers to figure out responsible, dynamic, and effective ways to be cleaner in energy and reduce GHG emissions.

## 4. STAY GROUNDED IN NATURE [13]

As humans, we're more passionate about protecting the things we love and feel connected to.
When spending more time grounding yourself in nature, it reminds of why it is so important protecting the natural world. Spending time in nature has been shown to reduce anxiety and generate positive emotions like joy and calmness. Studies have shown that listening to nature sounds like waves crashing, birds, and tree rustling can improve cognitive performance.
In this context, one environmental action plan consists in collaborating with the reforestation of native trees in the World Heritage area of Sintra in Portugal. More than 200 native trees will be planted by our team as a reforestation and environmental awareness initiative.

## 5. STAY GROUNDED IN PARTNERSHIPS [17]

Achieving SDGs can only be accomplished with strong partnerships and cooperation.
In order to achieve the SDG [3] we made a partnership with "Fundação Casa Hermes". The aim is to promote, develop, and supporting initiatives in the cultural, scientific, and social fields. This is related to the protection and promotion of historical and artistic heritage, scientific research, disease prevention and control, innovation, and entrepreneurship development and promotion.
For the SDG [4] we have partnerships with EPIS and ADT. Achieving inclusive and quality education for all reaffirms the belief that education is one of the most powerful and proven vehicles for sustainable development.
EPIS' mission is the social inclusion for disadvantaged children and youth. In this context, the mobilization of civil society for this mission, particularly of entrepreneurs, continues to be one of the ways to face a better world.
ADT's purpose is allowing talented university students the opportunity and the tools to their dream become true through education for the development of academic and entrepreneurship activities.
In our activity we are working strongly with suppliers and clients by promoting a fair international trade that benefits all, which it is important for a sustainable growth.

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