



An Eco-Friendly Thesis: Small Changes That Make a Difference

UNISG proposes the implementation and promotion of the following good practices to ensure a “green” thesis:

1. Reduce the use of paper to a minimum.
2. Send chapters to your supervisor for correction in a digital format.
3. Submit the definitive copy to your supervisor in a file format, either Word or PDF, without a printed copy. If requested by the lecturer, provide a copy with only a card cover, without binding or glue, so that it can be recycled with ordinary paper.
4. Provide the secretary with a copy for the library with only a card cover.
5. Ensure the printed version of your thesis follows these guidelines:
 - Print on both sides of the paper.
 - Use small margins, no more than 2 cm.
 - Use 1-1.15 line spacing.
 - Use a 12- or 13-point font.
 - Use certified paper (e.g. FSC – Forest Stewardship Council) or recycled paper.
 - Don't use imitation leather for the binding, as this polluting synthetic material leads to high waste-processing costs.
 - Don't use plastic trim or inserts.
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