

Social Responsibility at INESC TEC

October 2020

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1. Presentation of the Technical Commission for Social Responsibility



INESC TEC officially introduced Social Responsibility in 2020, in order to incorporate these principles into the institution's organisational culture. On September 25, the Technical Commission for Social Responsibility presented the activity plan for 2020 to INESC TEC employees.

How did Social Responsibility at INESC TEC took off?

Between the end of 2018 and early 2019, INESC TEC promoted a diagnosis process concerning Social Responsibility, based on the GRACE (Group of Reflection and Support for Corporate Citizenship) methodology and practical guide, which aim to be key tools for organisations seeking to integrate these principles in their organisational culture.

Despite the fact that INESC TEC has been promoting several actions among the internal and external communities for several years, the lack of formal processes represented a primary state of development concerning these questions. In this sense, INESC TEC established a Technical Commission for Social Responsibility in October 2019, in order to advise the members of INESC TEC's Executive Board, namely regarding the promotion of Social Responsibility actions. The pandemic led to the postponement of said activities, and the official adoption of Social Responsibility took place in the final trimester of 2020.

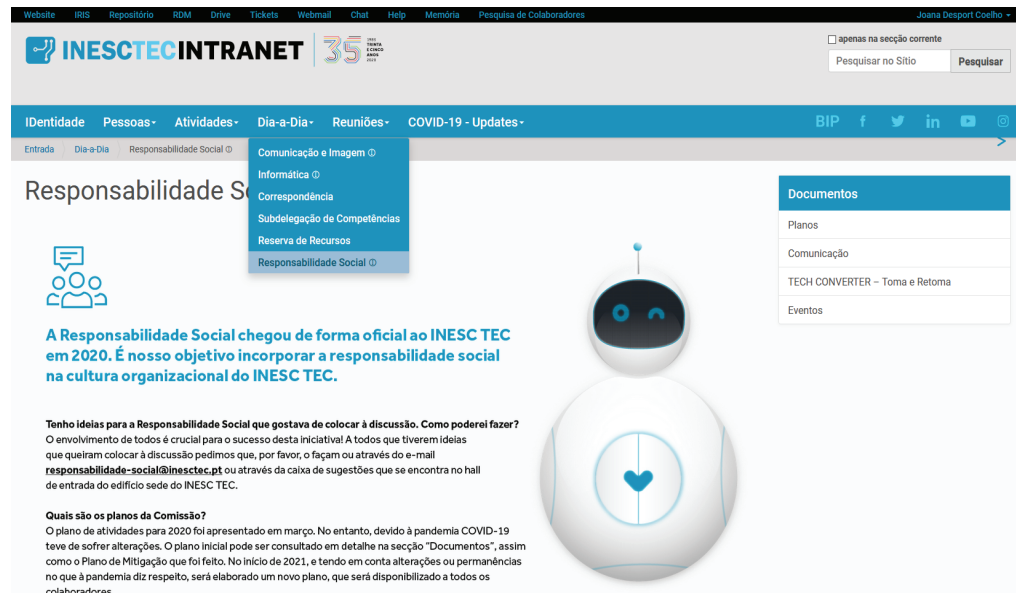
Which are the target-audiences of the SR activities?

There are two target-audiences: the institution's internal community and the external community, namely the organisation's stakeholders and the local communities part of INESC TEC's hubs in Porto, Braga and Vila Real. Moreover, the activity plan also includes several national campaigns.



Where can I check the activity plan?

There's a Social Responsibility section available on the Intranet, which you can check on the "Dia-a-Dia" menu. Under "Documentos", you can click "Plano" and then check 1) the mitigation plan, 2) the activity plan for 2020 and 3) the diagnosis report.



Where can I find further details?

In addition to the information provided on the SR section available on the Intranet, BIP also included a new section dedicated to these matters, which you can check here. As a public utility, INESC TEC will include a section dedicated to these subjects in the newsletter, where people can find general information.

I have some ideas for Social Responsibility that I would like to discuss. What should I do?

The participation of everyone is crucial to the success of this initiative! If you wish to present and discuss any ideas, please send an email to responsabilidade-social@inesctec.pt, or use the suggestion box found in the entrance hall of INESC TEC's headquarters.

Are the suggestion box and the mascot the same thing?

We've decided to create a suggestion box with same image of the mascot. However, the suggestion box serves other purposes. SR focuses on facilitating and improving internal and external procedures, so you can leave suggestions related to different subjects in this box. Then, we help filtering the suggestions, before taking them to the specific recipients; all you have to do is identify who the recipients of the messages are in your suggestions.

I work at another INESC TEC hub, but I would like to have a mascot. What should I do?

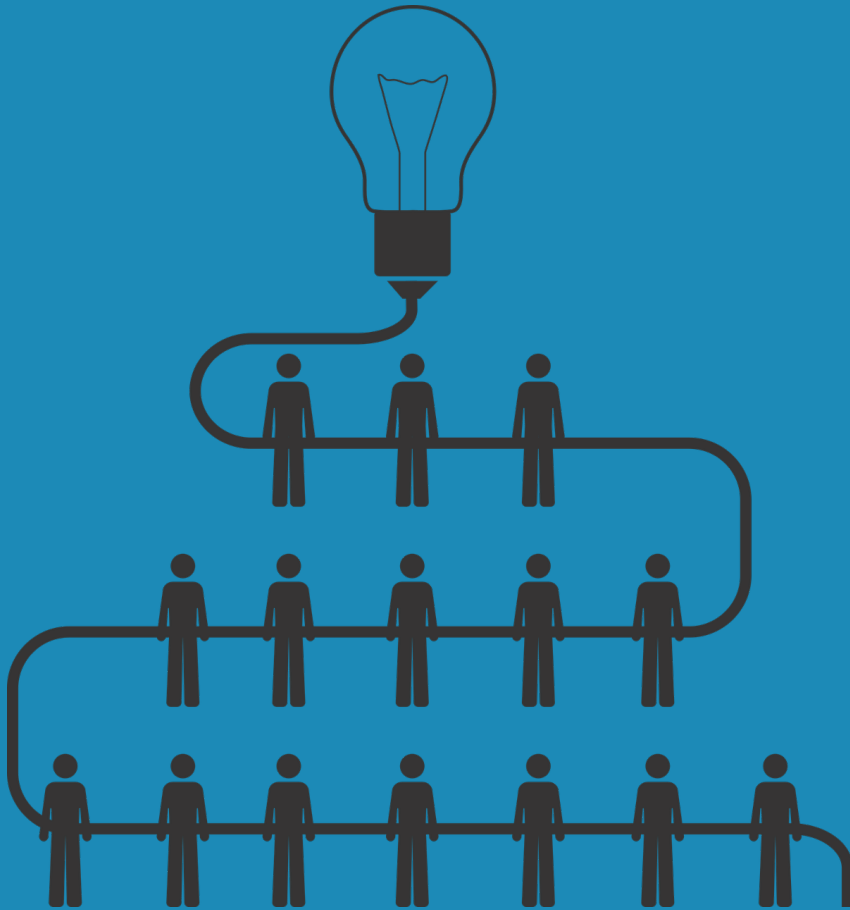
Please send an email to the Social Responsibility team, so we can operationalise your request.



For a fairer society and a better environment, the participation of everyone is crucial. From health and environment to society: we wish to make a difference. In this sense, we wish to engage everybody. Because together, we are stronger.



2. Internal initiatives



2. Internal initiatives:

- 2.1. Fundraising campaign “Pelos Sonhos do Tomás”
- 2.2. TECH CONVERTER Initiative - Electronics recycling
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2. 1. Fundraising campaign “Pelos Sonhos do Tomás”



Tomás is the son of an INESC TEC employee. On September 2019, Tomás was diagnosed with neuroblastoma, a very aggressive and invasive cancer. Since that day, Tomás has undergone eight cycles of chemotherapy, a highly invasive surgery, an auto transplant (forcing him to be isolated during a month and a half), several cycles of radiotherapy and three cycles of invasive immunotherapy. Despite all this, Tomás kept recovering and smiling! Unfortunately, the treatment procedures available in Portugal were ineffective, because the cancer returned.

In this sense, a fundraising campaign is currently underway, so that Tomás' parents can take him to Barcelona and the U.S.A., in order to try new treatments that can actually save him - after an agreement with the healthcare team that monitors Tomás at IPO Porto.

Tomás is a strong boy, who deserves people fighting for him!

You can contribute by sending money to the following bank account:

- IBAN: PT50 0007 0000 0051 0803 9412 3

SWIFT/BIC BESCPTPL

Beneficiary's name: Tomás da Costa Vilaça

Tomás' dreams can come true with everyone's support!



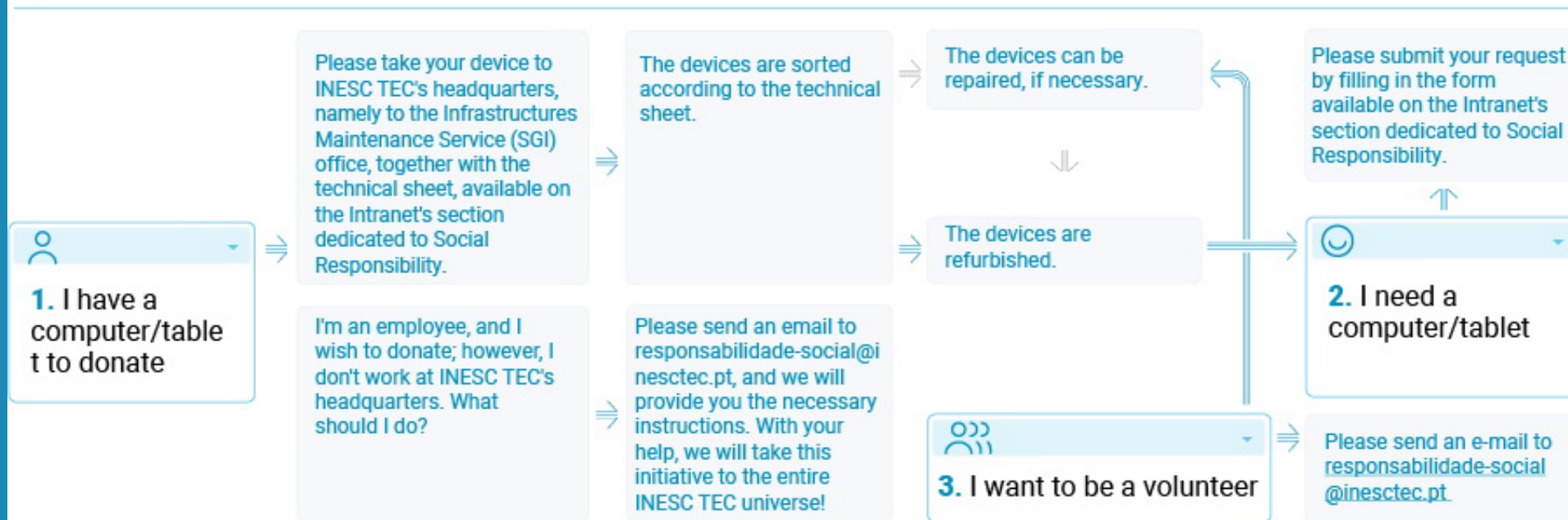
2.2. TECHCONVERTER Initiative - Electronics recycling

TECH Converter · Electronics recycling

- 1 Do you have a computer or tablet that you don't use? Would you like to refurbish it?
- 2 Does your family need a computer or tablet, to address the needs caused by the pandemic?
- 3 Are you interested in helping refurbish donated computers or tablets?

If you identify yourself with one of these questions, then this initiative is perfect for you! Here's how you can participate in this campaign.

PS: the entire process is completely anonymous, and we will not disclose any data about people who donate and people who benefit from the devices donated.





2.3. Vending machines



The vending machine at INESC TEC's headquarters has new options available.

The supplier was asked to provide different types of products: water, fruit juices, yogurts, healthier cookies and even fruit. The space available is now more optimised. Until now, there were three columns with water bottles, but now there is only one, in order to include new products. Moreover, some products were removed, because people didn't select them or they had too much sugar.

This was the first attempt to optimise the machine space, while diversifying the products available, which are now healthier.

However, what really matters is people's opinion. Therefore, we ask you to send your ideas and suggestions to responsabilidade-social@inesctec.pt.



2.4. Collection of Nespresso capsules and bottle caps



There are collection points located in the patio of floor -1 of INESC TEC's headquarters (side A), specifically for Nespresso capsules and bottle caps.

Recycling Caps

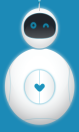
We'd like to ask all employees at INESC TEC headquarters to start recycling plastic caps. At the end of the year, we will select a social solidarity entity and we will donate all the collected caps.

Recycling Nespresso Capsules

INESC TEC joined the Nespresso recycling programme. The recycling of these aluminium capsules allows using the coffee grounds to fertilise rice fields. Then, Nespresso donates the rice to the Portuguese Food Bank, and issues an annual certificate with the amount of recycled coffee.

I work at another INESC TEC building/hub, but I would like to implement and support these recycling initiatives. What should I do?

Please send an email to responsabilidade-social@inesctec.pt, so we can operationalise your request.



3. External Initiatives



3. External initiatives:

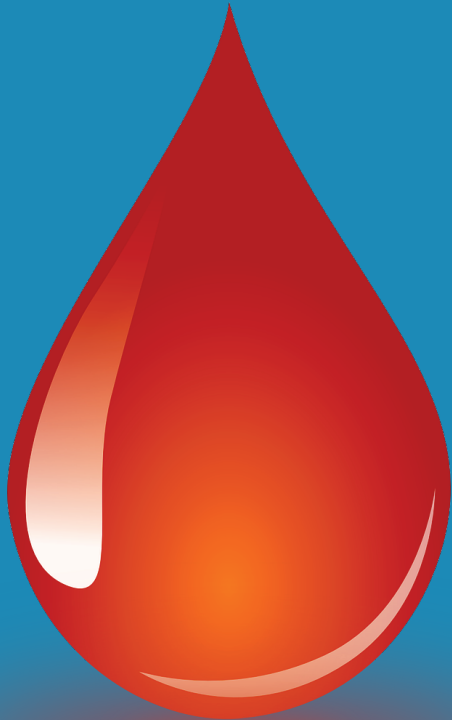
3.1. Blood and bone marrow donation

3.2. "Home Support – COVID-19" initiative

3.3. Stop misinformation



3.1. Blood and bone marrow donation



Blood and bone marrow donations in Portugal decreased, due to the pandemic. In this sense, INESC TEC joined the Portuguese Blood and Transplantation Institute (IPST) to advocate for the importance of this act, for all those who can do it.

IPST's mission is to guarantee and regulate the activities of transfusion medicine and transplantation in Portugal, while ensuring the donation, collection, analysis, processing, preservation, storage and distribution of human blood, blood components, organs, tissues and cells of human origin. Accordingly, the institution aims to 1) promote the donation of blood, cells, tissues and human organs, pursuing national self-sufficiency and 2) guarantee the availability of human blood, blood components, organs, tissues and cells of human origin, taking into account the national needs.

By giving blood, people are contributing to improve the quality of life of thousands of patients in Portugal, who every day depend on transfusions to continue living e.g., patients awaiting a bone marrow transplant.

According to the information provided by IPST, INESC TEC's Technical Commission for Social Responsibility developed an infographic that helps understanding the conditions required to be a blood donor.



INESCTEC

DID YOU KNOW THAT, IN ORDER TO BE A BLOOD DONOR:



You must be 18 or older?



You must weigh more than 50kg?



You should ingest more fluids, preferably water, on the donation day?



All blood groups are needed?



You cannot donate blood if you're pregnant or breast-feeding?



After changing sexual partner, you must wait 6 months until being able to donate blood?



Men can donate blood every 3 months, while women can donate every 4 months?



If you're already a donor, you can donate blood until you reach 65? And if this is your first time, you can do it until you're 60?



You should avoid exercising on the same day you donate blood?



You should not fast during the donation day?

In order to make a blood donation, anywhere in the country, one can simply check the updated information on the platform www.dador.pt.

As far as potential bone marrow donors are concerned, all they have to do is donate blood; if everything goes according to plan, they are registered in a national and international database - which is used by patients who need a transplant on a daily basis.

Did you know that there are diseases - such as leukaemia or certain types of lymphomas - that can be cured through a bone marrow transplant? These patients only have a 25% chance of having a compatible sibling, and the percentage of finding a compatible unrelated donor is 1/1000. In this sense, the Portuguese registry of bone marrow donors was created so that donors can be found for these cases.

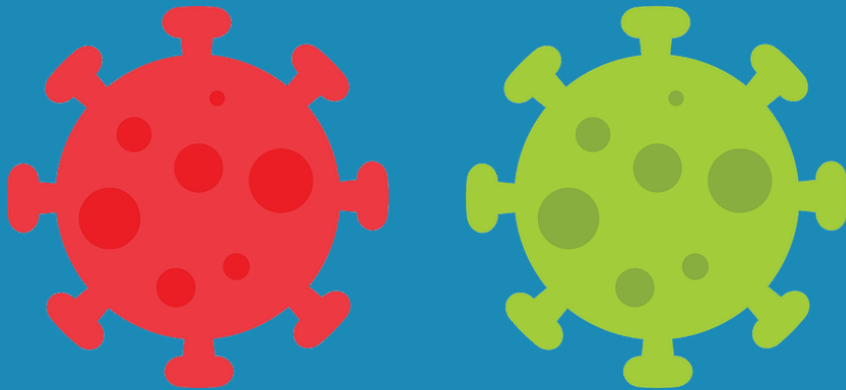
To be a bone marrow donor, you just need::

- 1) to weigh at least 50 kg
- 2) to be 18 to 45 years old
- 3) to be healthy

If you meet the necessary conditions to donate blood, or to be a bone marrow donor, you can be crucial to someone's life!



3.2. “Home Support – COVID-19” initiative



INESC TEC would like to introduce the “Home Support – COVID-19” initiative by the University of Porto. U. Porto aims to create a network of volunteer caregivers capable of providing home support to elements of the U. Porto academic community who live by themselves (housing, university residences or other accommodation), and are recommended, by the healthcare authorities, to remain in quarantine due to SARS-CoV-2 infection, or in isolation.

The “Home Support – COVID-19” project by the University of Porto aims to provide temporary and sporadic assistance to students or employees who are in isolation at home, and need support in terms of basic needs e.g., delivery of meals, medication at home and other essential goods.

Members of the academic community who wish to volunteer can register via the following link:
<https://inqueritos.up.pt/index.php?r=survey/index&sid=722567>.

U. Porto is looking for people with availability and motivation to join the project, with a sense of responsibility and social commitment, and who enjoy charity work. Previous experience in as volunteers will be valued.

The project coordinators (part of the Student Support Office and Accommodation Services) will monitor and provide the necessary support to all selected volunteers assigned to U. Porto Halls of Residence. The other volunteers will work with the UP Solidária.



3.3. Stop misinformation



Pause.
#TakeCareBeforeYouShare

Credits for all images shared in section 3.3. belong to the UN

The United Nations (UN), which celebrated the 75th anniversary on October 2020, launched a global initiative to stop disinformation, under the motto #pledgetopause.

António Guterres, UN' Secretary-General, pointed out the fact that during the COVID-19 pandemic, misinformation could actually be lethal; therefore, it is necessary to pause and help preventing the dissemination of misinformation. In a statement, the UN said that the campaign is based "on research that indicates that a brief pause significantly lessens the inclination to share shocking or emotive material thereby slowing the spread of misinformation."

Like the UN, we believe that misinformation is dangerous. In this sense, we ask everyone to take a break, check different sources of information and make sure that what said sources share is not false or misleading.

For more information about this initiative, please visit <https://www.takecarebeforeyoushare.org/>

BEFORE YOU SHARE, THINK:

- ⏸ **WHO** made it?
- ⏸ **WHAT** is the source?
- ⏸ **WHERE** did it come from?
- ⏸ **WHY** are you sharing this?
- ⏸ **WHEN** was it published?

#TAKECAREBEFOREYOUSHARE

