


EMAILING CHALLENGE

Unsubscribe from Newsletters

According to the antispam service Cleanfox, the average user receives 2,850 unwanted emails every year from subscriptions, which are responsible for 28.5kg CO2 emissions. This corresponds to driving a distance of 142 km with a petrol-driven car.

The challenge is to unsubscribe from at least 5 newsletters or similar types of subscriptions.

- Check your emails and look for senders who regularly reappear in your inbox. In this case, you have probably made some kind of subscription or at least provided your email address in a shop.
- Unsubscribe from at least 5 of these senders and create copies as proof.

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- **Individual**
 - **30 minutes**



The challenge is completed for a group when the average unsubscription is from 5 senders or more.



NEWSLETTER



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