Hotel Annual Sustainability Report
Pnoe Breathing Life

At ***Pnoe Breathing Life*** we are constantly striving to improve the impact we have on people and places.

We are committed to reducing greenhouse gas emissions as well as protecting and supporting biodiversity.

As part of this commitment, in 2025 we have set a target of reducing greenhouse gas emissions from energy, water and waste by 30% by the end of 2030.

We are pleased to report that as of December 31, 2025, we are expected to have achieved a reduction significantly larger than our forecast of around 15%.

We know that we have more work to do and so in 2026 we will implement a series of new interventions across our operation that will help us achieve our 2030 target.

We urge our valued guests, staff and guests to support us by following the reminders we have posted throughout the hotel about saving water and energy, as well as minimising waste.

We are proud of the actions taken by our staff and hotel management to preserve biodiversity and support the local community. These include the campaign for the conservation and protection of the sea daffodil, annual cleaning of the beach of Karteros, voluntary blood donation and sponsorships to the neighboring Holy Church.

In 2026, we will focus on supporting and sustaining these actions and implementing the other sustainability goals beyond carbon footprint reduction.

If you would like to contribute financially to this important community project, you will find a donation box at the front desk. Your support can also be by volunteering for beach clean-up and blood donation actions.

Pnoe Breathing Life is committed to respecting and protecting human rights. We believe that everyone should be treated fairly and with respect. As part of this commitment, we regularly train our staff on discrimination prevention.

We are also committed to protecting the well-being of children and young people. Our policy is to always report suspected cases of child exploitation and abuse to the police.

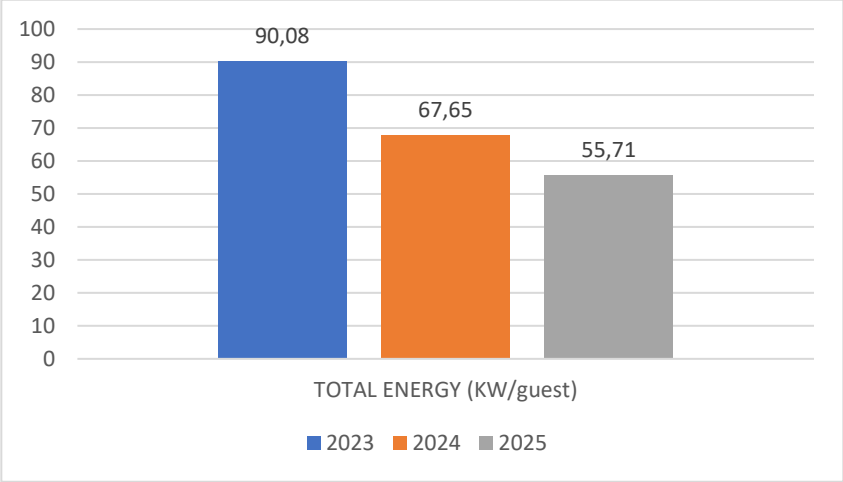
We urge our customers, staff and visitors to report their own concerns about the exploitation and abuse of children to the local police authority by calling 281 027 4000 or directly to the Heraklion Police Department located at 1 Agiou Artemiou Street, Nea Alikarnassos.
Our hotel is committed to the continuous improvement of sustainability practices. We kindly ask for your contribution for proposals to reduce the environmental footprint and improve our responsible operation.

Environmental Performance

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	2023	2024	2025
Total energy (kWh)	**914.415,05**	**1.335.959,07**	**951.750,82**
Total water consumption (m^3)	**3.489,00**	**8.441,40**	**5.840,00**
Total solid waste (kg)	**24.644,28**	**48.015,44**	**41.536,52**
Total Emissions (kg CO_2e)	**346.127,23**	**378.332,75**	**235.208,74**
Ave. emissions per guest night (kg CO_2e)	**34,10**	**19,16**	**13,77**
Ave kWh Per Guest Night (Energy)	**90,08**	**67,65**	**55,71**
Ave. consumption per guest night (m^3) (Water)	**0,34**	**0,43**	**0,34**

Total Energy Consumption (kWh)/guest night



Environmental Performance Analysis

1. Total Energy Consumption per Person Night (kWh/guest night)

In the chart entitled *"Total Energy Consumption (kWh/guest)"* it is observed that in **2024** there was **a decrease in energy intensity per person overnight** compared to 2023 by **25%.**

This fact is directly related to the increased traffic, as, despite the increase in total energy consumption, the consumption per guest decreased. This improvement is due to the following factors:

1. **An increase in the number of overnight stays**, which led to improved energy efficiency per guest.

2025

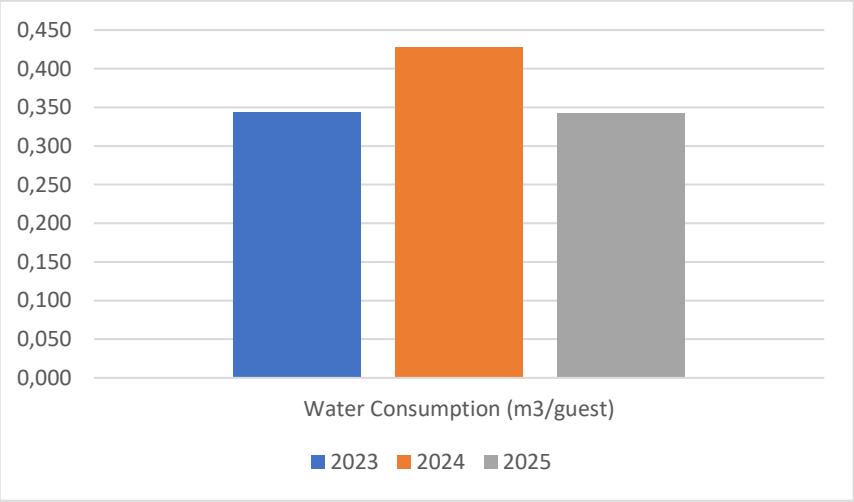
For 2025, comparable results cannot yet be extracted, what has begun to emerge by comparing the months from January to August 2024-2025 in more detail is that there is a stabilization in total energy consumption.

In the year 2025, mild positive temperature deviations were observed in the wider area of Heraklion. Specifically, during the month **of May 2025**, an **average temperature deviation of +0.8 °C** was recorded compared to the normal values of the reference period 1991–2020. This phenomenon is attributed to the increased sunshine and limited rainfall of the period, which contributed to the faster heating of the surface layers of the atmosphere.

Proposed improvements

For the year **2026**, the **operation of photovoltaic panels** on the roof of the main building is planned. This upgrade is expected to lead to a **reduction in energy consumption and CO_2 emissions**, strengthening the organization's long-term goal of **more sustainable operation and responsible resource management**.

Water Consumption (m3/guest)



WATER

What worked well?

In the year **2024**, an **increase in total water consumption of approximately 100%** was recorded compared to 2023. This increase is due to a combination **of operational, demographic and climatic factors** that influenced the use of water resources within the complex and the use of water by Highdro to meet our needs.

Increase in traffic:
The most important variable that contributed to the change in consumption was the **increase in the total number of individual nights by 94%** compared to the previous year. The increased occupancy of the hotel led to a higher water consumption for hospitality, cleaning, catering and operation of the facilities.

Climatic factors:
Finally, the **summer of 2024 was characterized by particularly high temperatures** in the Heraklion area, with repeated periods of heat waves and maximum values exceeding **40 °C**. These extreme conditions led to **increased needs for cooling, hydration and use of water infrastructure**, further contributing to the upward trend in overall water consumption.

Overall, the increase in consumption in 2024 reflects the effect **of increased hospitality demand and climate pressures**, constituting an **expected, functionally justified change** in the context of a warmer and particularly demanding summer environment.

2025

For the year 2025, there is a trend of stabilization of total water consumption, however the available data so far do not allow definitive and statistically safe conclusions to be drawn, as the year has not been completed.

The analysis of the monthly consumption data shows that during the peak months of the tourist season (June–September) consumption remains at similar levels to those of 2024, indicating stabilised operational practices and efficient management of water resources during the peak demand period.

On the contrary, the pattern of annual consumption seems to be mainly influenced by the months of low and transitional demand — namely April, October and November — during which there is an increase in water use compared to previous years. This phenomenon is probably linked to the extension of the tourist season and the operation of more support facilities during off-peak periods.

Proposed improvements

Targeted consumption monitoring (Smart Metering):
Installation **of sub-meters** in individual consumption sectors (rooms, gardens, kitchens, swimming pools) to accurately identify points of overconsumption and optimize real-time management.

Expanding the Irrigation Program with Sensors:
Installing **soil moisture sensors** and **programmable irrigation systems** that are adjusted based on weather conditions and the actual need of plants.

Upgrading Plumbing Components:
Installing **low-flow mixer** and **automatic faucets** in rooms and common areas, aiming to reduce consumption per guest.

Staff Training and Visitor Awareness:

- Training staff in **water-saving practices** and timely reporting of leaks.
- Information material in the rooms for **responsible use of water** by guests, in a friendly and positive style.

Periodic leak and maintenance checks:
Regular checks on supply networks, pumps and tanks for **immediate detection and restoration of leaks**, especially during transitional periods (April-November).

Review of cleaning and pool programs:

- Optimization of the **pool water renewal program** based on real quality measurements and weather conditions.

Climate Impact Analysis:

Integrating **temperature and sunshine indicators** into the interpretation of consumption variations, for a more documented correlation between weather conditions and water demand.

SOLID WASTE – RECYCLING

Solid waste disposal	Total kg (kg)	Average kilos (kg) per guest overnight	Total kg CO_{2e}	Average kg CO_{2e} per guest night
2025	LANDFILL	LANDFILL	LANDFILL	LANDFILL
	34420 kg	1,8 kg	19277 kg CO2e	1.13 kg CO2e
	Incineration	Incineration	Incineration	Incineration
	0 kg	0 kg	0 kg CO2e	0 kg CO2e
	Recycling	Recycling	Recycling	Recycling
	11764 kg	0.62 kg	441.4 kg CO2e	0.026 kg CO2e
	Compost/Anaerobic	Compost/Anaerobic	Compost/Anaerobic	Compost/Anaerobic
	0 kg	0 kg	0 kg CO2e	0 kg CO2e
	Total	**Total**	**Total**	**Total**
	46183 kg	**2,42 kg**	**19718 kg CO2e**	**1.15 kg CO2e**
2024	LANDFILL	LANDFILL	LANDFILL	LANDFILL
	35546 kg	1,8 kg	22283 kg CO2e	1,13 kg CO2e
	Incineration	Incineration	Incineration	Incineration
	0 kg	0 kg	0 kg CO2e	0 kg CO2e
	Recycling	Recycling	Recycling	Recycling
	12469 kg	0,63 kg	423,8 kg CO2e	0.021 kg CO2e
	Compost/Anaerobic	Compost/Anaerobic	Compost/Anaerobic	Compost/Anaerobic
	0 kg	0 kg	0 kg CO2e	0 kg CO2e
	Total	**Total**	**Total**	**Total**
	48015 kg	**2,43 kg**	**22707 kg CO2e**	**1,15 kg CO2e**
2023	LANDFILL	LANDFILL	LANDFILL	LANDFILL
	18272 kg	1,8 kg	11454 kg CO2e	1,13 kg CO2e
	Incineration	Incineration	Incineration	Incineration
	0 kg	0 kg	0 kg CO2e	0 kg CO2e
	Recycling	Recycling	Recycling	Recycling
	6372 kg	0,63 kg	135,7 kg CO2e	0.013 kg CO2e
	Compost/Anaerobic	Compost/Anaerobic	Compost/Anaerobic	Compost/Anaerobic
	0 kg	0 kg	0 kg CO2e	0 kg CO2e
	Total	**Total**	**Total**	**Total**
	24644 kg	**2,43 kg**	**11590 kg CO2e**	**1,14 kg CO2e**

Proposed improvements

1. Reduction of waste generation at source

- Implementation **of a food waste management plan** in the kitchen (e.g. measuring cups, portion control, reuse of safe foods).
- **Staff training** and **customer awareness** (e.g. buffet tracking, "smaller plate" initiatives).

- Partnering with local NGOs or social groceries to **donate food**

2. Shift of waste stream to anaerobic digestion

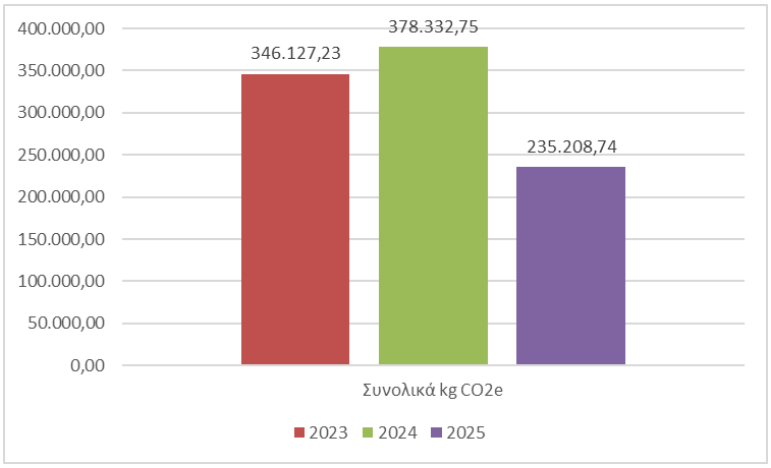
- **all organic waste (food, sludge, kitchen residues)** for **anaerobic digestion**.

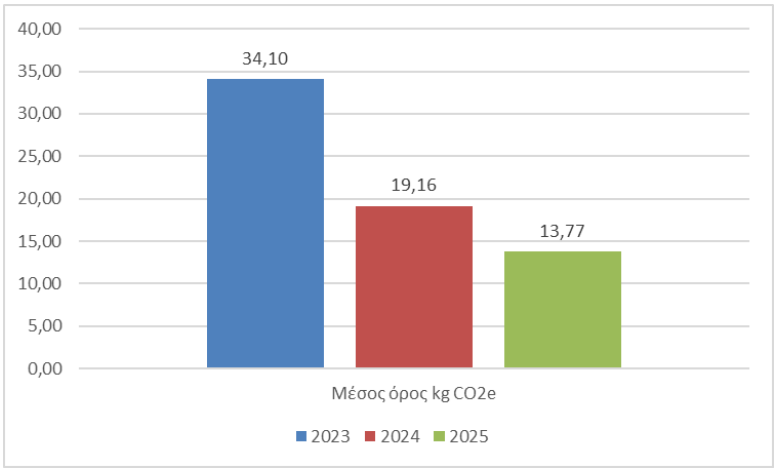
3. Boost recycling

- Improvement **of separation at source** (paper, plastic, glass, metals).
- Quantity recording and **targeting**

TOTAL CARBON FOOTPRINT

Total emissions	Total kg CO_{2e}	Average kg CO_{2} aper night of guest
2023	346.127,23	34,10
2024	378.332,75	19,16
2025	235.208,74	13,77





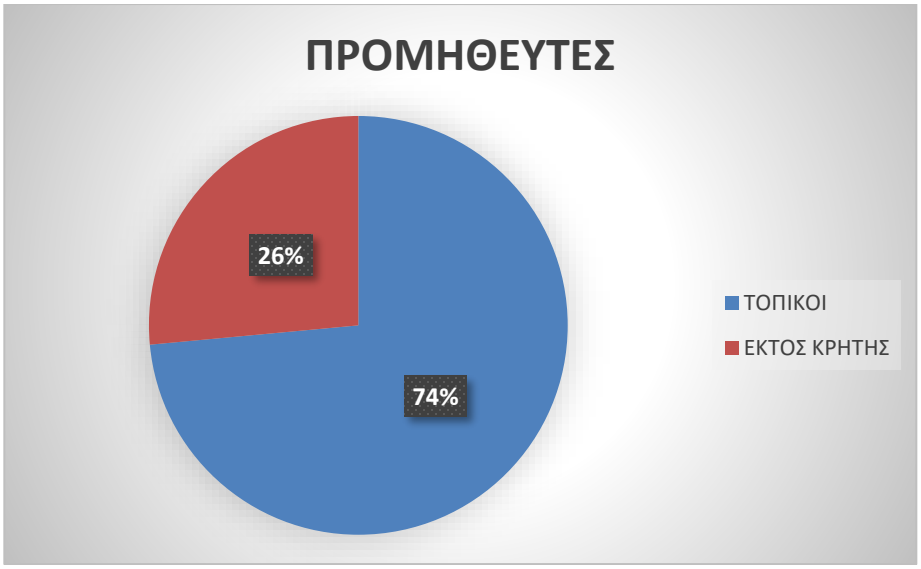
We finally notice that our carbon footprint has a downward trend, in 2024 compared to 2023 it decreased by 44% and in 2025 so far compared to 2024 it decreased by 28% cumulatively the reduction amounted to 60%.

The **huge improvement in 2024** came mainly from the increase in man-made overnight stays and the normalization of hotel operations.

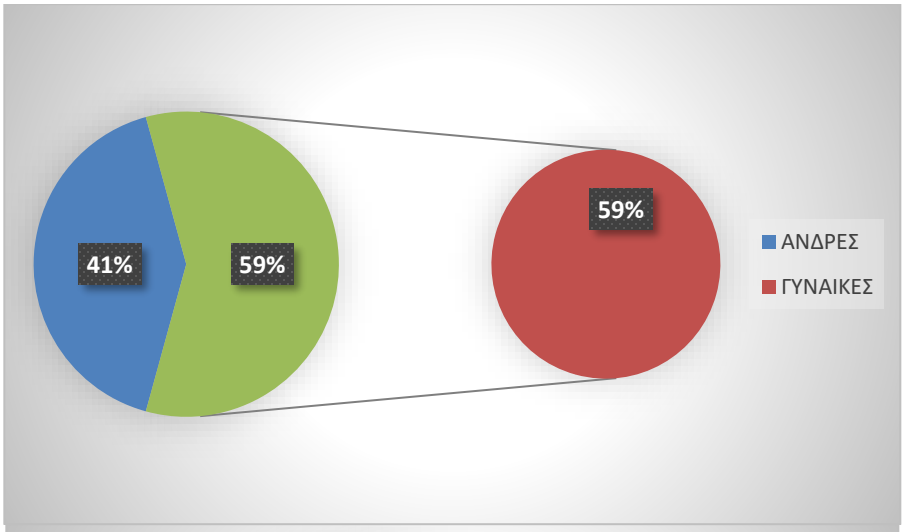
Proposed improvements

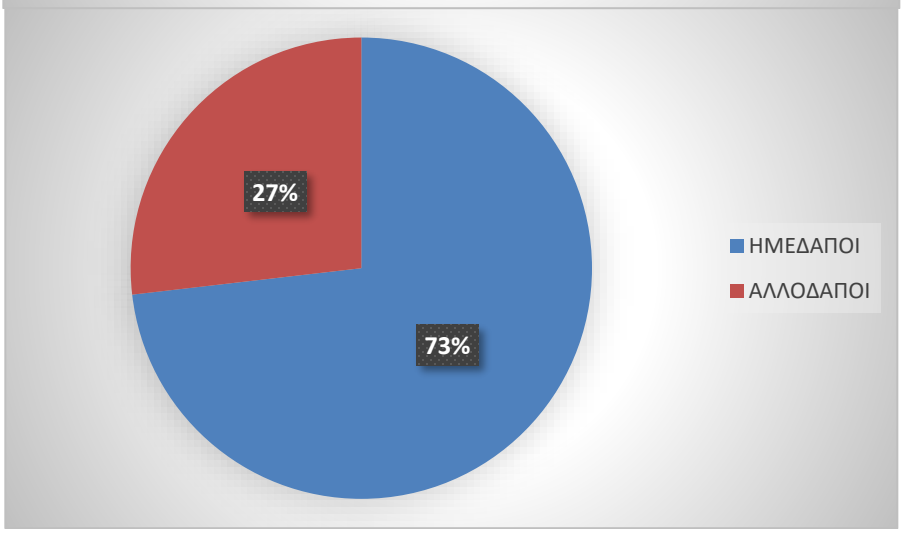
The improvement of the above footprint will come mainly from the reduction of electricity as already reflected.

SUPPLIERS



STAFF





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Progress towards the objectives

Target: Reduce the overall carbon footprint by 30% by 2030 (19.2→ 13.4 kg CO_2e/night).

Status: A larger than projected decrease is expected for 2025

Target: Reduce electricity emissions by 30% (18→12.6 kg CO_2e/night).

Status: A larger than projected decrease is expected for 2025

Objective: Preserving the biodiversity of the area

Status: Policies and actions initiated in 2024 continue

Target: Reduce water consumption by 30% (0.43 → 0.30 m^3/night).

Status: A larger than projected decrease is expected for 2025

Heraklion, 30/9/2025

Υπογραφή

Όνομα και επίθετο

Γεώργιος Σύρμος

Τίτλος εργασίας

Γενικός Διευθυντής MK Collection