

Modeling material flows through plastic recycling chains

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Propositions

When you feel like quitting, think about why you started

Smile, because being positive is always better than spreading negativity. Even if today is the worst day in your life!

We gain three things from a job: *wealth*, *positions*, and *knowledge* (experience). Focus on the latter and might not need to worry about the rest.

A *systemic change* must be based on a deep understanding of the problem, sometimes at a molecular level.

Policymakers speak on behalf of their constituents. *Scientists* focus on innovations and discoveries. *Industries* care about profit. We need to understand everyone's interests and speak multiple '*languages*' to make a better world.

Three pillars of *sustainability*: *people*, *planet*, *profit*. Consider them all to make real actions, beyond "jargon" and "buzzwords"

Research can be fun and it must be conducted with high integrity and collaboration.

PhD degree has given me the confidence to say '*I don't know*', '*I will look into that*' and '*I know someone who can help you*'. No one will ever know everything in life.

Plastic waste is disproportionally blamed because they are most visible and easily spotted in the environment.

Material flow analyses are the foundation of sustainability and circular economy assessment.

All *mathematical models* are *wrong*, some are *useful*. So is mine!