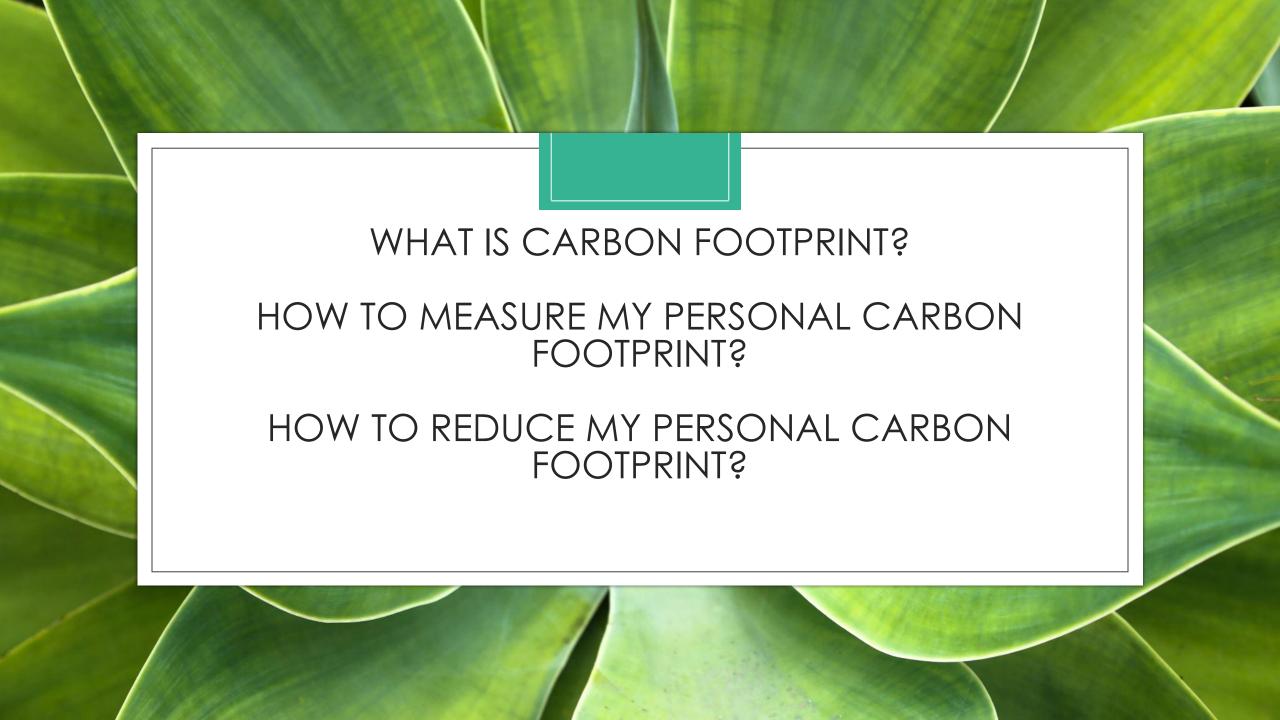
CARBON FOOTPRINT





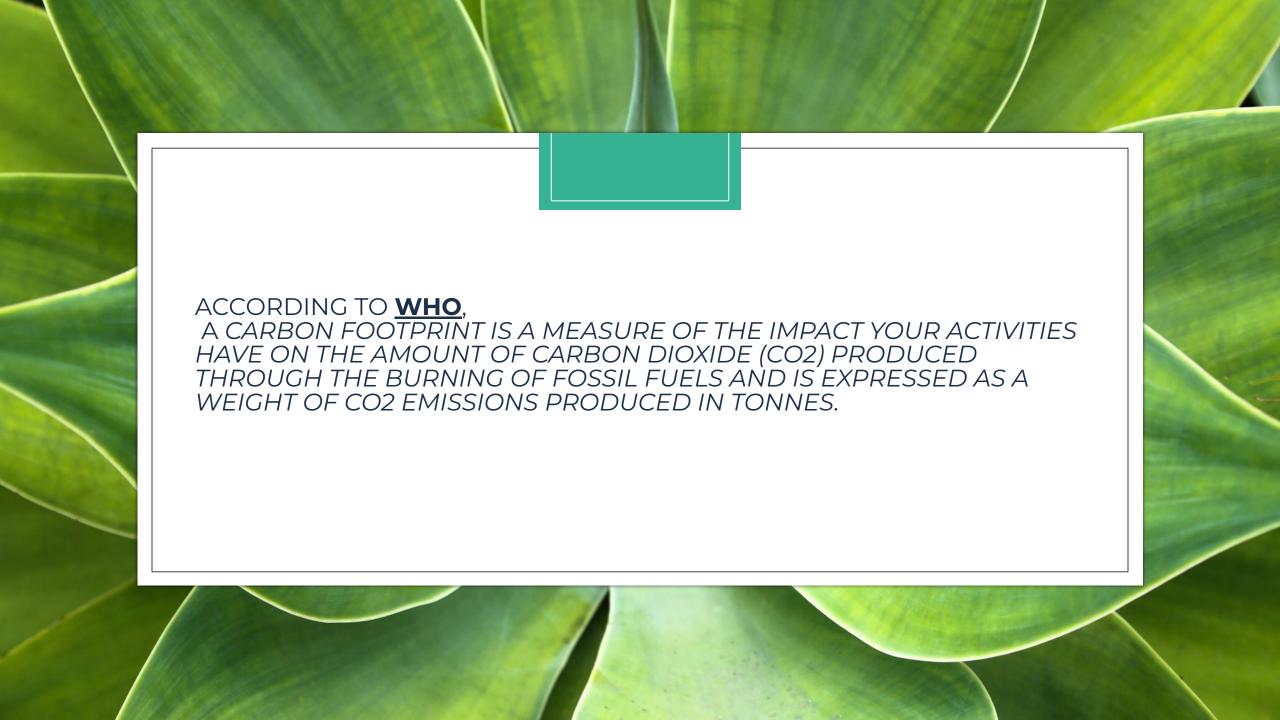


GREENHOUSE GASES (GHG)

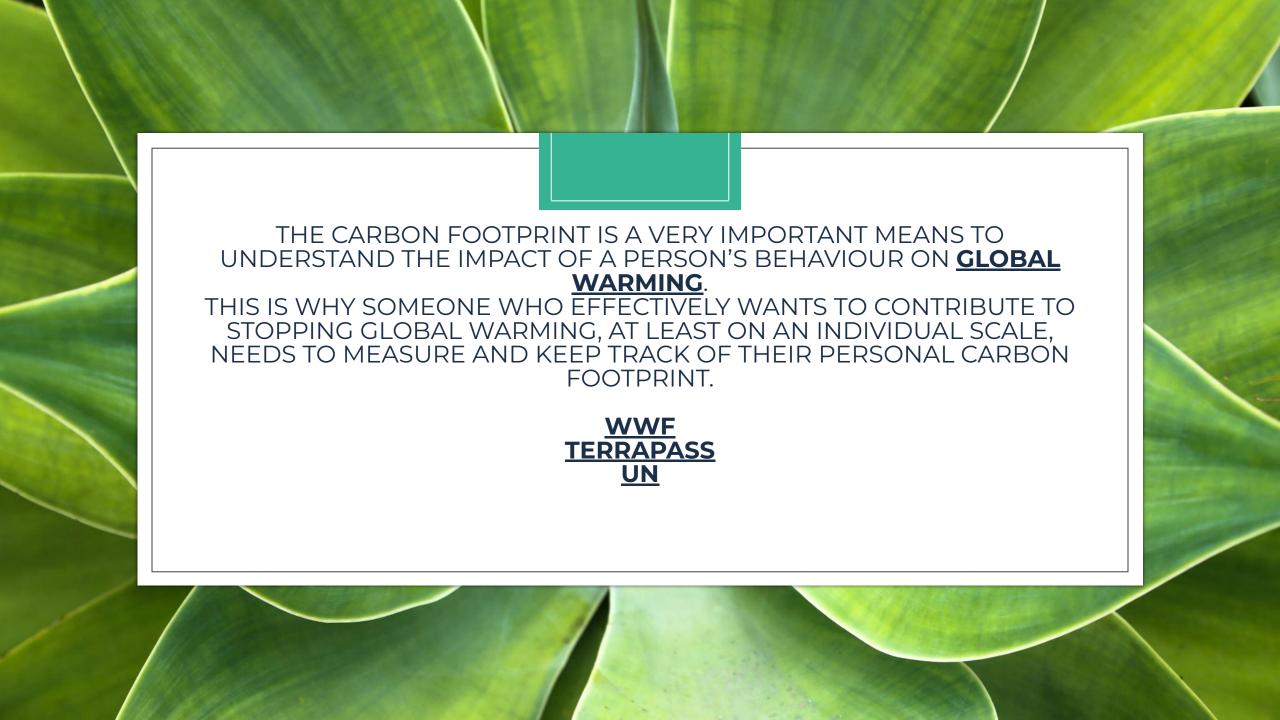
IN TERMS OF CLIMATE, THE GREENHOUSE EFFECT IS A NATURAL PHENOMENON THAT CONTRIBUTES TO THE AVERAGE TEMPERATURE LEVEL ON THE SURFACE OF A PLANET WITH AN ATMOSPHERE.

WATER VAPOR,
CARBON DIOXIDE (CO2),
OZONE,
METHANE,
NITROUS OXIDE.





HOW TO MEASURE MY PERSONAL CARBON FOOTPRINT?



HOW TO REDUCE MY PERSONAL CARBON FOOTPRINT?

TRANSPORTATION - EXAMPLES OF GOOD & SUSTAINABLE **BEHAVIORS** AVOID POLLUTING CAR JOURNEYS (EACH LITER OF FUEL BURNT IN A CAR ENGINE EMITS OVER 2.5 KG OF CO2) AND FAVOR WALKING, CYCLING OR USING PUBLIC TRANSPORT, ESPECIALLY TRAINS; IF YOU ARE DRIVING, SHARE THE RIDE WITH OTHERS AND DON'T SPEED AS IT USES MORE PETROL AND THEREFORE, EMITS MORE CO2; AVOID FLYING, THE WORLD'S FASTEST-GROWING SOURCE OF CO2 EMISSIONS. IF YOU DO IT, CONSIDER OFFSETTING YOUR EMISSIONS.





USE THE WASHING MACHINE AND DISHWASHER ONLY WHEN THEY ARE FULL;

BOIL ONLY THE WATER YOU WILL NEED AND COVER YOUR POTS WHILE YOU COOK: YOU'LL SAVE PLENTY OF ENERGY AND THE PROCESS WILL BE FASTER;

COLLECT THE COLD WATER FROM THE FIRST SECONDS OF YOUR SHOWER TO WATER YOUR GARDEN OR PLANTS;
HARVEST RAINWATER IF YOU HAVE ACCESS TO A ROOFTOP AS AN ALTERNATIVE TO GROUNDWATER;

PAISE HAND DUMPS TO PROTECT DRINKING-WATER FROM ELOOP

RAISE HAND PUMPS TO PROTECT DRINKING-WATER FROM FLOOD CONTAMINATION.

4. ENERGY USE - EXAMPLES OF GOOD & SUSTAINABLE BEHAVIORS

BE MINDFUL OF THE TEMPERATURE OF YOUR HOUSE: JUST 1°C LESS REDUCE EMISSIONS (AND YOUR ENERGY BILL) BY 5-10%;

EXPENS

DDOGDAM YOUR ENERGY THEY'RE ON ONLY WHILE

PROGRAM YOUR ENERGY [THEY'RE ON ONLY WHILE YOU ARE (ABOUT TO GET) HOME;

IMPROVE YOUR HOUSE'S INSULATION SO THAT LESS HEAT GETS OUT WHEN ITS COLD AND LESS HEAT COMES IN WHEN IT'S WARM, REDUCING THE NEED TO USE OTHER DEVICES;

MIND THE SETTINGS YOU CHOOSE: MAYBE YOUR FRIDGE DOESN'T HAVE TO BE IN THE COOLEST SETTING AND YOUR WATER CYLINDER THERMOSTAT DOESN'T HAVE TO BE SET HIGHER THAN 50°C; UNPLUG YOUR CELLPHONE'S CHARGER AS IT STILL DRAINS ELECTRICITY EVEN WHEN IT IS NOT CONNECTED TO THE CELLPHONE; SWITCH OFF THE LIGHTS WHEN YOU DON'T NEED THEM AND USE ENERGY-SAVING LIGHTS SUCH AS LED;

CHANGE YOUR ELECTRICITY SUPPLIER FOR A GREENER ONE THAT

CARBON ENERGY SOURCES ARE STRENGTHENED.

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5. WASTE MANAGEMENT F GOOD & SUSTAINABLE BEHAVIORS

REFUSE WHAT YOU DON'T NEED, REDUCE WHAT YOU NEED; REUSE IT AS MANY TIMES AS YOU CAN, RE-PURPOSE IF YOU'RE NOT USING IT ANYMORE AND RECYCLE OR COMPOST IT AND SOMETHING REACHES THE END OF ITS LIFECYCLE;

AVOID BUYING NEW BAGS TO TRANSPORT YOUR SHOPPING BACK HOME BY REUSING YOUR SHOPPING BAG; CHOOSE PRODUCTS WITH LITTLE/NO PACKAGING: THIS ULTIMATELY CUTS DOWN PRODUCTION COSTS.

YOUR CARBON FOOTPRINT AND A MORE SUSTAINABLE LIFESTYLE

THE TRUTH IS THAT THE C SOCIETY IS EXHAUSTING TH ESPECIALLY THE "MOST PRI HAVE MORE WEALTH TO SPEND IN CONSUMPTION – WITHOUT NECESSARILY DOING IT IN A **RESPONSIBLE WAY**. THIS RESPONSIBLE CONSUMPTION IS OFTEN ABOUT BUYING FOODS THAT FOLLOW ECOLOGICAL PRODUCTION METHODS, WERE TRANSPORTED FOR SHORT DISTANCES, ENSURING THOSE PRODUCING IT GET A FAIR EARNING FROM IT... IT'S ALSO ABOUT MOVING IN WAYS THAT RELEASE LESS CO2 EMISSIONS SUCH AS WALKING, CYCLING, USING PUBLIC TRANSPORTS OR SHARING CAR RIDES WITH ANOTHER 3

IT HAS TO DO WITH HOW PEOPLE **SPEND THEIR HOLIDAYS** (TRAVELS FAR AWAY BY PLANE?), THE **CLOTHES THEY CHOOSE TO BUY** (LOW QUALITY, PLASTIC ONES ARE MORE HARMFUL), THE GOOD USE WE MAKE OF OUR **ELECTRONIC DEVICES**, THE SPORTS WE CHOOSE TO PRACTICE, THE **NUMBER OF ONLINE VIDEOS** PEOPLE WATCH: ALL OF IT CONTRIBUTES TO A **SUSTAINABLE LIFESTYLE** AND TO A LOWER

CARBON FOOTPRINT