



CARBON FOOTPRINT




WHAT IS CARBON FOOTPRINT?

HOW TO MEASURE MY PERSONAL CARBON
FOOTPRINT?

HOW TO REDUCE MY PERSONAL CARBON
FOOTPRINT?



WHAT IS CARBON FOOTPRINT?




A CARBON FOOTPRINT CORRESPONDS TO THE WHOLE AMOUNT OF **GREENHOUSE GASES (GHG)** PRODUCED TO, DIRECTLY AND INDIRECTLY, SUPPORT A PERSON'S LIFESTYLE AND ACTIVITIES.



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.



CARBON FOOTPRINTS ARE USUALLY MEASURED IN EQUIVALENT TONS OF CO₂, DURING THE PERIOD OF A YEAR, AND THEY CAN BE ASSOCIATED WITH AN INDIVIDUAL, AN ORGANIZATION, A PRODUCT OR AN EVENT, AMONG OTHERS.

THE GHGS WHOSE SUM RESULTS IN A CARBON FOOTPRINT CAN COME FROM THE PRODUCTION AND CONSUMPTION OF FOSSIL FUELS, FOOD, MANUFACTURED GOODS, MATERIALS, ROADS OR TRANSPORTATION.



ACCORDING TO **WHO**,
A CARBON FOOTPRINT IS A MEASURE OF THE IMPACT YOUR ACTIVITIES
HAVE ON THE AMOUNT OF CARBON DIOXIDE (CO₂) PRODUCED
THROUGH THE BURNING OF FOSSIL FUELS AND IS EXPRESSED AS A
WEIGHT OF CO₂ EMISSIONS PRODUCED IN TONNES.



HOW TO MEASURE MY PERSONAL CARBON FOOTPRINT?



THE CARBON FOOTPRINT IS A VERY IMPORTANT MEANS TO UNDERSTAND THE IMPACT OF A PERSON'S BEHAVIOUR ON **GLOBAL WARMING**.

THIS IS WHY SOMEONE WHO EFFECTIVELY WANTS TO CONTRIBUTE TO STOPPING GLOBAL WARMING, AT LEAST ON AN INDIVIDUAL SCALE, NEEDS TO MEASURE AND KEEP TRACK OF THEIR PERSONAL CARBON FOOTPRINT.

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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.



2. FOOD – EXAMPLES OF GOOD & SUSTAINABLE BEHAVIORS

REDUCE THE NUMBER OF ANIMAL PRODUCTS CONSUMED;
EAT LOCAL AND SEASONAL PRODUCED FOOD: SHORT TRIPS MEAN
LESS POLLUTION FROM TRANSPORTATION;
RECYCLE/ COMPOST ORGANIC WASTE. OTHERWISE, METHANE WILL BE
RELEASED BY THE DECOMPOSING BIODEGRADABLE WASTE IN
LANDFILLS. IN THE EU, THESE EMISSIONS ACCOUNT FOR ~3% OF GHG
EMISSIONS.

3. WATER USE – EXAMPLES OF SUSTAINABLE BEHAVIORS

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;

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%;

TURN DOWN AIR-CON FOR THE NIGHT; THEY ARE SUPER ENERGY EXPENSIVE; INSTEAD; PROGRAM YOUR ENERGY SYSTEMS SO THAT 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 PROVIDES MORE GREEN (RENEWABLE) ENERGY SO HELP LOW CARBON ENERGY SOURCES ARE STRENGTHENED.

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5. WASTE MANAGEMENT OF 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 CONSUMPTION MODEL OF OUR SOCIETY IS EXHAUSTING THE RESOURCES AND ECOSYSTEMS. ESPECIALLY THE “MOST PRIVILEGED” PERCENTAGE OF PEOPLE THAT 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 PEOPLE.

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.