

How do you and your family live?

in a flat in an apartment building

CO2-FOOTPRINT



10

20 in a row or 2-family house 40 □ in a detached single-family house How many rooms do you have in your home? □ 2 rooms + kitchen, hallway, bathroom 10 □ 3 rooms + kitchen, hallway, bathroom 20 □ 4 rooms + kitchen, hallway, bathroom 30 40 5 rooms + kitchen, hallway, bathroom At what level is your thermostat on the heating unit in winter? Level 2 - 16°C - very cold, mould-preventing 70 ☐ Level 3 - 20°C - pleasant, but a jumper is still OK 110 □ Level 4 - 24°C - warm, T-shirt and shorts are called for 150 □ Level 5 - 28°C - very warm, why wear clothes? 180 What type of electricity provider supplies your household? a provider of "green power" / "green electricity 0 20 a conventional electricity supplier Do you use LED lamps and do you turn off the light when you leave the room? □ I do both 0 □ I use LED lamps 5 □ I turn off the light when I leave a room 10 20 □ I do nothing of that How long do you spend in the shower every day? (1x bath corresponds to 20 min shower) □ 5 min 20 □ 10 min 40 15 min 60 20 min 80 Do you separate waste in your household? 0 Glass, paper, plastic, organic waste ☐ Glass, paper, plastic



Glass, paper

not at all







Total points - Housing:

10

20



CO₂-FOOTPRINT



Ho	ow often do you eat meat?	
	never	(
	1 x per month	5
	1 x per week	20
	every other day	75
		150
Ho	ow often do you eat animal products (fish, milk, eggs, cheese, butter)?	
	never	(
	1x per week	5
	every other day	10
	every day	15
	you buy food fresh or frozen / canned?	
	I only buy fresh	(
	I buy more fresh than frozen / canned food	5
	I buy both in equal parts	10
	I buy more frozen / canned than fresh	15
	I only buy frozen / canned food	20
Da	you buy organic food?	
	·	
	about three quarters half	10
	·	15
	not at all	20
W	hich of the following drinks do you drink most often?	
	tap water	(
	mineral water	5
	juice from the region	10
	tea	15
	coffee	20
	soft drinks	25
ln	what form do you predominantly buy drinks?	
	in returnable bottles	5
	in disposable bottles	10
	in tetrapacks	15
	canned	20
۱۸/	here do you eat the most?	
	I only eat at home or with friends / family	(
	I eat half at home and half out	
	I only eat out	10
_	. only car out	10
	Total points - Nutrition:	









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CO₂-FOOTPRINT



W	hat type of paper do you mainly use?	
	recycled paper	20
	white paper	40
Нс	ow often do you buy a new piece of clothing on average?	
	2 x per year	10
	1 x per month	20
	2 x per week	40
	1 x per week	80
Of	the clothes bought, how many are second-hand?	
	all of them	(
		9
		10
	none at all	20
	ow long do you use entertainment, communication and information media nobile phone, TV, laptop) every day?	
	not at all	(
	2 hours	15
	4 hours	30
	6 hours	45
	8 hours	60
<u> </u>	nu often de veu huy a neu mehile nhene?	
	ow often do you buy a new mobile phone? every 4 years	10
		15
	every 2 years	
	1 x a year	30
	2 x a year	60
Hc	ow many online orders do you return?	
	none at all	(
	every fourth	15
	every second	30
	any	60
Нс	ow many cars does your family own?	
	0	(
	1	30
	2	60
	3	90
Нα	ow often do you buy a new car?	
	every 12 years	20
	every 8 years	30
	every 4 years	60
	every 2 years	120
	Total points - consumption:	











CO₂-FOOTPRINT



How often are you driven by your parents per week? 70 every day 50 □ 5 x per week □ 2 x per week 20 □ I cycle 0 How many kilometres do you cover? □ 250 - 500 km 55 □ 100 - 250 km 50 □ 50 - 100 km 45 □ 25 - 50 km 40 □ 10 - 25 km 30 □ less than 10 km 15 □ I'm not going by car 0 Which means of transport do you usually use to get to school? 50 □ my parents drive me □ I travel by bus or train 10 □ I walk or cycle 0 How much time do you spend on public transport per week? 15 hours 30 □ 10 hours 20 □ 5 hours 10 □ not at all 0 How many hours do you fly by plane per year? 0 □ not at all 40 □ 4h - 1 x short-haul (e.g. Balearic Islands) □ 8h - 1 x long haul (e.g. Turkey/Greece) or 2 x short haul 80 □ 16h - 2x long distance or 4 x short distance 160 □ 24h - 1 x overseas (e.g. Asia or USA) 240 □ 48h - 2 x overseas 480 Total points - mobility: Add up your points in the different categories and calculate the total score. **Carryover - Housing Carryover - Nutrition Carryover - Consumption Carryover - Mobility Total points**









CO₂ footprint

<200 points



"less than one earth"

Congratulations! Your lifestyle is sustainable. If everyone on earth had the same ecological footprint as you, our planet would be enough to cover the resource and energy consumption of the world's current population.

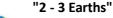
200-400 points



"1 - 2 Earths"

Not bad! You are below the German average of 4.8 hectares of land per year. To cover your lifestyle, however, you still need more resources than the earth can provide for all people, i.e. more than 1.9 hectares of land per year.

400-600 points

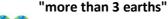




You are within the range of the German average, but far from a sustainable lifestyle. If everyone lived like you, we would already need more than twice the surface area of our planet.

>600 points

Evaluation





Just because there are "developing countries" that do not consume so many resources at the moment and people who consciously take care to minimise their consumption of resources and energy, you are lucky enough to live on this earth in apparent abundance. If everyone had the same lifestyle as you, the earth would probably have collapsed by now.

What is the carbon footprint or ecological footprint?

The ecological footprint indicates how large your personal resource and energy consumption is.

This consumption is converted into land area. After all, land is required for the extraction, processing and disposal of all resources, and CO2 is emitted during transport and passenger traffic as well as for electricity and heating, for which a certain area of forest would have to be planted, depending on the energy source, in order for the climate-damaging greenhouse gas to be absorbed. If you add up all the arable, pasture, settlement, forest and sea areas that you use in a year due to your behaviour in housing, transport, food and consumption, you get your ecological footprint. The German average is 4.8 hectares. However, if you divide the Earth's productive surface area by the more than 6 billion people living on the planet today, it becomes clear that, if distributed fairly, each inhabitant of the Earth would only be entitled to 1.9 hectares per year. However, if everyone lived like we do, we would need more than two Earths in terms of surface area.







