



# CO<sub>2</sub>-FOOTPRINT



HOUSING

HOUSING

<b>How do you and your family live?</b>	
<input type="checkbox"/> in a flat in an apartment building	10
<input type="checkbox"/> in a row or 2-family house	20
<input type="checkbox"/> in a detached single-family house	40
<b>How many rooms do you have in your home?</b>	
<input type="checkbox"/> 2 rooms + kitchen, hallway, bathroom	10
<input type="checkbox"/> 3 rooms + kitchen, hallway, bathroom	20
<input type="checkbox"/> 4 rooms + kitchen, hallway, bathroom	30
<input type="checkbox"/> 5 rooms + kitchen, hallway, bathroom	40
<b>At what level is your thermostat on the heating unit in winter?</b>	
<input type="checkbox"/> Level 2 - 16°C - very cold, mould-preventing	70
<input type="checkbox"/> Level 3 - 20°C - pleasant, but a jumper is still OK	110
<input type="checkbox"/> Level 4 - 24°C - warm, T-shirt and shorts are called for	150
<input type="checkbox"/> Level 5 - 28°C - very warm, why wear clothes?	180
<b>What type of electricity provider supplies your household?</b>	
<input type="checkbox"/> a provider of "green power" / "green electricity"	0
<input type="checkbox"/> a conventional electricity supplier	20
<b>Do you use LED lamps and do you turn off the light when you leave the room?</b>	
<input type="checkbox"/> I do both	0
<input type="checkbox"/> I use LED lamps	5
<input type="checkbox"/> I turn off the light when I leave a room	10
<input type="checkbox"/> I do nothing of that	20
<b>How long do you spend in the shower every day? (1x bath corresponds to 20 min shower)</b>	
<input type="checkbox"/> 5 min	20
<input type="checkbox"/> 10 min	40
<input type="checkbox"/> 15 min	60
<input type="checkbox"/> 20 min	80
<b>Do you separate waste in your household?</b>	
<input type="checkbox"/> Glass, paper, plastic, organic waste	0
<input type="checkbox"/> Glass, paper, plastic	5
<input type="checkbox"/> Glass, paper	10
<input type="checkbox"/> not at all	20
<b>Total points - Housing:</b> <input type="text"/>	



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NUTRITION

NUTRITION

## How often do you eat meat?

- |                                          |     |
|------------------------------------------|-----|
| <input type="checkbox"/> never           | 0   |
| <input type="checkbox"/> 1 x per month   | 5   |
| <input type="checkbox"/> 1 x per week    | 20  |
| <input type="checkbox"/> every other day | 75  |
| <input type="checkbox"/> every day       | 150 |

## How often do you eat animal products (fish, milk, eggs, cheese, butter...)?

- |                                          |    |
|------------------------------------------|----|
| <input type="checkbox"/> never           | 0  |
| <input type="checkbox"/> 1x per week     | 5  |
| <input type="checkbox"/> every other day | 10 |
| <input type="checkbox"/> every day       | 15 |

## Do you buy food fresh or frozen / canned?

- |                                                                     |    |
|---------------------------------------------------------------------|----|
| <input type="checkbox"/> I only buy fresh                           | 0  |
| <input type="checkbox"/> I buy more fresh than frozen / canned food | 5  |
| <input type="checkbox"/> I buy both in equal parts                  | 10 |
| <input type="checkbox"/> I buy more frozen / canned than fresh      | 15 |
| <input type="checkbox"/> I only buy frozen / canned food            | 20 |

## Do you buy organic food?

- |                                               |    |
|-----------------------------------------------|----|
| <input type="checkbox"/> exclusively          | 0  |
| <input type="checkbox"/> about three quarters | 5  |
| <input type="checkbox"/> half                 | 10 |
| <input type="checkbox"/> about a quarter      | 15 |
| <input type="checkbox"/> not at all           | 20 |

## Which of the following drinks do you drink most often?

- |                                                |    |
|------------------------------------------------|----|
| <input type="checkbox"/> tap water             | 0  |
| <input type="checkbox"/> mineral water         | 5  |
| <input type="checkbox"/> juice from the region | 10 |
| <input type="checkbox"/> tea                   | 15 |
| <input type="checkbox"/> coffee                | 20 |
| <input type="checkbox"/> soft drinks           | 25 |

## In what form do you predominantly buy drinks?

- |                                                |    |
|------------------------------------------------|----|
| <input type="checkbox"/> in returnable bottles | 5  |
| <input type="checkbox"/> in disposable bottles | 10 |
| <input type="checkbox"/> in tetrapacks         | 15 |
| <input type="checkbox"/> canned                | 20 |

## Where do you eat the most?

- |                                                                      |    |
|----------------------------------------------------------------------|----|
| <input type="checkbox"/> I only eat at home or with friends / family | 0  |
| <input type="checkbox"/> I eat half at home and half out             | 5  |
| <input type="checkbox"/> I only eat out                              | 10 |

Total points - Nutrition:



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CONSUMPTION

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<b>What type of paper do you mainly use?</b>	
<input type="checkbox"/> recycled paper	20
<input type="checkbox"/> white paper	40
<b>How often do you buy a new piece of clothing on average?</b>	
<input type="checkbox"/> 2 x per year	10
<input type="checkbox"/> 1 x per month	20
<input type="checkbox"/> 2 x per week	40
<input type="checkbox"/> 1 x per week	80
<b>Of the clothes bought, how many are second-hand?</b>	
<input type="checkbox"/> all of them	0
<input type="checkbox"/> approx. half	5
<input type="checkbox"/> approx. one quarter	10
<input type="checkbox"/> none at all	20
<b>How long do you use entertainment, communication and information media (mobile phone, TV, laptop) every day?</b>	
<input type="checkbox"/> not at all	0
<input type="checkbox"/> 2 hours	15
<input type="checkbox"/> 4 hours	30
<input type="checkbox"/> 6 hours	45
<input type="checkbox"/> 8 hours	60
<b>How often do you buy a new mobile phone?</b>	
<input type="checkbox"/> every 4 years	10
<input type="checkbox"/> every 2 years	15
<input type="checkbox"/> 1 x a year	30
<input type="checkbox"/> 2 x a year	60
<b>How many online orders do you return?</b>	
<input type="checkbox"/> none at all	0
<input type="checkbox"/> every fourth	15
<input type="checkbox"/> every second	30
<input type="checkbox"/> any	60
<b>How many cars does your family own?</b>	
<input type="checkbox"/> 0	0
<input type="checkbox"/> 1	30
<input type="checkbox"/> 2	60
<input type="checkbox"/> 3	90
<b>How often do you buy a new car?</b>	
<input type="checkbox"/> every 12 years	20
<input type="checkbox"/> every 8 years	30
<input type="checkbox"/> every 4 years	60
<input type="checkbox"/> every 2 years	120
<b>Total points - consumption:</b> <input type="text"/>	



# CO<sub>2</sub>-FOOTPRINT



MOBILITY

MOBILITY

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

# CO<sub>2</sub> footprint

Evaluation

Evaluation

<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



"2 - 3 Earths"

*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



"more than 3 earths"

*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 CO<sub>2</sub> 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.