

PERSONAL CARBON SURVEY

Why This Matters

Climate Change Is Already Here

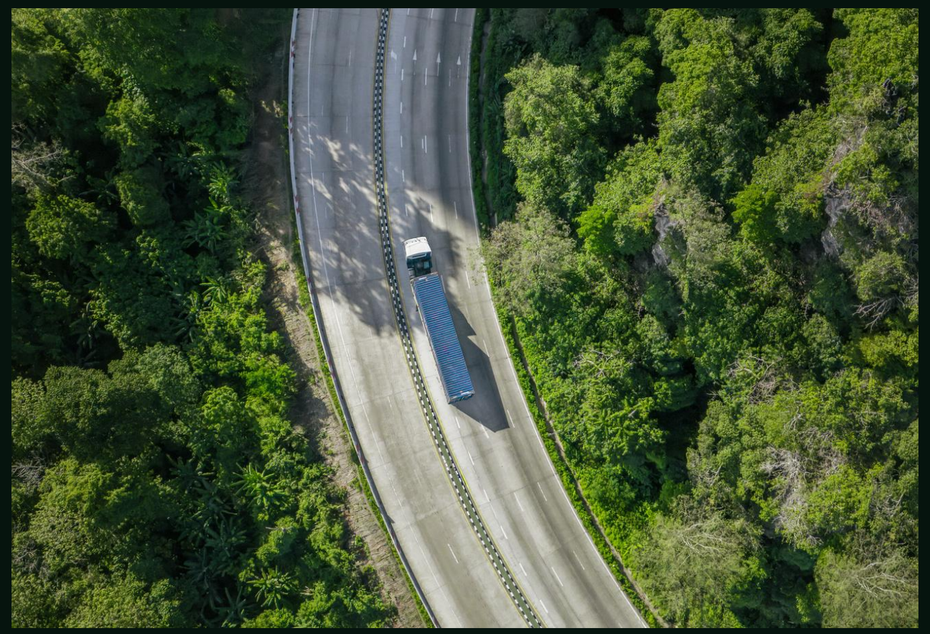
Climate impacts we already experience

- Floods and droughts disrupting livelihoods
- Heatwaves affecting health
- More frequent and intense wildfires
- Severe storms & super typhoons
- Food and water insecurity
- Etc.



Who Causes Climate Change?





- Travelling – Flying, driving cars, etc.
- Using electricity generated by burning fossil fuels (coal, gas, oil, etc.)
- Using gas for cooking, heating, hot water, etc.
- Using water (if pumped from storage to you)
- Waste – some creates methane
- Consumption – everything we buy has a ‘carbon footprint’

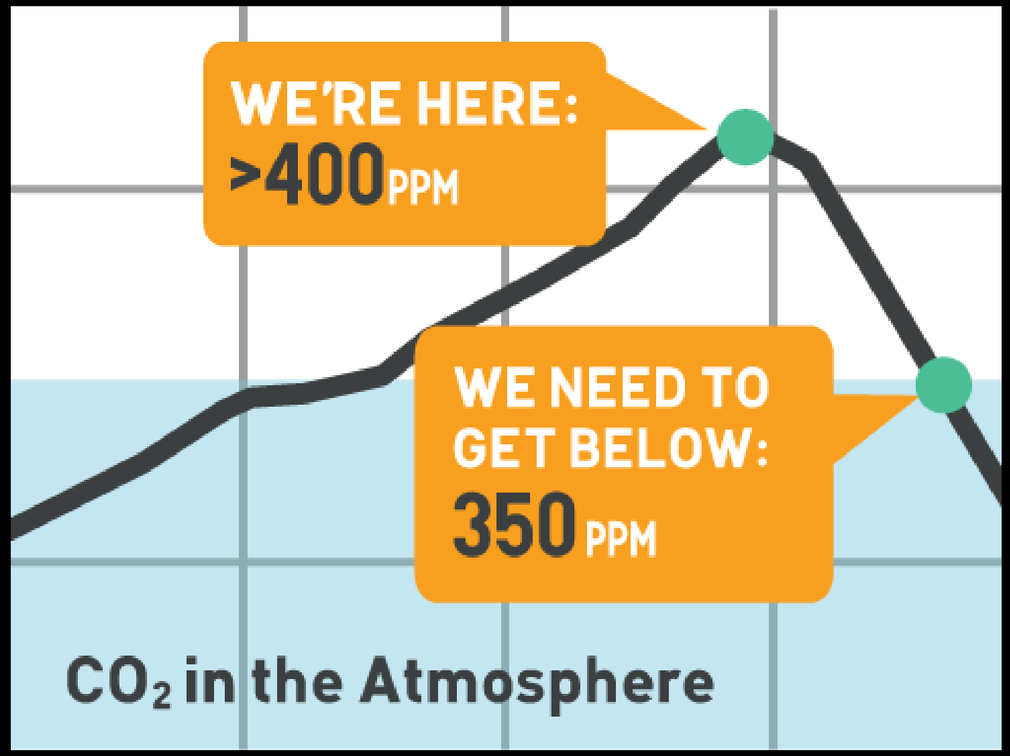
All the above add to our ‘Carbon Footprint’

We all contribute to climate change:

THE WARMING CLIMATE IS CAUSED BY HUMAN ACTIVITIES



Carbon dioxide has increased from a pre-industrial level of 280 parts per million to more than **410 parts per million (PPM)** today.



Today, the term "carbon footprint" is often used as shorthand for the amount of carbon being emitted by an activity.



What is a Carbon Footprint?



A carbon footprint is “the amount of carbon dioxide released into the atmosphere as a result of the activities of a particular individual, organization or community.”

The size of your carbon footprint indicates how much impact you have on the environment.

How Big Is Your Carbon Footprint?

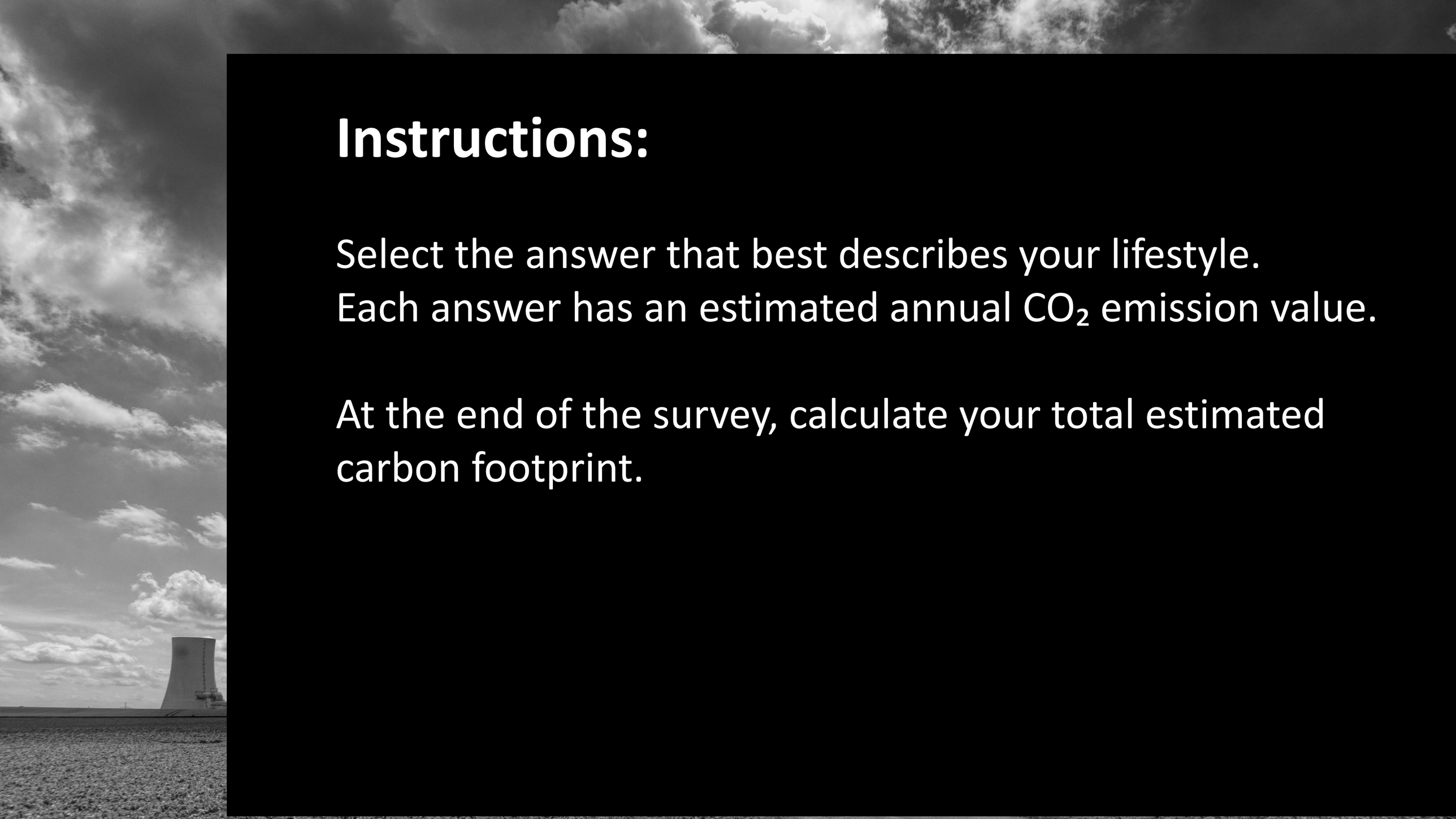
We can calculate an estimate of our personal “carbon footprint,” or the amount of CO_2 emissions that we and our family create through daily life:

Let’s practice!



Personal Carbon Footprint Survey

(Estimated annual CO_2 emissions per activity)



Instructions:

Select the answer that best describes your lifestyle.
Each answer has an estimated annual CO_2 emission value.

At the end of the survey, calculate your total estimated carbon footprint.

Section A:

Transportation



1. What is your main mode of transportation?

Activity	Estimated Annual CO_2
a. Walking / Bicycle	0 kg CO_2e
b. Public Transportation	500 kg CO_2e
c. Motorcycle	1,000 kg CO_2e
d. Private Car	2,500 kg CO_2e

2. How often do you use a private vehicle?

Frequency	Estimated Annual CO_2
a. Never	0 kg CO_2e
b. 1–2 times/week	500 kg CO_2e
c. 3–5 times/week	1,500 kg CO_2e
d. Daily	3,000 kg CO_2e

3. How many domestic or short-haul flights (typically lasting under 3 hours in flight duration or up to roughly 1,500 miles / 2,400 km) do you take per year?

Flights per Year	Estimated Annual CO_2
a. None	0 kg CO_2e
b. 1–2 flights	500 kg CO_2e
c. 3–5 flights	1,500 kg CO_2e
d. More than 5	3,000 kg CO_2e

4. How many international or long-haul flights (lasting 6 hours or longer or over 3,000 nautical miles / 5,500 km) do you take annually?

Flights per Year	Estimated Annual CO_2
a. None	0 kg CO_2e
b.1 flight	1,500 kg CO_2e
c. 2–3 flights	4,000 kg CO_2e
d. More than 3	6,000 kg CO_2e

Section B: Home Energy Use



5. How often do you use air conditioning?

Frequency	Estimated Annual CO_2
a. Never	0 kg CO_2e
b. Occasionally	500 kg CO_2e
c. Several times/week	1,000 kg CO_2e
d. Daily	2,000 kg CO_2e

6. Do you turn off lights and appliances when not in use?

Behavior	Estimated Annual CO_2
a. Always	100 kg CO_2e
b. Often	300 kg CO_2e
c. Sometimes	600 kg CO_2e
d. Rarely (almost never)	1,000 kg CO_2e

7. What type of light bulbs are mainly used in your home?

Type	Estimated Annual CO_2
a. LED bulbs	100 kg CO_2e
b. Fluorescent bulbs	300 kg CO_2e
c. Incandescent bulbs	800 kg CO_2e
d. Not sure	500 kg CO_2e

8. How many electronic devices do you regularly use?

(phones, laptops, TVs, gaming devices, etc.)

Number of Devices	Estimated Annual CO_2
a. 1–2	200 kg CO_2e
b. 3–5	500 kg CO_2e
c. 6–8	1,000 kg CO_2e
d. More than 8	1,500 kg CO_2e

Section C: Food Consumption



9. How often do you eat meat?

Frequency	Estimated Annual CO_2
a. Never (Vegetarian/Vegan)	500 kg CO_2e
b. 1–2 times/week	1,000 kg CO_2e
c. Several times/week	2,000 kg CO_2e
d. Daily	3,000 kg CO_2e

10. How often do you consume imported or processed foods?

Frequency	Estimated Annual CO_2
a. Rarely (almost never)	200 kg CO_2e
b. Sometimes	500 kg CO_2e
c. Often	1,000 kg CO_2e
d. Daily	1,500 kg CO_2e

11. How much food waste does your household produce weekly?

Amount	Estimated Annual CO_2
a. Very little	100 kg CO_2e
b . Moderate	500 kg CO_2e
c . Large amount	1,000 kg CO_2e
d . Very large amount	1,500 kg CO_2e

Section D:

Consumption & Waste



12. How often do you buy new clothes or non-essential items?

Frequency	Estimated Annual CO_2
a. Rarely (almost never)	200 kg CO_2e
b . Occasionally	500 kg CO_2e
c. Monthly	1,000 kg CO_2e
d. Frequently	2,000 kg CO_2e

13. Do you use reusable bags, bottles, or containers?

Behavior	Estimated Annual CO_2
a. Always	100 kg CO_2e
b. Often	300 kg CO_2e
c. Sometimes	600 kg CO_2e
d. Never	1,000 kg CO_2e

14. Do you separate waste for recycling?

Behavior	Estimated Annual CO_2
a. Always	100 kg CO_2e
b. Often	300 kg CO_2e
c. Sometimes	600 kg CO_2e
d. Never	1,000 kg CO_2e

15. How often do you purchase bottled water or single-use plastic products?

Frequency	Estimated Annual CO_2
a. Rarely (almost never)	100 kg CO_2e
b. Sometimes	500 kg CO_2e
c. Often	1,000 kg CO_2e
d. Daily	1,500 kg CO_2e

TOTAL YOUR ESTIMATED ANNUAL EMISSIONS



Add together the estimated CO_2 emissions from Questions 1–15

ESTIMATED RESULTS

Total Annual Emissions	Carbon Footprint Category
Below 5,000 kg CO_2e	Low Carbon Lifestyle
5,000 – 10,000 kg CO_2e	Moderate Carbon Lifestyle
10,000 – 20,000 kg CO_2e	High Carbon Lifestyle
Above 20,000 kg CO_2e	Very High Carbon Lifestyle

CARBON FOOTPRINT

The average annual carbon emission per person globally is about 4 to 7 tons (4,000 – 7,000 kg).

The lower the number, the fewer greenhouse gasses emitted into the atmosphere.





One mature tree can absorb an average of 9 – 15 kg of CO_2 per year.

Throughout the life of 1 tree can storage an average of 1,000 – 1,700 kg of CO_2 and can also absorb other gases that are toxic to human and environment as well.

THANK YOU

