



CARBON FOOTPRINT



What is carbon footprint?

A carbon footprint measures the amount of carbon dioxide (CO₂) and other greenhouse gases released into the atmosphere due to human activities. These emissions come from burning fossil fuels for electricity, transportation, and industry, as well as food production and waste.

Information box

- Light bulb running for 24h. produces ~ 0.63 kg of CO₂
- Charging your phone once a day for a year releases ~ 12 kg of CO₂
- Eating 0.45 kg of beef releases ~ 12.25 kg of CO₂
- Taking a 10-minute hot shower can produce ~ 1.8 kg of CO₂

How does it affect our life?

Carbon footprint affects our lives by causing climate change, which leads to hotter weather, stronger storms, melting ice, and rising sea levels. These changes make it harder for people, animals, and plants to live comfortably, and can also cause problems like food shortages and damaged homes. By reducing our carbon footprint, we help protect the Earth and keep life safer for everyone.

What we can do to reduce it

To reduce our carbon footprint, we can save energy by turning off lights and using efficient appliances, walking or biking instead of driving, eating more plant-based foods, recycling and reusing items, and using less water, and energy.

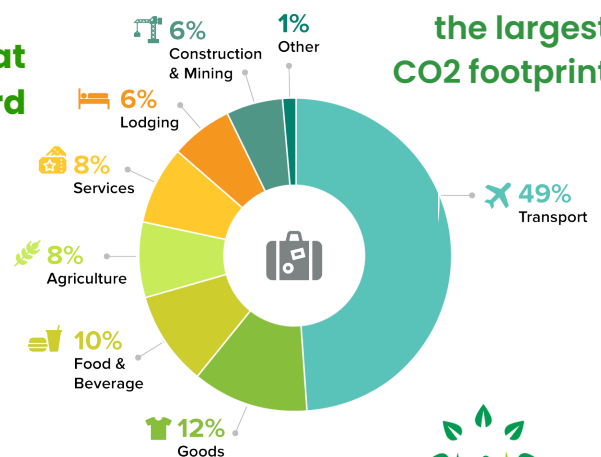
How to calculate your carbon footprint

1 Break down your activities into categories that contribute to your carbon footprint and record your usage in each category for a month.

2 Use emission factors to convert your usage data into CO₂ footprint, use the *EU Consumer Footprint Calculator*

3 Sum the emissions from all four categories to get your total annual carbon footprint.

Activities with the largest CO₂ footprint



Co-funded by
the European Union

Source: Climate change in Europe page
@ europarl.europa.eu website



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