



CALL FOR ACTION

MEASURE YOUR CARBON FOOTPRINT

Being aware of the carbon footprint you are responsible for is a first step to try to change behaviours and habits. Digitalisation also helps you in this respect.

There are several online calculators, some are available for free, whereas others – certainly more accurate and customised - require an investment. Normally the free platforms are designed for individuals and households.

We propose that you calculate the carbon footprint of your office, department or simply of your work-related activities using a free digital calculator that can give you an initial assessment of how many tons of CO₂ you produce in a given period (usually one year).

Some of the options available for free are:

The World Wildlife Fund (WWF) has created a calculator in different languages:
https://wwf.panda.org/act/live_green/footprint_calculator/

One of the most popular calculator is:
<https://www.carbonfootprint.com/calculator.aspx>

Another one is: https://co2.myclimate.org/en/offset_further_emissions

Simple ones: <https://www.footprintnetwork.org/>

WHAT YOU WILL NEED

- Check the main questions and data required to fill in the relevant fields (energy, mobility, food etc.)
- Involve someone from your office if you want to do this exercise at work, for example with colleagues at your office.
- If necessary, collect such data beforehand
- Enter the data and get the results
- Use a grid, mark the data and fields in which you may be able to reduce your carbon footprint
- Make your “climate action” bucket list: a number of actions to achieve your objective of carbon-reduction





WRITE DOWN YOUR DATA AND YOUR COMMITMENTS

Area	Baseline measurement	Actions	Results
<i>EX: energy consumption in the office</i>	<i>80 KWH (490 gCO2/KWh) x year</i>	<i>reduce temperature turn off lights</i>	<i>Decrease of % in one year</i>

