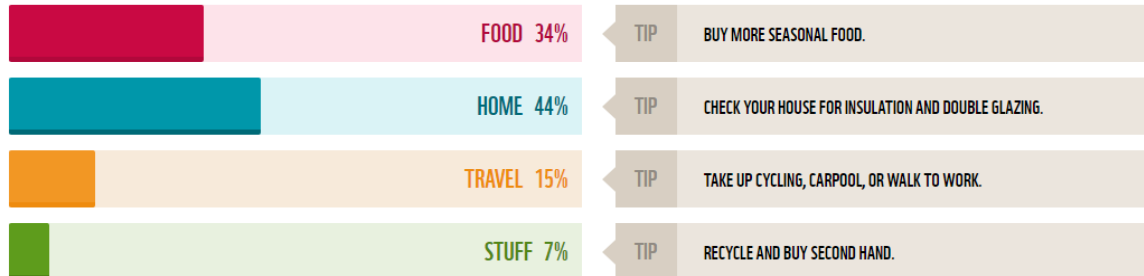
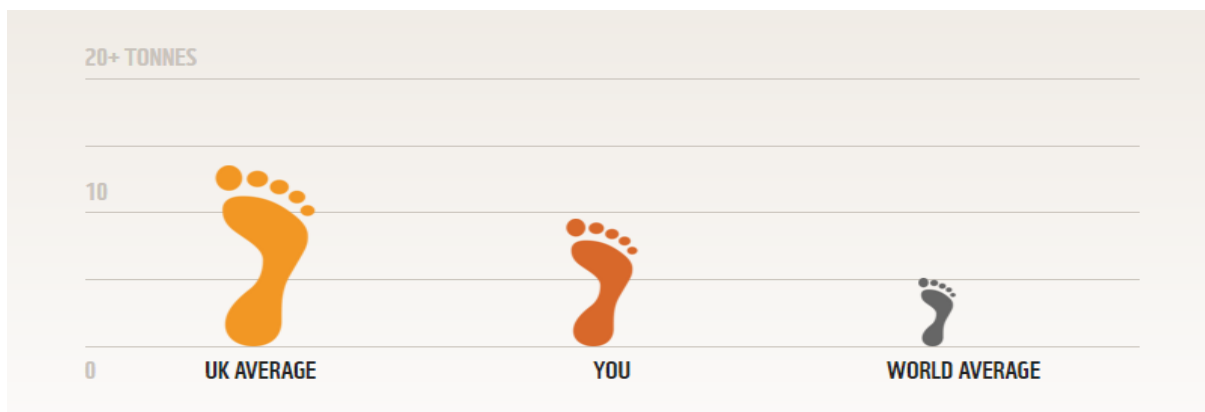


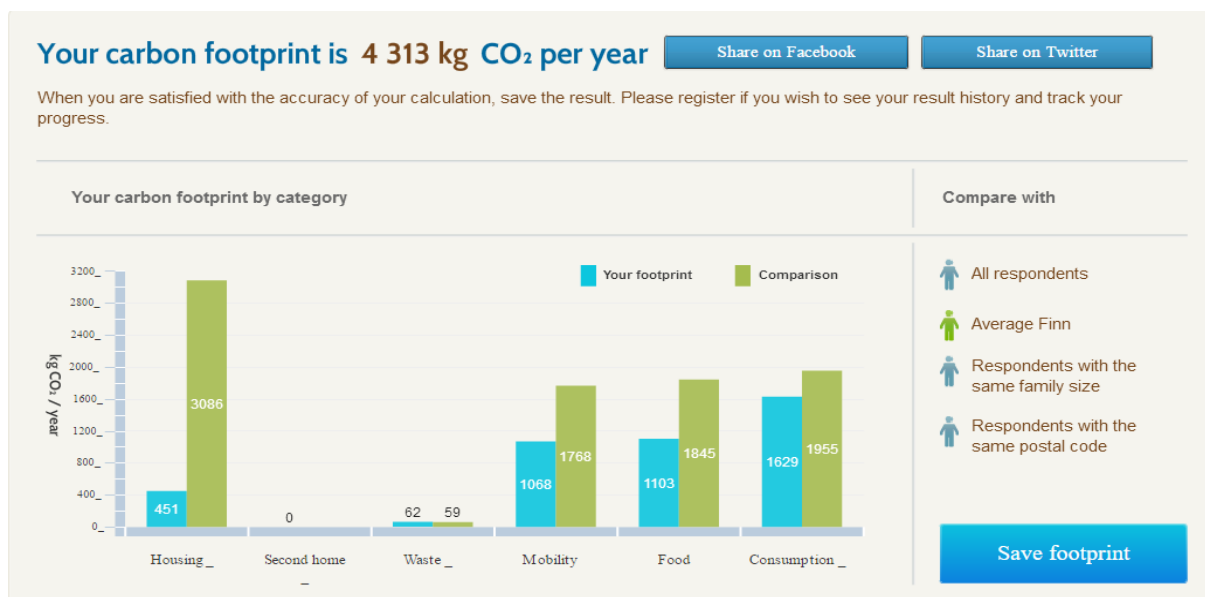
By checking on the WWF Footprint calculator¹ my carbon footprint was 91% of my share which was broken down as the following figure



In general, the carbon footprint generated by me was lower than the UK average levels but a bit larger than the world average levels.



I also did another check using Finnish Environmental Inst. Tool² and got the result as bellow



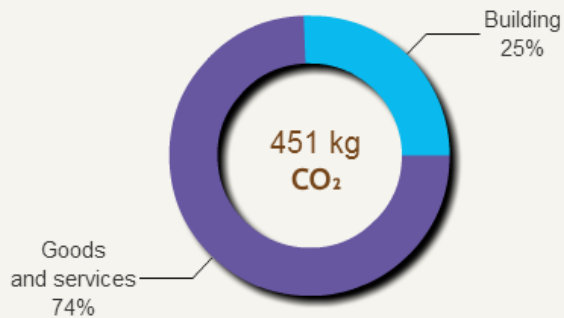
¹ <http://footprint.wwf.org.uk/>

² https://ilmastodieetti.fi/index_EN.html

For more details, the amount of carbon footprint in each sectors have been illustrated as following

Carbon footprint of housing per year per person 451 kg CO₂

Typically, housing accounts for more than a third of the personal carbon footprint in Finland.. Typically, a third of the heating energy is used for water heating. Most of the hot water is used in the shower. Therefore, when using water sparingly while showering you also save heating energy.



Do you already have an [energy expert](#) in your housing company? Active energy experts have helped achieve up to 10 % savings in heating energy, electricity or water consumption.

More tips:

- [Information about water management in secondary homes in wintertime \(in Finnish\)](#).
- [Korjaustieto.fi Information about renovation for house owners and housing companies \(in Finnish\)](#)
- [Ekoenergy.org Ecolabel for electricity](#)

Carbon footprint of waste per year 62 kg CO₂

Reduce, reuse and recycle. The first advice is the most important one in reducing you carbon footprint. Most importantly, reducing the amount of waste should also reduce the consumption footprint of your goods.Sorting waste allows materials to be used as resources for something new or in energy production. Pay attention to local sorting instructions in your region as they vary around Finland.



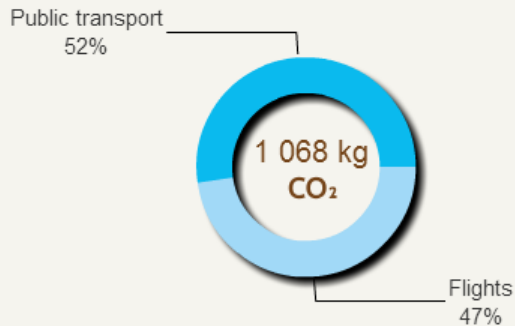
According to the Natural Resources Institute Finland, families with kids waste food worth 280 EUR per year. Start reducing food waste now, it also saves you money.

More tips:

- [Enjoy! Check out practical tips to minimise food waste \(in Finnish\)](#).
- [Recipes and other tips to avoid wasting food](#)
- [Konsta, calculator for measuring carbon footprint of household waste \(in Finnish\)](#)

Carbon footprint of passenger transport per year 1 068 kg CO₂

Passenger transport typically accounts for one fifth of the personal carbon footprint. Walking and cycling do not cause direct carbon emissions. Therefore kilometres travelled by walking and cycling are not asked.



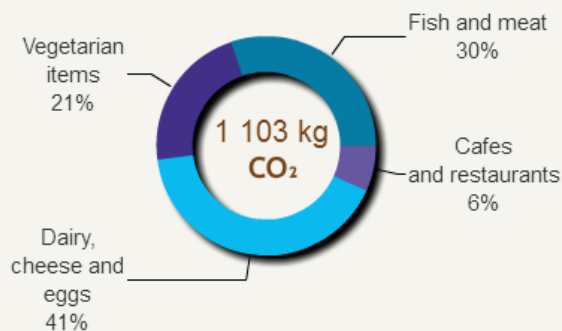
Congratulations for choosing public transport so often. What about walking and cycling? Find convenient routes with navigators and route planners for walking and cycling.

More tips:

- [Car Comparison Service](#) (in English, Finnish and Swedish)
- [Motiva – Smart mobility](#) (in Finnish)
- [Tips for local travel itineraries in Finland Nopsatravels](#) (in English, Finnish and Japanese)

Carbon footprint of food per year 1 103 kg CO₂

Food contributes to about one fifth of an average personal carbon footprint. Rules of thumb for [climate-friendly food choices](#) (in English, Finnish and Swedish).



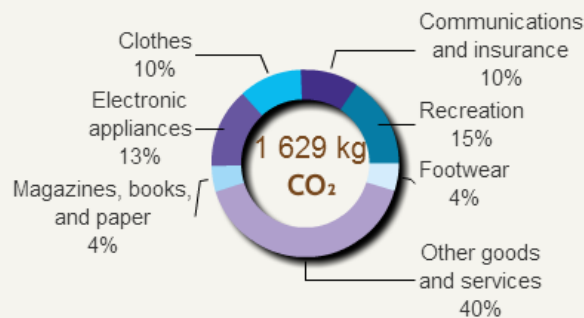
Increase the share of season's vegetables on your plate. Try the vegetarian lunch option every once in a while and go for fish from sustainable sources.

More tips:

- [The Finnish Martha Organisation](#) (in Finnish) - provides tips on vegetarian cooking and avoiding food waste.
- [Food plate](#) (in English, Finnish, Estonian, Latvian) – A meal evaluation tool including environmental and health perspectives.

Carbon footprint of goods and services per year 1 629 kg CO₂

Consumption of goods and services accounts for roughly a fifth of the personal carbon footprint. Not only what you buy, but the practices of using and taking care of your personal belongings make a difference. For instance, the use of electronic devices creates the majority of their carbon emissions. In the case of a t-shirt, washing and drying account more for the carbon footprint of the shirt than raw-material production, manufacturing and other life cycle phases.



Make a difference with what you buy (in English)
Sharing, choosing second hand, eco- and energy-labels helps you reduce your carbon footprint and other environmental impacts of consumption.

More tips:

- [Guide for ethical consumption by The Consumers' Union of Finland \(in Finnish\)](#)
- [The Nordic ecolabel \(in English\)](#)

In housing sector, my level of carbon footprint was much lower than the average levels. It is understandable because as a student, I don't have many appliance in my apartment. The room is also very small and I usually turn off all of my devices when I'm not using them. With that strategy, I can save a lot of energy, resulting in less carbon footprint.

In the mobility and travel sectors, the carbon footprint caused by me was also small because I walk to school every day and sometime take bus for the long distance or take flights.

For foods and basic stuff, it's not so different between me and local other people and I think it would also be similar from all around Europe because we share the similar living standards.

In waste sector, I don't have much carbon footprint because I also try to consume what I've bought and recycle as much as I can.

Overall, I think my living style is considered as sustainable living. However what struck me was that the amount of carbon footprint was huge (4313 Kg/per year). Knowing that amount makes me think about saving more and reduce more waste and energy consumption.