

Carbon Footprint Reporting

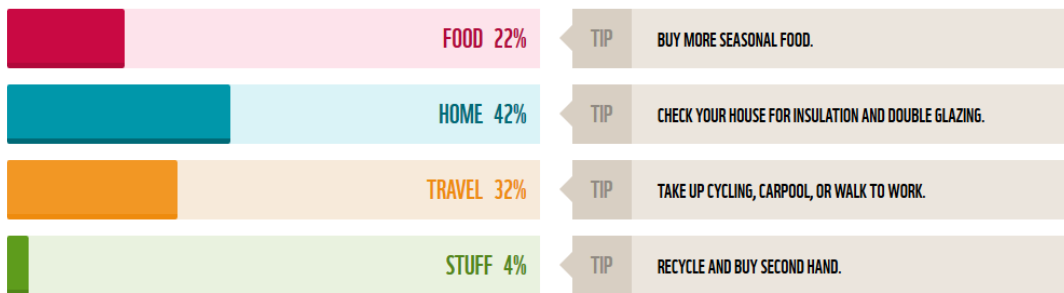
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21 April 2016

WWF UK Tool

YOUR CARBON BREAKDOWN

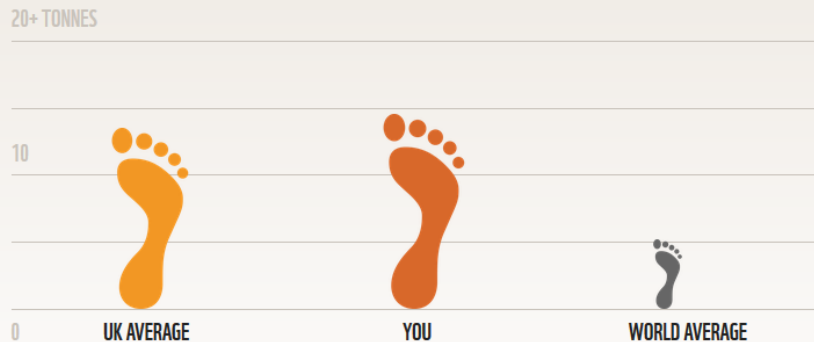
How your footprint is measured and tips on how you can make improvements to reach the targets.



+ 3.06 TONNES GOVERNMENT EXPENDITURE

HOW YOU COMPARE

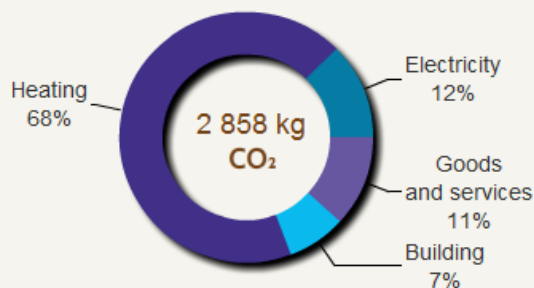
Your annual footprint (including the Government component) equates to the following:



The total carbon footprint average is 14 tons per year.

Carbon footprint of housing per year per person 2 858 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](#)

Regarding the housing, I have no idea about electricity use, heating or goods and service for housekeeping. The entered data is default as the typical Finns.

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.

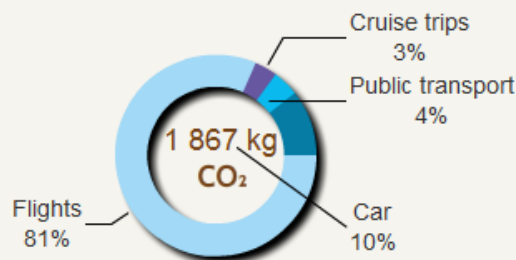
More tips:

- [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 \(in Finnish\)](#)

Regarding the waste, I guess I produce average waste and I always sort the trash (bio, cardboard, plastic, paper etc)

Carbon footprint of passenger transport per year 1 867 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.

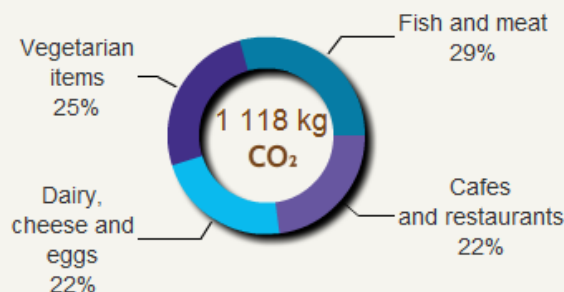
More tips:

- [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)

This result include 500km of travelling by car, which I used back in my country before coming to Erasmus. Moreover, mostly the amount of co2 is coming from the flights. It is somehow inevitable since I need to fly a lot.

Carbon footprint of food per year 1 118 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.

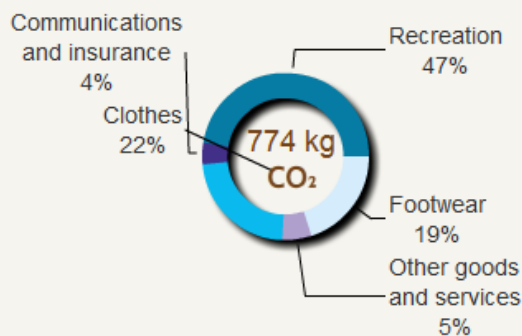
More tips:

- [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.

Basically, I consume little amount of all listed foods including all types of meats, cheese, dairy products, rice, vegetable and eggs.

Carbon footprint of goods and services per year 774 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 \(in English\)](#)

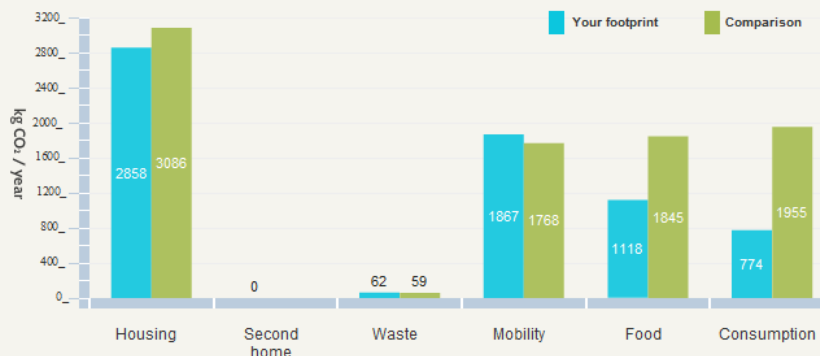
Your carbon footprint is 6 679 kg CO₂ per year

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When you are satisfied with the accuracy of your calculation, save the result. Please register if you wish to see your result history and track your progress.

Your carbon footprint by category



Compare with

- All respondents
- Average Finn
- Respondents with the same family size
- Respondents with the same postal code

[Save footprint](#)

The total carbon footprint average is 6.7 tons per year.

The overall result of my carbon footprint is 6679 kg co2 per year. The result is used to compare to the carbon footprint of average Finn. My carbon footprint on housing is similar to Finn because I put on the default value which is the average consumption for housing use in Finland. Though I always sort my trash, it seem like my carbon footprint on waste is higher than the average Finn. I think

probably the average Finn is vegetarian and do not eat meat at all. Since I need to fly very often as well as the flight from my home country is more than 4000km, it make my footprint on mobility higher than the average Finn. My food consumption and goods used such as clothes or footwear are much lower than those of the average Finn.

Overall Reflection on Both Tools

The UK tool is quite easier to record the data compared to the Finnish tool. Since the process of answering the question is easy, it also can make the tool less accurate than the Finnish environmental tool. The environmental tool requires us to input the estimated amount of travel or food consumed. However, the prediction of how much we have travel for one week or year is really difficult and somehow bias.

The UK tool produce the result of 14 tons of carbon footprint per year, while the Finnish tool give the result of only 6.7 tons of carbon footprint per year. Although the results are produced differently from both tools, I think my personal carbon footprint is more likely come from the travelling especially the travel by plane. The other factors such as food, waste, goods and stuffs are not really a big contribution to the carbon footprint, since I don't usually eat much, buy a lot of new clothes or produce much waste.