



**YOUR
CARBON
FOOTPRINT
109%**

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



+ 3.06 TONNES GOVERNMENT EXPENDITURE

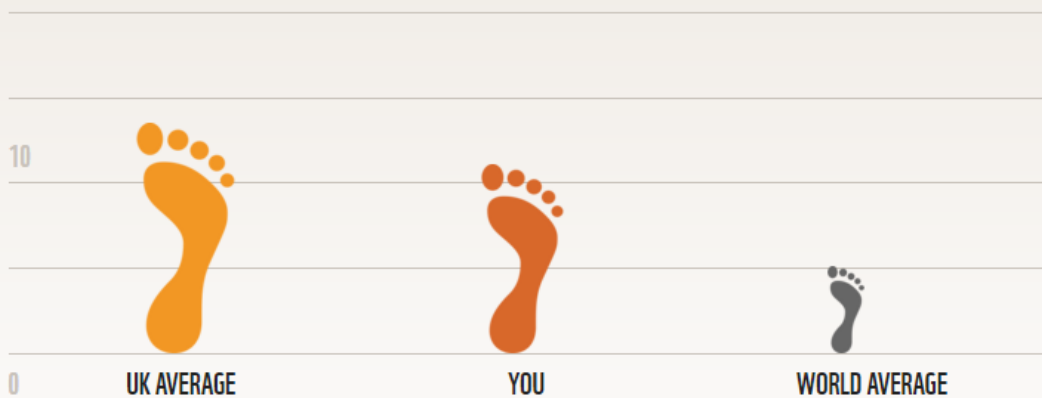
YOUR TOTAL ANNUAL CARBON EMISSIONS



HOW YOU COMPARE

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

20+ TONNES

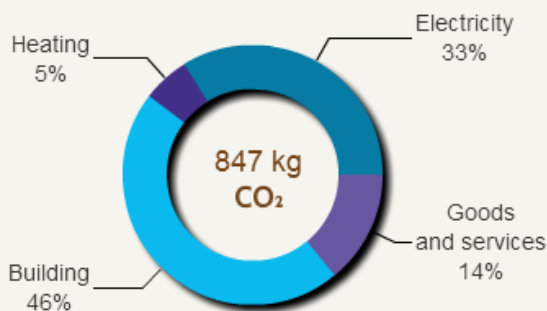


Reflection

My carbon footprint is 109%, which is less than UK average but higher than world average. Highest contribution for this carbon footprint are due to fact that, I need to use heater during the winter period in Finland. If I would be in my home country (Bangladesh) that would be much less. Perhaps this can be reduced by localized smart automation system for controlling the heaters. The second most contribution is food, which is also due to fact of unavailability of feasible options.

Carbon footprint of housing per year per person 847 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.



undefined

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.



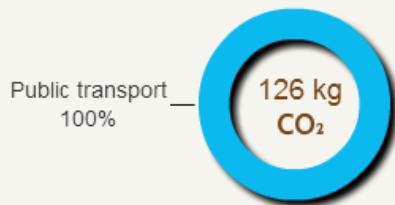
According to the Natural Resources Institute Finland, families with kids waste food worth 280 EUR per year. Start reducing food waste now, it also saves you money.

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 126 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.



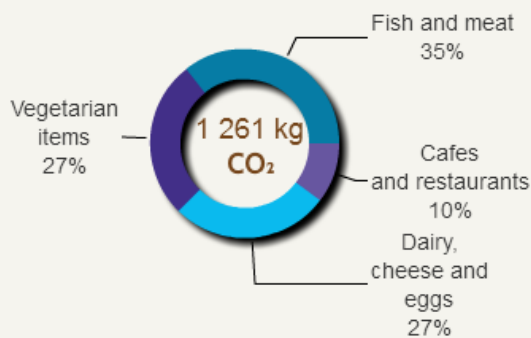
Congratulations for choosing public transport so often. What about walking and cycling? Find convenient routes with navigators and route planners for walking and cycling.

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 1 261 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).



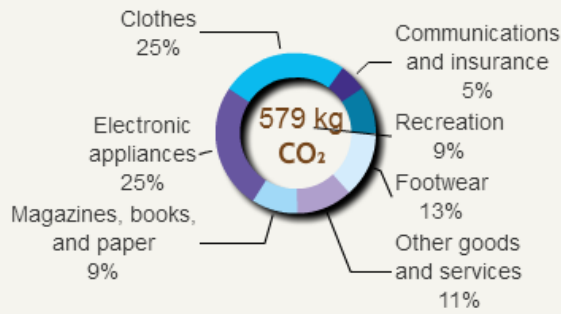
Increase the share of season's vegetables on your plate. Try the vegetarian lunch option every once in a while and go for fish from sustainable sources.

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 579 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 \(in English\)](#)

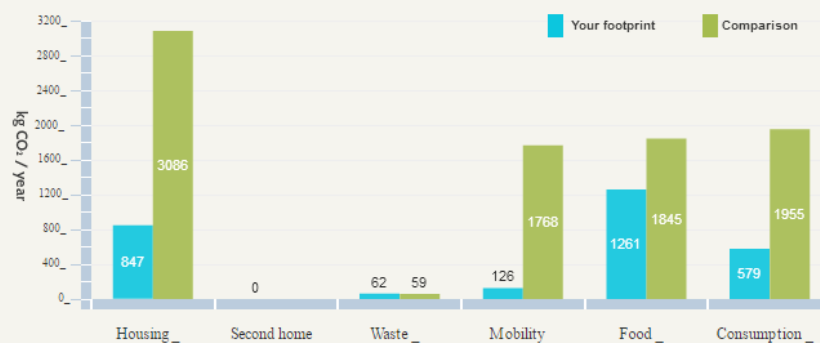
Your carbon footprint is 2 875 kg CO₂ per year

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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

Reflection:

My carbon footprint in all aspects are much less than the average except waste. That is due to the fact that, the food I am habituated with is not available here. I have to depend on the

food at restaurant while in the university and most of the time I find that, these are not edible. That is reflected in the difference between the average and my footprint in food.

However reducing the wastes, using bicycles and applying efficient usage of water will reduce my carbon contribution.