



Energy Tutorial: Energy and Sustainability

Activity: calculate your carbon footprint

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CALCULATE YOUR CARBON FOOTPRINT

The morning alarm rings, you take a hot shower, brew a cup of tea and hop in the car to get to where you need to be. Have you ever stopped to consider the environmental impact involved in each of these daily habits?

Any activity that we undertake, from heating our homes, to the appliances that we use or the car we drive burns fuels to produce energy. An effect of the burning of these fuels is the production of carbon dioxide (CO₂), which contributes to climate change. The total amount of CO₂ produced to directly and indirectly support our activities is known as our “carbon footprint”.



Use one of the websites below to calculate your own carbon footprint. Try to be as honest and accurate as possible when answering the questions – there are no wrong answers and the results will show you where you could try to reduce your environmental impact. Record your results and observations in your Activity Log and think about possible ways to cut your CO₂ emissions.

The Resurgence Carbon Dioxide Calculator:

<http://www.resurgence.org/education/carbon-calculator.html>

The M&S footprint calculator developed by WWF:

<http://ms.footprint.wwf.org.uk/>

Carbon Independent Carbon Footprint Calculator:

<http://www.carbonindependent.org/index.html>