

Long test - How big is your ecological footprint?

This survey and the background information are taken from the method booklet "Endlich Wachstum" by FairBindung e.V. and Konzeptwerk Neue Ökonomie e.V. We thank you very much for the permission to use it. For further suggestions, we recommend that you order or download the method booklet at <http://www.endlich-wachstum.de/>.

1. Housing and energy

What type of dwelling do you live in?

- ☐ in a detached house **30**
- ☐ in a terraced house/apartment building **20**
- ☐ in a block of flats with more than 4 flats **10**
- ☐ high-rise building **5**

What kind of heating energy do you use in your household?

- ☐ electric heating, night storage heater (when using conventional electricity) **30**
- ☐ oil **20**
- ☐ gas or district heating **15**
- ☐ heat pump **5**
- ☐ coal stove **25**
- ☐ wood or pellet heating **5**

Do you separate waste in your household?

- ☐ all (plastic, compost, paper, glass, hazardous waste) **0**
- ☐ only glass and paper are separated from the rest **20**
- ☐ only glass **30**
- ☐ not at all **40**

How many hours a day do you use entertainment, communication and information media (e.g. television, computer, music system)?

- ☐ a total of 18-24 hours a day **70**
- ☐ a total of 12-18 hours **55**
- ☐ a total of 6-12 hours **40**
- ☐ a total of 3-6 hours **25**
- ☐ a total of 1-3 hours **10**
- ☐ not at all **0**

How often does the washing machine run for your laundry (a full washing machine holds about 6 kg of laundry)?

- ☐ daily **30**
- ☐ several times a week **25**
- ☐ once a week **20**
- ☐ 1 to 3 times a month **15**
- ☐ less often **5**

Select which of these things you do to reduce waste:

- ☐ I take a basket/cloth bag with me when I go shopping instead of buying a bag. **-2**
- ☐ I pack lunches in containers/paper instead of aluminium foil/plastic. I take drinks in a thermos/bottle instead of buying packaged drinks. **-2**
- ☐ I repair old things or try to reuse them for other purposes or give them away/sell them. **-2**
- ☐ If I have a choice, I choose a product that is not wrapped in plastic film. **-2**
- ☐ I use paper sparingly by writing/printing on both sides. **-2**

How big is the living space you occupy (total size divided by the number of people in the household)?

- ☐ 1-20 m² **10**
- ☐ 20-40 m² **20**
- ☐ 40-60 m² **30**
- ☐ over 60 m² **40**

What kind of electricity provider supplies your household?

- ☐ a conventional electricity provider **15**
- ☐ a provider of certified "green electricity"/"Eco-power" **-15**

Exercise 4: Ecological Footprint

Do you turn off the lights when you leave the room?

- O Yes, always. -10
- O No, never. I always forget or am too lazy to do it. 20
- O I leave the light on deliberately, it looks nicer. 30

What do you do with electrical appliances after use (e.g. TV, computer, music system)?

- O I switch the appliance off completely. 0
- O I put it on standby. 10
- O I leave it running because I might need it again soon. 30

How warm is it in your room in winter?

- O below 18°C (I have to wear a thick jumper) 0
- O 18°-20°C (normal jumper is required) 15
- O 20°-22°C (even without a jumper I don't freeze) 30
- O above 22°C (I can wear a T-shirt like in summer) 40

How long do you spend in the shower per week (one bath equals 30 min. shower)?

- O 1 hour or more 30
- O 30 min. to 1 hour 25
- O 15 to 30 min. 20
- O below 15 min. 15

1. INTERIM RESULT:

2. Diet

How often do you eat meat and sausage products?

- O several times a day 20
- O once a day 16
- O every other day 8
- O once or twice a week 4
- O less often 2
- O never 0

How often do you eat fish?

- O several times a day 10
- O once a day 8
- O every other day 4
- O once or twice a week 2
- O less often 1
- O never 0

How often do you eat animal products (milk, eggs, cheese, butter, etc.)?

- O Several times a day 15
- O Once a day 12
- O Every other day 6
- O Once or twice a week 3
- O Less often 2
- O Never 0

Do you buy organically grown food?

- O Only 5
- O Three quarters of the time 0
- O Half of the time 4
- O One quarter of the time 7
- O Not at all 10

Where does most of the food you buy come from?

- O From my region (within a radius of about 200 km) 0
- O From a medium distance (within a radius of 800 km, about the size of Germany) 5
- O From Europe 10
- O From other continents 15

Where do you eat most often?

- O I mainly cook at home or eat at a friend's house. 2
- O I mainly eat in the canteen. 4
- O I mainly eat in fast food restaurants or snack bars. 8

Exercise 4: Ecological Footprint

Do you buy your food fresh or frozen/canned?

- ☐ I only buy fresh. 0
- ☐ I buy more fresh than frozen/canned. 5
- ☐ I buy both in equal parts. 10
- ☐ I buy more frozen/canned than fresh. 15

Which of the following drinks do you drink regularly? (Multiple answers possible; add up)

- ☐ Tap water 1
- ☐ Mineral water 2
- ☐ Juice from the region (e.g. apple juice) 3
- ☐ Orange juice and similar juices 8
- ☐ Herbal and fruit tea (bought and packaged) 3
- ☐ Tea from other continents (e.g. black tea, green tea) 3
- ☐ I drink more frozen/canned drinks than fresh. 6
- ☐ Coffee 8
- ☐ Soft drinks 12

In what form do you mainly buy drinks?

- ☐ in cans 10
- ☐ in tetrapack 6
- ☐ in disposable bottles 4
- ☐ in reusable bottles 2

2. INTERMEDIATE RESULT:

3. Consumption

How much money do you spend on consumer goods (= everything except money for housing, food, clothes)

- ☐ over 200 euros a month 60
- ☐ 100-200 euros a month 50
- ☐ 50-100 euros a month 30
- ☐ 25-50 euros a month 15
- ☐ under 25 euros a month 0

What kind of paper do you mostly use?

- ☐ white paper/I don't pay attention to it. 20
- ☐ recycled paper or environmental paper 5

On average, how often do you buy a new item of clothing?

- ☐ once a week or more 40
- ☐ once or three times a month 30
- ☐ every 1-3 months 10
- ☐ less often 5

If more than once a month, how much of the clothing is bought second-hand?

- ☐ three quarters or more 20
- ☐ about half 10
- ☐ about a quarter 5
- ☐ none at all 10

How much do you use cosmetics?

- ☐ I use make-up, perfume or hairspray and hair gel every day. 25
- ☐ Apart from soap, deodorant and body lotion, I rarely use any additional cosmetic products. 10
- ☐ I don't need anything except water. 0

3. INTERMEDIATE RESULT:

Exercise 4: Ecological Footprint

4. Mobility

How many km do you drive by car on average per week (travelling with others also counts, but trips with more than 3 overnight stays are excluded)?

O over 500 km	65
O 250-500 km	55
O 100-250 km	45
O 50-100 km	35
O 25-50 km	25
O 10-25 km	15
O under 10 km	10
O I never travel by car.	0

How many people are usually in the car when you (co-)drive?

O I drive alone.	30
O I drive with one person.	15
O The car is full.	5

How many km do you ride a motorcycle/moped per week?

O over 100 km	35
O 50-100 km	25
O 25-50 km	15
O 10-25 km	10
O under 10 km	5
O I never ride a motorbike or moped.	0

How much time do you spend per week on public transport (bus, train, underground, suburban train, tram)?

e.g. 5 days with 1 hour commute to work (2 hrs. there and back x 5 = 10 hrs.) + 5 days with 0.5 hrs. travel to shops/friends/leisure facilities (2.5 hrs.) + one weekend trip with a total of 3 hrs. travel (3 hrs.)

O over 15 hrs.	30
O 10-15 hrs.	25
O 7-10 hrs.	20
O 4-7 hrs.	15
O 1-3 hrs.	10
O under 1 hrs.	5
O I never use public transport.	0

How many hours did you fly last year?

O over 50 hrs	70
O 20-50 hrs	60
O 10-20 hrs	50
O 5-10 hrs	40
O 3-5 hrs	30
O 1-3 hrs	20
O I did not fly at all.	0

How many times a year do you take a longer trip with more than 3 overnight stays?

O more than 10 times	40
O 5-10 times	30
O 3-5 times	20
O 1-3 times	10
O I do not travel.	0

Where do you stay most of the time during these trips?

O in a hotel	30
O in another commercial accommodation (e.g. youth hostel)	15
O with friends/relatives	0

4. INTERIM RESULT:

Exercise 4: Ecological Footprint

5. Your total score

1. Intermediate result =
2. intermediate result =
3. intermediate result =
4. intermediate result =

=> ____ your total score

Now look at "6. Evaluation" to find out how big your personal footprint is and whether the earth is big enough for your "shoe size".

6. Evaluation

0-200 points: Less than one earth

Congratulations! Your lifestyle is sustainable. If all inhabitants of the earth had the same Ecological Footprint as you, our planet would be enough to cover the resource and energy consumption of today's world population.

200-400 points: 1-2 earths

Not bad! You are below the German average of 5.1 ha per year. But to cover your lifestyle you still need more resources than the earth can provide for all humans, i.e. over 1.8 ha per year.

400-600 points: 2-3 Earths

If everyone lived like you, we would already need more than twice the area of our Earth. You are in the range of the German average, but far from a sustainable lifestyle.

More than 600 points: more than 4 Earths

If all inhabitants of the Earth had the same lifestyle as you, the Earth would probably already have collapsed. Only because there are so-called "developing countries" that do not consume so many resources at the moment, and individual people consciously pay attention to low resource and energy consumption, you are lucky enough to live in abundance on this Earth.