

## Big footprint! - Now what?

### **Suggestion 1 to reduce the personal footprint**

- Small group work
- Posters and pens

The participants collect their own recommendations that would contribute to reducing the Ecological Footprint.

For this purpose, small groups are formed for the areas of mobility, food, housing, leisure and consumption. Each group collects and writes down their recommendations in bullet points.

Afterwards, the papers are presented to the large group.

It is advisable to hang up the posters for all participants to see.

### **Suggestion 2 to reduce the personal footprint**

- **Individual work**
- Footprint (next page), pen, maybe tape

The participants receive a piece of paper with the footprint shown. For each toe, they think of a suggestion on how they can reduce their personal footprint and write it down.

For the sole of the foot, they think of a suggestion on how the whole group can take action together:

- to draw attention to the issue in the wider community.
- to reduce the footprint together.

Once all participants have written down their suggestions on the sheet, the results are presented. The sheets can be taped to a wall or placed in the middle of the room. All participants now have the opportunity to inform themselves about the proposals on the basis of the sheets within a set time frame.

A subsequent round of discussion leads to a joint agreement in which the participants agree on 1-3 proposals, implement them in the future and possibly check their effect after a certain time. Exercise 8 in the method booklet can be used for this.

## Suggestion 2

- 1.) Write in the box for each toe a suggestion how you could reduce your footprint.  
Think of mobility, nutrition, housing and energy, leisure and consumption.
- 2.) Write a suggestion in the sole of your foot on how you could act together as a group to raise awareness of the issue in the wider community or to reduce the Footprint together.

