

Exercise 4: Ecological Footprint

Short test: Appreciate your ecological footprint (duration: 15 - 30 minuts)

Command:

- Each of the areas offers selection answers. For each area, choose the answer that best applies to you.
- Enter this value in the right column.
- Add up all the scores.
- Divide the sum by 10 and you get your estimated Ecological Footprint in gha.

		Points	My Points
Nutrition I eat:	no animal food (dairy products, eggs, sausage, etc. → vegan nutrition)	1	
	very rarely animal food (once a week)	2	
	no fish and no meat (vegetarian diet)	5	
	daily animal food	9	
	several times a day/ plenty of meat, eggs, dairy products, sausage etc.	12	
Nutrition (handling of food) I eat:	basically organic - food from my region, which is available depending on the season and do not throw anything away.	1	
	often organic - food from my region, which is available depending on the season and I have little waste.	2	
	sometimes organic - food from my region, which is available depending on the season and I have little waste.	4	
	rarely food from my region, which is available depending on the season. It is not always organic food and I often throw something away.	6	
	I don't care about anything: origin, season, organic or not organic I also throw away food.	9	
Driving (also passenger) I'm/driving:	travelling without a car, i.e. on foot, by bicycle, public transport.	1	
	occasionally by car (less than 8000 km/year = 4970 miles/year).	3	
	daily by car (8.000 - 16.000 km/year = 4970 – 9941 miles/year).	5	
	Frequent driver*in (16.000 - 30.000 km/year = 9941 – 18641 miles/year).	10	
	Frequent and long distance drivers*in (more than 30000 km/year = more than 18641 miles /year).	20	

Exercise 4: Ecological Footprint

Flying (4 short flights = 1 long flight)	never	0	
	rarely / from time to time (sometimes after 2 /3 /4 ...years break)	3	
	once per year	13	
	2-3 times per year	30	
	more than 3 times per year	50	
Leisure and consumption I am/buy:	modest. I buy used clothes, rarely new.	1	
	thoughtful. I buy durable and environmentally friendly products.	5	
	average	7	
	very often new clothes, technology, cosmetics, furniture, etc.	10	
	wasteful	16	
Living and heating I inhabit:	under 30 m ² per person (Example: 4 room apartment + kitchen + bathroom with a total of 100 m ² , inhabited by 4 persons → 25 m ² per person). It is heated sparingly. The house is energetically (energy friendly) renovated.	2	
	under 30 m ² per person. Heating is provided generously. The house is not renovated.	8	
	about 40 m ² per person. The room temperature is about 20°. The house has not been energetically (energy friendly) renovated in all areas.	9	
	over 50 m ² /per person. Heating is economical. The house is energetically (energy friendly) renovated.	12	
	over 50 m ² /per person. Heating is provided generously. The house is not energetically (energy friendly) renovated.	24	
Basic amount	The basic amount is for education, health, infrastructure, etc. → You can influence this amount indirectly, e.g. by campaigning for energy transition, public transport and eco-fair procurement.	9	9
Add up all your points.			
Then divide your calculated sum by 10 = global hectares (gha).			

Look at how many earths you need for your lifestyle.

A sustainable footprint for you would be **1.6 gha**.

The average Ecological Footprint per person in Germany is **4.8 gha**.

This questionnaire has been created on the basis of a worksheet by Johannes Küster, Brot für die Welt. We would like to thank you for your permission to use it.