
3. TRANSPORT

Accounts for energy use, land use and materials for roads, materials and energy for vehicle manufacture etc.

a) If you are a regular car user or passenger please score:

For high mileage drivers (15,000 miles/year alone).....	200
For typical drivers (8,500 miles/year, with a passenger 40% of the time)	70
If you travel mainly as a car passenger score	30

But if most of your car trips are local (3 miles or less) **add 25%** to allow for extra energy use for cold starts.

These figures are based on UK average car fuel consumption of 8.5 litres/100km. If you drive a 4x4 (e.g. Range Rover Discovery) or MPV (e.g. Renault Espace), **add 50%**. For a small car (e.g. Clio or new Mini), **subtract a third**.

Your car score:

b) If you use public transport:

For a weekly 150 miles return trip by rail or bus, or a daily return commute of 30 miles score	20
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c) If you only walk or cycle score.....2

d) For each hour per year you spend flying, add15

Your transport score (a+b+c+d)

4. MATERIAL SUPPLY AND WASTE

Accounts for energy and material use in manufacturing and construction, as well as land use and greenhouse gas emissions in waste disposal.

If you put out the UK average of 20kg a week (one dustbin-full of mixed waste including glass, food waste etc.,) for the standard waste collection, score.....430

If you recycle all glass and metal, and compost all food and garden waste, your rubbish for the standard collection may be mostly plastic bags etc. and so much lighter. Score 22 points for each non-recycled kg per week.

For each kg per week of recycling, add.....5
(1kg=2-3 wine bottle or 20 cans or 2 weekend papers or 10 weekday broadsheet papers)

For each kg per week of waste composted, score.....0

If you filled a skip this year with building waste, score another150

Divide the total by the number of people in your house to get your total waste score

5. ENERGY IN YOUR HOME

Accounts for land use in energy supply, and greenhouse gas emissions from fossil fuel use.

First estimate your heating and hot water score.

A lot depends on the size of your home. To start off with:

If you live in a detached house, score.....	165
If you live in a semi-detached house, score.....	105
If you live in a terraced house	65
If you live in a flat	50

How warm is your home? For each degree above 17°C add 10%; for each degree below, **subtract 10%**.

If your home is well-insulated (e.g. a modern house with 200mm loft insulation, cavity wall insulation and double glazing), **subtract 30%**. If you have a new condensing-flue boiler **subtract another 20%**. If your boiler is over 15 years old **add 15%**.

If you don't have central heating and only heat one or two rooms in your home, score 50.

These figures are for gas. If you use electric heating, multiply your total by 2.5. If you use oil add 40%. For coal, add 80%. Now **divide by the number of people living in the house**

Your heating and hot water score:

And now, your score for **appliances**. Start with a score of.....40

If you only choose "A"-rated appliances and energy-efficient light bulbs, subtract10

If you are frugal in your use of appliances (switching off lights only using the washing machine when full, not using a dishwasher or clothes drier) subtract.....5

If you have a house full of energy-hungry people, with TVs on all the time and daily use of a washing machine and dryer, add35

Divide by the number of people in the house.

If you use renewable electricity, divide by ten for your final **appliances score:**

Now add up your score for heating & hot water and appliances to get your home energy score

6. EVERYTHING ELSE

Accounts for land use and greenhouse gas emissions linked to providing services.

Add up the amount (in £) you spend **each month** on the following:

- Telecommunications – your share of the ‘phone bill, mobile phone, internet access
- Leisure and cultural activities – cinema, concerts, theatre, health club, visits to museums etc.
- Restaurants, cafés and hotels

Divide by five to get a footprint score

Add 10 to allow for miscellaneous purchases and services such as health and education.

Your “everything else” score

7. AT LAST – ADDING IT ALL UP

Add up your score for:

- Food
- Where you live
- Transport
- Materials and waste
- Energy in your home
- Everything else
- To get your total:

How do you compare?

The amount of land available globally is 1.9ha (allowing for a footprint score of 190)

Footprint scores around the world are:
 Global average 230 per person
 India 80 per person
 United States 970 per person

The UK average is 550 per person
 The average Oxfordshire inhabitant scores 750
 Londoners score 660
 The Welsh score 525
 Liverpoolians average 415

Copyright: Living Witness Project, 20th October 2003, using data from Best Foot Forward, the Environmental Change Institute, and UK government statistics. Funding from Joseph Rowntree Charitable Trust gratefully acknowledged.

This sheet is under continuing development! If you have any comments or suggestions, please get in touch with Laurie Michaelis at 01865 308306 or laurie@livingwitness.org.uk.

 **Get to know your ecological footprint**

What is a fair share of the earth’s resources? What should be your priorities for living more lightly? One way to get to grips with these questions is to work out your “ecological footprint”, the area of land needed to support your lifestyle. This sheet will help. It is divided into parts looking at: 1) food; 2) transport; 3) where you live; 4) energy in your home; 5) waste; 6) everything else.

We will calculate your footprint score in “ares” of land, **based on global average land productivity levels**. One are is 100 square metres, or one hundredth of a hectare. That’s a patch of land about ten paces by ten paces.

This sheet isn’t precise and may not fit your lifestyle perfectly – **please do be creative and make guesses – but be honest with yourself!**

1. FOOD

Accounts for land, energy and material use for food production, transport, processing and storage. Packaging is accounted for later, under waste.

Start with a score (based on a typical British diet, 38% animal-based) of.....155
 Serious meat eaters (50% animal-based diet)..... add 25
 Vegetarians (20% animal-based)..... subtract 50
 Vegans (0% animal-based)..... subtract 100

If you only eat processed and/or imported food add 5
 If you eat 75% local, unprocessed food..... subtract 10
 If you only eat local, unprocessed food..... subtract 15

If you only or mostly eat organic food subtract another 10

Your food score

2. WHERE YOU LIVE

Allows for land used by buildings, concrete, paving and grass, but not areas managed for wildlife or food. Also includes land use to provide construction materials, access roads etc.

For a typical British semi, score45
 For a larger detached house.....60
 For a terraced house35
 For a two bedroom flat20
 For a studio.....10

Divide by no. of occupants to get your score