**My Ecological Footprint**

**Quiz Results:**

Personal Earth Overshoot day: 04 Apr

If everyone lived like me, we would need: 3.9 earths

Why?

By Land Type: Large Carbon footprint and use of crop land.

Smaller on built-up land, fishing grounds and grazing land

By consumption category: Large consumption of food

Medium use of mobility, goods and services.

Small impact from shelter (house)

- 6.6 hectares is my ecological footprint (global hectares of gha)

- 9.9 CO2 emissions, my carbon footprint (CO2 emissions in tonnes per year)

- 52 % carbon footprint (% of my total ecological footprint)

Consider how you compare to the Canadian average and how many planets are required to support all inhabitants on Earth with your lifestyle?

The average Canadian person would need 5 earths to survive while I need 3.9 earths. It sounds less but is basically only 1/5 less of the average and still way to big to think about a good future with my ecological footprint. So I still have to work a lot on my way of living.

**Journal Entry Questions**

1. What surprised you most about the calculations, and what category could you make the biggest difference in reducing your footprint?

What surprised me the most was, that my meat consumption would affect the footprint in this huge part and that travelling mostly by bus would still impact the mobility use. I think, if I try to decrease my animal food consumption and increase the consumption of locally grown food and less plastic waste, then I could change it in a large way. Sadly, I cannot change the mobility, because I have to travel to Uni and my job every day.

1. Did the results of the quiz challenge your values or assumptions about your current lifestyle?

Yes it did, I feel bad for eating that much meat and still using plastic in so many occasions, but I am already trying to reduce it, by drinking out of the same water bottle every day and using my own bag for grocery shopping. Honestly, I thought by using the bus a lot more than a car, would help my ecological footprint to be smaller than others. I will try to reduce it more and find ways to make my ecological footprint smaller.

1. Describe yourself living some of the behaviors described in the section “Reduce your footprint”.  What might stand in your way or enhance your ability to live that behavior?

I think mostly the food consumptions, because it is not easy to say no to yummy food or things that you use almost every day. When I tried to reduce my footprint in a reasonable why, I still found myself not being able to say no to some kinds of food or things that I will not be able to change. I am an international student from Germany and rely on money a lot, I feel bad for spending a lot of money and always try to find a way on not spending too much. For example, I life in a small house in East Vancouver, with lots of shared mates. This makes the rent cheaper but I know that the house is not the most sufficient one. But it is a lot of money and not only in my own hands to make a place more sustainable. Because of the many people in my house, we also produce a lot of waste compared to neighbors. But although I try to make them aware of that, there is only so much we can do. Sometimes I am even not aware of how much waste I still produce.

1. As a result of taking the quiz, what specific role do you see for yourself in actively contributing towards shaping a more sustainable society in the future?  Describe what that may look like.

I think, because I am young it might be easier to get used to a different, more sustainable lifestyle than maybe it is for older people. For them it might be harder to change their whole life, because they have been used to live like that their whole life and they will leave this planet sooner than me and probably feel less bad about their actions. I see things like world problems every day, in my town, in the news, on social media. I feel like the more I learn about it, the more it makes me change my ways of living, because I become more aware. Also classes like this one helps me a lot, because I learn about things, that I otherwise might have never heard about. I also really admire people who think about sustainability a lot and try to search for a way to reduce waste and recycle. I wish that one day, I will be part of a company that puts sustainability on one of their most important points and maybe some day be part of a creation like the Tesla car. Even if it would be something small, as long as it improves the world, it is awesome and important.