



Calculation of our personal ecological footprint using
an online calculator.



Learning experience



Topic

Sustainability

Ecological footprint of our personal
lifestyle

Carbon emissions



15 min



Participants

- know their personal ecological footprint
- know the ecological footprint and overshoot day in relation to people, nations and the planet
 - understand how they get calculated
- understand the cause and problems of unsustainable lifestyles
 - know measures to move the date of the overshoot day



Suitable for
outdoor sport
Instructors



Theoretical lessons
Digital /online teaching option



(Outdoor F2F)
Indoor F2F
Digital



Materials needed

Online Calculator



Calculation of our personal ecological footprint using an online calculator.



Preparation

Select a suitable online footprint calculator, e.g. <https://www.footprintcalculator.org>

Activity instruction

Let participants do their individual calculation on their phone or computer. This will take 5-10 minutes.

When everybody has finished, you can ask participants to share their results if they want to. If participants prefer to not tell their result, you can reflect more on the different areas, the understanding of the calculation and our personal choices.

Reflection and discussion

In a reflection phase you can facilitate a discussion

- What areas did participants score relatively "good" or "bad"? Were there surprises?
- How did you score in comparison to your country? How does your country score compared to other nations?
- What does this result mean in regards to sustainability? What does the overshoot day tell us?
- How is it possible to live like having more than one planet? (what does this mean for other countries, for future generations etc.)

Don't forget to explore the solutions and the power of our personal choices.

What can we do personally to #move the date?



Potential Variations

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Background knowledge

The calculation of the ecological footprint answers the question, how much of the biological capacity of the planet is required by a given human activity/lifestyle. It can be calculated for individuals, groups of people (such as a nation), and activities (such as manufacturing a product).

How is an Ecological Footprint calculated?

The Ecological Footprint of a person is calculated by adding up all people's demands that compete for biologically productive space, such as cropland to grow potatoes or cotton or forest to produce timber or to sequester carbon dioxide emissions. All of these materials and wastes are then individually translated into an equivalent number of global hectares.

Overshoot Day

Earth Overshoot Day marks the date where humanity has used up all the biological resources that the Earth regenerates during the entire year. The overshoot day of 2022 was July the 28th.

Literature

Global footprint network <https://www.footprintnetwork.org/faq/>

Overshoot day <https://www.overshootday.org/>

Power of possibility to move the date <https://www.overshootday.org/power-of-possibility/>



Key words

#sustainability
#footprint
#carbon emissions
#climate change
#overshootday
#moveTheDate



Source of Activity

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Materials

Examples for footprint calculations:



<https://www.footprintcalculator.org>

Country Overshoot Days 2022

When would Earth Overshoot Day land if the world's population lived like...



<https://www.overshootday.org/newsroom/country-overshoot-days/>

More activities under see-project.eu