www.e-co-foot.eu

CALCULATOR MANUAL

Version 2 | Aug 2020

Summary

The e-co-foot-Footprint-Calculator is a new approach to measure the Ecological Footprint. It aims at youth and gathers information on a daily basis.

Normal Ecological Footprint Calculators work on a yearly basis and include a lot of facts that underagers can not influence on their own: housing, heating source, ownership of a family car etc.

The innovation of this calculator is to show, that the choices we every day can lower the Ecological Footprint and there are new choice every day.

The values are global square meters (gm²) and are based on the best available information and expert judgment.

Manual Content

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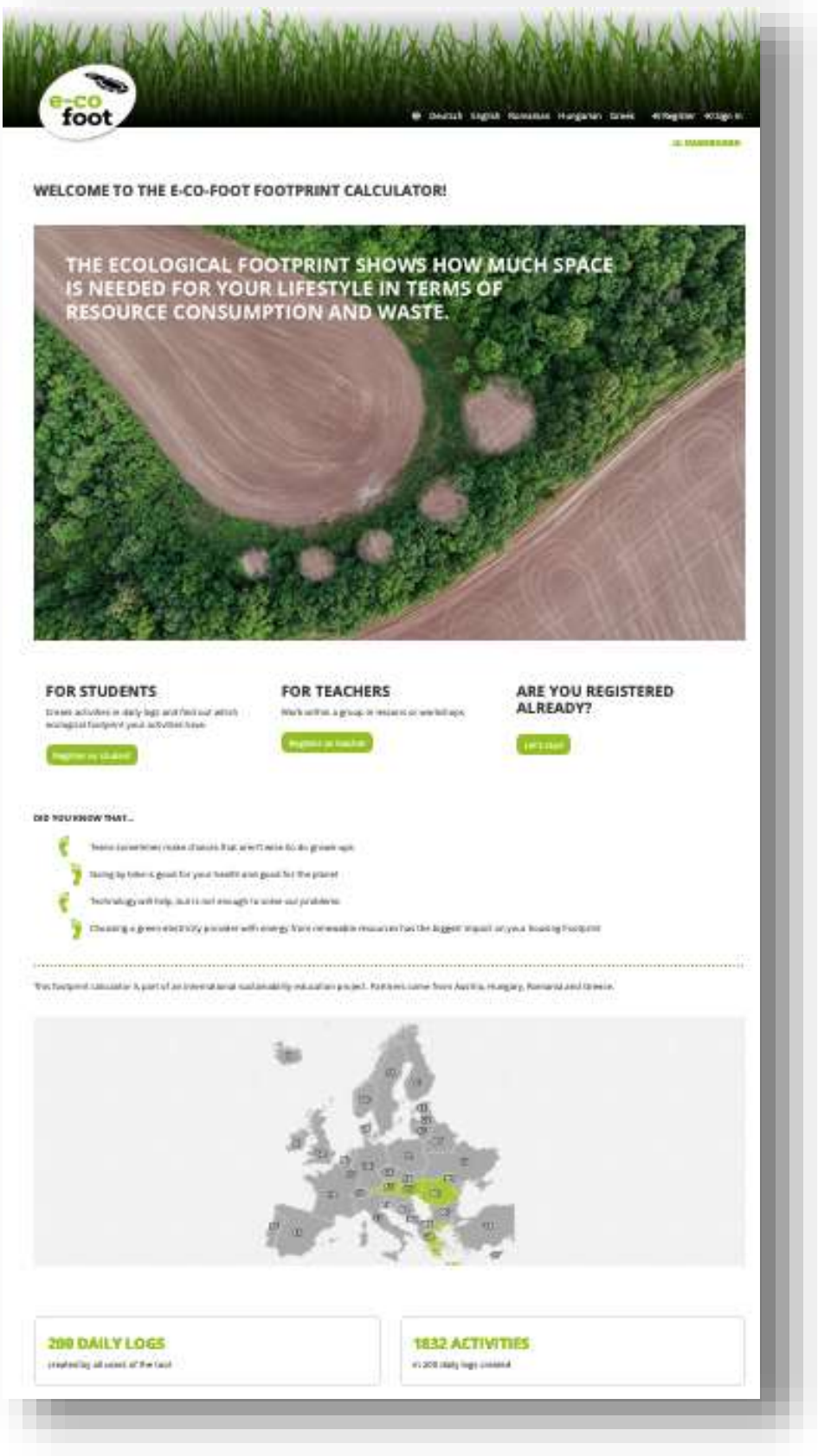
Welcome to the Manual for the e-co-foot- Footprint-Calculator



You will find the e-co-foot calculator with the following link https://calculator.e-co-foot.eu

About e-co-foot

This material is part of a course on Ecological Footprint for students. The course consists of the following modules for two age groups:

You are here

Age group 1 10-13 years	Age group 2 14-18 years
Calculator	
General Introduction	General Introduction
Mini Hectare Workshop	Mini Hectare Workshop
Nutrition	Nutrition
Housing	A. Housing core B. Housing additional
Mobility	Mobility
Other Consumption	Other Consumption
Background information	

All the material can be downloaded for free at www.e-co-foot.eu in different languages.

calculator.e-co-foot.eu is an online tool that allows students to log their daily activities and trace the Ecological Footprint of their habits. Group functions for teachers make it suitable for a warm-up or later check-up-session.

elearning.e-co-foot.eu is an e-learning with selected content from the lectures. E-learning can be used for blended learning of this course, as homework or as training and competence check after in-class lectures.

IMPRINT

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Environmental Education Center (K.P.E.) Pertouliou-Trikkeon, Greece https://blogs.sch.gr/kpepertoul/

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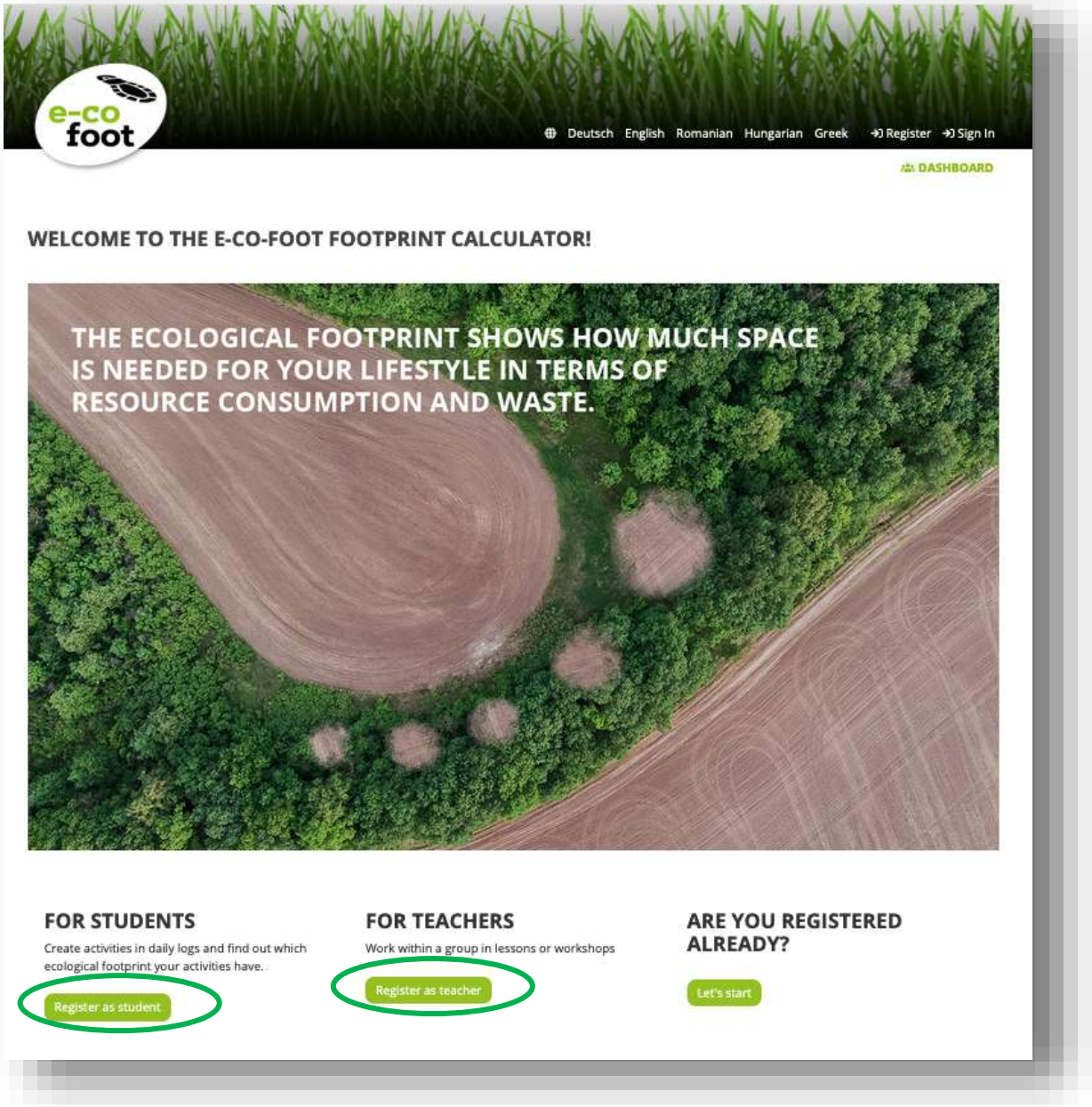
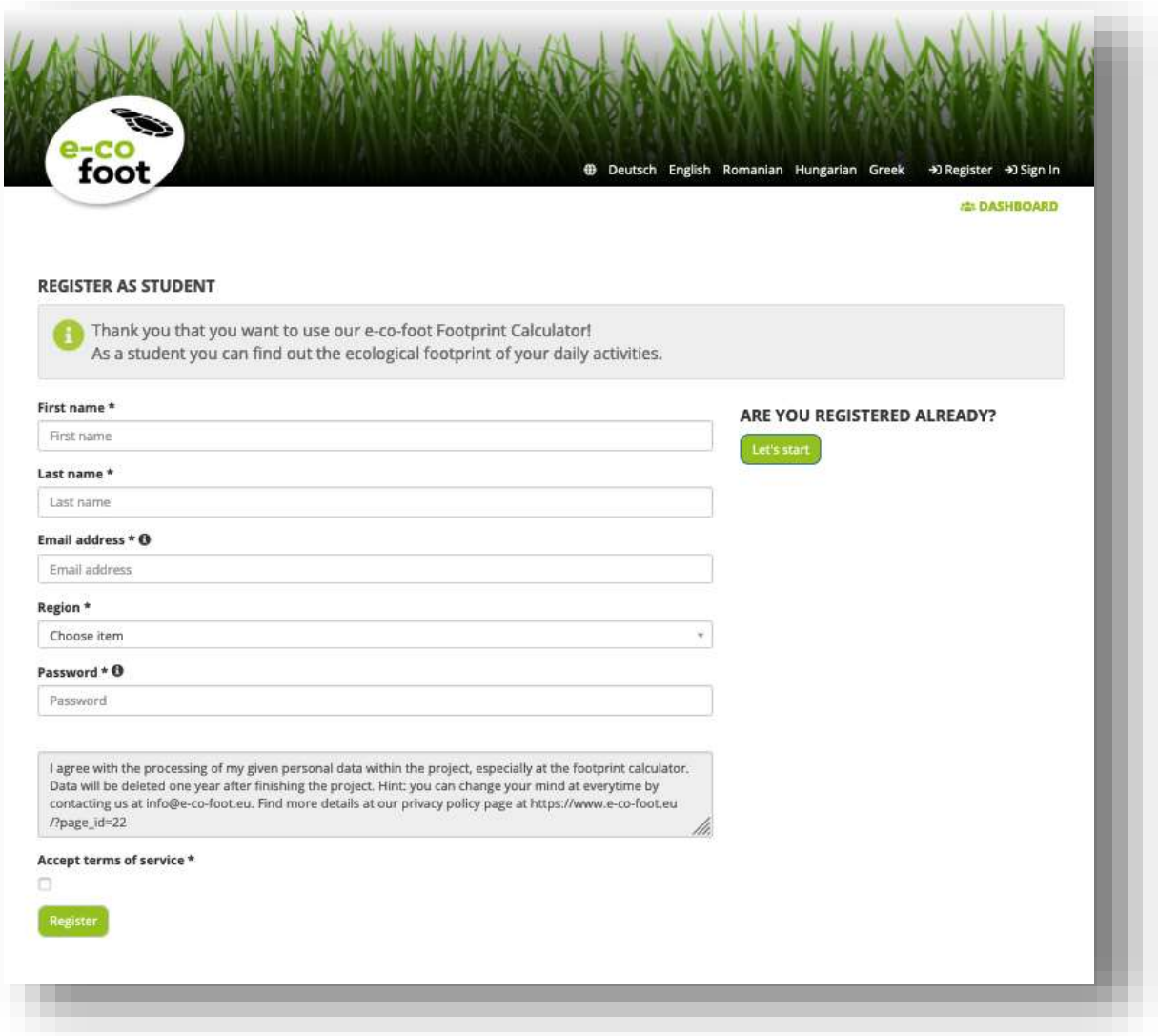
How to register

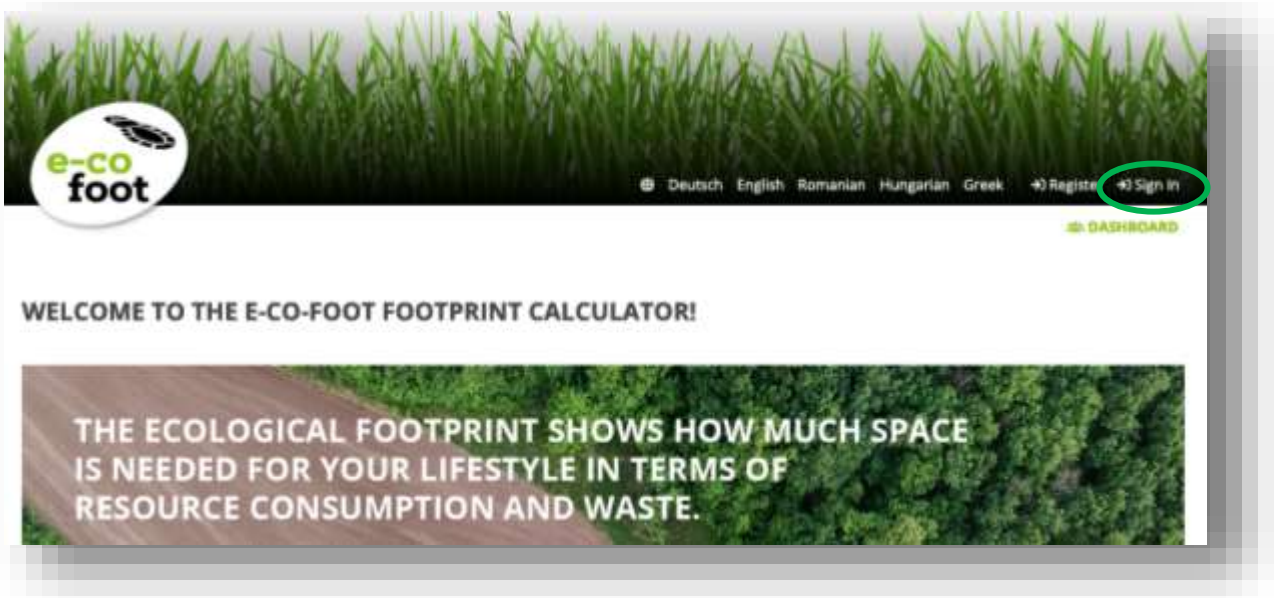
Register on the right corner in the website header or use the different buttons on the start page. If you are a student use the button "**Register as student**" or "**Register as teacher**" if you are a teacher.



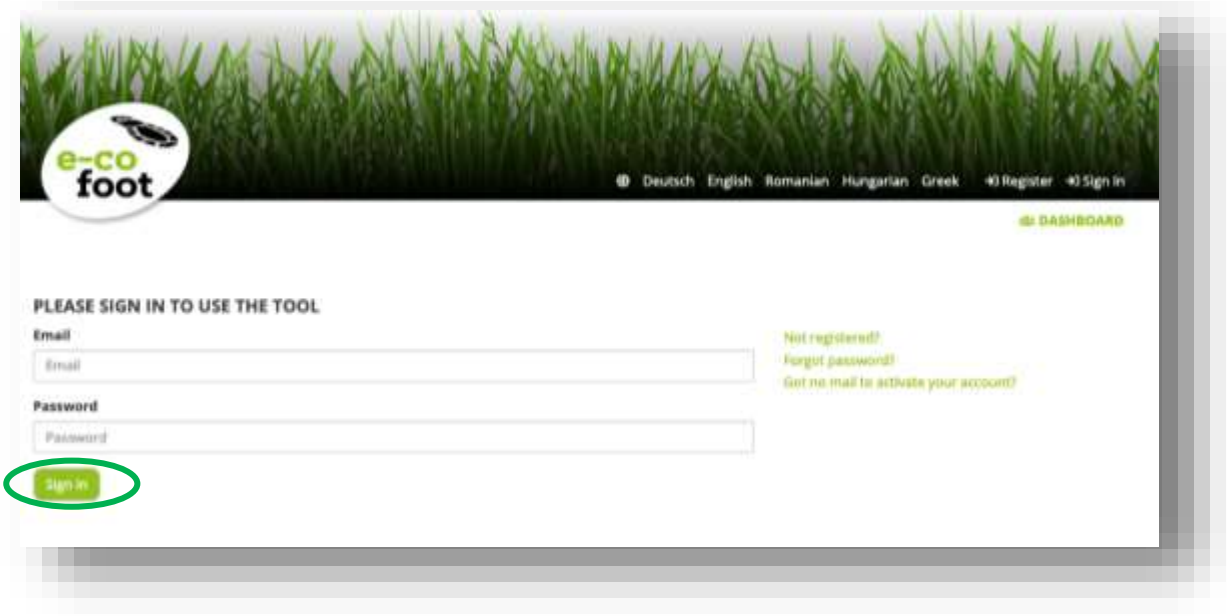
A new site with a registration form will open. Register in with your correct e-mail-address, so you can use the "**Forgot password**"-function accordingly. However, it is possible to use fake e-mails, if they do not have an e-mail address or if they are having privacy-concerns.



If you are registered already use the normal "**Sign in**" in the right corner at the top or the button "**Let's start**" on this page.



A new site will open. Enter your E-mail address and your chosen password, then click the "**Sign in**" Button.



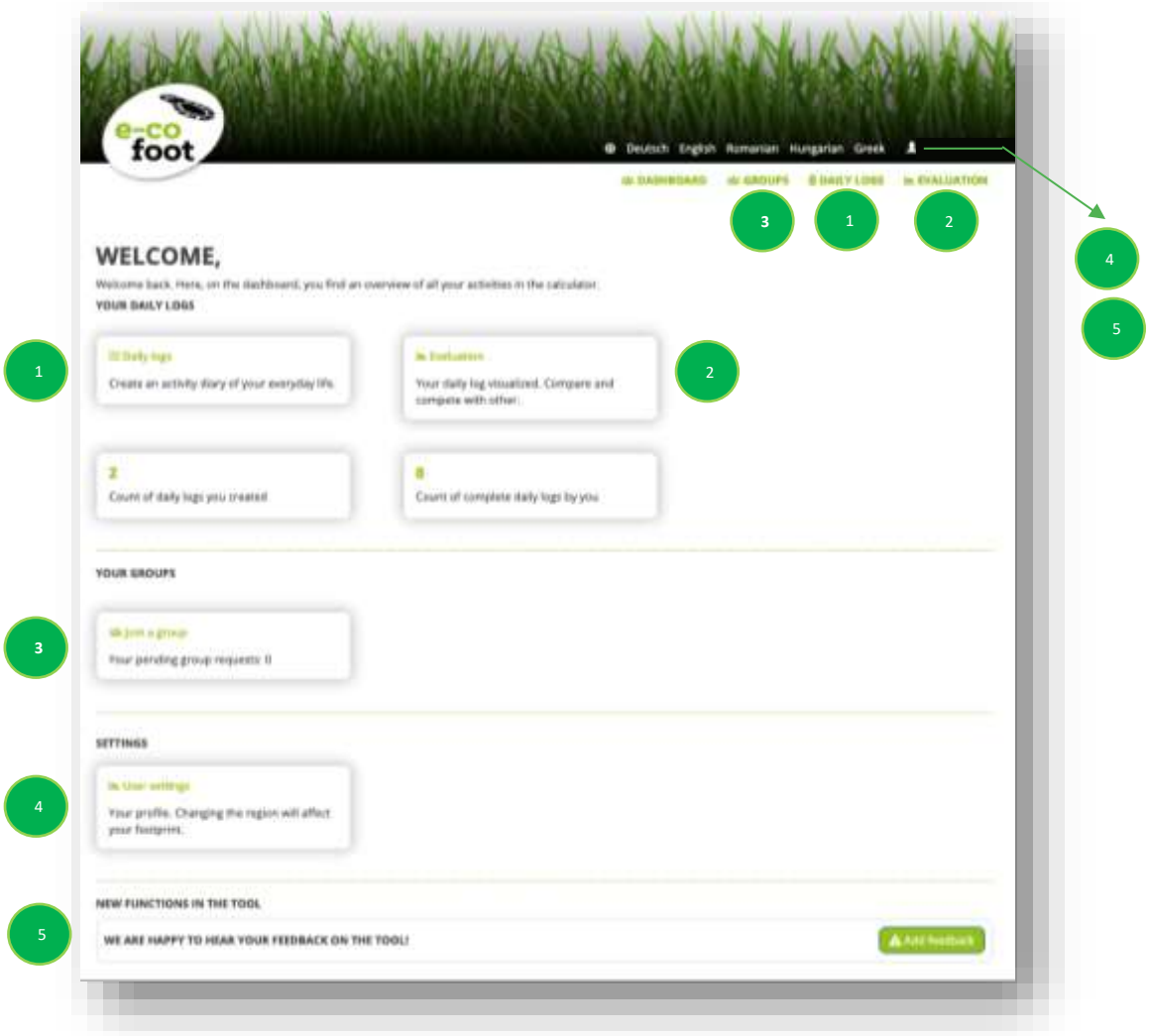
How to navigate

Now we give you a short guideline how you can navigate through the calculator best. After you signed in you will be directed to your Dashboard. Here you have a short overview of all your activities and functions in the calculator.

1. Your Daily Logs
2. Your Evaluations
3. Groups you join
4. Setting Section
5. And NEW the Feedback Function

Each **Headline** of the different Theme-boxes is a linkage to a specific site. All these sections are also reachable via the different buttons in the website header or your profile.

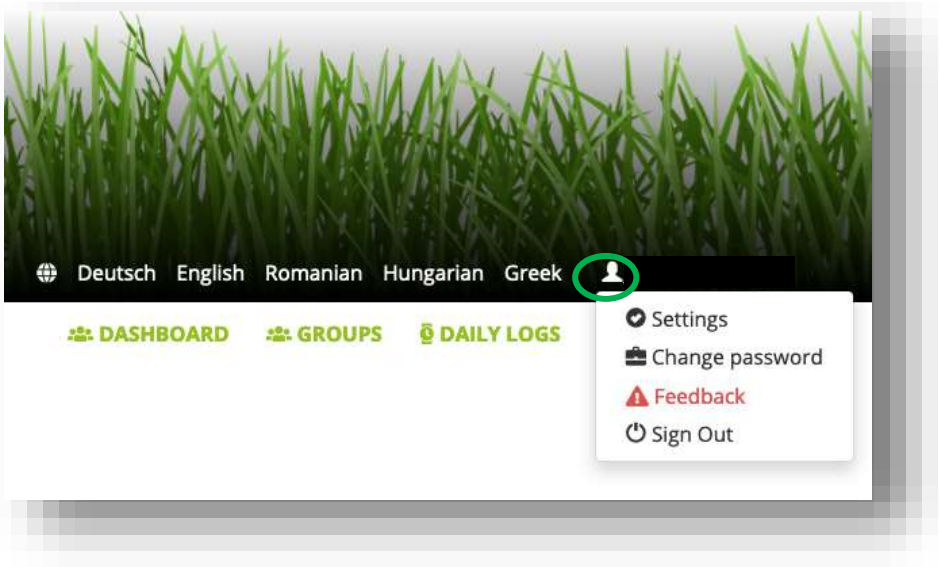
The Dashboard of teachers looks a little bit different. Please see the Manual Chapter **Teacher Account**.



User Settings

You can find your user settings in the right upper corner of the website header or on the Dashboard setting section. Click on your name or the little arrow and a dropdown field with different menu points will open.

1. **Settings**



Under Settings you can change your name, your e-mail address, your region and you can add your phone number.

2. **Change password**

Here you can change your password. Give in your currant password and then your new one two times. To save click the button "**Submit**".

3. **Feedback**

Choose an appropriate entry to your request in the subject bar. In the body section fill in your request. With the button "save" you send your feedback.

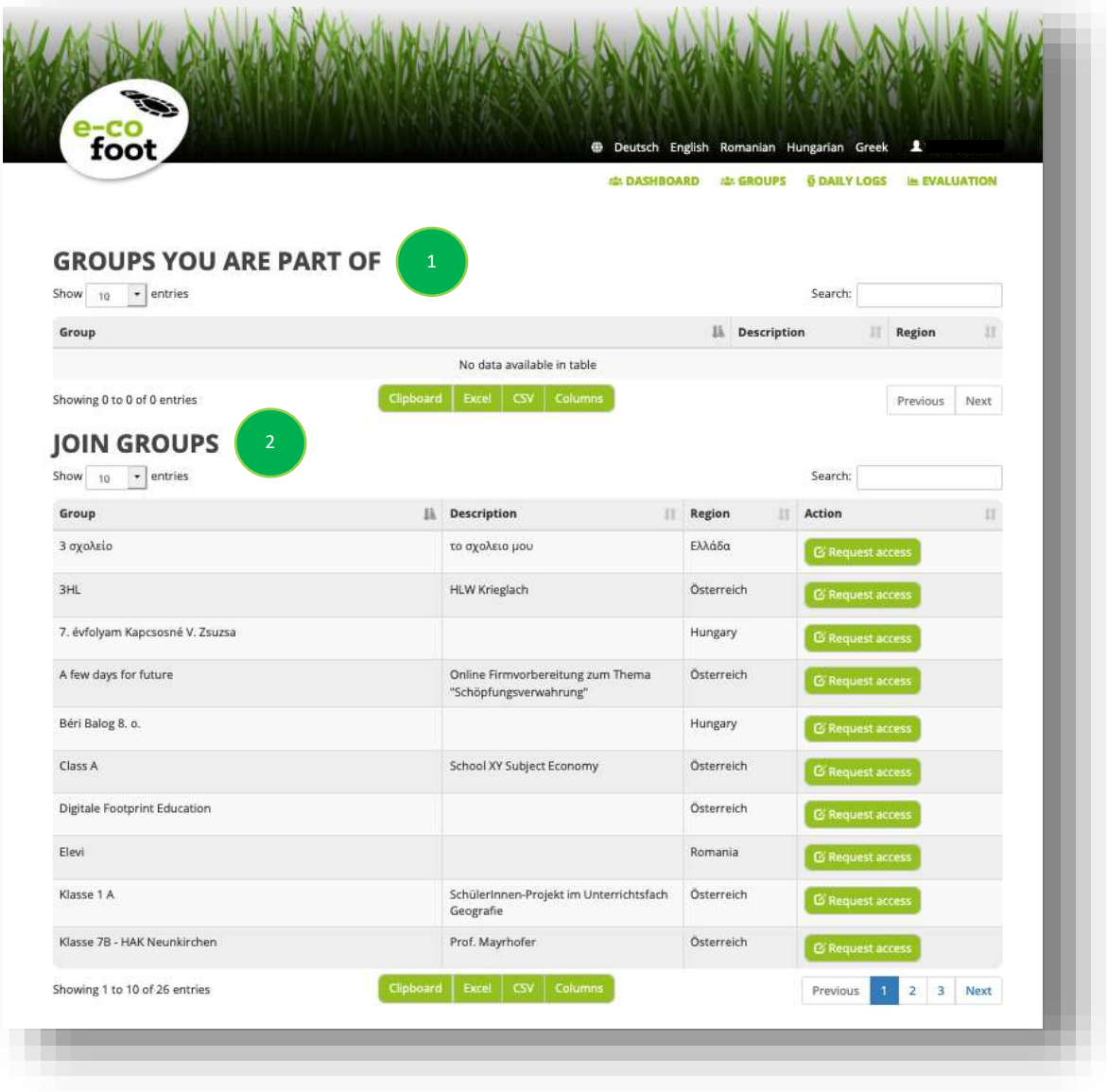
4. **Sign Out**

With a click on "sign out" you will leave the e-co-foot calculator.

Student Account

Groups for students

On the group overview page, you see two different tables.



1. Groups you are part of

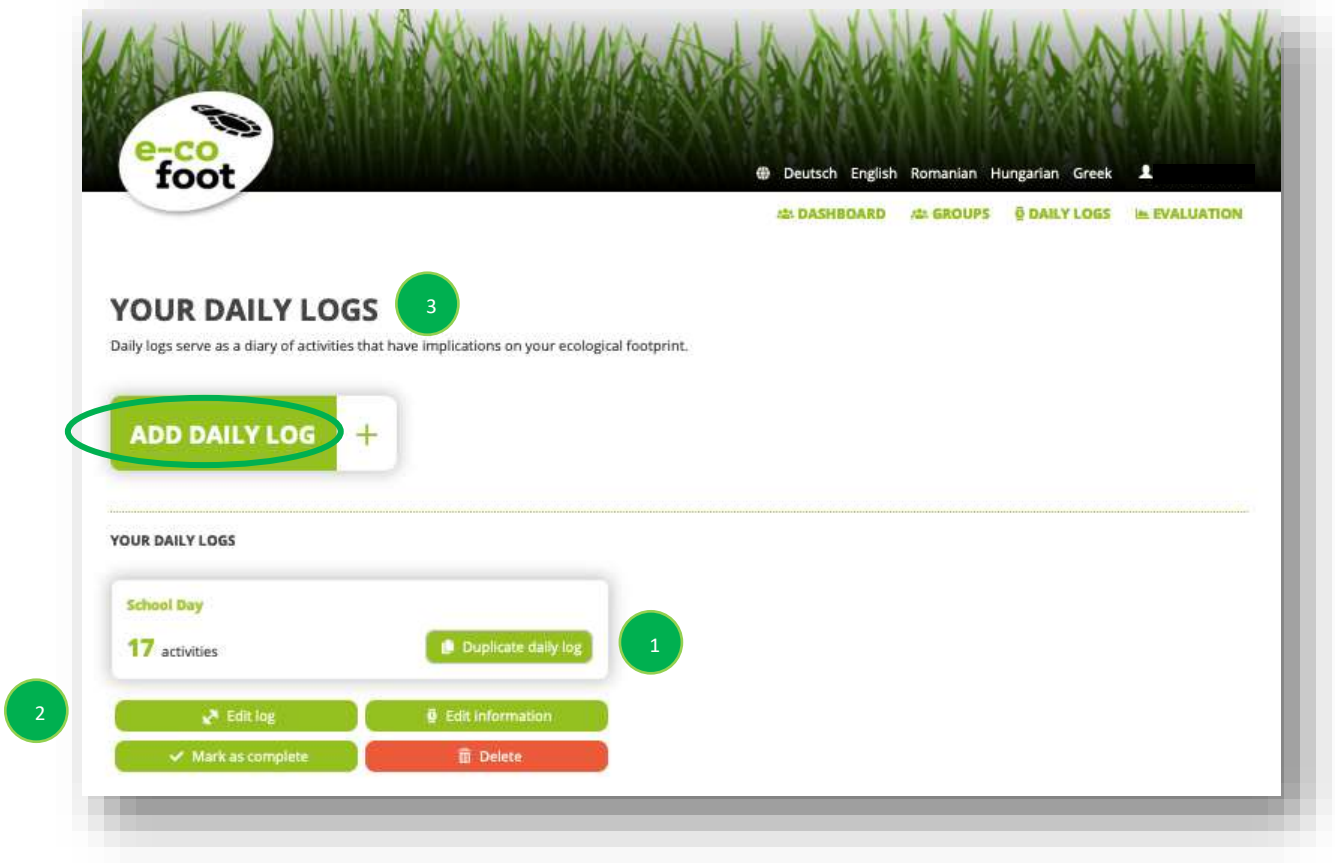
Here are the groups shown in which you are already participating in.

2. Join groups

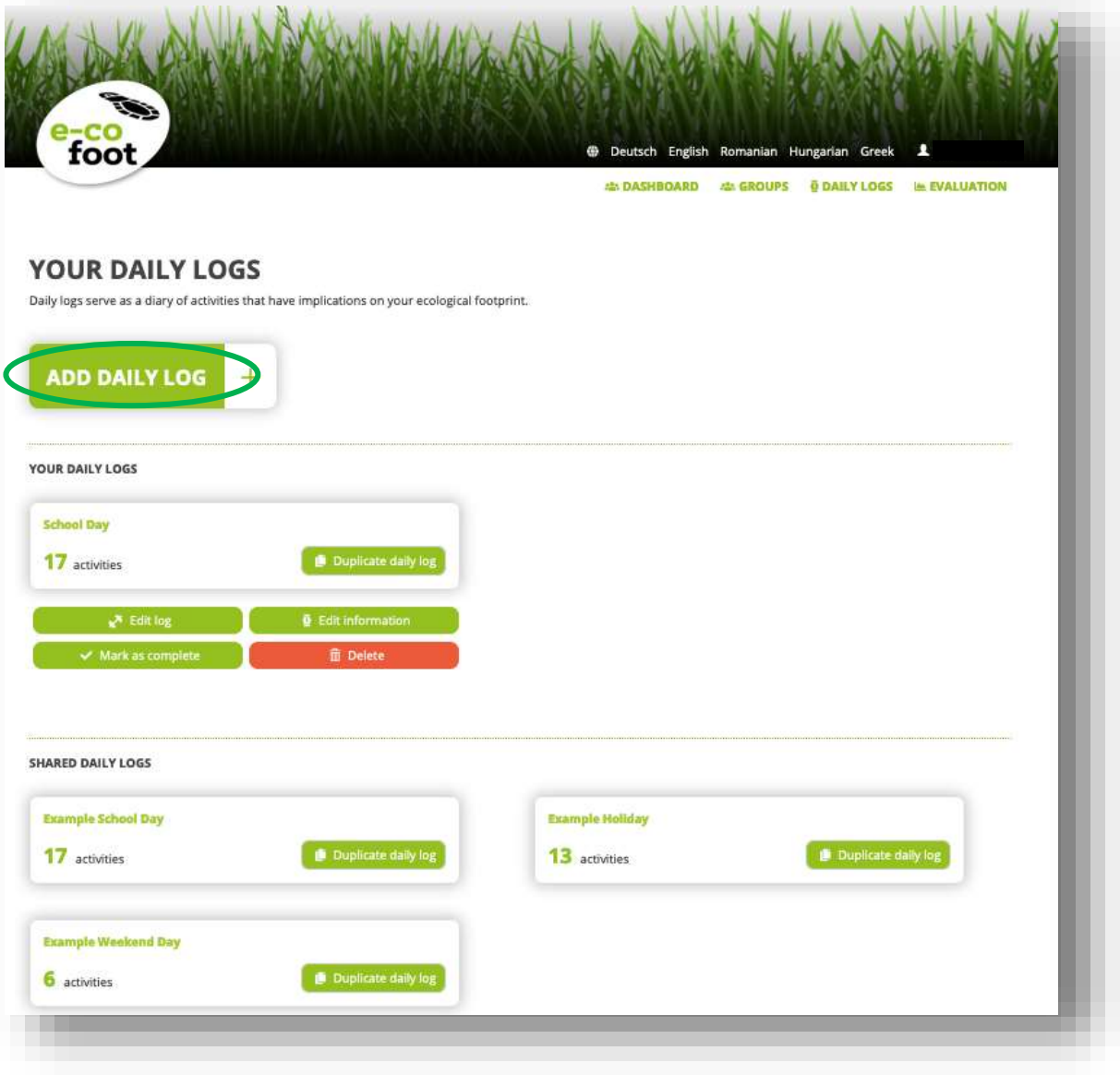
This table shows groups you can join in the future. With the button “Request access” you can send a request to a group leader if she/he will accept you in the group.

Daily logs for Students

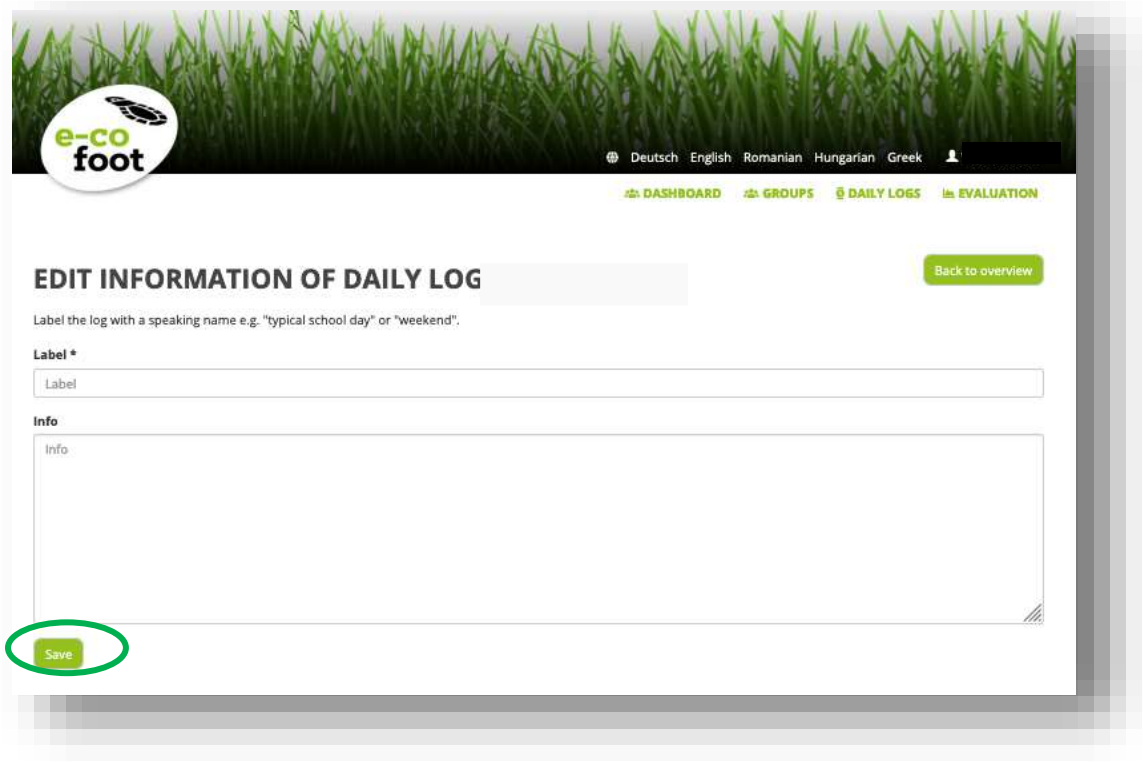
To get started there are three example days (normal school day, weekend, holiday) provided, you can **duplicate** (1) and **edit** (2) them with the respective button.



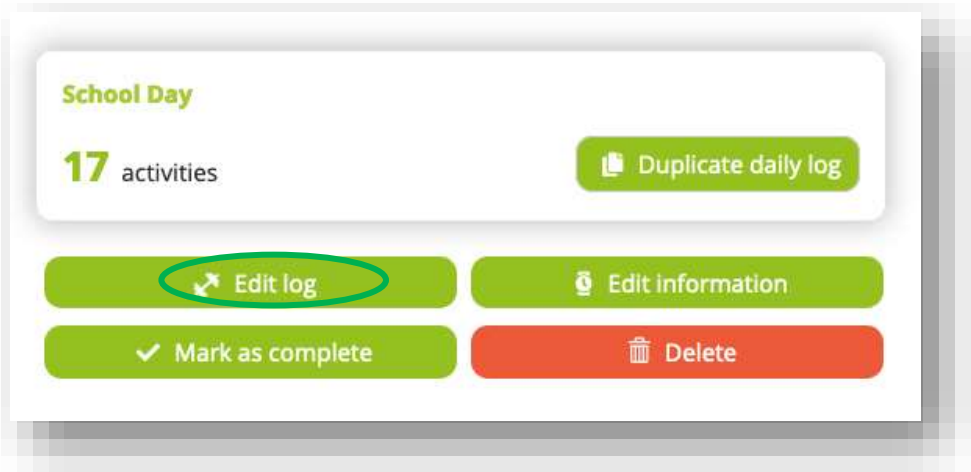
Daily logs are the collection of your activities. Depending on what you do, the ecological footprint can be influenced positively or negatively. Click the button "**Add daily log**" to create your own one. The information field (3) gives you a quick guide what to do on each page.



To add a daily log enter a label, which will be shown on the overview page and optional some additional information. With clicking "**Save**" you will return to the overview-page.

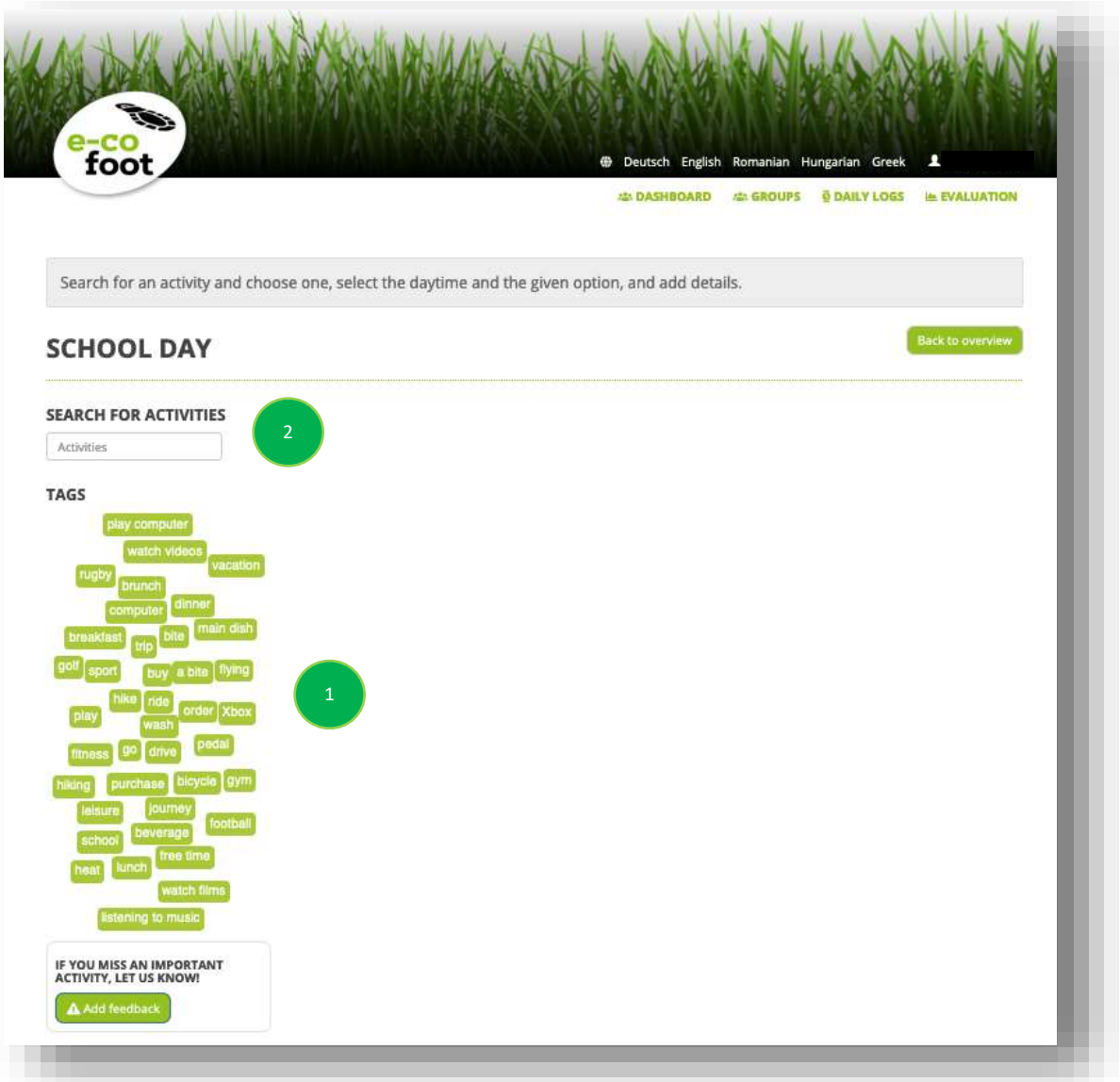


On your Dashboard is now your first daily log, which you can edit by clicking on "**Edit log**"

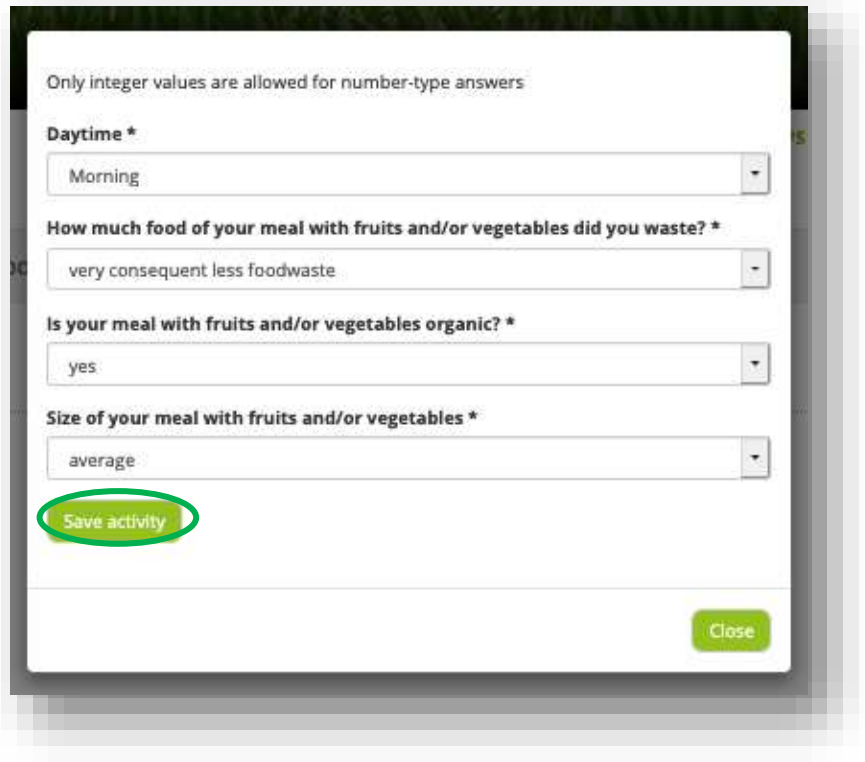


In the activities page you can enter all activities of your day by…

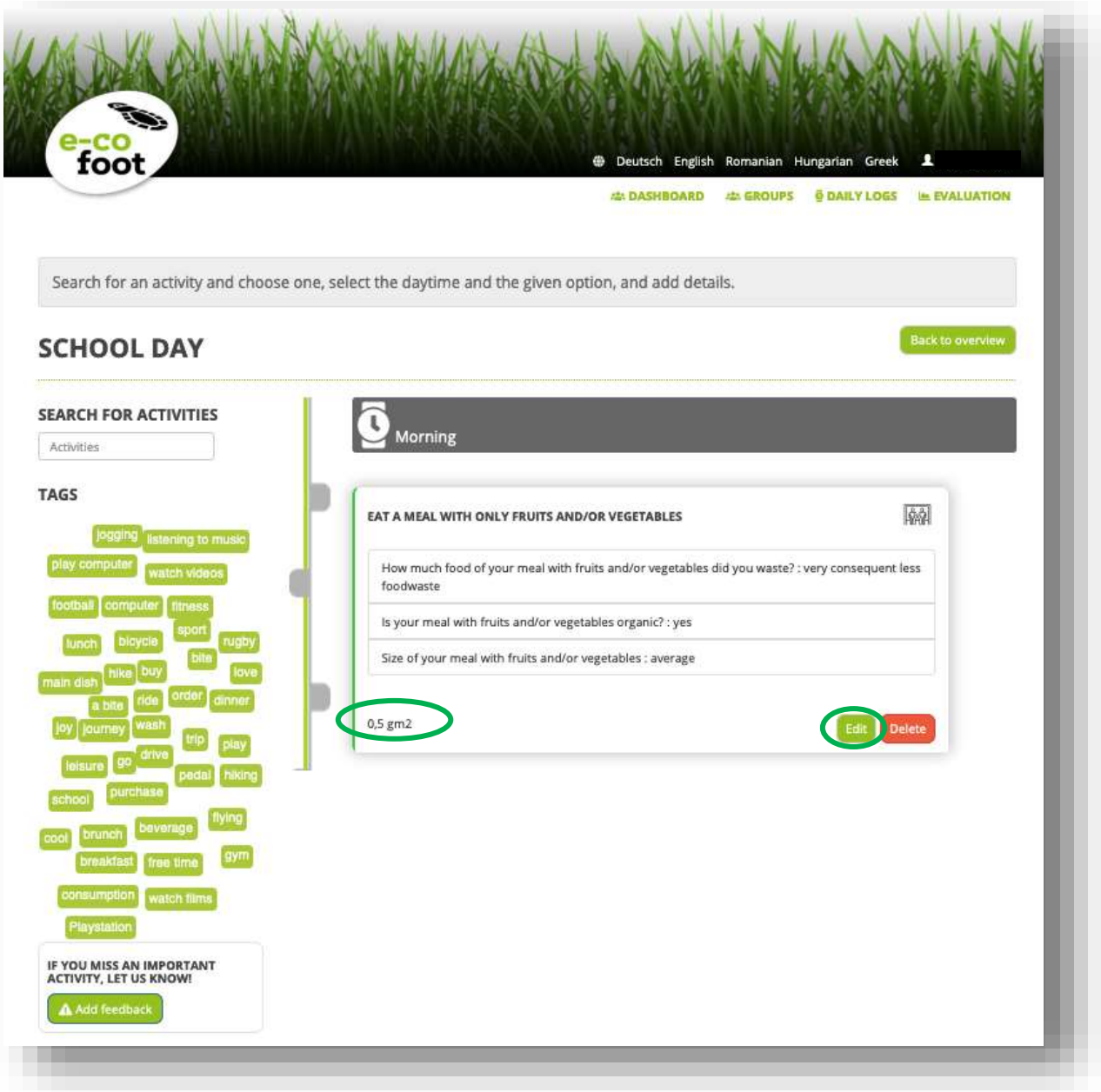
1. clicking on a tag in the tagcloud or
2. entering an activity in the search-bar



By clicking on an activity a pop-up window shows you details to choose from. After you have selected the appropriate entries leave the window with the button "**Save activity**" in the end of the scroll window.



Then the activity is saved in the daily log timeline and your used global square meter are shown. The activity can be edited with the button "**Edit**" to see the difference of the Ecological Footprint with different choices on the spot.



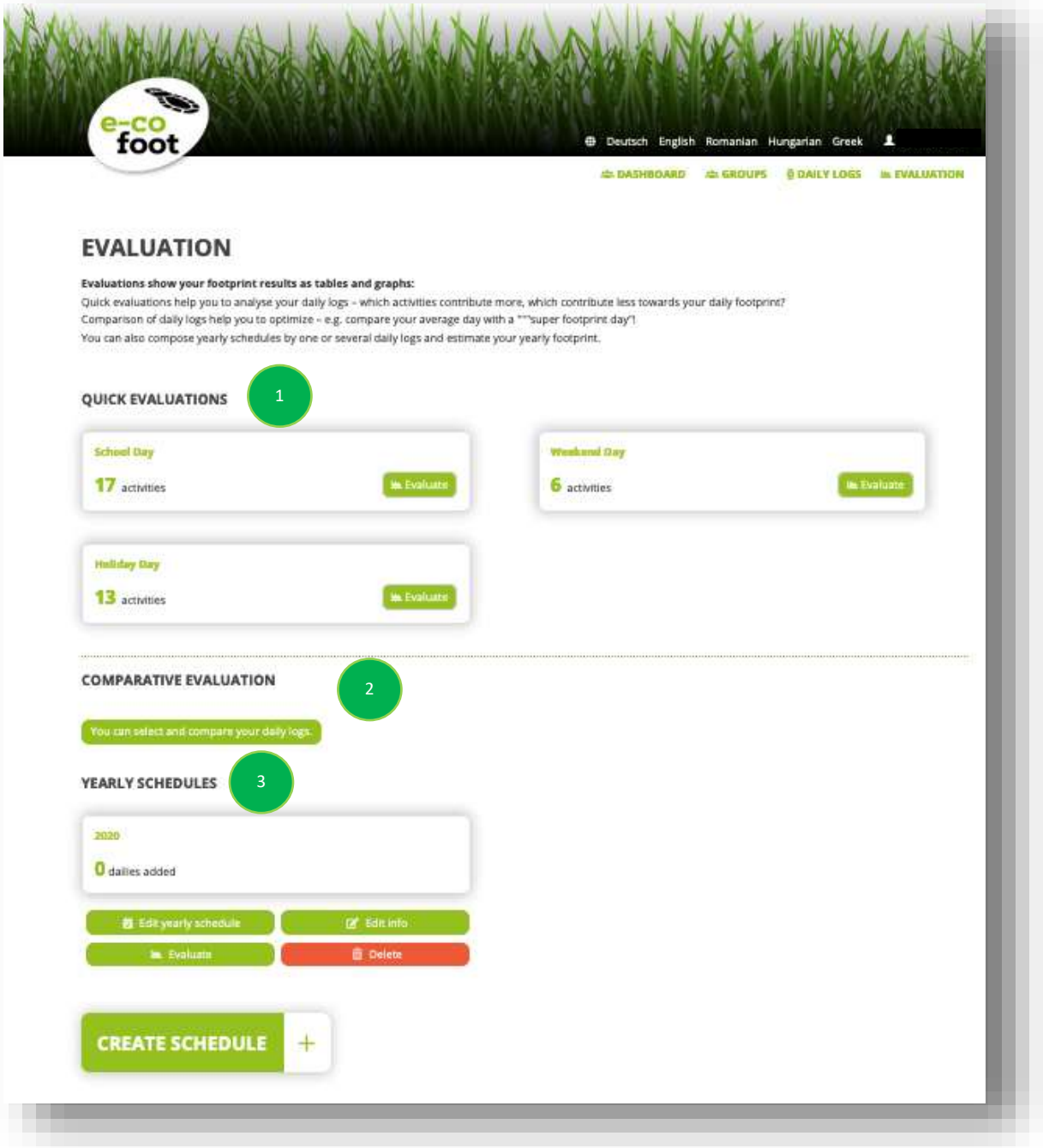
To add a new entry to this daily log start again with the tagcloud or the search bar.

Evaluation for Students

By clicking on the button “Evaluation” in the website top, you open the evaluation overview.

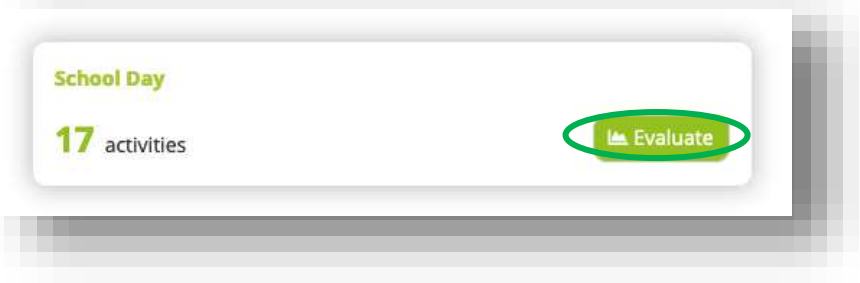
The Evaluation overview has three possibilities:

1. Quick evaluation for each day
2. Comparative evaluation
3. Yearly schedules


e-co foot
Deutsch English Romanian Hungarian Greek
DASHBOARD GROUPS DAILY LOGS EVALUATION
EVALUATION
Evaluations show your footprint results as tables and graphs:
Quick evaluations help you to analyse your daily logs - which activities contribute more, which contribute less towards your daily footprint?
Comparison of daily logs help you to optimize - e.g. compare your average day with a ""super footprint day"!
You can also compose yearly schedules by one or several daily logs and estimate your yearly footprint.
QUICK EVALUATIONS
1
School Day
17 activities
Evaluate
Weekend Day
6 activities
Evaluate
Holiday Day
13 activities
Evaluate
COMPARATIVE EVALUATION
2
You can select and compare your daily logs.
YEARLY SCHEDULES
3
2020
0 dailies added
Edit yearly schedule
Edit info
Evaluate
Delete
CREATE SCHEDULE
+

Quick evaluation

By clicking the button "**Evaluate**" on one of your daily logs you get a new site with…



1. A **treemap** of your activities which visualizes your daily footprint.

2. A **table** of your activities summarized by category and activity.

CALCULATED VALUES

BY CATEGORY

	Value [gm2]	%
	School Day	
Food	12,5	54,8
Consumption	0,0	0,0
Housing	0,3	1,3
Mobility	10,0	43,9
Sum per day	22,7	100%
Sum per year	8302,0	

BY ACTIVITY

	Value [gm2]	%
	School Day	
Have a drink	0,0	0,0
Be happy	0,0	0,0
Talk to each other	0,0	0,0
Eat a meal - vegetarian	7,3	32,1
Use of electronic devices	0,0	0,1
Wash dishes with dishwasher	0,0	0,0
Walk	0,0	0,0
Take a car	9,9	43,5
Wash clothes with washing machine	0,2	1,0
Eat a meal with meat	4,6	20,4
Eat a meal with only fruits and/or vegetables	0,5	2,3
Take a bath	0,1	0,3
Own a pet	0,0	0,0
Take a bike	0,1	0,4
Sum per day	22,7	100%
Sum per year	8302,0	

3. Information on your personal **overshoot day**.

   This the calculated day you have used up the natural supplies that are supposed to last for a whole year. This does not mean that, there will be nothing left to eat for you after this date, but that from then you will live on the supplies of the next generations and at the expense of nature and the disadvantaged three quarters of the world's population.
   This personal day is derived from the world overshoot day – indicating your fair share which is calculated every year from the Global Footprint Network. In 2019 it was on the 29th of July.

   If at the end of your daily log the date is 31.12. your activities are below the threshold. Check again, did you really log all your activities today?

   If it's correct, you've done the environment a good job! Bravo!

Comparative evaluation

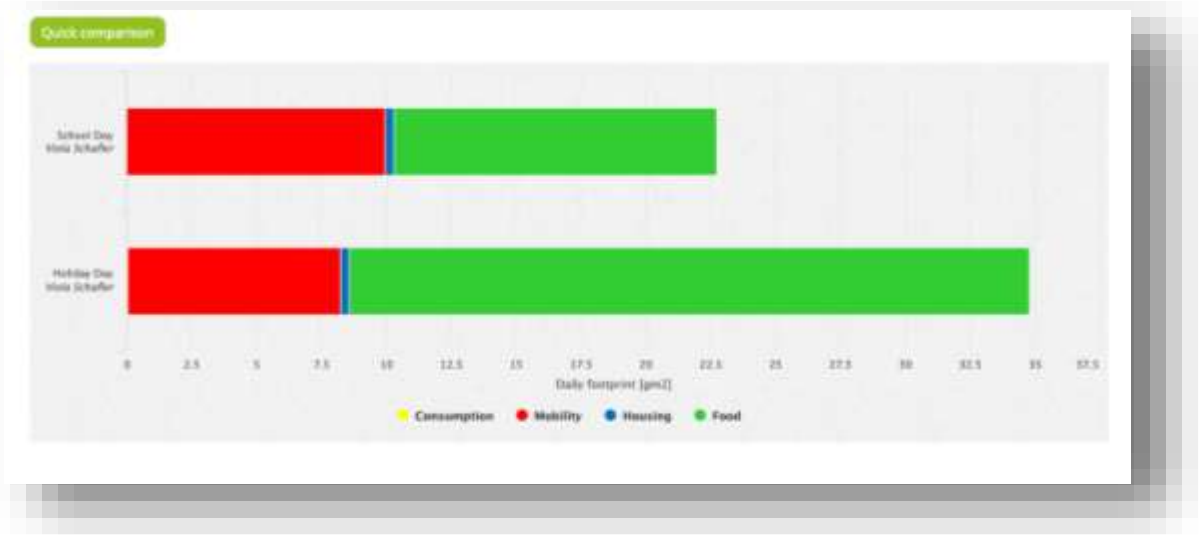
With a click on the button "**You can select and compare your daily logs**" you will open your comparative evaluation site. Here you select the daily logs which you want to compare with each other. After that there are two possibilities of comparison, each to start with a button.

1. Detailed comparison

A page will be created where all your selected logs are compared. The different treemaps, tables and overshoot days are shown.

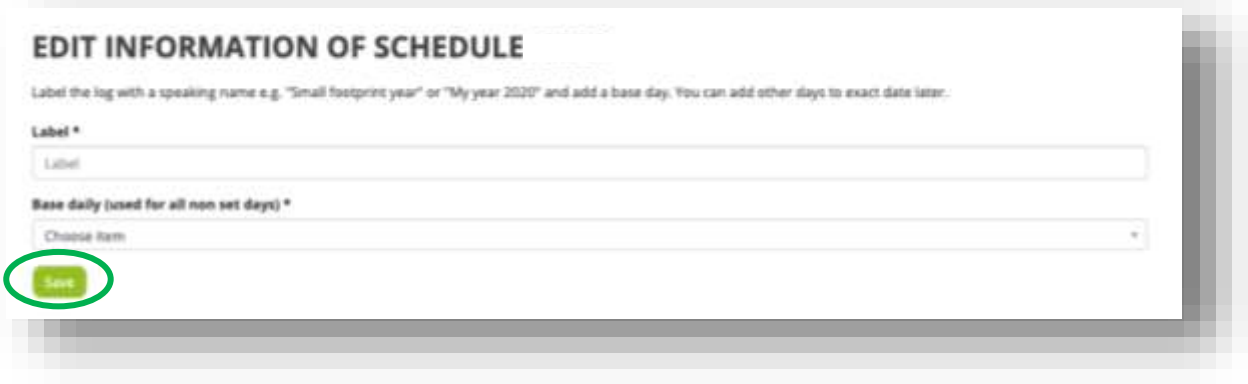
2. Quick comparison

This comparison shows a bar chart with your selected daily logs. The daily footprints in global square meters can be compared in a glance. The shares of the Footprint categories are also shown in color.

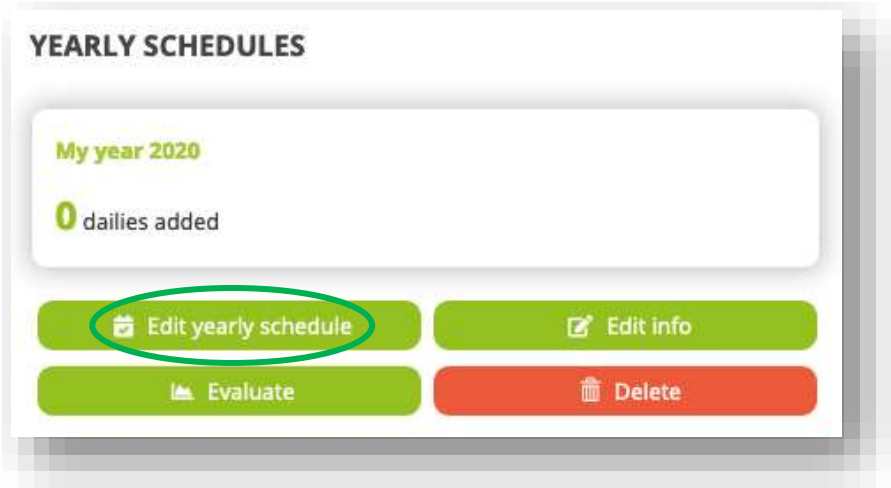


Yearly schedule

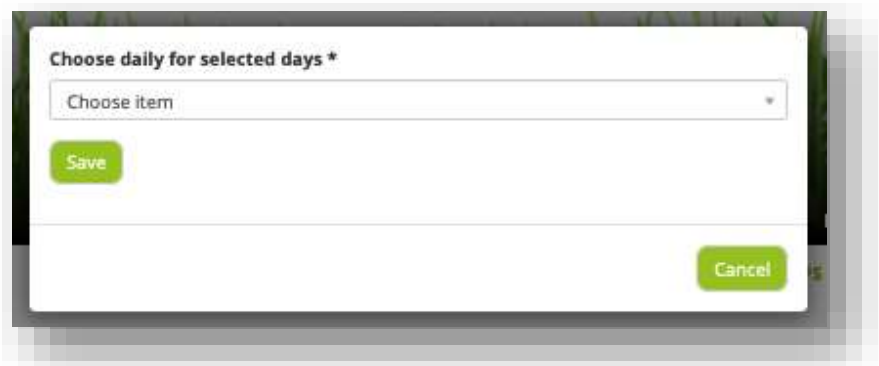
As first step click the button "**Create Schedule**". To add a yearly schedule enter a label, which will be shown on the overview page and choose as a basis one of your daily logs which fits best as an average. This will be used for each day where you do not set a daily log in the next step. With clicking "**Save**" you will return to the overview-page.



Back at the evaluation overview page you see now your created yearly schedule. Click on the button "**edit yearly schedule**" to open this site.



By clicking on a date you will get a pop-up-window to choose which of your daily logs you want to assign. You can also choose multiple consecutive at a time by pressing and holding down the left mouse button in the calendar.



You can see deviating days at a glance.

Click the button "**Evaluate**" to start your year evaluation. The evaluation follows the same scheme as in the quick evaluation (tables and treemap) but gives a more realistic look at your Ecological Footprint in the yearly view.

BY CATEGORY

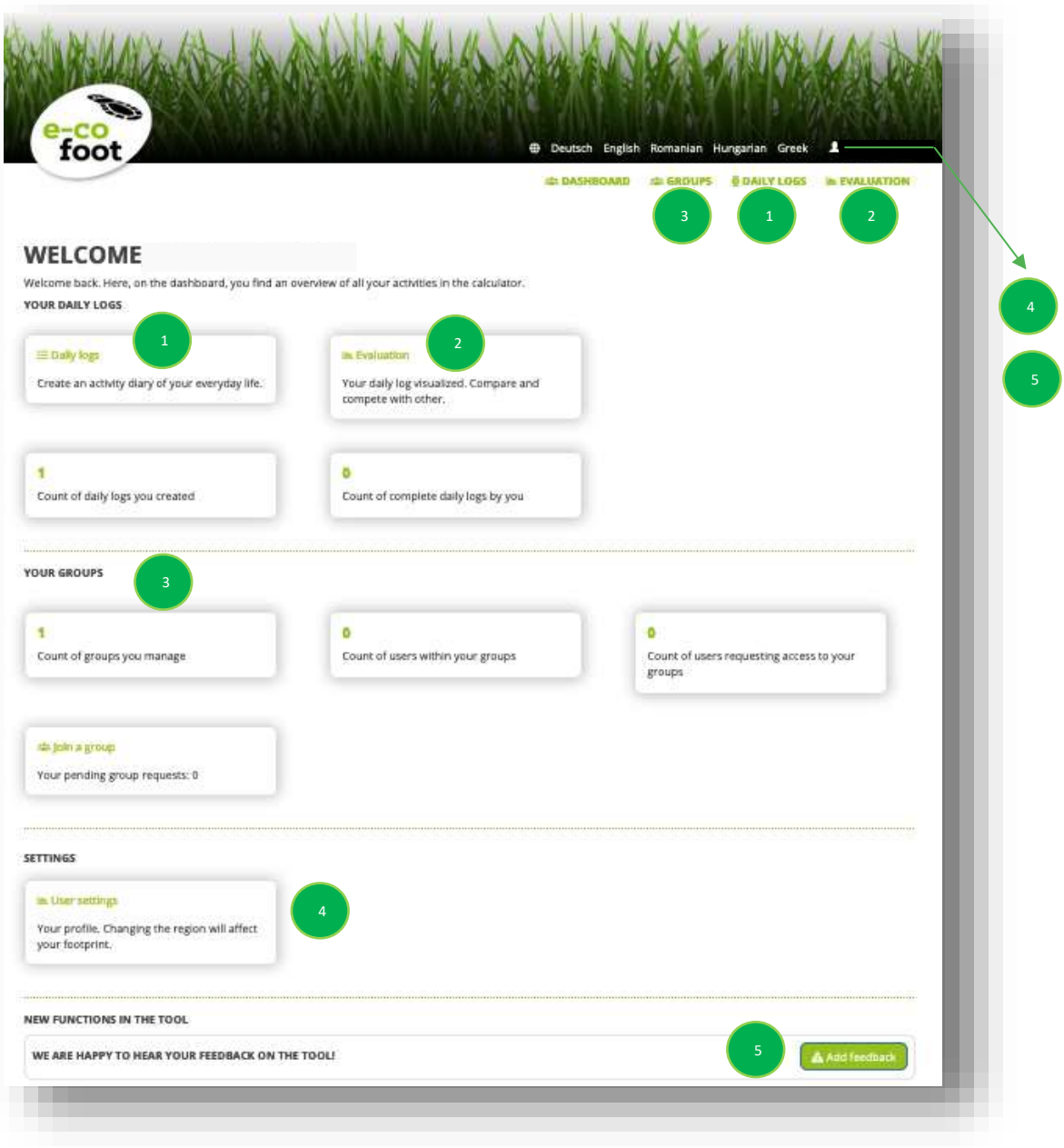
	Value [gm2]	
Food	4697,3	55,7
Housing	112,5	1,3
Consumption	0,2	0,0
Mobility	3624,8	43,0
Sum per year	8434,8	100%

TREEMAP BY CATEGORY

Teacher Account

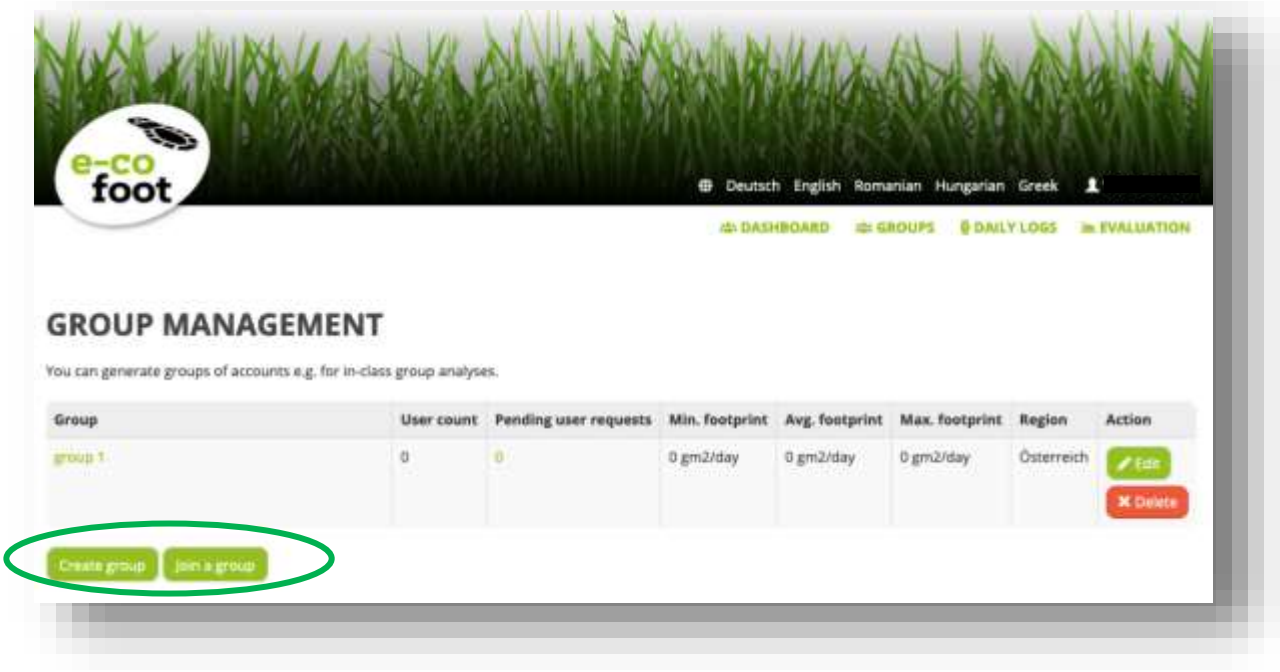
The difference to the student view is that teachers see a different group view.

The number of groups you manage and how many daily logs where posted within is displayed.



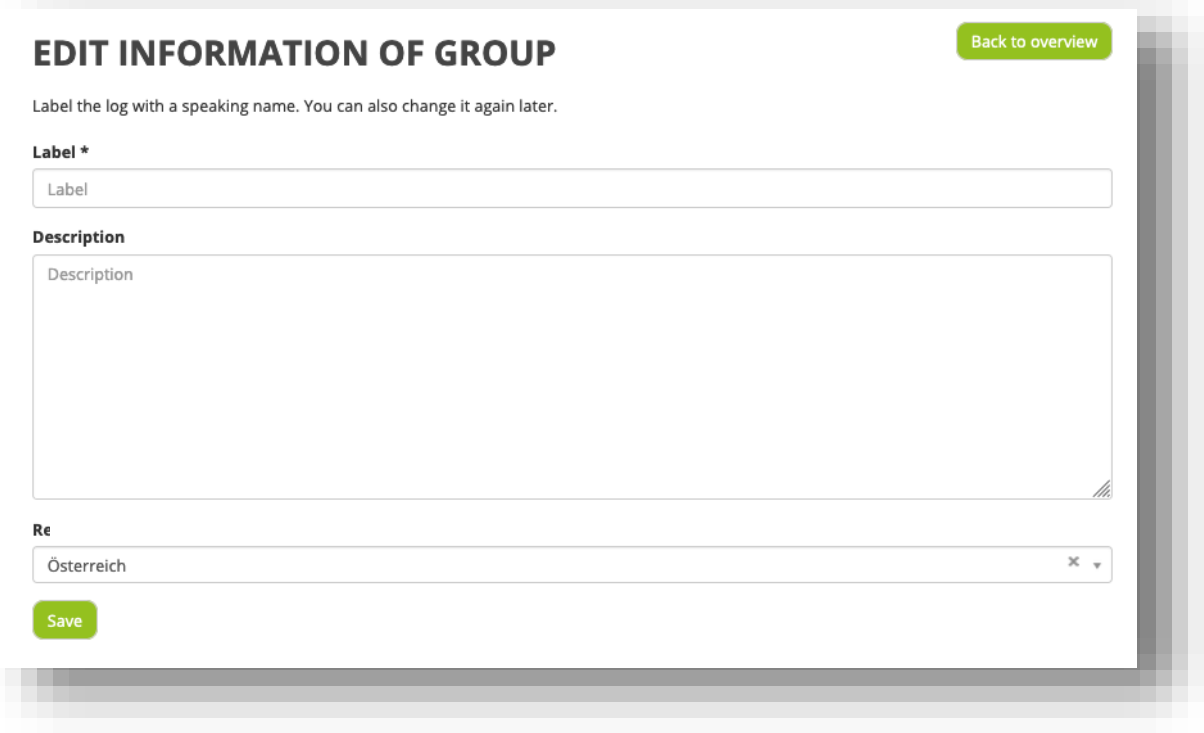
Groups For Teachers

With the user rights of a teacher you have the menu “group management” after you click on the button “**Groups**” in the website header. There you can create a group for your class. It also gives you a table of information on the smallest, biggest and average Ecological Footprint of all users.



Create a group

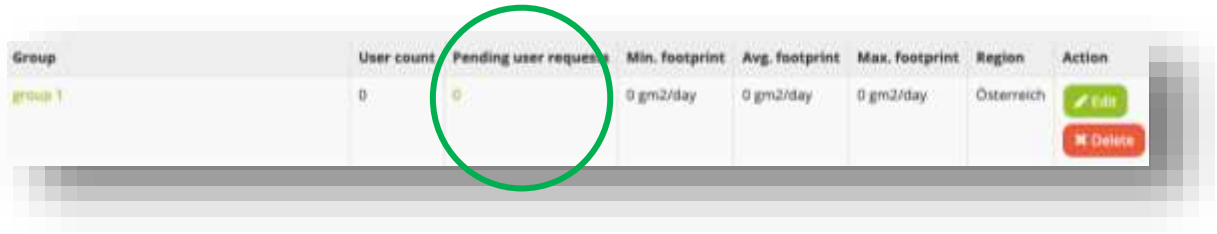
On the subpage, that opens upon clicking the button "**create group**" you can name your group, add a description and choose your region.



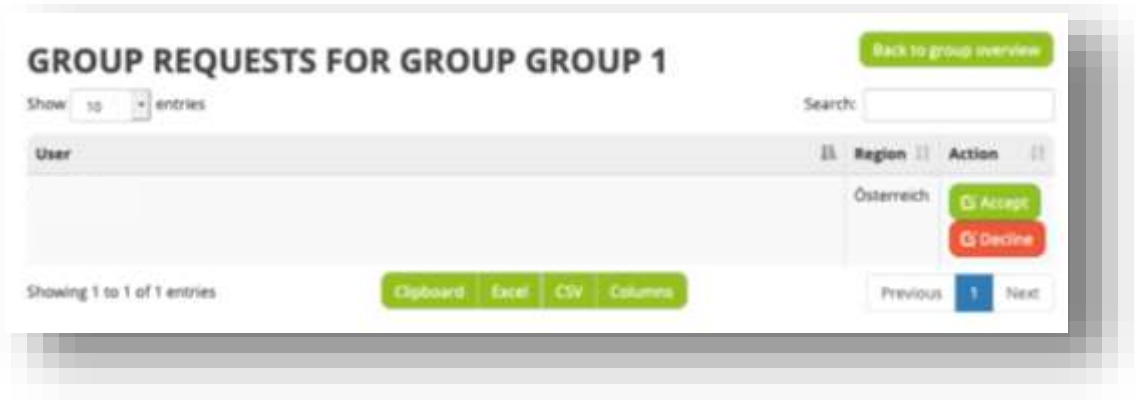
After saving your group it will be in the overview table. In the table you can edit (button "**Edit**") delete those groups.

Group requests

If a student or a other user had sent you a request you can see this in your group management overview table in column “Pending user requests”

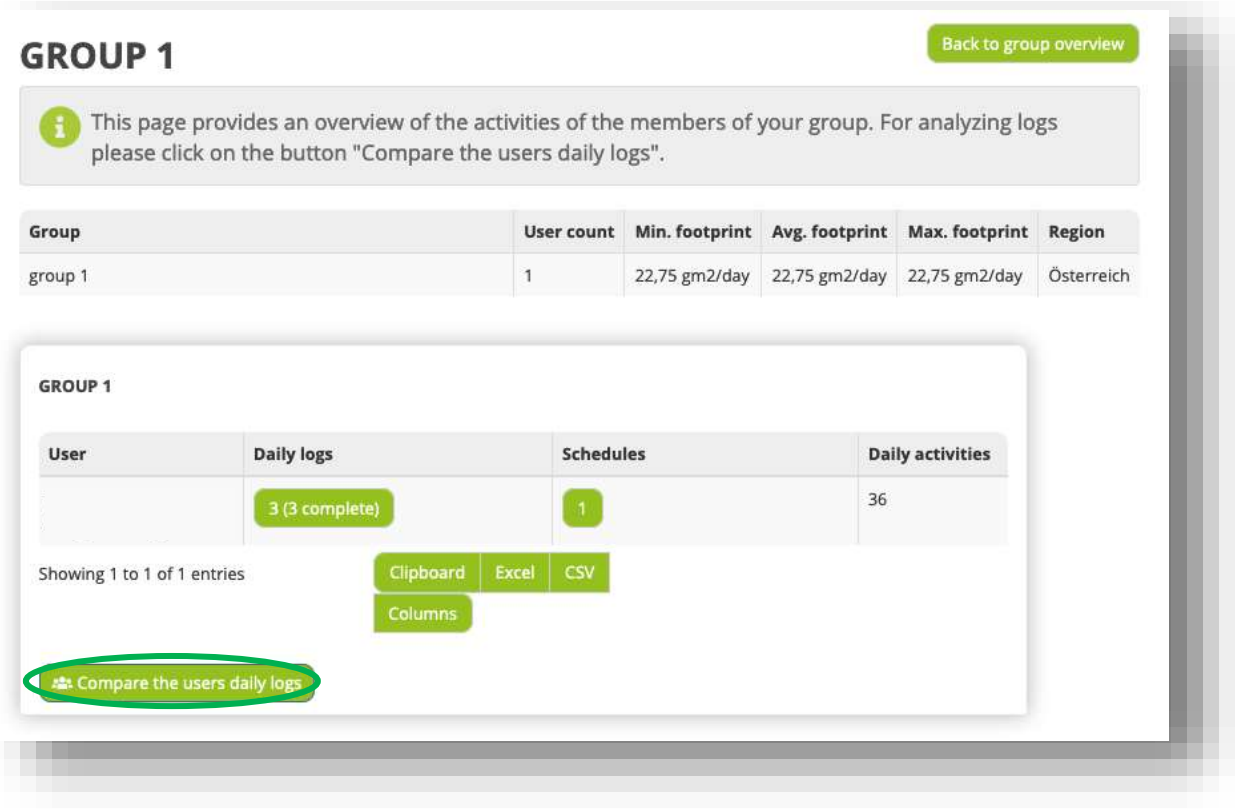


When you click on the outstanding request number a subsite will open. There you can see a table with a list of names. In the Action column you can choose between the buttons “**Accept**” and “**Decline**” for and against the registration of the respective student.

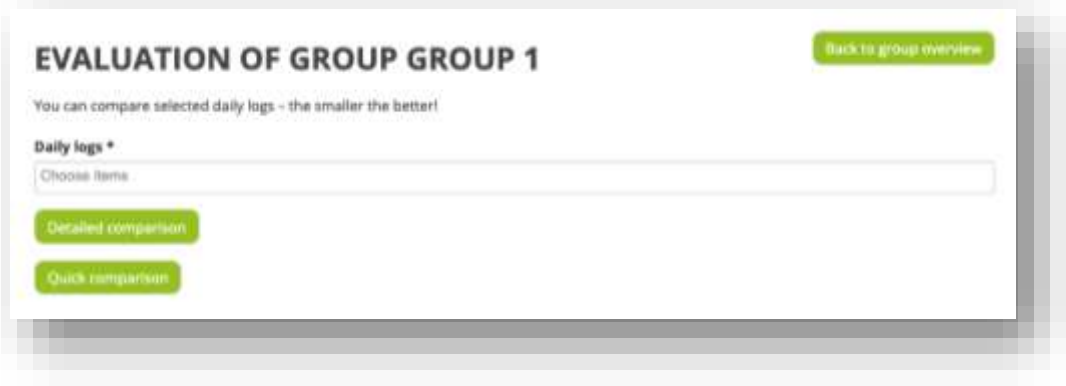


Create comparisons of **student’s** daily logs

Clicking on one **group name** in the group management, you see an overview how many logs and how many schedules your students have edited.



By clicking on the button "**Compare the users daily logs**" you get to a subpage, where you can choose logs from each user.



Two kinds of comparisons are available.

1. **Detailed comparison**

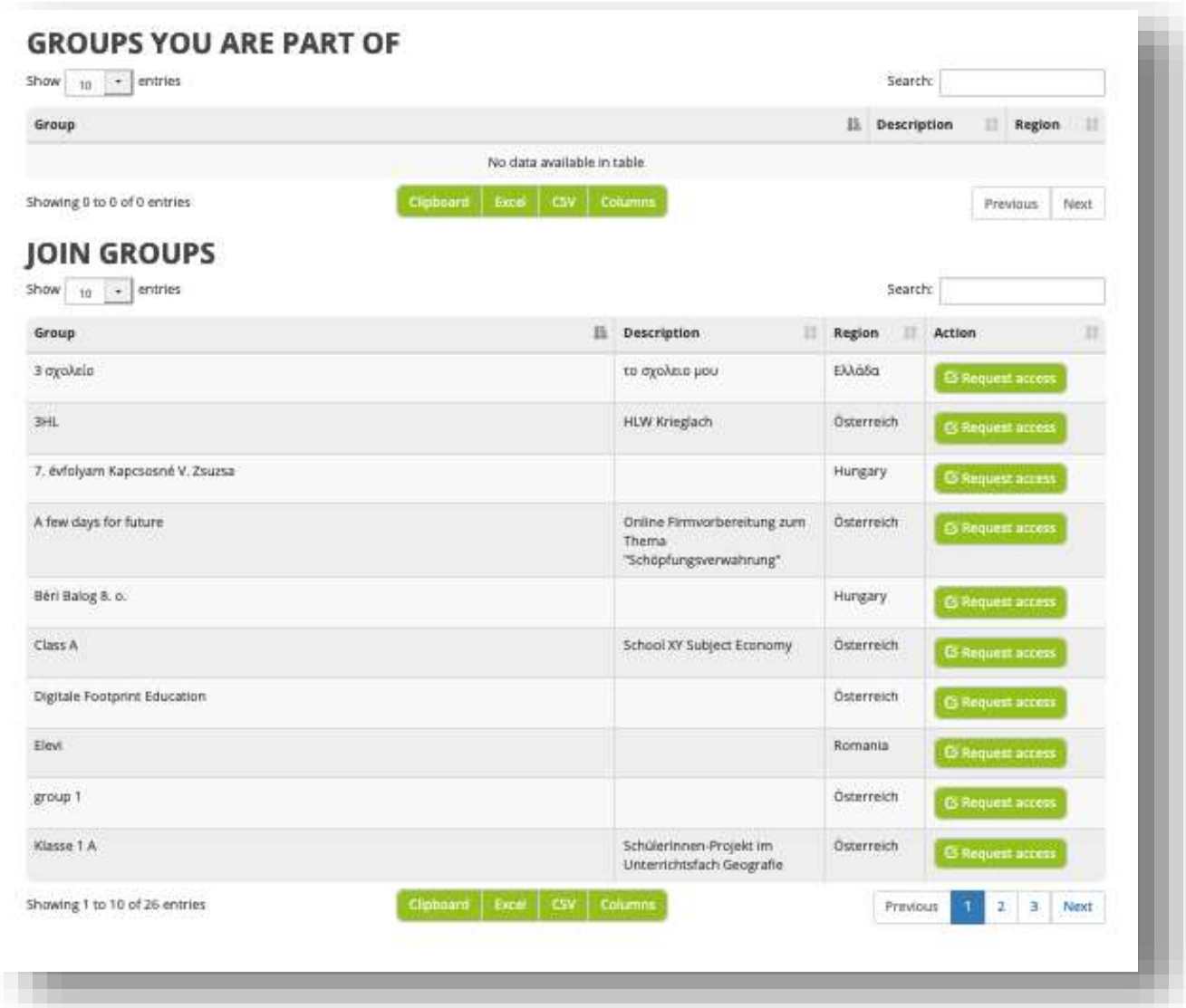
The evaluation is a list, where each students' results are in one column to make comparisons that are a good basis for discussions. The tables are divided in a category and an activity section. You also can see the different treemaps and overshoot days.

2. **Quick comparison**

This comparison shows the different daily logs as a bar chart. The measurement is in global square meters and the different colors are marking the footprint categories.

Your Groups

Back at the group management site there is the button "**Join a group**" with which you get to an overview table with two different sections.



GROUPS YOU ARE PART OF

Show 10 entries Search:

Group	Description	Region
No data available in table		

Showing 0 to 0 of 0 entries Clipboard Excel CSV Columns Previous Next

JOIN GROUPS

Show 10 entries Search:

Group	Description	Region	Action
3 σχολείο	το σχολειο μου	Ελλάδα	Request access
3HL	HLW Krieglach	Österreich	Request access
7. évfolyam Kapcsosné V. Zsuzsa		Hungary	Request access
A few days for future	Online Firmvorbereitung zum Thema "Schöpfungsverwahrung"	Österreich	Request access
Béri Balog B. o.		Hungary	Request access
Class A	School XY Subject Economy	Österreich	Request access
Digitale Footprint Education		Österreich	Request access
Elevi		Romania	Request access
group 1		Österreich	Request access
Klasse 1 A	SchülerInnen-Projekt im Unterrichtsfach Geografie	Österreich	Request access

Showing 1 to 10 of 26 entries Clipboard Excel CSV Columns Previous 1 2 3 Next

1. **Groups you are part of**

Here are the groups shown in which you are already participating in.

2. **Join groups**

This table shows groups you can join in the future. With the button "**Request access**" you can send a request to a group leader if she/he will accept you in the group.

Daily logs for teachers

Please see Manual Chapter Daily logs for Students the functions are the same for teachers as for students.

Evaluation for teachers

Please see Manual Chapter Evaluation for Students in this evaluation section the functions are the same for teachers as for students. Here you can compare only your own daily logs.

If you wish to compare daily logs of your students or other group members, please see Manual Chapter Groups For Teachers.

FAQ

Where do the values come from?

The data provided for this calculator gives indicative information for different activities (and its lifestyle) based on in literature available life-cycle-assessment data (bottom up) and national footprint data from global footprint network and Footprint Calculator for Austria (top-down). The data was lined up also with data of the 1ha workshop, which is part of the courses. Also included is the gathered data of national statistics of the participating countries. Activities including the use of electric energy are scaled due to national data in gm^2/kWh. Therefore the same activity can have a different Ecological Footprint in different Countries.
For further questions according to the data please contact office@footprint.at

What does overshoot day mean? How is this calculated?

Earth Overshoot Day marks the date when humanity's demand for ecological resources and services in a given year exceeds what Earth can regenerate in that year. We maintain this deficit by liquidating stocks of ecological resources and accumulating waste, primarily carbon dioxide in the atmosphere. Earth Overshoot Day is hosted and calculated by Global Footprint Network, an international research organization that provides decision-makers with a menu of tools to help the human economy operate within Earth's ecological limits. (More information: www.overshootday.org)

Why is the grey footprint not included?

The tool is targeted at the daily routines and focused on the effectiveness on youth's possibility of action. It shows that individual daily actions make a difference, but nonetheless political actions are key to success.

Why is there no possibility to buy food?

Food is categorized under „Eat a meal", as kids and youth often consume food, but are not the ones who shop for it.