

## Exercise 2

### APPLYING THE 5 FOOTPRINT RULES

#### TEACHING MATERIAL FOR AGE 10 - 18

### Reduce your Ecological Footprint in everyday life!

Check out also your daily routines with the Footprint calculator: [calculator.e-co-foot.eu](https://calculator.e-co-foot.eu)

There is generally a lot of pieces of advice on what can be done for the environment and there is often no overview of which measures are more important and more effective than others to reduce the Ecological Footprint. Therefore, the **5 Footprint Rules** have been formulated:

**E**njoy life with a smaller footprint: more friends, family, time, fun,...

**A**ct together to create a **sustainable world** that supports **living on a small Footprint!**

**R**educe meat and animal products!

**T**ravel by train, bike and bus. **Don't fly! Ride cars less**, never alone, with green electricity!

**H**ome green home! with **green energy**, well **insulated**, **smaller**, access to **public transport**

You can practice them in this exercise.

There is a worksheet with 34 different everyday habits that have a different impact on the environment.

- Mark the following actions which YOU and your family are doing regularly with: ✓
- Then think about what actions belong to the 5 F-rules and have the highest impact on reducing the Footprint of each individual and society. Mark these actions with a + plus:
- Mark those actions, which raise your Footprint with a minus: —
- Which actions could you take? Mark them with: !

Which actions are you and your family already taking and which have both a checkmark and a plus?

These are the MOST IMPORTANT actions which have the biggest effect on the environment!

You can find other exercises, games and information about the Ecological Footprint in general or about the Ecological Footprint of nutrition, housing, mobility and consumption here: [www.e-co-foot.eu](https://www.e-co-foot.eu)

We recycle everything that is recyclable at home.		We buy products in returnable packaging (e.g. drinks, print cartridges)...	
We use economy light bulbs.		We reuse things.	
We use public transport regularly.		We buy disposable products because we think they are practical.	
We reduce the consumption of goods in general. We try to buy only things that are necessary.		We minimize the number of plastic bags that we bring home when we go shopping.	
We turn off the lights when we do not need them.		We use multipurpose fabric bags for shopping.	
In the summer we use a fan instead of an air conditioner, as much as possible.		We use green electricity from a green electricity supplier.	
When we buy appliances, we pay attention to the energy label and buy the most efficient appliances.		We inform the press or local radio stations about environmentally harmful actions.	
We completely turn off electronic devices (TV, computer, etc.) when we are not using them.		We ventilate in winter with the windows tilted, and not through shock ventilation (open all windows for 3 minutes).	
We use renewable energy sources (solar water heater, photovoltaic, geothermal) for heating and making warm water.		In summer we adjust the thermostat at home so that the difference between outside and inside temperature does not exceed 3 degrees.	
We save energy for heating and cooling by taking care of the insulation of the house with double glazing and insulating materials.		We try to convince people from our family or friendly environment to get involved in environmental actions or organizations.	
We plant trees in our yard or plants on our terrace to reduce the temperature of the house in the summer.		We participate in actions that are for the benefit of the environment, such as reforestation, demonstrations, signature campaigns, etc.	
We do not use any sprays.		We do our shopping mostly by car.	
We reduce the use of our car (if we have one).		We significantly reduce the amount of meat we consume.	
We prefer local agricultural products.		We maintain our car in a good condition.	
We save water at home.		We save energy in the workplace and the school environment.	
We avoid products with many packages.		We recycle at work and at school	
We choose our holiday destination far away and have to fly by airplane.		We buy organic products regularly.	

### Result of worksheet “Applying the 5 Footprint Rules”:

We recycle everything that is recyclable at home.		We buy products in returnable packaging (e.g. drinks, print cartridges)	
We use economy light bulbs.		We reuse things.	
We use public transport regularly.	+	We buy disposable products because we think they are practical	—
We reduce the consumption of goods in general. We try to buy only things that are necessary.		We minimize the number of plastic bags we bring home along with our shopping.	
We turn off the lights when we do not need them.		We use multipurpose fabric bags for shopping.	
In the summer we use a fan instead of an air conditioner, as much as possible.		We use green electricity from a green electricity supplier.	+
When we buy appliances, we pay attention to the energy label and buy the most efficient ones.		We inform press or local radio stations about actions that are harmful to the environment.	+
We completely turn off electronic devices (TV, computer, etc.) when we are not using them.		We ventilate in winter with the windows tilted, and not through shock ventilation (open all windows for 3 minutes).	—
We use renewable energy sources (solar water heater, photovoltaic, geothermal) for heating and making warm water.	+	In summer, we set the thermostat at home so that the difference between external and internal temperature doesn't exceed 3 degrees.	
We save energy for heating and cooling by taking care of the insulation of the house with double glazing and insulating materials.	+	We try to convince people from our family or friendly environment to get involved in environmental actions and organisations.	+
We participate in actions that are taking place for the benefit of the environment, such as reforestation, demonstrations, signature campaigns etc.	+	We plant trees in our yard or plants on our terrace to reduce the temperature of the house in the summer.	
We do not use any sprays.		We do our shopping mostly by car.	—
We reduce the use of our car (if you have one).	+	We significantly reduce the amount of meat we consume.	+
We prefer local agricultural products.		We maintain our car in a good condition.	
We save water at home.		We save energy in the workplace and the school environment.	
We avoid products with many packages.		We recycle at the workplace and in the school.	
We choose our holiday destination far away and have to fly by airplane.	—	We buy organic products regularly.	