Good Living with the fair share of the world

Worksheet for pupils aged 10-13 to be used in combination with the PowerPoint Presentation

In a just world every citizen would have in 2050 space for 50 tiles on our playing field for its personal use.

Cover the playing field with your (perceived as absolutely necessary) need for one year

Try to live a good life with it!

Average situations for AUT

Nutrition			**Game pieces = GP**
	Average vegetable food for all (1 YEAR)		
	Animal products (consumption in one year)	**yes ☑**	**How often?**	**GP**
	meat	☐		
	eggs	☐		
	cheese	☐		
	milk/low-fat dairy products	☐		
	fish	☐		
	Extra vegetable food for 1 YEAR for **vegans** (purely plant-based nutrition)	☐		
	Extra vegetable food: 1 YEAR vegetable food for **vegetarians** or **eaters of meat/fish** (depending on consumption of animal p.)	☐		
	Beverages per YEAR (tap water, syrup, herbal tee = ~0)	☑	**yes**	**GP**
	bottled water for 1 YEAR (~100 liter or 2 liter/week)	☐		
	Softdrinks (1 litre PER WEEK)	☐		
		sum of GP for nutrition:		

Housing (one person)		☑	**yes**		**GP**
		big house	**medium house**	**small house**	
	house that needs **a lot** of energy	☐	☐	☐	
	house that needs **very little** energy	☐	☐	☐	
	house that needs **no** energy/**produces** energy	☐	☐	☐	
	Hot water heated by **solar** energy	☐			
	or **Hot water** heated by electricity from **other energy sources**	☐			
	Green Electricity (sun, water,…) plus **energy saving**	☐			
	Electricity from **other energy sources** and **no energy saving**	☐			
		sum of GP for housing:			

Mobility (distance per person) - incl. production & recycling		☑	**yes**		**GP**
	short distance flights	☐			
	long distance flights	☐			
		few km	**average km**	**many km**	**GP**
	„normal“ car with 1 person and few, average or many	☐	☐	☐	
	electric car	☐	☐	☐	
	electric car + carsharing	☐	☐	☐	
	petrol saving car with 4 persons	☐	☐	☐	
	electric car + green electricity	☐	☐	☐	
	electric car + green electricity + carsharing	☐	☐	☐	
	electric bike	**How many km:**			**GP:**
		How long/how often?			**GP**
	Public transport				
	Trains				
		sum of GP for mobility:			

Consumption (aquisition of goods & services per person and year)		**yes ☑**	**Reduction:**	**GP**
	paper consumption (average per year)	☐		
	apartment furniture (average per year)	☐		
	sports equipment and **hobby** (average per year)	☐		
	holiday (average per year, without travel)	☐		
	clothing (average per year)	☐		
	1 **PC** every 4 years	☐		
	1 **mobile phone** every year	☐		
	Pets per year (average ~400gm²)	☐		
	food etc. for a cat or a dog of 5-20kg	☐		
	food etc. for a dog of > 20kg	☐		
	1 horse	☐		
	other -> please ask for information (generally less than 1/8)	☐		
		sum of GP for consumption:		

Grey Footprint (= impact of society; infrastructure (rail, road, school, hospital, police, military, government and there operation)) -> is **not included** here!

Footprint.at

Game tiles for estimating "lifestyle patterns" - not suitable for calculating back to specific values

Idea: Wolfgang Pekny & Michael Schwingshackl - all values are rounded estimates

Further reduction options (in addition to the selectable quantities!)

Nutrition		**possible reduction**	**chosen reduction**
Conscious of calories (usually simply less...)		-10%	
Throw almost no food away (at home)		-10%	
Influence food waste in general (conscious shopping, feedback to shops ...)		-5%	
Buy a lot of "organic" food (only with a low meat diet!)		-10%	
Avoid packaging		-2%	
Cooking together		-2%	
Avoid transport by plane		-1%	
	Sum for everything: max.	**-35%**	

TIP: A fundamental change that is lived by many people together is more effective overall than the "radical" behaviour of individuals.

Housing (reduction potential for existing average living space)			
For every m² less per person	from the heating Footprint ->	-1%	
Thermal renovation:	from heating Footprint ->	-35%	
Three degrees cooler:	from the heating Footprint ->	-15%	
Saving use of water:	from warm water Footprint ->	-10%	
Shock ventilation not permanent open window	from the heating Footprint ->	-5%	
No stand-by:	from power Footprint ->	-5%	
Efficient lighting technology and light saving:	from power Footprint ->	-5%	

TIP: Here you can quickly recognize that there is nothing to give away!
Ultimately, no one has anything against a zero-/positive-energy house, which is the future.

Mobility (reduction factors for conventional cars)		
Always a passenger	-50%	
Always 2 passengers	-66%	
Always 3 passengers	-75%	
Driving consciously (slowly, anticipatory, correct gear selection)	-20%	
Correct tyre pressure and no roof gallery	-10%	

TIP: Avoid cars with combustion engines (especially in cities) if possible! This reduces the footprint and increases the quality of life of all participants.

Consumption			
Less paper and high recycling rate	up to max. ->	-60%	
Less clothing and durable clothing	up to max. ->	-80%	
Durable products and modest electronic equipment	up to max. ->	-50%	
Consequent avoidance of waste		-5%	

The old guideline is more valid for Footprint than ever: **refuse – reduce – re-use – recycle – rot**

+ Extending the product lifetime reduces the Footprint per year!
+ common benefit = share Footprint
+ Quality before quantity
+ Use Recycling and Second-Hand products

What everyone realizes: we have to start as soon as possible!

Grey Footprint

Nothing can be changed quickly on an individual basis, but collectively and due to political and economic conditions! (e.g. green electricity for public institutions, "green" public procurement etc...)

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