



IS ONE PLANET ENOUGH?

How many Earths would be needed if everyone on the planet enjoyed your standard of living? Find out how much land is needed to support your lifestyle - **your ecological footprint.**

1 WATER

Have you had a bath every day this week? If yes, score 14

If you have a bath just on Sunday night - or twice a week, score 2

Do you shower every day rather than have a bath? If so, score 4

Do you think we're too obsessive about personal hygiene? If you take a shower once a week, score 1

If you use your dishwasher every day or every other day, score 6

On hot, sunny summer days, do you water the garden or wash the car with a hosepipe? Score 4

SCORE

2 FOOD

When you last went shopping, did you buy only locally produced fresh products - such as bread, vegetables and meat? If yes, score 2

Alternatively, do you buy more heavily packaged and processed items and not look where the food comes from? If the answer is yes, score 15

Or, do you search out food that comes from closer to home? If you are successful at least part of the time, score 5

What sort of food do you eat? Do you insist on meat with every meal? If yes, score 85

Or do you eat mostly vegetarian dishes? If so, score 30

SCORE

3 WHERE YOU LIVE

If you share your home, divide the score by the number of people sharing and round up the answer.

If your home is...

- a flat with just enough room to swing a cat, score 7
- a terraced house, score 15
- a large and spacious flat, score 12
- a semi-detached house, score 23
- a detached house, score 33

SCORE

4 HEATING & COOLING YOUR HOUSE

If you have no heating or air conditioning, score 0 and skip to the next section.

For everyone else, the energy to heat or cool your home probably comes from burning fossil fuel, which releases carbon dioxide. To soak up this greenhouse gas, wood will have to be planted, using up precious land.

So start this section with a score of 45. On the bright side, you get to subtract some points

- If you prefer to add another layer of clothes before turning up the heating, subtract 5
- If you use natural ventilation rather than the air conditioning, subtract 15
- Do you only turn on the heating or air conditioning when absolutely necessary rather than keeping it on the timer all year round? If so, subtract 10

SCORE

5 ELECTRICITY

If your power comes from renewable resources, score 2 and skip to the next section.

For everyone else, generating your electricity releases carbon dioxide, so start this section with a score of 75.

- Do you always switch off the lights if a room is no longer in use? If yes, subtract 10
- Computers, TVs and hi-fis can now be left on standby. If you shun this setting and switch these devices right off, subtract 10

SCORE

6 HOLIDAY (AND BUSINESS)

Where did you go last year?

- If you flew as far as Europe, score 155
- If you flew to Asia or the Americas, score 85
- If you flew within Australia, score 20
- If, instead, you went by road or rail somewhere in Australia, score 10

SCORE

7 DAILY TRAVEL

- Did you drive to college or work today? Is your car a modern, small-engined car? If so, score 40
- Or do you drive a big 4-by-4? Score 75
- If your car is something between these two, score 50
- Do you take a bus or train, rather than travel by car? If so, score 25
- If you are fortunate enough to cycle to work or college, score 3

SCORE



IS ONE PLANET ENOUGH?



8 PAPER

The last book you read, did you borrow or buy it?

- If you always buy, score 2
- If you always borrow, score 0
- If it's half and half, score 1
- Do you always share your newspapers and magazines? If so, score 5
- If you bin your newspapers when you have finished with them? Score 10

SCORE

9 WASTE

To dispose of waste, you're once again going to use up valuable land. So start this section with a score of 100.

- Do you return your bottles for recycling? If you do, subtract 15
- If you keep used cans apart and recycle them, subtract 10
- Do you recycle your plastic containers? If so, subtract 8
- If you separate out waste paper for recycling, subtract 17
- Are you keen on composting the organic waste left over from the kitchen and garden? If so, subtract 5
- If you avoid generating waste by say, buying less or reusing things, then subtract 15

SCORE



WATER.....

FOOD.....

WHERE YOU LIVE.....

HEATING & COOLING.....

ELECTRICITY.....

HOLIDAY.....

DAILY TRAVEL.....

PAPER.....

WASTE.....

SUBTOTAL

Many of the amenities you use every day, from roads to shops and buildings, make their own demands on land. People who consume more tend to rely more on these amenities.

So, to take account of this, double your score

TOTAL

Each "point" in your score is equal to about one hundredth of a hectare. So, for example, a score of 350 is equal to about 3.5 hectares.

200 OR UNDER



Well done, you are living within or close to the average Earth share. If everyone lived like you, then human and non-human existence could be sustainable and equitable. Around two-thirds of the global population have a footprint lower than 200.

200 - 400



Your footprint is below the Australian average. However, this is still around twice the average Earth share. If everyone lived like you, we would need at least one "extra" planet to support consumption. About 15 percent of the world's population falls into this category.

400 - 600



Your footprint is close to the European average. This is about three times greater than the Earth share. If everyone lived like you, we would need two additional planets to support us! About 7 percent of the world's population falls into this category.

600 - 800



Your footprint is just below that of the average Australian and still below that of the average North American. If everyone lived like you, we would need to find three additional planets! About 3 percent of the world's population falls into the category.

OVER 800



Your footprint is now close to that of the average Australian and North American. If everyone consumed the same, we would need at least four extra planets to live sustainably. About 5 percent of the world's population have a footprint this big.

NAME.....

PHONE.....

EMAIL.....

POSTCODE.....

SCHOOL / ORGANISATION.....

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For More information or a more detailed online calculator, please visit <https://www.footprintnetwork.org/>

FURTHER READING
Sharing Natures Interest
by Nicky Chambers, Craig Simmons and
Mathis Wackernagel
Published by Earthscan.