

Fair Shares Carbon Calculator Worksheet



This worksheet will help you gather together the information you need to use the Fair Shares calculator on the website online.

Don't worry if you cannot find the specific figures for your home fuel use, or for your travel, as we have also provided some 'average' figures on the website which you can use.

Home energy

To begin with you need to need to identify how much of each of the following fuels your household has been using over the last year. The easiest source of information is your quarterly utility bill, or bills for delivery of other fuels such as Oil and Coal. Try and find the bills for the last 12 months so that they include the summer and winter period (whatever time of year it is now). When you enter this data 'online' the calculator will work out your specific 'share' for you.

Fuel Used	Electricity (Kwh)	Gas (Kwh)	Coal (kg)	Oil (Litres)	LPG (Litres)
Bill 1					
Bill 2					
Bill 3					
Bill 4					
Total					

**You may use Wood as a domestic fuel, but because it considered by many as 'carbon neutral' we don't count it in the calculator at present.*

Personal Travel

You will also need to collect information on travel. We are only interested in your 'personal' travel, including commuting to work, but not any travel you do on behalf of your employment. - This will be picked up under your employer's carbon footprint, not yours!

1) Car Travel. *You will need the distance you travelled in your car(s) over the last year. You should be able to find it on your MOT certificate, or perhaps on your Insurance or Tax documentation. If possible try and get figures to coincide with the period of your home energy bills, but don't worry if they don't tie up exactly. If you use more than one vehicle, then add them together. If you car-share, or travel with other people then you can divide that portion of your annual mileage by the number of people in the car.*

		Miles	Kms	Kg of CO ₂ *
Car 1	Annual Mileage			
Car 2	Annual Mileage			
	Total Personal Mileage			
Car share	Annual Mileage			
	Divided by No in car			
	Overall Mileage			

** Once you have your mileage figure(s) you can look up the specific emissions online by going to www.vcacarfueldata.org.uk. **Note:** This site provides emissions figures in grammes of CO₂ per kilometre, so you will need to multiply your miles by 1.61 to get Kms.*

2) Bus and Train travel. Work out the mileage closest to what you think you do each week. You may have also gone on 'special' journeys, or holidays by train or bus/coach, include that as well in the spaces provided below.

Bus and Rail travel	Miles per week
Number of miles you travel regularly each week on buses?	
Number of miles you travel regularly each week on trains?	
Miles you travelled on special journeys on buses last year?	
Miles you travelled on special journeys on trains last year?	

3) Air and sea travel. Make a note of the number of journeys you made last year in each of the following categories.

Air and Sea Travel	Number of trips
UK Flight(Internal)	
Short-haul Flight (i.e. Europe)	
Mid-haul Flight (i.e. New York)	
Long-haul Flight (i.e. Australia)	
Ferry to 'near' Europe (i.e. France)	
Rest of Europe (i.e. Scandinavia)	

Lifestyle Choices

The calculator will also ask you the following questions. You might like to think in advance about which answer best describes you and your behaviour.

- I eat meat regularly, most days.
- I occasionally eat meat and fish.
- I am Vegetarian.
- I am Vegan.

- I buy fruit and vegetables from all around the world, without worrying about what is in season.
- I buy mainly seasonal fruit and vegetables.
- I buy mainly organic, local and seasonal fruit and vegetables,
- I grow most of my own fruit and vegetables, and preserve/store any excess.

- I love shopping, and buy new stuff all the time.
- I am not a 'shopaholic', and I sometimes buy second-hand or recycled goods
- I don't shop much, or I mainly buy 'second-hand' clothes and goods.

- I don't recycle anything
- I recycle stuff like bottles, cans and newspapers
- I recycle everything I can.

That is all you need to use the Fair Shares online calculator. Thanks for taking the time to get the information to calculate a 'more accurate' carbon footprint.