

Fair Shares, Fair Choice (FSFC) Carbon Calculator



This 'paper calculator' will help you roughly measure your current individual 'carbon footprint' and give you an idea of the things that use the most carbon. It uses average values for CO₂ emissions, measured in Kilograms (kg). The FSFC fair and safe budget for 2009 is 3.9 tonnes CO₂ (3,900kg) – for help reducing your carbon and 'getting in budget' visit www.fairsharesfairchoice.com

- Instructions**
1. Tick the boxes that best apply to you – each has a figure, its 'carbon value'
 2. Leave blank any boxes that aren't applicable to you
 3. Total all the figures (carbon values) ticked to get your approximate carbon footprint

1. Your Home

To work out your 'share' of heating, lighting and cooking at home: Select the size of house you live in, the number of people who live there (including you) and then tick the correct box for electricity and your main heating fuel*. Just add up the 'carbon values' to give your answer for this section.

	House/ flat size:	1 Person in House	2 in house	3 in house	4 or more
1. We use Electricity...	Small	1342	671	447	335
	Medium	1772	886	591	443
	Large	3222	1611	1074	805
2. We mainly use Gas for heating...	Small	2060	1030	687	515
	Medium	4120	2060	1373	1030
	Large	5974	2987	1991	1493
3. We mainly use Oil for heating...	Small	2580	1290	860	645
	Medium	5160	2580	1720	1290
	Large	7482	3741	2494	1870
4. We mainly use Coal for heating...	Small	3130	1565	1043	782
	Medium	6260	3130	2087	1565
	Large	9077	4538	3026	2269
My share of energy used at home =					

*If you use wood for heating we don't count it here, as it is broadly considered to be 'carbon neutral'

2.a Your Personal Travel – by Car

To work out carbon emissions from your personal travel choices, including commuting to work (but **not** journeys made for work): Look at the list of car types below and select the appropriate size and annual mileage. If you use more than one car, or 'lift-share' then adjust your answer accordingly (i.e. if you always have 2 people in the car, you can halve your emission figure). Note: 1 mile = 1.6 km

Class / example engine size / mpg	6,000 Miles (9650 km)	12,000 Miles (19300 km)	18,000 Miles (28,960 km)
Small Hybrid (50mpg)	1216	2432	3648
Small Diesel <1.7 (50mpg)	1457	2914	4371
Medium Diesel 1.7, Small Petrol 1.4 (40mpg)	1814	3628	5442
Large Diesel >2.0 (30mpg)	2490	4980	7470
Luxury Petrol >2.0 (20mpg)	2856	5712	8568
Total		Total	Total

2.b Your Personal Travel – by Bus and Train

Do you ever travel by bus and train? Select the 'annual carbon' value for each of these types of transport over set distances that is closest to what you travel each week. As you might have also gone on special journeys by train or bus/coach, include these as well in the spaces provided.

	Miles per week	Annual Carbon
Bus	Number of miles you travel regularly each week on buses?	
	36	452
	50	629
	85	1,071

Train	Number of miles you travel regularly each week on trains?	36	293
		50	407
		100	815
		Miles per year	Annual Carbon
Bus	Miles you travelled on special journeys on buses last year?	100	27
		200	55
		500	137
Train	Miles you travelled on special journeys on trains last year?	200	35
		500	89
		1,000	177
			Total

2.c. Your Personal Travel – by Air and Sea

Do you fly or travel abroad by ferry/cruise?

Enter the number of return journeys made by air and sea (halve the emissions if only a one-way flight / ferry journey was taken) to each of the destinations, then multiply the number of journeys by the relevant carbon value for each destination type for your total.

	Destination	No. of return Journeys		Carbon Values	Total Carbon
Air	1. UK Flight (Domestic)		Multiply the number of return flights / ferry crossings in each category by its 'carbon value'. E.g. one return UK flight = 250, two = 500 etc. Add all journeys and put totals in box.	250	
Air	2. Short-haul Flight (i.e. Europe)			500	
Air	3. Long-haul Flight (i.e. New York)			2,850	
Air	4. Very Long Flight (i.e. Australia)			7,480	
Sea	5. Short Ferry (i.e. France)			65	
Sea	6. Longer Ferry (i.e. to Spain)			205	
			Total		

3. Your Lifestyle Choices

For each of the following questions, select the answer which best describes you.

Meat and Fish	a) I eat meat regularly, most days.	600
	b) I occasionally eat meat and fish.	150
	c) I am Vegetarian.	90
	d) I am Vegan.	0
Fruit and Veg	a) I buy fruit & vegetables from around the world, without worrying about what's in season.	800
	b) I buy mainly seasonal fruit and vegetables.	300
	c) I buy mainly organic, local and seasonal fruit and vegetables,	200
	d) I grow most of my own fruit & vegetables, preserving any excess.	0
Shopping	a) I love shopping, and buy new stuff all the time.	1,500
	b) I am not a 'shopaholic', & sometimes buy second-hand or recycled goods.	1,000
	c) I don't shop much, or I mainly buy second-hand clothes and goods.	500
Recycling	a) I don't recycle anything.	1,000
	b) I recycle some things like bottles, cans and newspapers.	500
	c) I recycle everything I can.	0
		Total

<p>1. Add up all the totals/boxes ticked to get an idea of your overall carbon footprint</p> <p>2. Divide your final answer by 1,000 to get 'tonnes of CO₂'; (e.g. 4,500kg = 4.5 tonnes of CO₂)</p>	My overall CO ₂ Footprint is:	Kg
		Tonnes

Don't forget, visit www.fairsharesfairchoice.com for information on ways to reduce your carbon footprint!

No access to the internet? Phone 0117 900 1751 to be sent paper resources.

Fair Shares, Fair Choice is an initiative of Sustainability South West, www.sustainabilitysouthwest.org.uk, the region's independent Champion Body for Sustainable Development – Registered Charity no. 1106125, Company Ltd no. 3899945.