

# Climate Change

How to reduce your carbon footprint

**Carbon footprint** is the total amount of emissions that people produce by the things they do, events they take part in and products they consume directly or indirectly.

**CO<sub>2</sub>** (carbon dioxide) is the main greenhouse gas emitted by humans that impacts the climate. It is released into the atmosphere mainly by the combustion of fossil fuels (oil, coal and natural gas) to produce energy. So you can reduce emissions of CO<sub>2</sub> and help the planet by reducing your daily use of energy and resources. **How? Read the advice – CO<sub>2</sub>NSERVE! CO<sub>2</sub>MBAT! CO<sub>2</sub>OPERATE!**

# CO<sub>2</sub>NSERVE! CO<sub>2</sub>MBAT! CO<sub>2</sub>OPERATE!

## AT SCHOOL

Put this poster on the wall at school.

Pass on these recommendations to your friends.

**CO<sub>2</sub>OPERATE** to stop climate change!

## GOING TO SCHOOL, ON HOLIDAYS AND TRAVELLING

Walk and cycle more often.

Use public transport.

Take a train, not a plane,  
when you go to another city.

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## EVERYDAY TIPS

Turn off the tap when you don't need water.

Look after things and they will last longer.

Save paper, use a printer only when you need to.

Sort and recycle your rubbish.

Choose things that have been recycled and things that can be recycled

**CO<sub>2</sub>NSERVE** resources!

## SHOPPING

When you go shopping with your parents:

- take your own bag, don't use a new one from the store;
- buy energy-efficient appliances;
- buy local food and goods to reduce carbon emissions from the transportation.

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## SAVING ENERGY AT HOME

Insulate your apartment or house, so you don't need extra heaters in the winter.

Turn off the lights when you don't need them.

Use energy-efficient light bulbs.

Disconnect mobile phone chargers when you are not using them.

Don't leave the computer, TV and other appliances in sleep mode – switch them right off or disconnect them.

Wash clothes on a 30–40 °C cycle.

Think what you need from the fridge before you open it.

Don't boil more water than you need.

Cover the saucepan when you are cooking food – it reduces energy use by 2.5 times.

**CO<sub>2</sub>NSERVE** resources!

Paper that you don't need can be recycled. Recycle paper, save forests!

Shopping with my stylish reusable bag – no more plastic bags!

Bikes are cool!

Plant trees – they absorb carbon dioxide!



Empowered lives.  
Resilient nations.