

HOW TO REDUCE YOUR CARBON FOOTPRINT



According to the UK Carbon Trust, carbon footprint is “the total set of greenhouse gas (GHG) emissions caused directly and indirectly by an individual, organization, event or product”.

Carbon footprint of an individual, state or organization is measured by assessment of GHG emission. Carbon footprint of a human is directly depends on his lifestyle.

The major factors of carbon footprints of most people are housing, transportation and food. For example, the carbon footprint of a person living in Uzbekistan is 5.26 tons in CO₂-equivalent, while that of people from developed European countries is about 11 tons. The average worldwide level of carbon footprint equals to 4 tons, while the worldwide target to combat climate change is 2 tons per capita.

Today it is more important than ever before to minimize carbon footprint. Not only are the developed western countries producing more and more carbon emissions, but nations in Africa and Asia start living improved lifestyles, which consume more energy.

Here's a list of simple things that can help you reduce your contribution to global warming.

The items in this list will cost you no money at all.



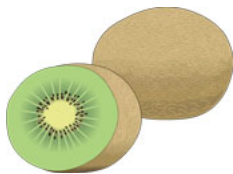
- Turn electric appliances off when not in use.
- Unplug your mobile phone as soon as it has finished charging.
- Turn down the water heating setting just for 1 - 2 degrees.
- Fill your washing machine with a full load - this will save you water, electricity, and washing powder.
- Fill the kettle with only as much water as you need.
- Defrost your fridge/freezer regularly.
- When staying in a hotel turn the lights and air-conditioning off when you leave your hotel room.

Besides, there are measures that may take an initial investment. They should pay for themselves over the course of 2-3 years through savings on your energy bills.



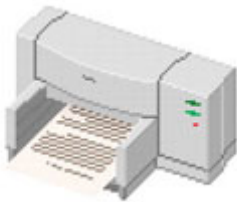
- Apply energy saving light bulbs instead of incandescent ones.
- Insulate your walls and your loft if living in a private house.
- Replace your old fridge (if it is over 15 years old), with a new energy efficient one.
- Replace your old boiler with a new energy saving one.
- Use the public transportation rather than your car.
- Share car to work, or for the kids school run.
- For short journeys either walk or cycle.
- When traveling within the country, to the extent possible use a train rather than domestic flight.
- Buying a new car, check out diesel engines.

Along with your primary carbon footprint, there is also a secondary footprint that you cause through your buying habits. What can be advised:



- If you buy foods out of season please remember that these will have either been shipped in from far away - all adding to your carbon footprint.
- Buy local fruit and vegetables; try growing your own.
- Try to buy products made closer to home.
- Reduce your consumption of meat.
- Recycle as much as possible.
- Think about the type of activities you do in your spare time. Do any of those cause an increase in carbon emissions? E.g. saunas, restaurants, etc.

In addition there is your footprint at work



- Do you leave your computer and monitor on when you are away from your desk?
- Do you leave the lights on when you leave the office?
- Do you print ALL the document?
- Do you print two pages to a side and double sided?

More detailed information



More detailed information is available at
www.carbonfootprint.com

Do you want to know your personal carbon footprint?



You can calculate your carbon footprint at website of the Designated National Authority on Clean Development Mechanism in Uzbekistan:

<http://www.mineconomy.uz/cdm/en/calculator-en>

<http://www.mineconomy.uz/cdm/ru/calculator-ru>