

# Climate Change

How to reduce  
your carbon footprint

## GOING TO SCHOOL, GOING ON HOLIDAY AND TRAVELLING

Walk and cycle more often.  
Use public transport.  
Take a train, not a plane,  
when you go to another city.

CO<sub>2</sub>MBAT climate change!

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 greenhouse gas emitted by humans that most impacts the climate. It is released into the atmosphere mainly by the combustion of fossil fuels (oil, coal, and natural gas) to produce energy. You can reduce CO<sub>2</sub> emissions and help the planet by limiting 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!

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!

## SAVING ENERGY AT HOME

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

Turn off 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 of all that you need from  
the fridge before you open it

Don't boil more water than you need

Cover the saucepan when you cook food -  
it reduces energy use by 2.5 times.

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

## AT SCHOOL

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 transportation

CO<sub>2</sub>MBAT climate change!



# CLIMATE BOX

