

Measure your Ecological Footprint



United Nations
Educational, Scientific and
Cultural Organization



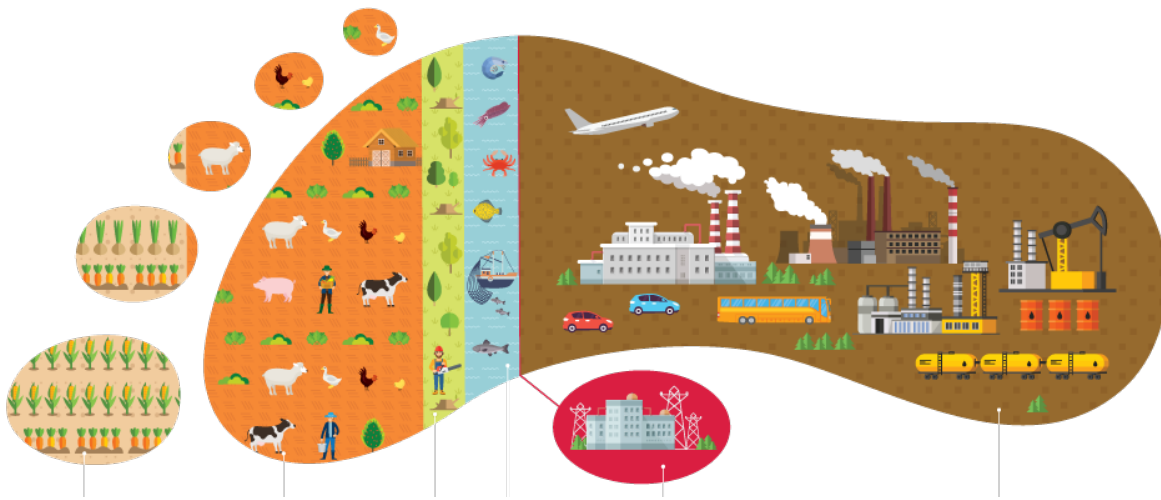
**MOUNT
ARROWSMITH**
BIOSPHERE REGION



An **ecological footprint** measures the quantity of nature needed to support the resources we use and disposal of our waste (humanity's demands on nature). More simply, it means how much people take from nature. It also looks at how much we impact our environment.















We all have an ecological footprint, because we all eat food, wear clothes, and make waste. The more we take from the earth and environment, the bigger the footprint we have.



















Your assignment: calculate your ecological footprint based on your day-to-day activities. Then, come up with some ideas on how to live more sustainably!

Use the quiz to help determine your ecological footprint. Pick the number from the list of choices that corresponds to what you do most often and write it in the answer box. When you have answered each question, add up the numbers from each answer box and write it at the bottom in the "final score" box.

Ecological Footprint Quiz:

Question	Choices	Your Answer
How do you usually travel to school?	Walk [0]  Bus [2]  Car [4] 	
Do you turn the lights off when you leave a room?	Yes [1]  No [3] 	
Do you unplug your devices when they are done charging, or when you are not using them?	Yes [1]  No [3] 	
How many hours of screen time do you have in a day?	None [1]  One hour [2]  More than one hour [4] 	
Do you grow your own food? Even growing veggies in the summer counts!	Yes [0]  No [2] 	

<p>What did you have for dinner last night?</p>	<p>No meat [1] </p> <p>Chicken [2] </p> <p>Pork [3] </p> <p>Beef [5] </p>	
<p>Do you take baths or showers? Pick which one you do more often.</p>	<p>Shower [1] </p> <p>Bath [2] </p>	
<p>Do you recycle?</p>	<p>Yes [0] </p> <p>No [2] </p>	
<p>Do you turn off the tap while you brush your teeth?</p>	<p>Yes [0] </p> <p>No [2] </p>	
<p>Do you donate your old clothes?</p>	<p>Yes [0] </p> <p>No [3] </p>	
<p>Do you compost at home?</p>	<p>Yes [0] </p> <p>No [3] </p>	
<p>Have you flown in a plane in the last year?</p>	<p>No [0] </p> <p>Yes [5] </p>	
<p>Final score:</p>		

The lower your score, the smaller your ecological footprint:



If you scored 5 - you picked the most sustainable options from the list.



If you scored between 5 and 15 - there are a few things you could change to live more sustainably, but good work.



If you scored between 15 and 25 - take a look back at your answers and see what you could do differently.



If you scored between 20 and 38 - you picked some of the less sustainable options in the list. Think about the changes you can make to create a smaller ecological footprint!

Question time!

Based on the quiz, what are some things you can do to lower your ecological footprint and live more sustainably?

Send us feedback on how this activity went and we'll enter you into our weekly draw!

Show us your results! Snap a picture and share it with us on social media, or email it to the MABR Coordinator, at mandy.hobkirk@viu.ca



MountArrowsmithBR



mtarrowsmithbr



@MountArrowBR



Mabr.ca