

KEY PARAMETERS AFFECTING THE ECOLOGICAL FOOTPRINT



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KEY PARAMETERS AFFECTING THE ECOLOGICAL FOOTPRINT:

1. ACCOMMODATION

- Light

Type of energy	Bulb type	Time of use	Amount of CO2 emitted
Electricity from coal	Incandescent lamp with a power of 60 W	1 hour	0.036 kg
Electricity from coal	9W LED bulb	1 hour	0.005 kg
Electricity from renewable energy sources	Incandescent lamp with a power of 60 W	1 hour	0 kg
Electricity from renewable energy sources	9W LED bulb	1 hour	0 kg
Electricity from a nuclear power plant	Incandescent lamp with a power of 60 W	1 hour	0.00027 kg
Electricity from a nuclear power plant	9W LED bulb	1 hour	0.0045 kg

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- Heating

Heat source	Heating time	Amount of CO2 emitted
Natural gas	1 h	0.156 kg
Fuel oil	1 h	19,04 kg
Electrical energy	1 hour	4.1 kg
Heating plant	1 h	2,73 kg
Wood	1 hour	22 kg

SOURCES: - ..

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- Cooling

Cooling mode	Cooling time	Amount of CO2 emitted
Air conditioner	1 hour	1,435 kg

SOURCE:

1. "SOURCES OF GREENHOUSE GAS EMISSIONS" REPORT BY THE US ENVIRONMENTAL PROTECTION AGENCY (EPA) FOR 2020: [HTTPS://WWW.EPA.GOV/GHGEMISSIONS/SOURCES-GREENHOUSE-GAS-EMISSIONS](https://www.epa.gov/ghgmissions/sources-greenhouse-gas-emissions)

- Computer and projector

Device Type	Time of use	Amount of CO2 emitted
Computer	1 h	0,051 kg
Projector	1 h	0,109 kg

SOURCES:

1. LAWRENCE BERKELEY NATIONAL LABORATORY IN THEIR REPORT "THE CARBON FOOTPRINT OF COMPUTER USE" PUBLISHED IN 2010 LINK FOR THE LAWRENCE BERKELEY NATIONAL LABORATORY REPORT IS: [HTTPS://ETA.LBL.GOV/PUBLICATIONS/CARBON-FOOTPRINT-COMPUTING-UNITED](https://eta.lbl.gov/publications/carbon-footprint-computing-united)
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2. TRANSPORT

Type of transport	The length of the path	Amount of CO2 emitted
Airplane	1 km	0,264 kg
Bus	1 km	0,028 kg
Auto	1 km	0,118 kg
Train	1 km	0,041 kg
Electric tram	1 km	0,011 kg
Motorbike	1 km	0,089 kg
Ferry	1 km	0,12 kg
Bicycle	1 km	0 kg
Walking	1 km	0 kg

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3. FOOD AND DRINK

Type	Quantity	Amount of CO2 emitted
Chicken	1 kg	5,9 kg
Pork	1 kg	7,9 kg
Beef	1 kg	18,6kg
Fish	1 kg	2,4 kg
Egg	1	0,18 kg
Vegetable	1 kg	0,8 kg
Fruit	1 kg	0,8 kg
Dairy products	1 kg	2,7 kg
Milk	1 L	1,7 kg
Cheese	1 kg	10 kg
Yoghurt	1 kg	1,7 kg
Butter	1 kg	19,7 kg
Bread	0.5 kg	0,98 kg
Grains	1 kg	1,5 kg
Rice	1 kg	1,9 kg
Pasta	1 kg	1,24 kg
Salami	1 kg	26 kg
Sausage	1 kg	9,34 kg
Cereals	1 kg	0,978kg
Crisps	1 kg	3,4 kg
Crackers	1 kg	1,565 kg
Bottled water	0.5 L	0, 828 kg
Coffee	1 cup (125 ml)	0,225 kg
Coca-Cola	0,33 L	0,17 kg

Orange juice	1 L	1,38 kg
Beer	0.5 L	0,5 kg
Wine	1 L	1,2 kg

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4. WATER CONSUMPTION

Kind	Quantity	Amount of CO2 emitted
In general in the EU	1000 L	0,19 kg
In general in the world	1000 L	0,28 g
Shower	10 min	0,1 kg
Laundry	1 wash cycle	0,7 kg
Washing dishes	1 wash cycle	1 kg
Flushing the toilet	1	0,19 kg

SOURCES:

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5. WASTE PRODUCTION

Kind	Quantity	Amount of CO2 emitted
Food waste	100 g	0,33 kg
Paper waste in 1 day	0,23 kg	0,00035 kg
Paper	1 sheet	0,0000033 kg
Plastic waste in 1 day	0,5 kg	0,005 kg
Plastic bag	1	0,01 kg
Food wrapper (packaging)	1 kg	3,5 kg
Plastic bottle 0,5 L	1	0,0828

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