

The Ecological Footprint

The Ecological footprint measures the demand we have on the natural resources of an area and the supply this area is able to provide.

2.

My footprint is 11.1 tonnes. 1.06 times the 2020 target.

3.

A high ecological footprint contributes to the warming and the further destruction of the planet. Reducing the impact on the environment is necessary to ensure a healthy and sustainable future. Besides raising awareness to this issue one can also make several changes to their life to lower their own ecological footprint. A reduction in the consumption of animal products and buying regional food is essential for this goal. One should also be aware of the energy they use and should try to lower it and get it from a sustainable source. This includes the energy needed to produce all the goods and the services one uses.