

Calculate your carbon footprint

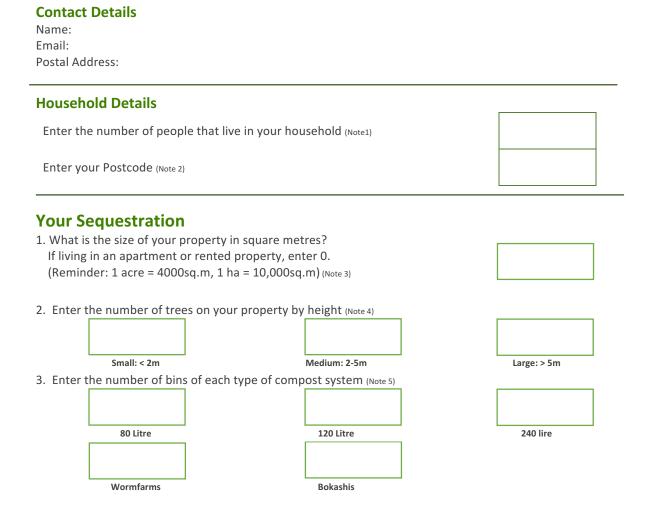
This questionnaire will enable you to estimate the amount of CO2 (carbon dioxide) and other greenhouse gas emissions that you are responsible for, as a household, over a 12-month period. Once you have completed the form, arrange for it to be returned to the Carbon Neutral Trust. We will calculate your emissions and sequestration, create a record of these for you and send you the results together with suggestions on how you could reduce them. We will then contact you next year to update your calculations so that you can measure your progress.

Terminology

You will see the term CO2-e used throughout this questionnaire. It stands for "carbon dioxide equivalent", and is a standard unit for measuring carbon footprints. Rather than identifying each greenhouse gas individually (CO2, NO2, CH4, etc.), their effects are grouped together and expressed in terms of the amount of CO2 that would create the same amount of warming.

Before you start

Some of the data that we ask for will require you to find that from different sources around the home and/or from utility and council billing documents or to make some simple calculations. Have a read through the questionnaire first so that you can obtain the necessary information before you sit down to complete the form.



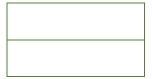


Your Emissions

1. Energy

Enter your monthly consumption of Mains electricity and Gas

- (a) Mains electricity in kWh: (Note 6)
- (b) Mains gas in kWh: (Note 7)



(c) Enter your annual consumption of LPG Gas and Wood & Coal for indoor fires

Energy Type	Number (enter No)		Size (⁻	tick)		
Gas bottles (Note 8)		45kg	90kg		210kg	
Wood for indoor fires (number of units)		Cubic m.	Cords		KG	
Coal (Notes 9 & 10)		20kg bag	40 kg bag		Half tonne	

2. Transport

(a) Enter the kms travelled annual for each category of car used by the household (Note 11):

	Petrol		Di	esel	Hybrid	Electric
(b)	Enter the number of short/commuter trips per annum on other services. A return trip counts as two trips					
	so a couple visitir	ng Wai	heke for the	day will have d	one 4 ferry trips (Note 12).	
	Ferry					
	Bus					
	Train					
	Taxi					

3. Travel

Enter the flights per annum and/or the days spent on a cruise. Aggregate for all members of the family e.g. a couple flying return to Australia = 4 flights

Domestic Travel: Enter the total number of trips for each mode of travel (Note 13)

Domestic flights	
Bus	
Inter-Island Ferry	



Emissions (Transport) continued

International flights: Enter the number of trips to each region (Note 14)						
Australia / Pacific		Asia				
North America		Africa				
South America		Europe				

Cruises: Enter the number of person-days spent on board e.g. a couple on a 10-day cruise = 20 person-days (Note 15)

Total number of person days

4. Waste

Enter the number of bins or bags for each category of waste, then enter the frequency of collection (in weeks) for example – every week = 1, every three weeks = 3

(a) Non-recyclable (Note 16)

Volume	Collection frequency
Standard Bag (65 Litre)	
Small Bin (120 Litre)	
Large Bin (240 Litre)	

(b) Recyclable (Note 17)

Volume	Collection frequency
Crate or Bag (55 Litre)	
Small Bin (120 Litre)	
Large Bin (240 Litre)	

(c) Green waste (Note 18)

Volume	Collection frequency
Crate or Bag (55 Litre)	
Small Bin (120 Litre)	
Large Bin (240 Litre)	

5. Diet

Enter the number of household members in each category (Note 19)

Omnivore (meat eaters)

Vegetarian / Pescatarian

Vegan





Notes:

- 1. Most studies worldwide use the household as their basic unit, but others to work out their statistics on a 'per-capita' basis. By capturing the number of people in your household we can compare our results to those generated by either method.
- 2. We want communities around NZ to be able to compare their progress towards a more sustainable future. Your postcode will enable us to group you with others nearby to form a local community.
- 3. Formula: CO2e sequestered = #kg per sq.metre per annum. Source MFE
- 4. Formula: CO2e sequestered (Source:NZMFE) =
 - a. kg per small tree per annum
 - b. kg per medium tree per annum
 - c. kg per large tree per annum.
- 5. Formula: CO2e sequestered = (Source: NZMFE)
 - a. #kg per litre per annum (compost)
 - b. #kg per annum per Wormfarm
 - c. #kg per annum per Bokashi
- 6. Formula: Annual CO2e emitted =12 x (#kg per kWh used each month) Source -NZMFE
- 7. Formula: Annual CO2e emitted =12 x (#kg per kWh of gas burned each month) Source: NZMFE
- 8. Formula: CO2e emitted = #kg per KwH, where (Source: ELgas (NZ), NZMFE):
 - a. 45kg LPG cylinder yields 614kWh
 - b. 90kg LPG cylinder yields 1229kWh
 - c. 210kg LPG cylinder yields 2867kWh
- 9. Formula: CO2e emitted = #kg per kg of wood burned. Source: NZMFE
- 10. Formula: CO2e emitted = #kg per kg of coal burned. Source: NZMFE
- 11. Formula used: CO2e emitted = (Source: NZMFE)
 - a. #kg per km (petrol)
 - b. #kg per km (diesel)
 - c. #kg per km (hybrid)
 - d. #kg per km (electric)
- 12. These trips are all based on a 17km average commute, using the formula: CO2e emitted =
 - a. #kg per ferry trip
 - b. #kg per bus trip
 - c. #kg per train trip
 - d. #kg per taxi trip
- 13. Based on an average of all domestic travel; the formulas used are: CO2e emitted =
 - a. #kg per domestic flight
 - b. #kg per inter-city bus trip
 - c. #kg per inter-island ferry trip
- 14. Based on an average of all international flights to & from NZ; the formulae used are: CO2e emitted =
 - a. #kg per flight to Australia/Pacific
 - b. #kg per flight to North America
 - c. #kg per flight to South America
 - d. #kg per flight to Asia
 - e. #kg per flight to Africa
 - f. #kg per flight to Europe
- 15. This formula is based on an average of the fuel used per passenger by cruise ships visiting NZ: CO2e emitted = #kg per person per day aboard
- 16. Formula used: Annual CO2e emitted = #kg per litre of waste sent to landfill each year
- 17. Formula used: Annual CO2e emitted = #kg per litre of recycle waste created each year
- 18. Formula used: Annual CO2e emitted = #kg per litre of green waste created over a year
- 19. Formula: CO2e emitted = #kg per person per year

When you have completed the questionnaire please either email or post it to Carbon Neutral Trust – the addresses are at the top of the page. We will send your carbon calculations to you as soon as the form has been processed.