

ACTIVITY 2.3 Ecological Footprint

Learning Goals: Participants learn to calculate their Ecological Footprint; identify sustainable lifestyle options

Format: Individual & peer-to-peer work

Materials: Electronic devices or Papers and pens

Estimated Time: It is up to the facilitator and the participants

Level: 1

Description: The facilitator is suggested to introduce to the participants the concept of Ecological Footprint. There are many suitable videos online that the facilitator can use. If no video projector is available, then the facilitator may introduce the concept of Ecological Footprint and what it represents verbally starting with an open question to the participants.

Then, the facilitator helps participants to calculate their own Ecological Footprints. It is recommended to use the form provided by the "[Global Footprint Network](#)". The facilitator or even the participants themselves may use this network to search for additional information about this topic.

After all participants have calculated their Ecological Footprint, they will be divided into pairs and discuss the results by expressing how they feel, if they are surprised, and what changes they would or wouldn't be willing to make in their daily lives. Each pair is advised to set personal goals and create **tandems** together in order to monitor the success of these goals. It is also possible to share these ideas for change with the whole group if they feel comfortable enough to do so.