TU Clausthal
Clausthal University of Technology

ETCE LAB

Limits to Growth WS 25/26
Exercise 01

Published on : **13.11.2025**
Deadline : **20.11.2025**
Do you have questions? Contact us via email **etce-ltg@tu-clausthal.de**

This is an individual exercise.

TASK(s)

- Gather information about your daily life over the past months, such as transportation habits (car, public transportation, flights, etc.), household energy consumption (electricity, heating, cooling, etc.), dietary patterns (meat consumption, overview of eating habits), shopping, and waste habits.
- Use one of the following resources and calculate your ecological footprint estimations:

  https://www.footprintcalculator.org/
  https://www.wwf.de/themen-projekte/klimaschutz/wwf-klimarechner (Extensive, but available only in German)
- Once completed, save the results to include in your submission below – especially values denoted under categories corresponding to the amount of CO_2 emission and how many Earths you would need.

Footprint : CO_2 in tonnes per year

Earths required : Earths

Submission Guidelines :

Please fill out the fields in this pdf upload your answers to Cloud Folder here, using password "Limitstogrowth2526" as a PDF file with your name; e.g.: "E01-FirstName.pdf".

IMPORTANT (WICHTIG)
Submissions without the proper file name will NOT be considered.

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BONUS Exercise

Coffee is one of the most consumed beverages worldwide, but it comes with a significant environmental cost. The production, transportation, and preparation of coffee contribute to greenhouse gas emissions, water usage, and deforestation. Understanding the global supply chain and how it impacts the environment and sustainability is crucial to addressing the challenges we face today.

Gather the following information based on your coffee habits,

- Number of cups of coffee you drink per day, type of coffee (espresso, filter, latte, instant etc.), preparation method, source of coffee (brand, local-café, mensa)
- Use this online calculator to find estimated impact and submit the results: https://www.omnicalculator.com/food/coffee-footprint#should-you-be-guilty-of-drinking-coffee

Footprint :	CO_2 in tonnes per year
Water used	Liters