**Travel**

[https://ourworldindata.org/travel-carbon-footprint#:~:text=Transport%20accounts%20for%20around%20one,of%20an%20individual%27s%20carbon%20footprint.](https://ourworldindata.org/travel-carbon-footprint%23:~:text=Transport%20accounts%20for%20around%20one,of%20an%20individual%27s%20carbon%20footprint.) Website I used

Transport accounts for around one-fifth of global carbon dioxide (CO2) emissions [24% if we only consider CO2 emissions from energy].[1](https://ourworldindata.org/travel-carbon-footprint#note-1) In some countries – often richer countries with populations that travel often – transport can be one of the largest segments of an individual’s carbon footprint

Using a bike instead of a car for short trips would reduce your travel emissions by around 75%

Over short to medium distances walking or cycling are the lowest carbon way to travel

Cycling = 16 to 50 grams CO2eq per km

More carbon footprint per kilometre for domestic flights compared to long haul

<https://ourworldindata.org/grapher/carbon-footprint-travel-mode?tab=table&stackMode=absolute&time=2018&country=Bus~Domestic%20flight~Eurostar%20(international%20rail)~Ferry%20(foot%20passenger)~London%20Underground~Long-haul%20flight%20(economy)~Medium%20car%20(diesel)~Medium%20car%20(petrol)~Medium%20electric%20vehicle%20(UK%20electricity)~Motorcycle%20(medium)~National%20rail~Petrol%20car%2C%202%20passengers~Short-haul%20flight%20(economy)&region=World>

How to reduce travel footprint for advice after quiz

* Walk, cycle or run when possible – this comes with many other benefits such as lower local [air pollution](https://ourworldindata.org/air-pollution) and better health;
* Trains are nearly always the winning option over moderate-to-long distances.
* If travelling internationally, going by train or boat is lower carbon than flying.
* If travelling domestically, driving – even if it’s alone – is usually better than flying.
* If it’s a choice between driving or flying internationally, flying economy class is often better.
* Car-sharing will massively reduce your footprint – it also helps to reduce local [air pollution](https://ourworldindata.org/air-pollution) and congestion;
* Electric vehicles are nearly always lower carbon than petrol or diesel cars, especially in a country that produces much of its electricity by renewables or nuclear.

**Food**

<https://www.bbc.co.uk/news/science-environment-46459714> Website I used

26% of global emissions come from food

"What we eat is one of the most powerful drivers behind most of the world's major environmental issues, whether it's climate change or biodiversity loss,"

Cutting meat and dairy products from your diet could reduce an individual’s carbon footprint from food by two thirds.

Should buy less meat, milk, cheese and butter, eat more locally sourced seasonal food and throw less of it away

**Products**

<https://www.greenbiz.com/article/hiding-plain-sight-carbon-cost-everyday-products> Website I used

Thirty percent of global greenhouse gas emissions are produced through the process of converting metal ores and fossil fuels into cars, washing machines and electronic devices.

How much do you recycle? All the time, sometimes, never

Why/when do you throw things away? Broken vs want a new one