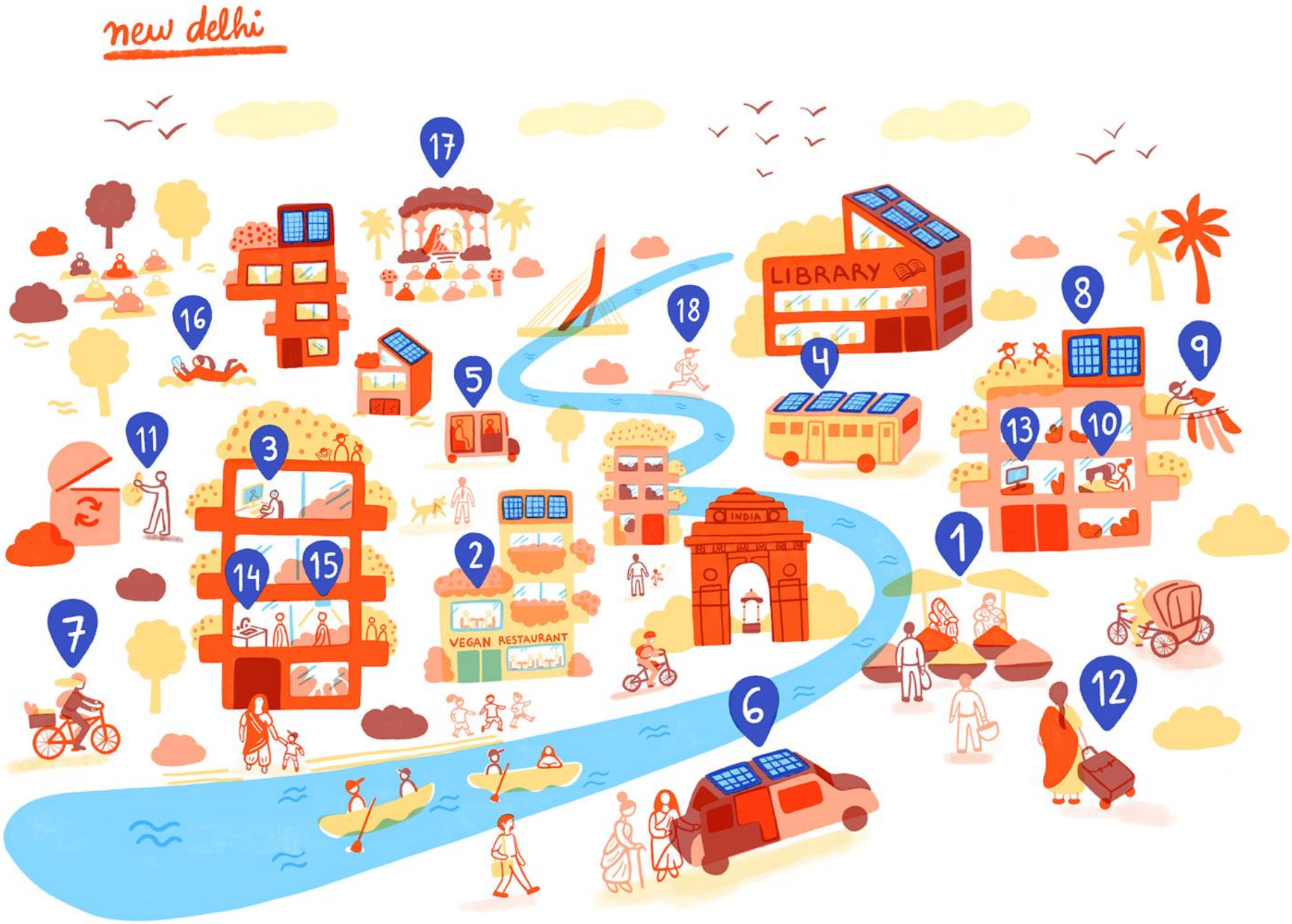


NEW DELHI LIFESTYLE OPTIONS

1- Plant-rich and organic food: **-297kg CO2e/cap/yr**

2- Vegetarian restaurant & reduction of food loss in supply chain: **-267kg CO2e/cap/yr**

3- Teleworking/ Working remotely: **-297kg CO2e/cap/yr**

4- Using public transport (even for intercity travel):

-17kg CO2e/cap/yr

5- Using CNG vehicles: **-546kg CO2e/cap/yr**

6- Ride sharing and car sharing: **-82kg CO2e/cap/yr**

7- Use of bicycles: **-280kg CO2e/cap/yr**

8- Rooftop solar panels: **-358kg CO2e/cap/yr**

9- Reduce the use of electronics: **-0.63kg CO2e/cap/yr**

10- Repairing items (sewing): **-34kg CO2e/cap/yr**

11- Reduce waste and Re-Use Waste: **-34kg CO2e/cap/yr**

12- Reduce Plastic Consumption (by bringing your own basket, cloth bag to carry the things you buy from the market): **-0.9kg CO2e/cap/yr**

13- Switching off appliances when not in use: **-39kg CO2e/cap/yr**

14- Install Water Saving Fixtures in Washrooms and Kitchen: **-5kg CO2e/cap/yr**

15- Motion sensing lights: **-117kg CO2e/cap/yr**

16- Use E-books instead of hard copies: **-40kg CO2e/cap/yr**

17- Reduce extravaganza in weddings: **-1826kg CO2e/cap/yr**

18- Exercising outdoors without machines: **-14kg CO2e/cap/yr**

SAO PAULO LIFESTYLE OPTIONS

1- Low-carbon protein instead of red meat (poultry, fish): **-540kg CO2e/cap/yr**

2- Plan food shopping to avoid waste: **-280kg CO2e/cap/yr**

3- Reuse food leftovers: **-420kg CO2e/cap/yr**

4- Vegetarian restaurant: **-62 CO2e/cap/yr**

5- Solar panels in homes: **-50kg CO2e/cap/yr**

6- Sharing of housing space: **-260kg CO2e/cap/yr**

7- Reduce home electricity use (inc. monitoring, peak management): **-80kg CO2e/cap/yr**

8- LED lighting: **-50kg CO2e/cap/yr**

9- Living in smaller homes: **-170kg CO2e/cap/yr**

10- More natural lights/big windows: **-30kg CO2e/cap/yr**

11- Using public transport (reduction of car use): **-110kg CO2e/cap/yr**

12- Ridesharing: **-70kg CO2e/cap/yr**

13- Home office: **-210kg CO2e/cap/yr**

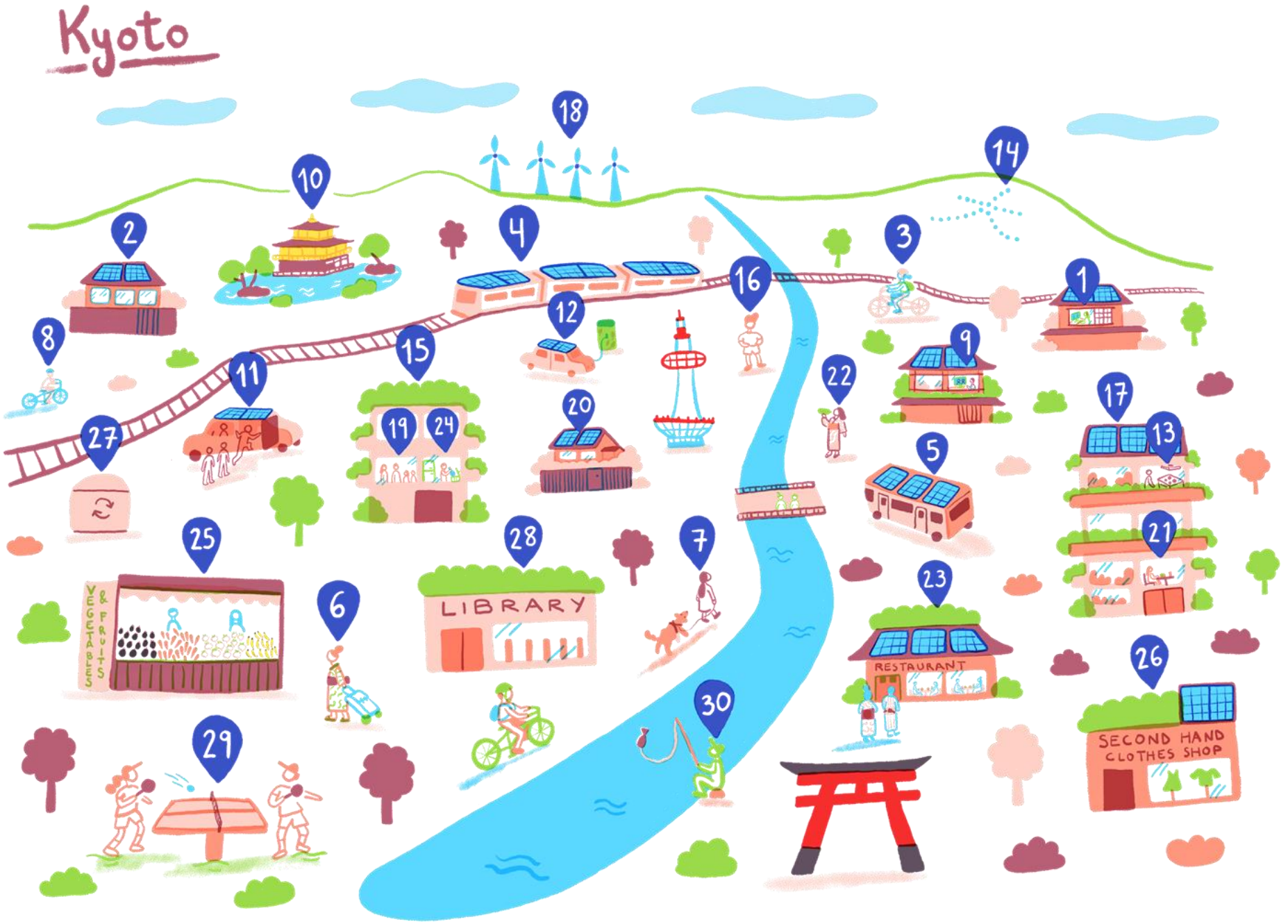
14- Using bikes: **-220kg CO2e/cap/yr**

15- Eco-driving: **-50kg CO2e/cap/yr**

16- Making clothes last longer: **-10kg CO2e/cap/yr**

17- Reduction in electronics consumption: **-1kg CO2e/cap/yr**

18- Prefer alternatives to disposable pads/tampons: **-0.3kg CO2e/cap/yr**



KYOTO LIFESTYLE OPTIONS

1- Telework: **-280kg CO2e/cap/yr**

2- Live close to working place: **-190kg CO2e/cap/yr**

3- Bicycle commuting: **-220kg CO2e/cap/yr**

4- Train commuting: **-200kg CO2e/cap/yr**

5- Bus commuting: **- 150kg CO2e/cap/yr**

6- Buy in bulk: **-140kg CO2e/cap/yr**

7- Fun in the neighbourhood: **-100kg CO2e/cap/yr**

8- Private bicycle travel: **-470kg CO2e/cap/yr**

9- Online homecoming: **-170kg CO2e/cap/yr**

10- Long holidays in Japan: **-60kg CO2e/cap/yr**

11- Ridesharing / Car sharing: **-510kg CO2e/cap/yr**

12- Electric vehicles (renewable energy charging): **-470kg CO2e/cap/yr**

13- Electrification with IH cooking heater + renewable energy (electrification of cooking): -
1350kg CO2e/cap/yr

14- LED bulbs: **-90kg CO2e/cap/yr**

15- Thermal Insulation Renovation: **-140kg CO2e/cap/yr**

16- Regulate temperature by clothing: **-110kg CO2e/cap/yr**

17- Power generation by rooftop solar panel: **-1280kg CO2e/cap/yr**

18- Switching to 100% renewable energy electricity: **-1230kg CO2e/cap/yr**

19- Compact housing: **-240kg CO2e/cap/yr**

20- Zero-energy house **-1820kg CO2e/cap/yr**

21- Balanced and healthy home cooking: **-40kg CO2e/cap/yr**

22- Balanced, healthy drinks and snacks: **-130kg CO2e/cap/yr**

23- Eating out in a balanced and healthy way: **-30kg CO2e/cap/yr**

24- Reducing food loss at home: **-40kg CO2e/cap/yr**

25- Diet centered on vegetables and legumes (Vegan food): **-340kg CO2e/cap/yr**

26- Careful selection and recycling of clothing: **-190kg CO2e/cap/yr**

27- Careful selection and recycling of furniture and carpets: **-50kg CO2e/cap/yr**

28- Careful selection and sharing of books and magazines, the use of libraries and e-books: **-20kg CO2e/cap/yr**

29- Community recreational activities: **-250kg CO2e/cap/yr**

30- Local eco-tourism: **-90kg CO2e/cap/yr**

NONTHABURI LIFESTYLE OPTIONS

1- Reduction in having a buffet or a meal at a restaurant (eat at home): **-367kg CO2e/cap/yr**

2- Work from home / Telepresence / Telework: **-225kg CO2e/cap/yr**

3- Support low-impact parties, weddings, and other special events: **-211kg CO2e/cap/yr**

4- Private traveling by bus (car free): **-209kg CO2e/cap/yr**

5- Vegan diet: **-192kg CO2e/cap/yr**

6- Reduction of food waste (ex. reduce oversized portion,...): **-182kg CO2e/cap/yr**

7- Electric vehicles (instead of conventional car): **-145kg CO2e/cap/yr**

8- Private traveling by skytrain (car free): **-124kg CO2e/cap/yr**

9- Riding a bicycle or walking instead of riding motorcycle: **-116kg CO2e/cap/yr**

10- Don’t buy fast fashion and double lifetime of clothes: **-115kg CO2e/cap/yr**

11- Closer weekend leisure/hobbies (reducing car, flight, bus): **-106kg CO2e/cap/yr**

12- Hybrid cars (instead of conventional): **-98kg CO2e/cap/yr**

13- Pesco-vegetarian diet: **-91kg CO2e/cap/yr**

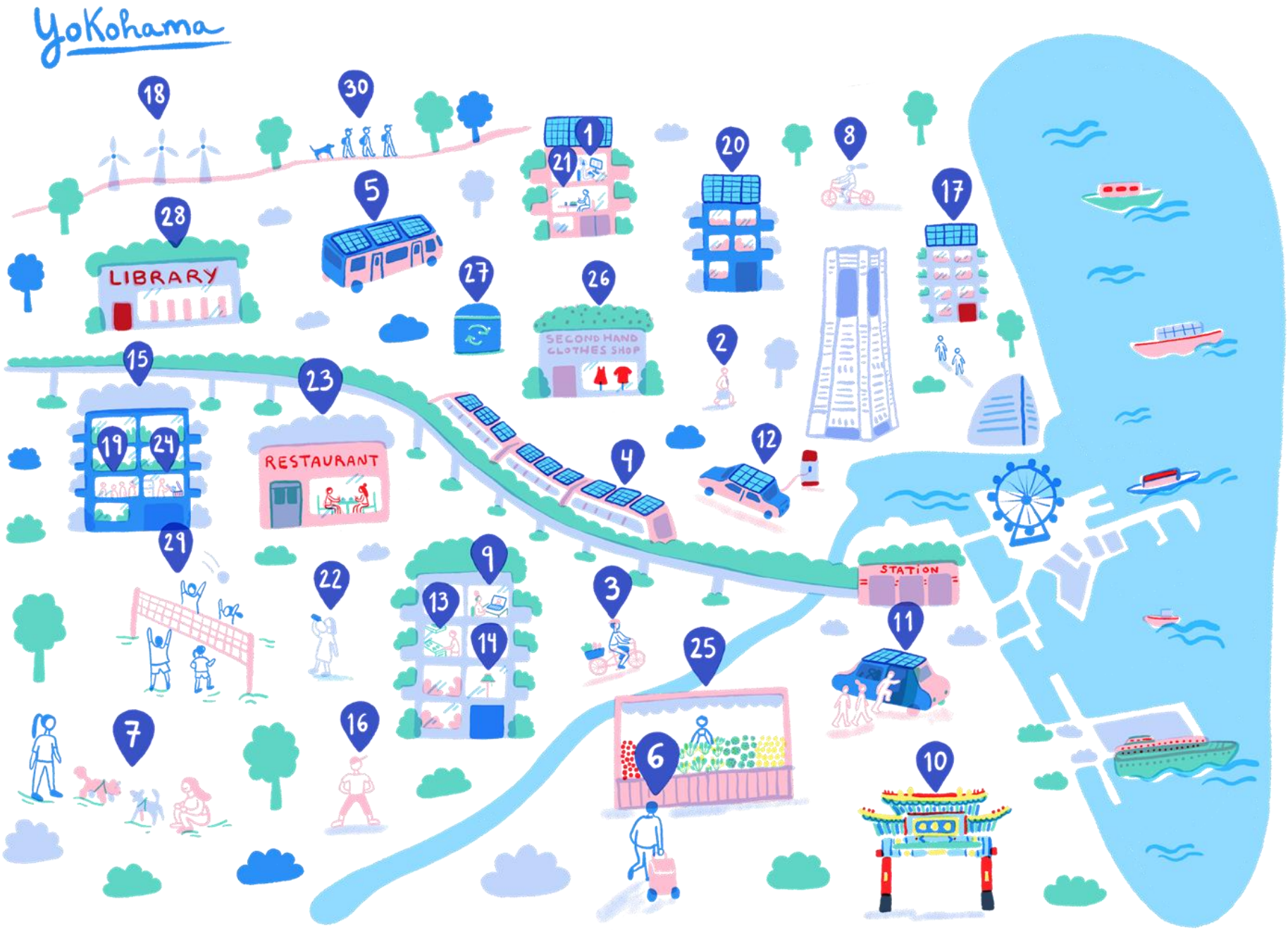
14- Ride-sharing: **-85kg CO2e/cap/yr**

15- Eco-driving: **-68kg CO2e/cap/yr**

16- Vegetarian diet: **-62kg CO2e/cap/yr**

17- Save water use: **-52kg CO2e/cap/yr**

18- Reduction of international flights: **-53kg CO2e/cap/yr**



YOKOHAMA LIFESTYLE OPTIONS

1- Telework: **-280kg CO2e/cap/yr**

2- Live close to working place: **-190kg CO2e/cap/yr**

3- Bicycle commuting: **-220kg CO2e/cap/yr**

4- Train commuting: **-200kg CO2e/cap/yr**

5- Bus commuting: **- 150kg CO2e/cap/yr**

6- Buy in bulk: **-140kg CO2e/cap/yr**

7- Fun in the neighbourhood: **-100kg CO2e/cap/yr**

8- Private bicycle travel: **-470kg CO2e/cap/yr**

9- Online homecoming: **-170kg CO2e/cap/yr**

10- Long holidays in Japan: **-60kg CO2e/cap/yr**

11- Ridesharing / Car sharing: **-510kg CO2e/cap/yr**

12- Electric vehicles (renewable energy charging): **-470kg CO2e/cap/yr**

13- Electrification with IH cooking heater + renewable energy (electrification of cooking): -
1350kg CO2e/cap/yr

14- LED bulbs: **-90kg CO2e/cap/yr**

15- Thermal Insulation Renovation: **-140kg CO2e/cap/yr**

16- Regulate temperature by clothing: **-110kg CO2e/cap/yr**

17- Power generation by rooftop solar panel: **-1280kg CO2e/cap/yr**

18- Switching to100% renewable energy electricity: **-1230kg CO2e/cap/yr**

19- Compact housing: **-240kg CO2e/cap/yr**

20- Zero-energy house: **-1820kg CO2e/cap/yr**

21- Balanced and healthy home cooking: **-40kg CO2e/cap/yr**

22- Balanced, healthy drinks and snacks: **-130kg CO2e/cap/yr**

23- Eating out in a balanced and healthy way: **-30kg CO2e/cap/yr**

24- Reducing food loss at home: **-40kg CO2e/cap/yr**

25- Diet centered on vegetables and legumes (Vegan food): **-340kg CO2e/cap/yr**

26- Careful selection and recycling of clothing: **-190kg CO2e/cap/yr**

27- Careful selection and recycling of electrical products: **-50kg CO2e/cap/yr**

28- Careful selection and sharing of books and magazines, the use of libraries and e-books: **-20kg CO2e/cap/yr**

29- Community recreational activities: **-250kg CO2e/cap/yr**

30- Local eco-tourism: **-90kg CO2e/cap/yr**

Cape Town

CAPE TOWN LIFESTYLE OPTIONS

1- Compost your kitchen waste: **-404kg CO2e/cap/yr**

2- Grow vegetables at home: **-13kg CO2e/cap/yr**

3- Eat vegetarian and follow a plant diet: **-3326kg CO2e/cap/yr**

4- Eliminate consumption of soda and juices: **-470kg CO2e/cap/yr**

5- Reduce portion size: **-925kg CO2e/cap/yr**

6- Take left-overs from restaurants: **-44kg CO2e/cap/yr**

7- Repair clothing: **-293kg CO2e/cap/yr**

8- Experiences instead of goods for holidays and birthdays: **-49kg CO2e/cap/yr**

9- Purchase quality clothing: **-188kg CO2e/cap/yr**

10- Use e-services instead of visiting branches: **-76kg CO2e/cap/yr**

11- Half shower time or bathwater level: **-227kg CO2e/cap/yr**

12- Water-saving taps: **-120kg CO2e/cap/yr**

13- Switch to gas cooking: **-838kg CO2e/cap/yr**

14- Task lighting: **-17kg CO2e/cap/yr**

15- Install EE Light Bulbs: **-39kg CO2e/cap/yr**

16- Invest in a Net-Zero Energy house: **-742kg CO2e/cap/yr**

17- Carpool: **-377kg CO2e/cap/yr**

18- Use public transport: **-571kg CO2e/cap/yr**

19- Work from home: **-127kg CO2e/cap/yr**

20- Halve local and international flights / Stop flying: **-117kg CO2e/cap/yr**

21- Walk to work: **-18kg CO2e/cap/yr**

22- Cycle to work: **-266kg CO2e/cap/yr**

23- Use an electric vehicle (with renewables): **-469kg CO2e/cap/yr**

24- Reduce meals at restaurants: **-47kg CO2e/cap/yr**

25- Choose vegetarian restaurants: **-176kg CO2e/cap/yr**

26- eBooks: **-8kg CO2e/cap/yr**

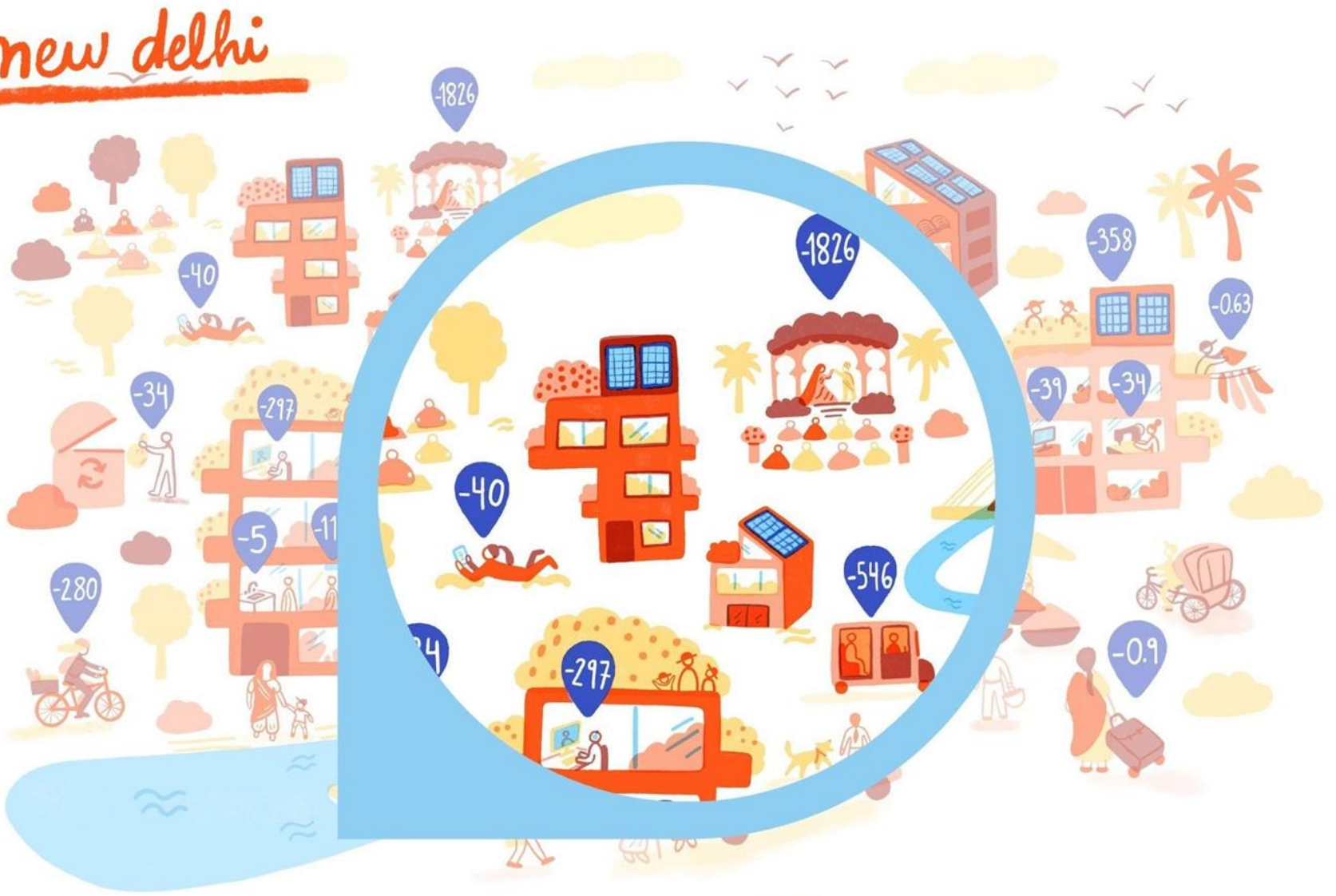
27- Share books & public library: **-14kg CO2e/cap/yr**

28- Go camping: **-128kg CO2e/cap/yr**

29- Halve the time on your mobile phone and computer: **-116kg CO2e/cap/yr**

30- Relax outside: **-140kg CO2e** per capita per year

Did you know that in #Nonthaburi, the greatest contribution to the average residents' carbon footprint comes from food? Having meals at home rather than eating out has the potential to save 142 kg CO2e per capita every year. https://hotorcool.org/future-lifestyles/nonthaburi/ @IGES_EN @10YFP @ChulalongkornU @hotorcool



On average, New Delhi residents emit about 1.4 tons of CO2e per person - below the 2030 target of 2.5 tons. But Delhi residents are still envisioning a more sustainable, #1point5 degree future: https://hotorcool.org/future-lifestyles/new-delhi/ @IGES_EN @10YFP @swechhaindia @hotorcool

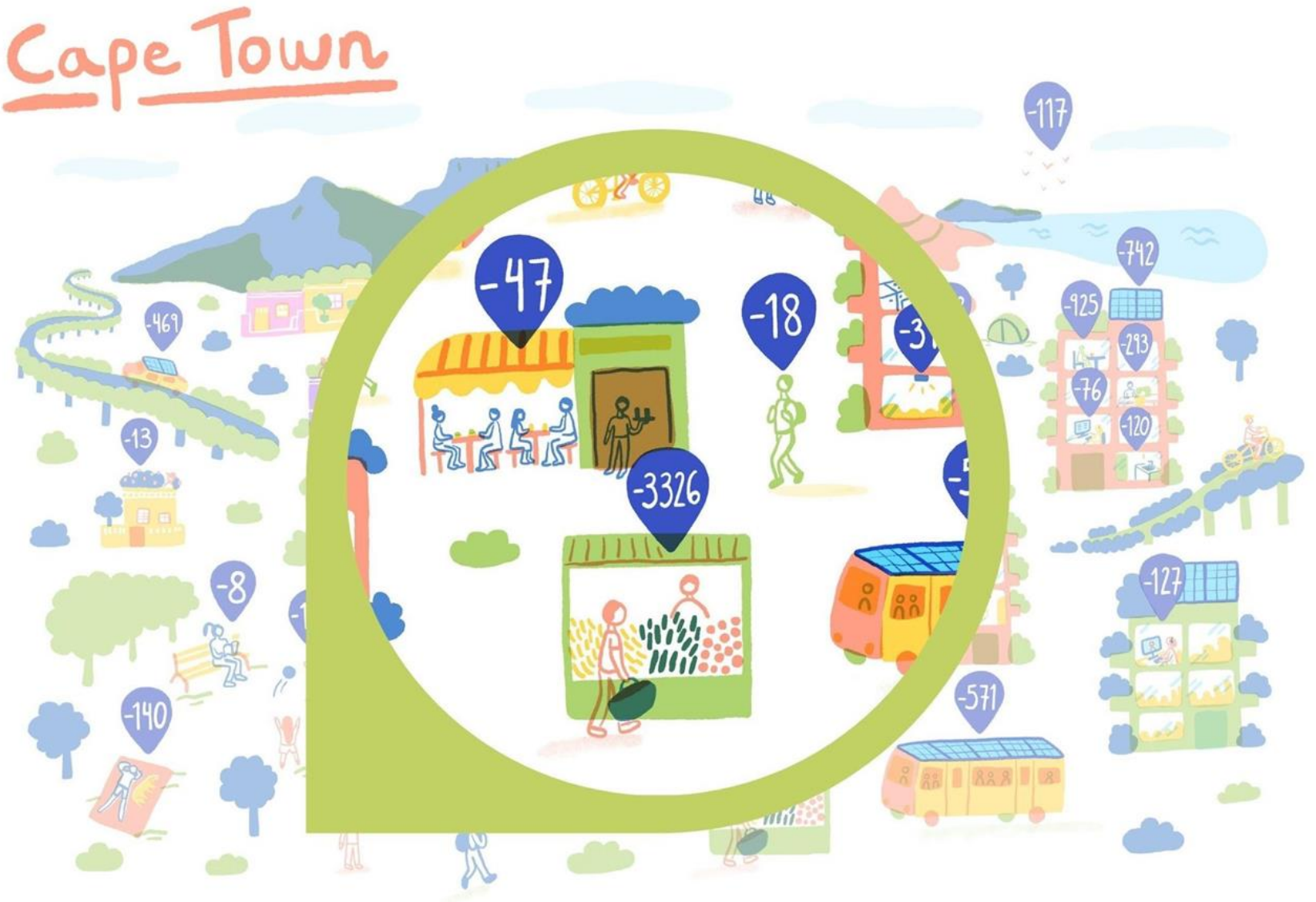
IGES Institute for Global Environmental Strategies

One planet live with care

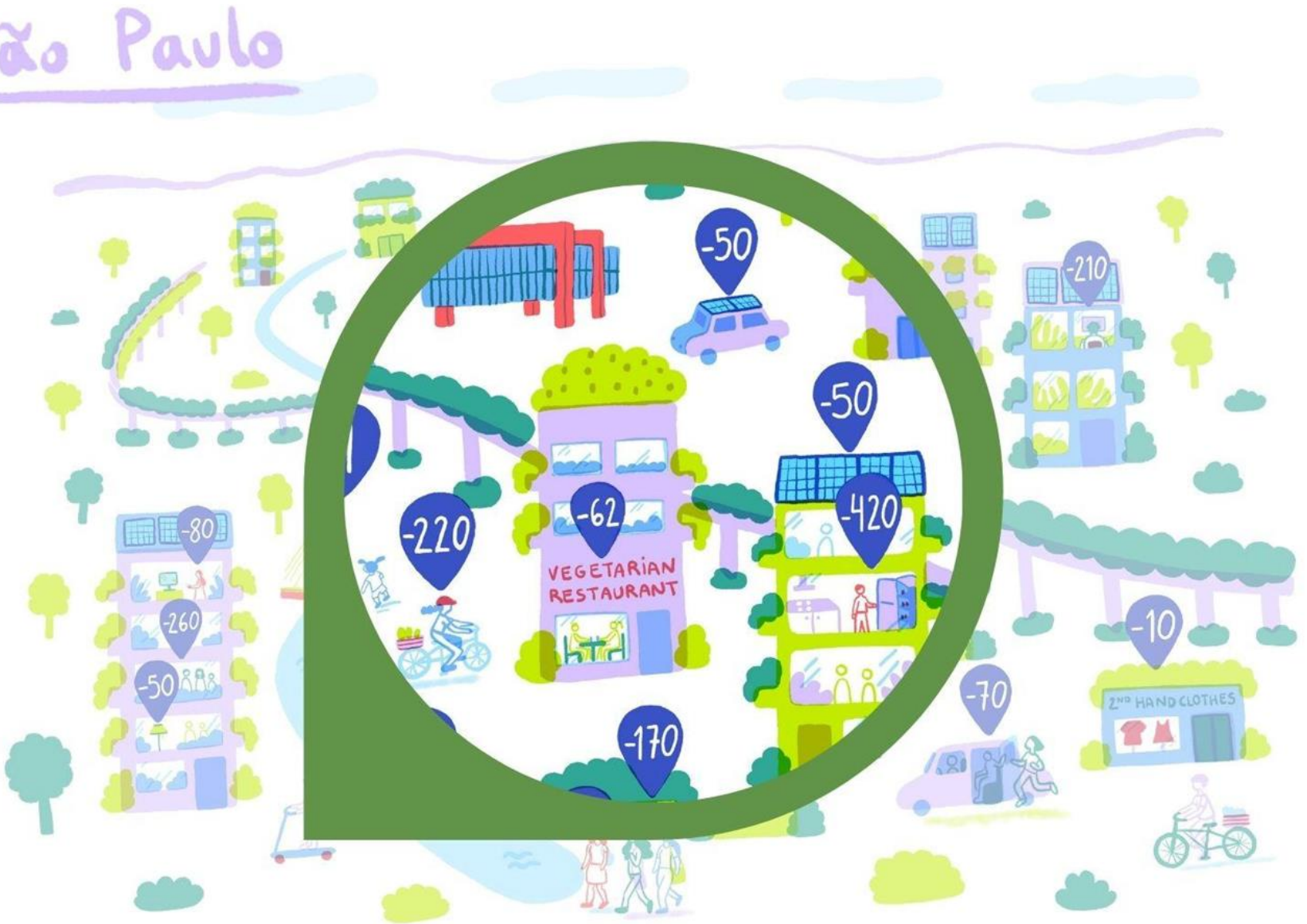
ICLEI Local Governments for Sustainability JAPAN

HotorCool

Housing accounts for 31% of consumption based emissions in #Kyoto - but the city envisions a future in which it is common to build #zeroenergy houses and many citizens install solar PV or purchase #renewable energy. https://hotorcool.org/future-lifestyles/kyoto/ @IGES_EN @10YFP @hotorcool



Did you know that in #CapeTown, 43% percent of household emissions could be reduced simply by following a #plant-based diet? Learn more about enabling #1point5 degree lifestyles. https://hotorcool.org/future-lifestyles/cape-town/ @IGES_EN @10YFP @ICLEIAfrica @hotorcool



In #SãoPaulo, average per capita emissions need to be cut by 30% to stay on track to achieve #1point5 degrees. 38% of household emissions come from food. Solutions like shifting from red meat to low carbon protein will help. https://hotorcool.org/future-lifestyles/sao-paolo/ @IGES_EN @10YFP @institutoakatu @hotorcool

In #Yokohama, residents see the expansion of rooftop #solar as a key solution to address emissions from housing, which generate 28% of the average annual emission of about 7.1 tons of CO2e per person. Check out more solutions: https://hotorcool.org/future-lifestyles/yokohama/ @IGES_EN @10YFP @ICLEI_Japan @hotorcool

WHEN WE TALK ABOUT LIFESTYLES, THE FOLLOWING FIVE AREAS ARE WHERE CONSUMPTION HAS THE HIGHEST IMPACT ON THE ENVIRONMENT:

FOOD

HOUSING

MOBILITY

CONSUMER GOODS & SERVICES

LEISURE

1.5° LIFESTYLES

HotorCool

BECAUSE...

If the remaining carbon budget was distributed equally among everyone, the target for reducing lifestyles carbon footprints per year is 2.5 tons of CO_2 equivalence per person by 2030, and 0.7 tons by 2050!

IGES et al, 2019

1.5° LIFESTYLES

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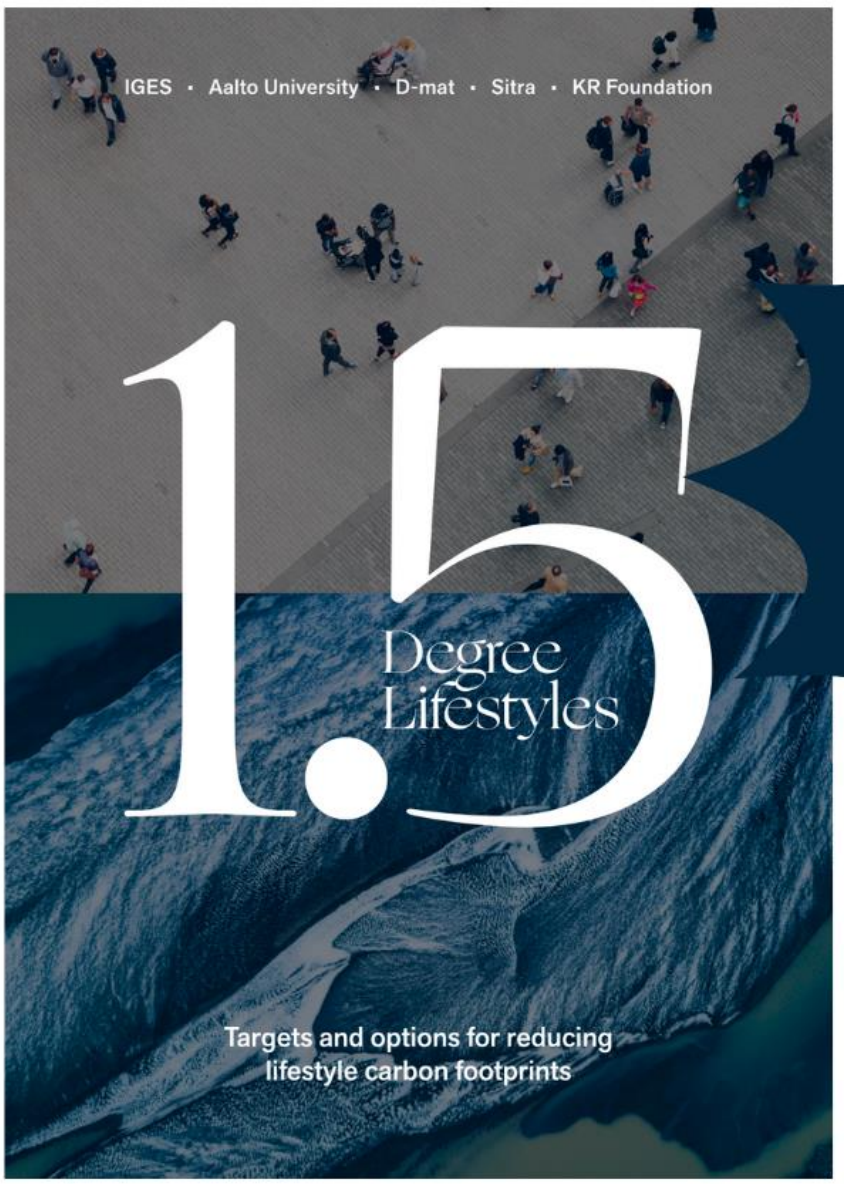
DID YOU KNOW?



In 2017, the average carbon footprint per person was 10.4 tonnes of CO2 equivalence in Finland*

*IGES et al, 2019

1.5° LIFESTYLES

DID YOU KNOW?

HotorCool

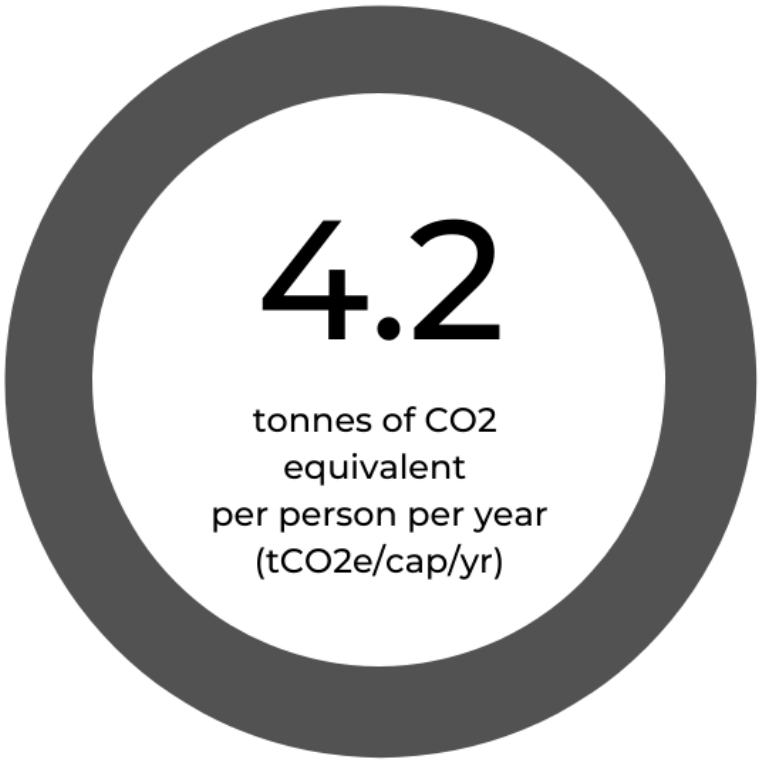
If the remaining carbon budget was distributed equally among everyone, the target for reducing lifestyles carbon footprints per year will be 2.5 tons of CO2 equivalence per person by 2030, and 0.7 tons by 2050!

1.5 LIFESTYLES

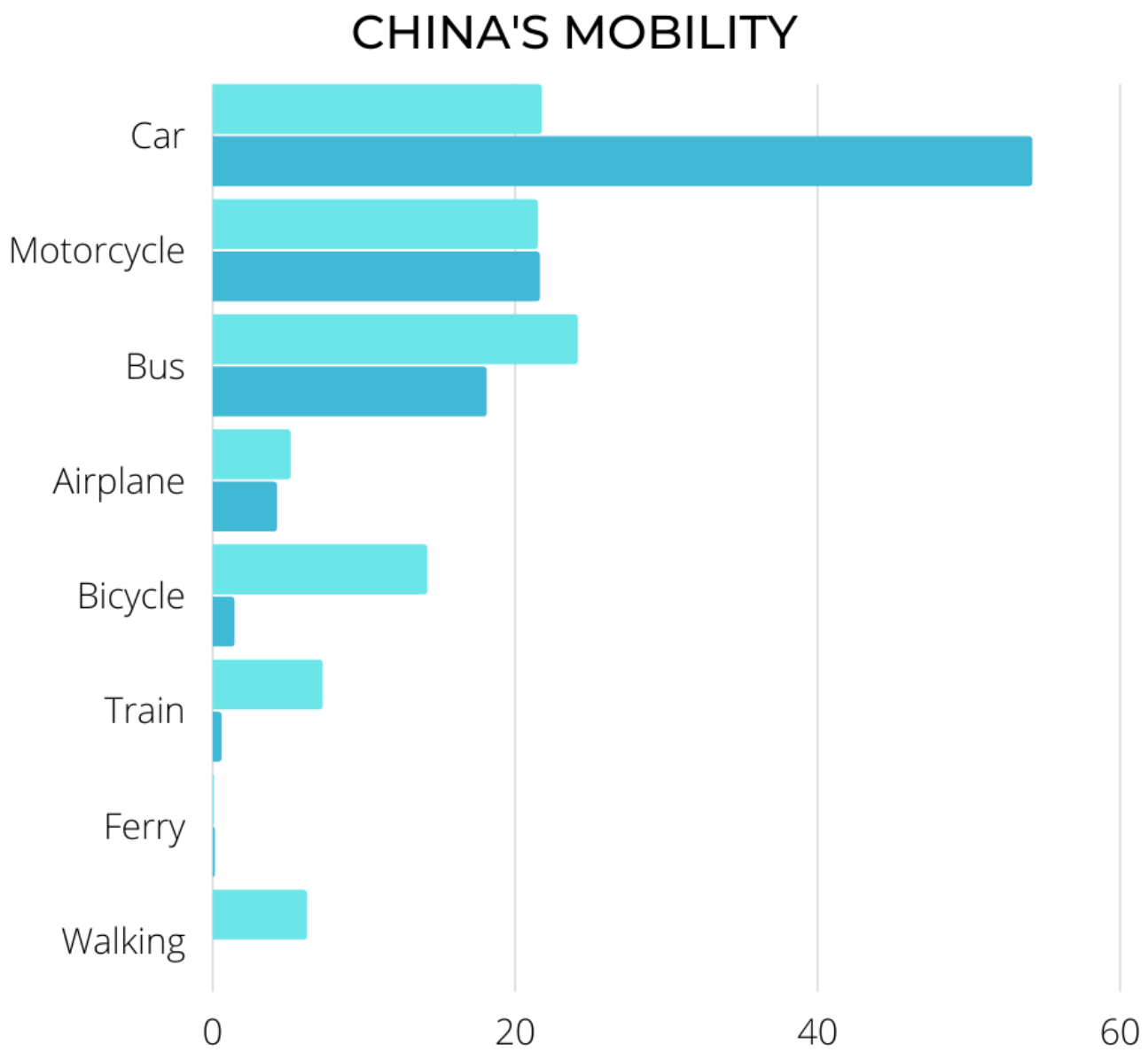

HotorCool
CONSIDER THESE 5 AREAS OF OUR LIFESTYLES
They have the biggest impact on our environment!
FOOD
HOUSING
MOBILITY
CONSUMER GOODS & SERVICES
LEISURE
1.5
LIFESTYLES

CHINA

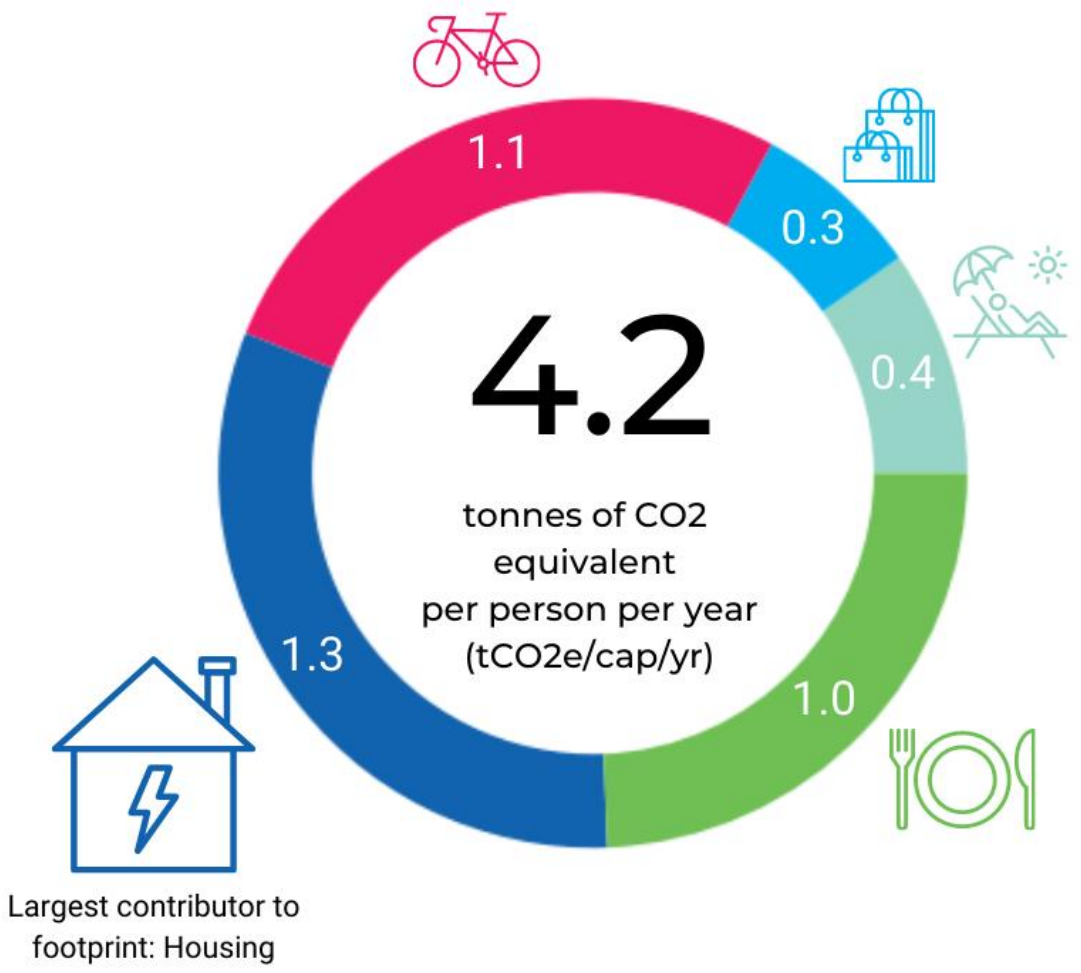
In 2017, the average
lifestyle carbon footprint in China was



Some greenhouse gases (GHGs) warm the planet more than others.
CO2e measures all greenhouse gases by the amount of CO2 that
would have an equivalent impact.


CHINA'S MOBILITY
Car
Motorcycle
Bus
Airplane
Bicycle
Train
Ferry
Walking
0
20
40
60

CHINA

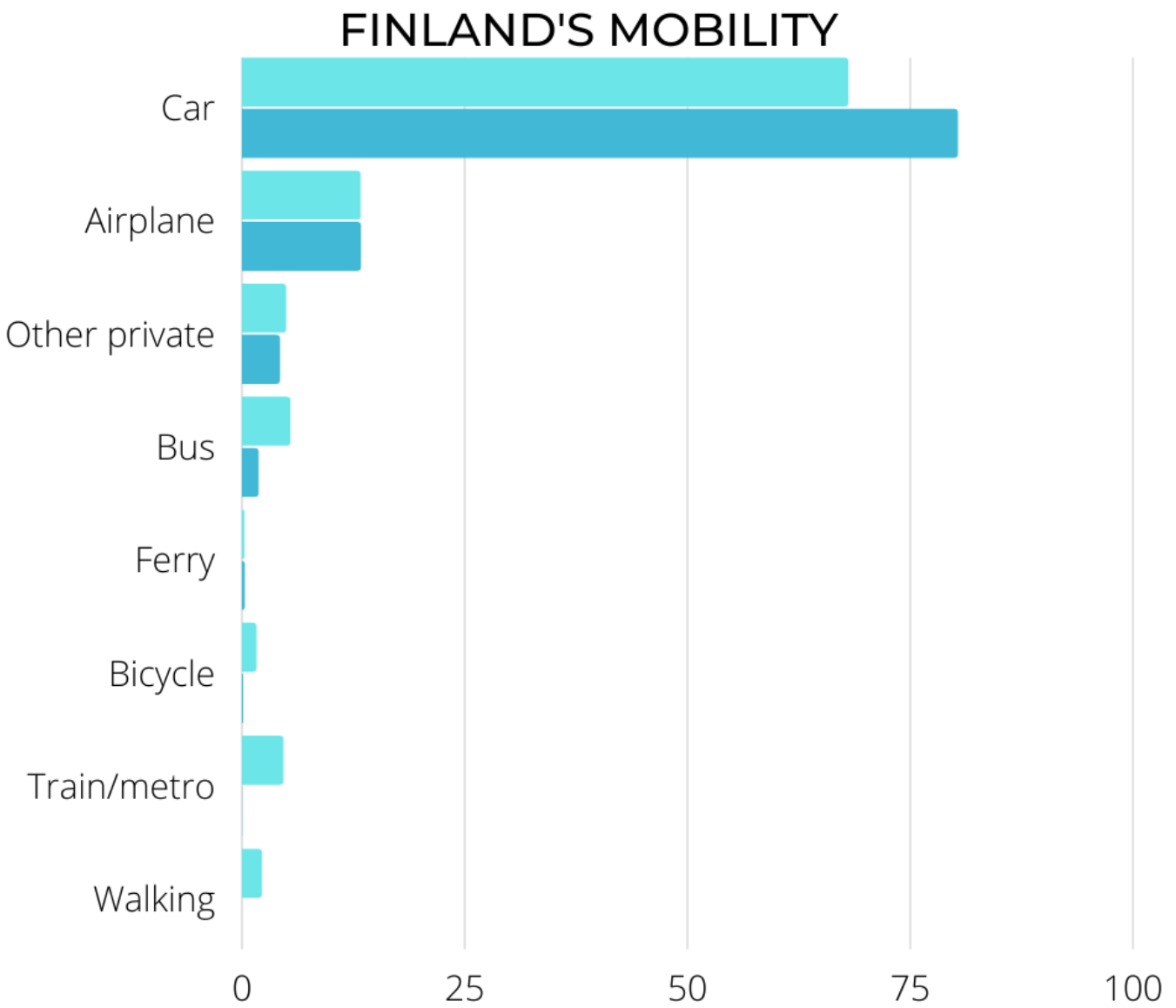


Largest contributor to footprint: Housing

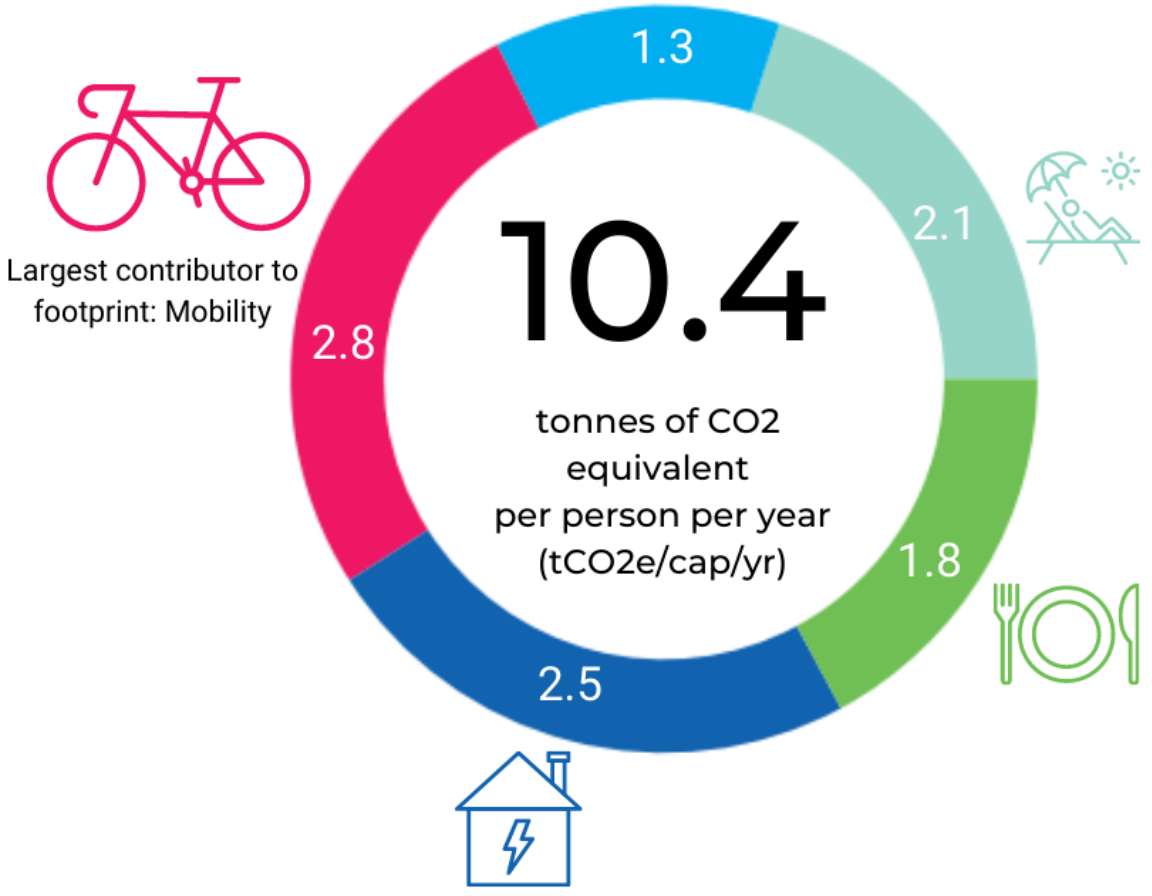
CHINA'S CAR USE

1765.9 km out of
8120 km/cap/yr

590.3 kgCO2e out of
1090 kgCO2e/cap/yr

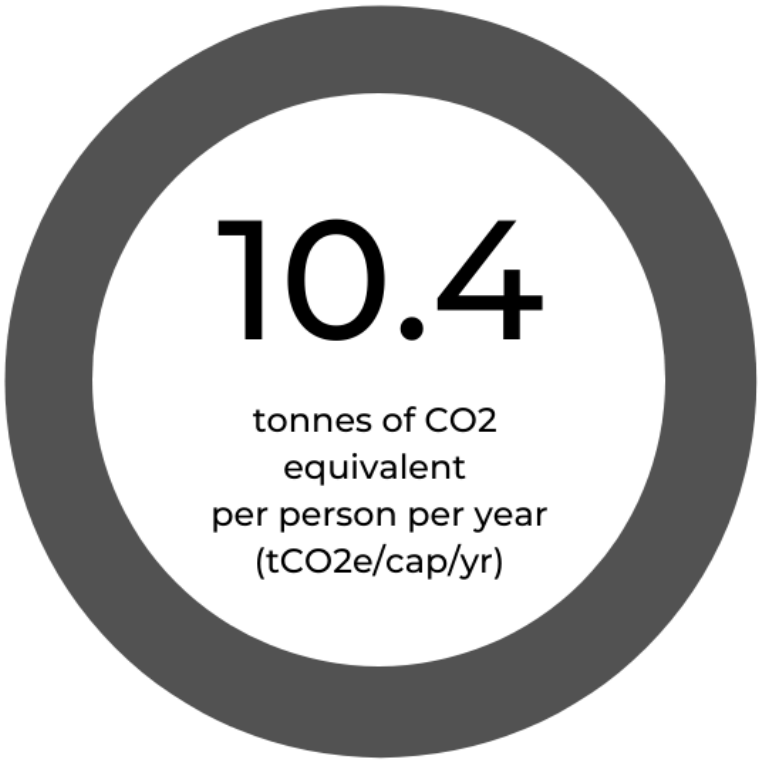

FINLAND'S MOBILITY
Car
Airplane
Other private
Bus
Ferry
Bicycle
Train/metro
Walking
0
25
50
75
100

FINLAND


1.3
2.1
1.8
2.5
2.8
10.4
tonnes of CO2
equivalent
per person per year
(tCO2e/cap/yr)
Largest contributor to
footprint: Mobility

FINLAND

In 2017, the average
lifestyle carbon footprint in Finland was



Some greenhouse gases (GHGs) warm the planet more than others.
CO2e measures all greenhouse gases by the amount of CO2 that
would have an equivalent impact.

FINLAND'S CAR USE

11201.4 km out of
16470 km/cap/yr

2240.28 kgCO2e out of
2790 kgCO2e/cap/yr