

8) ECOLOGICAL FOOTPRINT CALCULATOR

This activity is designed to engage participants in self-reflection and awareness about their individual ecological impact by exploring the concept of the ecological footprint. Through personal calculation and group discussions, participants gain insight into their environmental behaviors and how these contribute to global sustainability challenges. The activity combines pre-workshop preparation with interactive in-session activities to deepen understanding and encourage critical thinking about environmental responsibility.

Number of participants: 1 - 30

Duration: 15 minutes

Materials:

- [Ecological footprint calculator](#)

How to play/conduct the activity?

The facilitator tells the participants in advance that they will discuss the ecological footprint in the next workshop. For homework (or on the spot), each of the participants (either together with the parents or alone) must take the quiz and learn about their own ecological footprint. Have them print the results (if they have the option) and bring them with them next time. If they do not have this option, they can calculate each of their footprints in the workshop itself. Next, the facilitator asks them if they have brought with them the results of the calculation of their ecological footprint.

In groups, they should compare the results obtained and discuss them, and then report their findings, similarities, and differences to the group. They should also consider the measures they should take to reduce their ecological footprint. The results of their ecological footprint and measures to reduce it are presented on posters, which will then be hung in the room.

It is important to address their feelings and thoughts about finding out their ecological footprint and what can be done next.

Competences:

- Environmental Awareness and Responsibility
- Critical Thinking and Reflection
- Communication and Collaboration
- Digital and Media Literacy
- Advocacy and Active Citizenship
- Practical Decision-Making Skills
- Leadership and Initiative