

## DETAILED GUIDE TO CO2 OFFSET FOR A 2-DAY MEETING: EUROPEAN SEALING ASSOCIATION AGM 2024

Calculating the carbon offset you can achieve by adopting eco-friendly practices can provide a concrete understanding of the impact you're making. Below are some subjects with more detailed explanations and approximate calculations for CO2 emissions reduction per person for a 2-day meeting schedule during the AGM.

### TRANSPORTATION

#### PUBLIC TRANSPORT OR CARPOOLING

- **CO2 Saved:** Around 0.9 kg per 10-mile round trip when switching from a car to public transport.
- **Calculation:** If the round trip distance to the venue is 10 miles and you use public transport, you can save approximately 0.9 kg of CO2 compared to driving alone.

#### ELECTRIC OR HYBRID CARS

- **CO2 Saved:** About 50% reduction compared to conventional cars.
- **Calculation:** A conventional car emits about 2.3 kg of CO2 per 10-mile round trip. By using an electric or hybrid car, you can save around 1.15 kg of CO2 for the same distance.

#### DIRECT FLIGHTS

- **CO2 Saved:** 10–20% reduction in emissions compared to connecting flights.
- **Calculation:** A single intercontinental flight can emit around 300 kg of CO2 per person. Opting for a direct flight can save between 100 and 200 kg of CO2.

### ACCOMMODATION

#### ECO-FRIENDLY HOTELS

- **CO2 Saved:** About 15% reduction in emissions.
- **Calculation:** The average hotel room emits around 15.13 kg of CO2 per night. Staying in an eco-friendly hotel can save approximately 2.27 kg of CO2 per night.

#### REUSE TOWELS AND LINENS

- **CO2 Saved:** About 1 kg per day.
- **Calculation:** The laundry process emits around 1 kg of CO2 per set of towels and linens. Reusing them can save 2 kg for a 2-day meeting.

### AT THE MEETING

#### USE DIGITAL MATERIALS

- **CO2 Saved:** About 0.2 kg per 50 pages.
- **Calculation:** Printing 50 pages emits around 0.2 kg of CO2. Utilizing digital materials saves this amount.

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## BRING REUSABLE ITEMS

- **CO2 Saved:** 0.4 kg per day.
- **Calculation:** A disposable bottle emits about 0.12 kg of CO2. If you avoid using 3 bottles a day, you save 0.36 kg of CO2. Add a reusable coffee cup to save approximately 0.4 kg in total per day.

## FOOD AND BEVERAGES

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### LOCAL PRODUCE

- **CO2 Saved:** About 0.5 kg per meal.
- **Calculation:** A meal made from locally sourced ingredients can save around 0.5 kg of CO2 compared to a meal made from imported ingredients.

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### PLANT-BASED OPTIONS

- **CO2 Saved:** Around 1.5 kg per meal.
- **Calculation:** A plant-based meal emits about 1.5 kg less CO2 compared to a meat-based meal.
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## AFTER THE EVENT

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### OFFSET YOUR CARBON FOOTPRINT

- **CO2 Offset:** Various plans exist, ranging from \$5 to \$20, to offset an average of 1,000 kg of CO2.

By adhering to these guidelines, you can potentially offset a significant amount of CO2 emissions during the 2-day event. Collectively, these efforts make a meaningful impact.

## BEHAVIORAL CHANGES TO REDUCE YOUR CO2 FOOTPRINT AT HOME AND IN DAILY LIFE

Personal behavioral changes can have a substantial impact on your carbon footprint. Below are some activities you can integrate into your home life or daily routine, along with approximate calculations to demonstrate the CO2 you could save.

## ENERGY CONSUMPTION

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### SWITCH TO LED BULBS

- **CO2 Saved:** About 80 kg per year for a single bulb.
- **Calculation:** Replacing one 60W incandescent bulb with a 10W LED bulb used for 5 hours a day can save around 80 kg of CO2 emissions per year.

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### USE ENERGY-EFFICIENT APPLIANCES

- **CO2 Saved:** 200-500 kg per appliance per year.

- **Calculation:** Energy-efficient appliances consume up to 50% less energy than their non-efficient counterparts, saving hundreds of kilograms of CO2 emissions each year.

## FOOD CHOICES

### ADOPT A VEGETARIAN DIET

- **CO2 Saved:** Approximately 1,000 kg per year.
- **Calculation:** A vegetarian diet can save about 1 tonne of CO2 emissions compared to a meat-based diet annually.

### REDUCE FOOD WASTE

- **CO2 Saved:** About 100 kg per year.
- **Calculation:** Reducing your food waste by half can save around 100 kg of CO2 emissions per year from decomposing food and transportation.

## WATER USAGE

### SHORTEN SHOWERS

- **CO2 Saved:** Around 200 kg per year.
- **Calculation:** Reducing your shower time by 5 minutes can save approximately 200 kg of CO2 emissions annually.

### INSTALL A LOW-FLOW TOILET

- **CO2 Saved:** About 100 kg per year.
- **Calculation:** Low-flow toilets can reduce flushing water by up to 50%, saving around 100 kg of CO2 emissions per year.

## TRANSPORTATION

### BIKE TO WORK

- **CO2 Saved:** About 0.2 kg per mile.
- **Calculation:** Biking instead of driving to work for a 10-mile round trip saves around 2 kg of CO2 per day, or 500 kg per year assuming 250 workdays.

### CARPPOOLING

- **CO2 Saved:** About 0.9 kg per 10-mile round trip.
- **Calculation:** Carpooling with just one other person for a 10-mile round trip to work saves around 0.9 kg of CO2 per trip.

## SHOPPING AND WASTE

### USE A REUSABLE BAG

- **CO2 Saved:** Around 0.005 kg per bag.
- **Calculation:** Each plastic bag emits about 0.005 kg of CO2. Using a reusable bag for your shopping trips saves this amount per bag.

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## RECYCLE

- **CO2 Saved:** Varies, but meaningful.
- **Calculation:** Recycling household items such as plastic, paper, and metal can significantly reduce the CO2 emissions associated with waste management and the production of new items.

## LIFESTYLE CHOICES

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### WORK REMOTELY

- **CO2 Saved:** Around 1.5 kg per day.
- **Calculation:** Remote working eliminates the commute, saving around 1.5 kg of CO2 per day.

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### ADOPT A PET PLANT

- **CO2 Offset:** About 1 kg per year for a small houseplant.
  - **Calculation:** A small houseplant can absorb around 1 kg of CO2 per year.
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