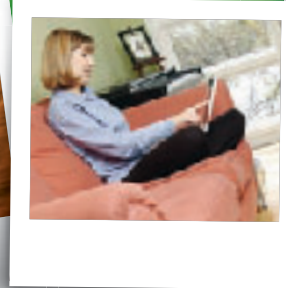
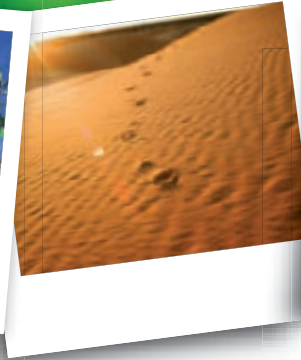




*for a living planet*®



The WWF Pocket Guide to a



# One Planet Lifestyle

EXIT

SEARCH

PRINT

NEXT

Written by Eduardo Gonçalves, Global Coordinator of WWF International's 'One Planet' initiatives.

Designed by Adam Baker - [www.adambaker.co.uk](http://www.adambaker.co.uk)

Printed by Kall-Kwik. Sponsored by Canon-Europe.

## About this book

This book has been made possible thanks to the generous support of Canon-Europe. Special thanks to Bruce Haase, Mark Lawn and Nathalie Huerlimann.

Additional material and comments by Gael Leopold, Maria Boulos, Eleni Androulaki, May Guerraoui, Aleksandar Bulatovic, Anne-Laure Letellier, Carolina Schwarz, Jane Ganeau, Mandy Thomas and Jean-Paul Jeanrenaud.

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This booklet has been printed on a high-quality, digital print-on-demand Canon machine. The layout was selected to virtually eliminate paper wastage. The toner used to form the image on the paper complies with European Union Hazardous and Health regulations and is not classified as dangerous (the "Safety Data Sheets" that contain more information are available on [www.canoneurope.com](http://www.canoneurope.com)).

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ISBN number: 978-2-88085-286-3

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Original design concept by [www.intelligent-marketing.org](http://www.intelligent-marketing.org)

Printed on Sapi Magno Matt Classic.



## What's it all about?

If we carry on living the way we are now, by the year 2035 we are going to have to find a SECOND planet identical to Earth to meet our growing demands for energy and resources.

**We need to change the way we live, work and play. Today.**



**The year is 2035.  
Will we need a second planet?**

We each have an average ecological footprint of **2.7 hectares** – which means that everyone on the planet uses on average 2.7 hectares of the world's surface to supply us with food, fuel, and materials to clothe and shelter us. But the planet has just **2.1 hectares** of land and sea to go around...

**In other words, we are living in serious ecological debt. And it is a debt which is growing EVERY DAY.**

As the world's climate heats up, fish stocks disappear, forests are destroyed and biodiversity declines, one thing is clear – **we face a massive global ecological credit crunch. But our debt to the earth is one that no-one can afford.**

**This book is about the small steps we now can ALL take that can help make a big difference to our living planet.** To find out more about how WWF is working near you to protect the planet and ensure a sustainable future for all, visit [www.wwf.org](http://www.wwf.org)

**The global economy is spending 30% more natural resources than it can actually afford. If current trends continue, that figure will reach 100% - or TWICE what the planet can sustain - by the mid-2030s.**



# Preface

**In cooperation with our Conservation Partner WWF, Canon is delighted to present you with this 'One Planet Living' book.** This book explains in very practical terms what we all can do to reduce our impact on the environment.

Canon's environmental commitment is rooted in our philosophy of kyosei or "living and working together for the common good". This philosophy was established in 1988 and is now firmly embedded as a core value of our company. Guided by kyosei we strive to balance environmental concerns with economic development.

As a leader in imaging products and solutions for the digital home and office, we are aware that our business has an impact on the environment. We are continuously making efforts to reduce our environmental impact throughout the whole product lifecycle. An example of this is our global consolidated ISO14001 certification which we have put in place to monitor and ensure environmental improvements in all our sites. Additionally, the eco-design features of our products help to reduce their ecological footprint.

But we realise that if we are to overcome the environmental challenges this planet faces we must all work together. Hopefully, this book will provide you with some interesting and useful suggestions on how you may be able to help.

We wish you pleasant reading.

**Ryoichi Bamba**  
**President & CEO**

Canon Europe, Middle East & Africa



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for a living planet®

## Introduction

**The great challenge of the 21st century is to figure out just how to live on this planet in a way that it can sustain.**

At the moment we are living way beyond the earth's natural means. But when you start talking about sustainable lifestyles, a lot of people are afraid that you are going to ask them to freeze in the dark – to sacrifice their quality of life.

WWF's One Planet initiatives are about finding the path that allows us all to realise our dreams and aspirations, but in a way that is easy, affordable and attractive - as well as sustainable. A One Planet lifestyle can be a better way to live in every sense.

This pocket guide – produced in association with WWF Conservation Partner Canon Europe – is designed to help you look at the way you live, work and play, and make informed choices that are better for our planet.

I hope you enjoy reading it, and will feel inspired to join with us in helping to build a One Planet society where people live in harmony with nature.

### **James P. Leape**

Director General, WWF International



# What is a **'One Planet'** lifestyle?

**A One Planet lifestyle, or 'One Planet Living', is a way of living and working that is compatible with the planet's natural limits.**

It is about not using more than our fair share of the earth's resources, or taking more than the planet's eco-systems can naturally replace. It is about ensuring that the bountiful wealth provided by nature can be enjoyed by every living thing – wildlife included.

WWF's One Planet initiatives are helping governments, businesses and consumers to adopt a new, sustainable approach to the way we live and work.

*"For a world in which people everywhere can lead happy, healthy lives, within their fair share of the earth's natural resources, and with space for wildlife and wilderness"*

One Planet Living™ vision statement





Once a wildlife-rich area of native woodland, these hills in southern Portugal have now been turned into intensive monocultures that produce cheap paper.





Researchers have found that humanity's consumption of natural resources is slowly destroying the planet's ability to sustain life on earth. **Every day, we take out 30 per cent more resources than the earth is able to put back in again.** As a result we are getting into greater and greater ecological debt.

Imagine if every month we spent 30 per cent more money than we earned. Our banks would not tolerate this for very long, and arguably it is the spiralling growth of 'bad debt' that has led to the current credit crisis. Similarly, our growing debt to the planet is taking us towards an ecological credit crunch - with disastrous consequences for people and planet.



*We are now using more resources than the earth's eco-systems can replace, yet produce increasing quantities of waste – much of it dangerous to people and wildlife.*

**So what can we do about it?** This book is all about finding easy, affordable and attractive solutions to our ecological credit crisis. It is about developing a new way to live, work and play which allows us to have a better quality of life. It is about understanding our "ecological footprint" and making "One Planet Living" part of our everyday lives.

### Did you know?

- > **75%** of the world's fisheries are now over-fished and faced with commercial extinction
- > Half of the world's original forest has been destroyed, and we are losing a further **2%** every year
- > Species extinction is currently **one thousand times** the natural evolutionary rate. One quarter of all the birds and mammals on earth are in danger of extinction
- > Our CO<sub>2</sub> emissions have risen by **ONE THIRD** in the last 20 years.



## What is our 'Ecological Footprint'?

The Earth has about **13.6 billion** hectares of land and sea capable of providing us with what we need to feed and clothe us, keep us warm and build shelter, and also to absorb our carbon emissions and other wastes. As the world's population is currently about **6.5 billion**, this means that the fair share per person is just over **2 hectares**.

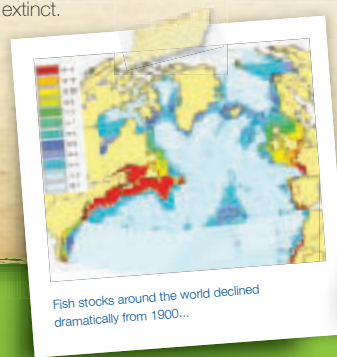
Ecological "footprinting" is a new science that allows us to calculate how much of the earth's resources we are using AND whether or not this is sustainable.

WWF's "**Living Planet Report**" tells us that, although there are **13.6 billion** hectares of "bio-productive" land and sea on Earth, our actual ecological footprint is equivalent to **17.5 billion** hectares...

For example, we have been catching fish faster than they can repopulate the seas. Every ton of fish we eat needs 25 hectares of fishing grounds to support it.

But the amount of fish consumed each year by an average family of four in the developed world needs almost **3** soccer pitches of sea to produce it. Today, many of the world's fish stocks are virtually extinct.

Climate change is another example. Our carbon emissions are greater than the planet's ability to absorb them. Every ton of carbon we emit into the atmosphere needs 0.35 hectares of forest to absorb it. The yearly carbon footprint of EVERY consumer in a rich country is equivalent to about 6 soccer pitches. Extreme weather events are now becoming increasingly frequent, and more violent.



WWF's Living Planet Report also looks at the link between our growing global footprint, and the decline in the planet's biodiversity. On average, the populations of hundreds of different species have declined by **one third** since 1970.

Humanity's ecological footprint varies greatly from country to country, and from community to community, but industrialised countries generally have much greater national footprints than the economies of developing countries.



Humanity's carbon emissions are now greater than the Earth's ability to absorb them.

For example, the average American consumes the equivalent of 9.4 hectares of resources a year. That's almost **5 times** the global 'fair share'. In other words, if everyone in the world lived like an average American, we would need to have **5 planets** the same as Earth to support our lifestyles. Europeans consume an average of almost 5 hectares a year each – **so if everyone on the planet had a European lifestyle, we would need nearly 3 planet Earths.**

The world's population is growing, as are consumer expectations – particularly in rapidly-developing economies such as China and India. That's why it is so important that we all embrace the concept of **"One Planet Living"** - and ensure that we, and our children, can all survive and thrive.

The G8 countries - the USA, Japan, Russia, Germany, the UK, France, Italy and Canada – account for around 13 per cent of the world's population, but over 30 per cent of humanity's ecological footprint. The USA alone accounts for over 16 per cent of footprint, now closely followed by China.



To download the latest Living Planet Report, go to [www.panda.org/livingplanet](http://www.panda.org/livingplanet)



- > **We must** live to learn within the limits of our planet's natural 'budget' if we are to avoid wide-scale drought, food shortages, mass migrations and more.
- > **We need** to find sustainable ways in which to meet human demand for food, clothing, energy, health, education, mobility and leisure.





# 'One Planet Living' in action

The world's climate is changing as a result of the build-up of carbon dioxide in the atmosphere. Our goal must be a world whose net CO<sub>2</sub> emissions are ZERO. **One Planet Living means investing in energy efficiency, and generating energy from renewable sources.**



# 01 Zero Carbon

The world's climate is changing as a result of the build-up of carbon dioxide in the atmosphere. Our goal must be a world whose net CO<sub>2</sub> emissions are ZERO. **One Planet Living means investing in energy efficiency, and generating energy from renewable sources.**

## > One Planet Living in action:

Masdar City in Abu Dhabi will be the world's first solar-powered, zero-waste, car-free city. The \$22 billion development will be home to 90,000 residents and workers and 1,500 businesses, and is expected to create over 70,000 jobs.

The first step in the city's seven-phase plan is the development of the Masdar Institute of Science and Technology (MIST), the world's first graduate university dedicated to researching renewable energy.

Scheduled to open in 2009, MIST will maintain a body of students and professors focused on developing the next generation of solutions to the world's growing dependence on fossil fuels. Masdar City commenced construction in February 2008.



For more information, visit [www.masdar.ae](http://www.masdar.ae)



# 02 Zero Waste

Waste from discarded products and packaging squanders valuable energy and resources, and creates a major disposal challenge. Our goal must be a world which does not send waste to landfill or for incineration. **One Planet Living means reducing the generation of waste by better design, and encouraging the re-use, recycling and composting of waste...and using waste to generate clean energy.**

## > One Planet Living in action:

The Beddington Zero Energy Development, or "BedZED" eco-village in south London, was designed by architect Bill Dunster and initiated by the BioRegional Development Group with the support of WWF. It has a combined heat and power unit fuelled by prunings from the trees which line local streets.

The partnership between BioRegional and Croydon Borough Council means that 1,000 tonnes of waste that once went to landfill are now turned into woodchip which in turn generates electricity and hot water for the 300 residents at Britain's largest ecovillage.

The development makes it easy for people to recycle by providing waste bins with separate compartments for paper, glass and tins. BedZED is also home to a number of businesses, who can join a scheme to recycle and then buy back their waste paper.



Growing car use and air travel are contributing to climate change, air and noise pollution, and congestion. Our goal must be a world which reduces the need to travel, our dependence on private vehicles, and one which achieves major reductions in carbon emissions from transport. **One Planet Living means investing in good quality transport infrastructure that reduces reliance on fossil fuels, and supporting new technologies which are effective substitutes for business meetings.**

### > One Planet Living in action:

Work is underway to develop a €95 million sustainable transport programme as part of the Mata de Sesimbra 'One Planet Living' project in Portugal, a €1 billion development to build a sustainable community and eco-resort near Lisbon.

Thanks to the scheme's innovative design, shops and leisure facilities will all be just a short walk or bike ride away from people's homes, thus doing away with the need for cars. Hybrid shuttles will be on hand to whisk residents and visitors away to nearby towns, train stations and tourist attractions. A new mono-rail will stop damage to the area's sensitive sand dunes by preventing cars from parking at the local beach.



Aerial view of Tokyo showing smog from car pollution.

Watch the prototype air-powered car being put through its paces at [www.youtube.com/oneplanetliving](http://www.youtube.com/oneplanetliving)



Engineers in France are developing a new, low-cost car that runs on COMPRESSED AIR! The vehicle is due to enter the market in 2009.



The destructive exploitation of resources, and the use of unsustainable materials in products, is harmful to people, the environment, and local economies. Our goal must be a world where the sourcing, manufacture and supply of raw and finished materials can have a net positive impact. **One Planet Living means valuing local, reclaimed, renewable and recycled materials, as well as investing in natural resource stocks and ensuring that the supply chain brings benefits to local communities.**

#### > One Planet Living in action:

The BedZED eco-village has won a number of awards around the world for its innovative use of reclaimed, sustainable and recycled building materials. Much of the steel in the construction was taken from a local railway station that was undergoing refurbishment. A total of 3,404 tonnes of the construction materials used at BedZED were reclaimed or recycled, and more than half were sourced from within a 35 mile radius of the construction site.

Choosing timber over uPVC window frames for the BedZED scheme saved nearly 800 tonnes of CO<sub>2</sub> emissions, some 12.5% of the total embodied CO<sub>2</sub> for the scheme. Virtually all the timber was FSC sustainability certified. Careful selection of construction materials reduced the total environmental impact of the BedZED development by approximately 25%.



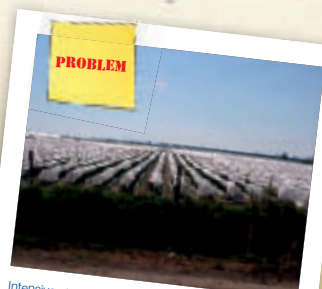
Modern-day “industrial” agriculture produces food that is sometimes of questionable quality, uses processes that can do lasting damage to eco-systems, and may have heavy carbon footprints from transport emissions. Our goal must be a world where the production and supply of food has a net positive impact on local communities and the environment. **One Planet Living means supporting local and low-impact production that delivers healthy, good quality food that boosts local economies in an environmentally-beneficial manner.**

> **One Planet Living in action:**

In California, Sonoma Mountain Village – which will be the USA’s first “One Planet Community” – is making local, organic and biodynamic food grown on site available in the community’s restaurants and grocery stores. Community gardens and fruit trees will be accessible to every resident, and a year-round daily farmers’ market will encourage healthy diets as well as invest in the local economy. It is estimated that by 2020, some 65% of all food consumed on-site will come from within a 300 mile radius – and that 25% will come from within 50 miles.

North American developers, Coddling, will also be working with local community-supported agriculture programmes to develop a system for picking up healthy prepared meals from convenient neighbourhood locations.

**PROBLEM**



Intensive strawberry cultivation in southern Spain is rapidly encroaching on the habitats of the Iberian Lynx, the world’s most endangered big cat.

**SOLUTION?**



Local fishing communities are expected to receive a welcome boost from the One Planet Living “Mata de Sesimbra” project in Portugal, which has classified them as “preferred suppliers”.



Freshwater supplies are under growing threat from depletion, pollution, and disruption of hydrological cycles. Our goal must be a world where water resources are conserved and managed sustainably. **One Planet Living means implementing water-efficiency, re-use and recycling strategies. It also means minimising water extraction and pollution, fostering sustainable water and sewage management, and restoring water cycles.**

#### > One Planet Living in action:

In the United Arab Emirates, the Masdar City project will re-use all waste water, cut water demand by more than half, and reduce per capita demand for desalinated water to one-third the national average.

In Portugal, a network of 40 underground rainwater catchment tanks at the Mata de Sesimbra project will mean that no additional water will be needed to irrigate any of the parks, gardens or leisure facilities. The project is also restoring a major wetlands area nearby.



Road-sign in Tunisia indicating a water point in the desert.



A One Planet Living project in Portugal is protecting and restoring an important wetlands area.

Over-exploitation of natural resources and inappropriate development in natural areas is causing the loss of important habitats and declining biodiversity. Our goal must be a world where degraded environments are regenerated and biodiversity loss halted and even reversed. **One Planet Living means protecting and recovering natural environments and the habitats they provide for plants and animals as well as creating new ones.**

### > One Planet Living in action:

The One Planet Living project at Mata de Sesimbra, in Portugal, is also Europe's largest nature restoration scheme. In a programme costing €120 million, nearly 5,000 hectares of degraded landscapes (including 11 of the country's largest sand quarries) are being reclaimed for nature with native cork oak and other local trees and shrubs. New habitat corridors are being created for wildlife.

The project will also generate funds to conserve one of Europe's most threatened species, the Bonelli's Eagle. Portugal is one of the most important breeding grounds for this magnificent bird of prey, yet only 77 pairs remain. A 'levy' on house sales will help to fund the recovery of other species in Portugal, such as the Iberian Lynx.



**PROBLEM**



The Bonelli's Eagle is one of Europe's most endangered birds of prey.

**SOLUTION?**



WWF is working with developers and landowners (above and left) in Portugal to restore sand quarries and degraded habitats to native woodland.



# 08 Culture and Heritage

Around the world, increasing globalisation is contributing to the loss of cultural heritage, and with it local identity and wisdom. Our goal must be a world which protects and builds on diversity. **One Planet Living means celebrating and reviving local history and identity, and fostering a new culture of sustainability.**

## ► One Planet Living in action:

At Masdar City, community 'majlis' will be created so that the local people can meet and discuss community issues. A retail centre will open to support local womens' handicrafts, and the city's architecture will integrate local values.

At Mata de Sesimbra, a One Planet Living estate management team will organise educational programmes for visitors, and actively promote local crafts and visits to local cultural centres for residents. The Town Square at California's Sonoma Mountain Village – a One Planet Community project – will feature a traditional farmers' market, art exhibits, stage plays and concerts within the local landscape.



# 09 Equity and Fair Trade

Many people in the developing world cannot meet their basic needs from what they produce and sell, and there are also those in the developed world who live in relative poverty. Our goal must be a world where the impact of consumption on other communities is a positive one. **One Planet Living means developing equitable and fair trading relationships that have a beneficial effect on communities locally and globally – and in particular on disadvantaged communities.**

## > One Planet Living in action:

The Ivory Park project in South Africa was supported by WWF in its initial stages. It is a community of low-cost, energy-efficient homes with innovative water conservation and recycling features. Over 60% of the project budget went on salaries for local people, and 60% of the workers were women.

The project boasts an organic vegetable nursery, a bicycle refurbishment scheme, a zero energy community centre, a kindergarten and a spiritual corner.

By reducing heating demand in winter, the homes reduce the need for coal burning which is a major cause of respiratory problems in 30% of the township's children.



There appears to be a growing gap between wealth and happiness, which raises questions about what the true basis of well-being and contentment really is. Our goal must be a world which actively works to increase quality of life in our communities. **One Planet Living means promoting healthy lifestyles, vibrant communities, and physical, mental and spiritual well-being.**

### > One Planet Living in action:

The Mata de Sesimbra project in Portugal plans to closely monitor the satisfaction and stress levels of its residents and visitors. Indicators for air and noise pollution have already been developed, and €100 million is being invested in sports, leisure, cultural and educational facilities. The development has been designed so that everyone has easy access to large areas of green spaces and community facilities. An on-site team will encourage participation in community-building activities and monitor people's sense of 'place'.

#### PROBLEM



The hustle and bustle of modern life has made many people richer. But at what cost to our health and well-being?

#### SOLUTION?



The average Londoner knows just 3 neighbours, but at BedZED the number is 19.





# What **you** can do

Wouldn't it be great if we could all live in a way that was more environmentally-friendly and which, at the same time, was **cheaper**, gave us **more time** to spend with friends and family, and meant we were **healthier**? WWF has researched a set of 'Ten Top Tips' with suggestions about small changes we can make to the way we live, work and play which could help make a big difference to our planet - and to the **quality of our lives**.



# 10 top tips

## In the home

- 1 save money by turning off lights and appliances** - when not in use
- 2 investing in cavity wall and loft insulation** - can lower your bills
- 3 energy efficient lights and appliances** - can make a huge difference to your electricity bill
- 4 switching to a green tariff** - is now easier than ever
- 5 insulating the hot water tank and lagging hot water pipes** - will cut down on wasted energy and save you money
- 6 turning down the thermostat by just 1 degree** - will still leave you feeling warm and comfortable, but could cut your energy bills by as much as 10%
- 7 draught-proofing your home and drawing the curtains at night** - is a simple yet effective way to cut costs
- 8 fit a water meter and a flush saver** - and see the difference it makes to your water bill
- 9 why water the lawn?** - Get a water butt and use rainwater to water plants
- 10 you can encourage wildlife** - by leaving a wild area in your garden.



A One Planet Lifestyle can save you money, as well as help to save the planet.

### Did you know?

- > Lighting accounts for up to 15% of your electricity bill
- > Some appliances, like digital set top boxes, cost nearly as much to run in standby mode as when they are switched on
- > By replacing normal bulbs with energy efficient ones you can save up to 70% on the cost of lighting
- > Up to a third of your household heat will escape through an uninsulated loft
- > Double glazing can save you money by halving heat loss.



# 10 top tips

## What we eat



Luis (above) and Joe (left), aged 3, are popular figures at their local allotment, where they grow prize-winning custard marrows, yellow courgettes, cherry tomatoes and strawberries.

- 1 food that is in season is tastier** - and costs less to process and package
- 2 cut down on meat and dairy produce** - the rising cost of grain production is making prices soar
- 3 waste less food** - the US Department of Agriculture says Americans throw out 11 million pounds of fruit and vegetables every year. Only buy what you will actually eat
- 4 compost organic waste** - create free, fertile soil to grow your own food in
- 5 buy fair-trade goods** - and help over 7 million farmers, rural workers and their families in 58 developing countries
- 6 buy local food** - it costs less to transport
- 7 try growing your own fruit and vegetables** - for the same price as your weekly shopping bill you could buy enough seeds to supply you with your own fresh, organic vegetables all-year round
- 8 avoid heavily processed products** - fresh food costs less to produce, and therefore costs *you* less
- 9 drink tap water, not bottled water** - its free!
- 10 buy MSC certified fish and fish products** - the MSC label guarantees they have been fished sustainably.

### Did you know?

- > Eating less meat could reduce your food footprint by up to 40%
- > Pesticides and fertilisers use up a lot of energy to manufacture. Organic products consume up to 40% less energy, as well as support higher levels of wildlife
- > Every ton of strawberries flown into Europe from North Africa or the Middle East emits up to 4 tons of carbon from air freighting
- > About a third of all our kitchen and garden waste (such as vegetable peelings and cut grass) can be composted. However if it is thrown away and is dumped in a landfill site, it turns into methane...which is even more potent than carbon dioxide as a greenhouse gas.



For more information visit  
[www.msc.org](http://www.msc.org)



## Focus on sustainable seafood

In 1996, WWF and Unilever – one of the world's biggest buyers of frozen fish – started an initiative to change the way fish are caught, marketed and bought, and therefore help ensure the future of the world's fisheries.

Now an independent, not-for-profit organisation, the Marine Stewardship Council (MSC) works with fisheries and retailers to certify and promote environmentally-responsible and socially-beneficial fishing practices around the world.

The Marine Stewardship Council logo denotes seafood products that have been



MSC has developed a standard for assessing and certifying the sustainability of fisheries which is the only internationally-recognised criteria for evaluating whether or not a fishery is well-managed. It is based on the best scientific data and latest knowledge about the marine environment.

To be able to use the MSC logo, products have to have come from fisheries assessed by independent certifiers as meeting the MSC standard. This gives consumers an informed choice to buy fish and other seafood products from well-managed sources.

Over 20 fisheries around the world are now certified, and another 30 fisheries are currently undergoing assessment. In addition, more than 100 major seafood buyers have pledged to stock and sell MSC-certified products, including large supermarket chains in France, Germany, Switzerland, the UK, and the USA.

Today, there are around 400 MSC-certified fish products on sale in 26 countries – ranging from fresh, frozen, smoked and canned fish to fish oil supplements – and the number is growing all the time. For the first time, consumers have access to seafood products that they can be confident are sustainable.



MSC-certified fishermen catching lobsters off the coast of Mexico.



# 10 top tips

## Getting about

- 1 save money by reducing car use, especially for short journeys** (eg less than 3 km)
- 2 walk and cycle more** - it's free!
- 3 avoid unnecessary travel** - is that meeting really necessary, or can it be done over the phone/internet?
- 4 use public transport instead of the car** - keeping a car is a huge drain on the household budget even before you start the engine
- 5 car share if driving is unavoidable** - it will halve both costs and your carbon footprint
- 6 buy the smallest car that fits your needs** - it will be cheaper to run, cheaper to tax, cheaper to insure as well as being more environmentally-friendly
- 7 switch off your engine whilst stationary** - you will save on fuel costs as well as CO<sub>2</sub> emissions
- 8 take holidays closer to home** - a local holiday could be a lot cheaper and less stressful, and avoids lengthy waits at airport check-in and security
- 9 fly less, avoiding short haul flights (less than 500km) wherever possible** - use the WWF Travel Helper to see how easy it is to get there by train instead (see above)
- 10 offset your flight emissions if air travel is unavoidable** - the WWF Travel Helper can help you do this.



Increased road and air traffic is causing growing congestion...



...and pollution.

## The WWF Travel Helper



Out costs and your carbon footprint with WWF's online 'Travel Helper' – a new online search engine to help you find the best routes for your journey, check travel times and compare carbon footprints of different options. Developed by entrepreneurial Swiss firm Routerank Ltd, the WWF Travel Helper has also linked

up with carbon offset firm Climate Friendly to help you neutralize all the CO<sub>2</sub> emissions from your journey.

**Try it for yourself. Visit <http://travel.panda.org>**



# 10 top tips

## Other great ideas for sustainable living – and saving money

- 1 avoid all over-packaged goods** - you are paying for the packaging as well
- 2 use local shops** - out-of-town stores may seem cheap, but have you factored in the cost of getting there and back (and of keeping a car just for shopping trips)?
- 3 run the washing machine at 30 degrees Celsius where possible** - it will make little difference to your washing, but a lot of difference to your bill at the end of the month
- 4 use kerbside recycling schemes and recycling centres** - don't waste money driving to a recycling centre if there is a scheme on your doorstep!
- 5 run the fridge at between 3-5 degrees Celsius** - any colder will make little difference to the contents of your refrigerator but a lot of difference to your bill
- 6 don't buy patio heaters, peat compost or pesticides for your garden** - they are all an unnecessary waste of money as well as environmentally disastrous
- 7 donate unwanted goods and buy recycled and second hand products** - you could save yourself a fortune as well as help save unnecessary energy and resources from being wasted
- 8 re-use envelopes and jiffy bags**

- 9 use rechargeable batteries rather than disposable ones** - if you have children, this one tip alone could help save you a small fortune in the long run! (see "Did you know?")
- 10 boycott unethical products** - a sustainable society is one which promotes good citizenship too.

### Did you know?

- > Recycling one aluminium can save enough energy to run an energy efficient bulb for 140 hours
- > Around 15 billion ordinary batteries are thrown away every year.



## Meet Gael – WWF's green guinea pig!



**Gael Leopold is a Corporate Relations Manager at WWF International in Switzerland.** He is also trying to help make WWF as environmentally-friendly as possible. Here he gives an insight into what he is doing to reduce his own ecological footprint.

"When I moved into my new flat, the first thing I did was to ask my landlord to subscribe to a green electricity provider. Then I changed all the bulbs to energy efficient ones, installed an air-flow shower head and bought segregated bins."

"The train system in Switzerland is great as it runs very frequently and even goes to remote villages which makes it easy for me to not own a car. When people come to visit me, I sometimes rent a car from a car sharing company or we rent bikes. I may buy a car next year but first I need to persuade a few local restaurants to give me their used vegetable oil."

"For holidays I try to go to places reachable by train. With two friends, we just came back from Corsica where we went by train, walking and hitch hiking. It was a great trip with lots of unexpected encounters. This summer we also went for a few days hike in the Alps."

"When I can't avoid flying for work, I try to make the most out of it taking a few days off to visit and enjoy the places where I go."

"For ethical and environmental reasons I became vegetarian a few years ago. In some countries like France I often end up eating only Margarita pizzas and when I visit people the discussions about vegetarianism always bring interesting reactions."

"It took me a bit of time to know what to do to reduce my ecological footprint and I still make mistakes but now things are much smoother and I don't really feel like I am making any effort."



Gael Leopold behind the wheel of an air-powered car.  
Watch him attempt to drive it at:  
[www.youtube.com/oneplanetliving](http://www.youtube.com/oneplanetliving)

For more information visit  
[www.fsc.org](http://www.fsc.org)



## Focus on sustainable wood

**One of the main causes of forest loss is illegal logging, which is fed by high demand for timber in Europe and in countries such as Japan, the United States and China. However you can help stop this. Look out for the “FSC” label on wood and timber products, including everything from furniture to paper and even toilet tissue. If it doesn’t have this label, it may well have come from illegal or controversial sources.**

The Forest Stewardship Council (FSC) is an independent body which sets standards for sustainable forest management, and accredits third parties to certify forest producers that adopt them. It was set up in response to the outcry over clear-cutting of forests in places such as the Amazon. Its founders were a broad coalition that included environmental groups such as WWF, Greenpeace and Friends of the Earth, as well as indigenous forest dwellers, and retailers such as B&Q in the UK and Sweden’s IKEA.

The FSC label denotes timber from forests managed according to specific standards of sustainability as a way of encouraging good forest management.

To be certain of buying sustainably, look out for the Forest Stewardship Council (FSC) logo on wood and timber products.



Forest in Grisons, Switzerland, where wood is harvested according to FSC norms.





# At work

For more information visit  
[www.wwf.fi/green\\_office](http://www.wwf.fi/green_office)

Many businesses now recognise the benefits of responding to consumers' concerns over the environment and climate change, and are taking a leading role in making the market a force for good. **Is yours one of them?** There are many ways that your company can make 'One Planet Living' a reality in its day-to-day operations. Several of them will also help your business cut costs.

## Ideas for greening your office

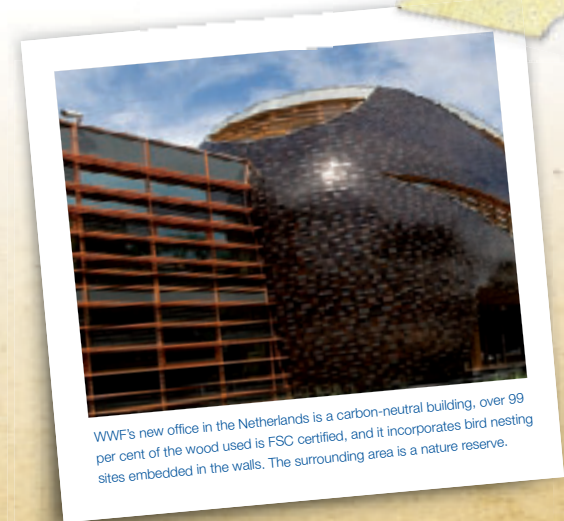
There are some things your company can do which will make a big difference virtually overnight:

- > **ensure that all light bulbs and appliances are energy efficient**
- > **turn down the heating** (and cooling systems)
- > **try audio, web or video-conferencing** instead of getting on a plane for a meeting
- > **look at your existing catering contract** – can you reduce the 'food miles' of what is on offer?
- > **reduce paper consumption** by encouraging people to only print emails when absolutely necessary, and setting computers to double-sided printing
- > **switch to recycled paper**
- > **recycle** as much as you possibly can.

## How green is your office?

'Green Office' is a simple environmental management system (EMS) developed in 1997 by WWF Finland which has been taken up by large and small offices in both the public and private sector.

It is designed to help organisations reduce office waste as well as save on materials and energy costs.



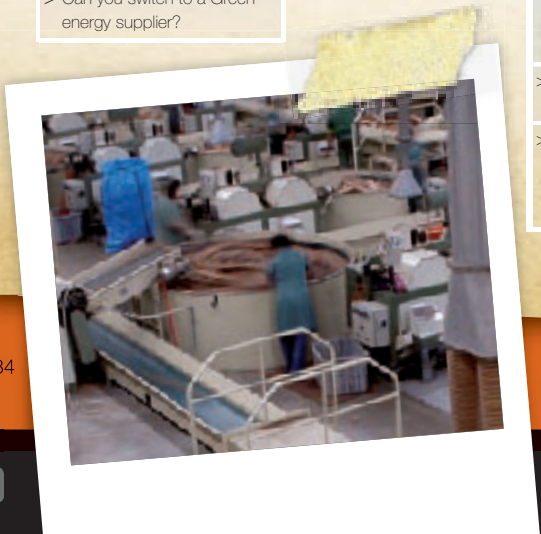
WWF's new office in the Netherlands is a carbon-neutral building, over 99 per cent of the wood used is FSC certified, and it incorporates bird nesting sites embedded in the walls. The surrounding area is a nature reserve.

# One Planet Living in the workplace

Applying the **10 One Planet Living principles of sustainability** will help you to become a more sustainable business.

Below are issues for you to consider when developing your **environmental management plan**.

| Zero Carbon   | Zero Waste  | Sustainable Transport  | Sustainable Materials  | Sustainable Food  |
|---|---|--|--|---|
| <ul style="list-style-type: none"> <li>&gt; How well is the building insulated?</li> <li>&gt; How about installing meters so that employees can see how much energy is being consumed?</li> <li>&gt; What about having an on-site renewable energy source eg solar panels, solar water heating, a biomass unit etc?</li> <li>&gt; Can you switch to a Green energy supplier?</li> </ul> | <ul style="list-style-type: none"> <li>&gt; Think about alternatives to disposable cups, sachets, cutlery etc in the canteen</li> <li>&gt; Use alternatives to non-recyclable packaging.</li> </ul> | <ul style="list-style-type: none"> <li>&gt; Could diesel vehicles run on waste vegetable oil or biodiesel instead?</li> <li>&gt; What about electric or hybrid car pool vehicles?</li> <li>&gt; Offset unavoidable transport emissions</li> <li>&gt; Try to minimise air travel by maximising audio, web or video conferencing (evaluate existing travel requirements to understand how much is really necessary)</li> <li>&gt; Could more staff work from home instead?</li> <li>&gt; Make it easy for workers to car-share or use bicycles (eg by installing showers and a safe bike shed).</li> </ul> | <ul style="list-style-type: none"> <li>&gt; Liaise with suppliers to try to check whether or not materials are local, sustainable, or both</li> <li>&gt; Look at the company's procurement policies, and ask whether there are sustainable alternatives to certain products, such as paper.</li> </ul> | <ul style="list-style-type: none"> <li>&gt; Is it possible to source local, fresh produce in the canteen?</li> <li>&gt; Reducing meat and dairy consumption could be healthier as well as more environmentally-friendly – promote alternative options as 'specials'</li> <li>&gt; Food waste can be reduced by offering smaller portions (costing less, of course!) with the option of a second helping if required.</li> </ul> |



*"If we destroy the planet, we destroy the market"*

**Adrian Wyatt**  
CEO Quintain Estates & Development plc



*"The world is currently struggling with the consequences of over-valuing its financial assets, but a more fundamental crisis looms – an ecological credit crunch caused by under-valuing the environmental assets that are the basis of all life and prosperity.*

*Most of us are propping up our current lifestyles, and our economic growth, by drawing – and increasingly overdrawing – on the ecological capital of other parts of the world."*

**James P. Leape**, Director General WWF International

| Sustainable Water  | Natural Habitats & Wildlife   | Culture & Heritage  | Equity and Fair Trade  | Health and Happiness  |
|--|---|---|--|---|
| > Is it possible to ensure toilets have dual-flushes (or at least water saving devices that can be inserted in the cistern?) | > Is it possible to integrate natural spaces into the existing building eg nest boxes, green roofs?                                 | > Does your office building blend in to the surrounding area, or does it stick out?   | > To what degree is it possible to use local workers and local businesses, for example when sub-contracting? | > Try to ensure a healthy work environment by avoiding toxic materials                  |
| > Is it possible to have waterless urinals?  | > If your work-place has green spaces, consider using native species of plants, especially ones that could help encourage bird life | > How well connected to the local community is your business? Is it possible to support what is going in the local community and the region in general? | > Can you promote ethical and fairly traded products in your canteen?  | > Survey staff about work satisfaction levels and ways in which to improve productivity |
| > Tap aerators (and flow-restricted showers) can lead to noticeable cost savings   | > Fruit trees instead of merely ornamental trees could be popular – and healthy!  | > Could your work-place be a place where employees and visitors can learn new things about the history and traditions of the area?                      | > Try to look out for credible labels of sustainable products eg FSC timber, MSC fish etc.                   | > Support families by providing access to crèches and holiday playschemes.              |
| > How easy is it to capture rainwater and use it for irrigation and in toilets?  | > Avoid environmentally-damaging products such as pesticides, peat, toxic cleaning products etc.                                    |   |  |   |



# Become a 'One Planet Leader'



**One Planet Leaders** is a sustainability programme which enables business managers and senior executives to explore, challenge and apply the latest thinking on sustainable business practice. Many companies now recognize the need to mainstream environmental and social issues into core business activities, but often struggle with how to adapt their behaviour.

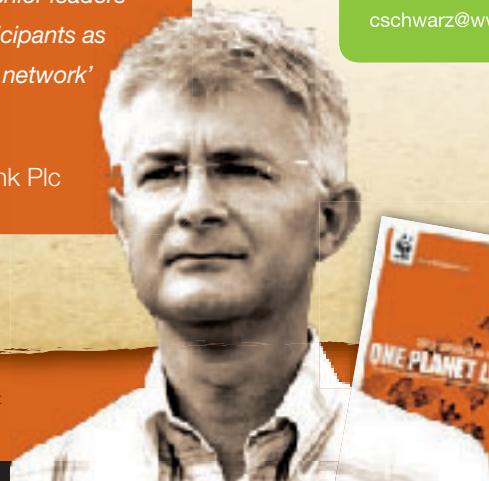
One Planet Leaders offers companies a way to build staff competence and transform operations into more sustainable business models. It is a professional development programme which enables business managers to explore and apply cutting edge thinking on sustainability in order to drive company value.

*'Embedding sustainability into organisations is complicated. One Planet Leaders provides real thought leadership in this fast moving arena. It has benefit for both middle managers and senior leaders and provides an opportunity to learn from fellow participants as well as the excellent core faculty and growing alumni network'*

## **Paul Turner**

Head of Sustainable Development, Lloyds TSB Bank Plc

For more information about One Planet Leaders contact **Carolina Schwarz** at WWF International: [cschwarz@wwfint.org](mailto:cschwarz@wwfint.org)



# Tips for sustainable working

**It is not just the changes to your work-place that can help make a real difference.**

Even the way you work on a day-to-day level can help. For example:



## Zero Carbon

- > Meeting rooms can quickly warm up, so avoid unnecessary heating
- > Turn off IT equipment when not in use
- > If having an 'away-day', choose a location powered by green energy.

## Zero Waste

- > Collect all used paper (and separate into the right bins if necessary)
- > Set up a link to a paper recycling company
- > Compost the left-overs from work lunches.

## Sustainable Transport

- > Set up a car pool or lift-share system
- > Get the latest information about local public transport, and share it with others.

## Sustainable Materials

- > Find out where the nearest and most competitive sources of recycled paper and other office supplies are and pass it on to whoever purchases stationery.

## Sustainable food

- > Lobby to get your caterer to provide organic and vegetarian options (or find one who will).

## Sustainable Water

- > Campaign to stop the use of bottled water!

## Natural Habitats and Wildlife

- > Who manages the office estate? Can they be persuaded to put up nest boxes? Sow wild flower seeds? Plant some native or fruit trees?

## Culture and Heritage

- > Paste and share information about what's on in the area, and about the history of the local community.

## Equity and Fair Trade

- > Buy only fair trade coffee and tea.

## Health and Happiness

- > Go for a walk once in a while, if possible! You will feel better and be more productive as a result.



## Case study 1:

# Canon – taking steps towards One Planet Living

you can  
**Canon**

Canon Europe was one of the Founding Members of the WWF Conservation Partner Programme in 1998. WWF's Conservation Partners are a select group of multinational companies which contribute major funding to sponsor WWF's global conservation work.

In 2007, Canon also launched the polar bear tracker programme and Canon employees helped to restore the Rila National Park in Bulgaria with the Pan Parks Programme.

Canon is working to maximize resource efficiency in the workplace and for other businesses and consumers by designing products that are smaller, lighter, more energy-efficient, and free from hazardous substances.

共生

'Kyosei', Canon's philosophy, means 'living and working together for the common good'.

Its on-demand SURF (Surface Rapid Fixing) technology, for example, uses a linear ceramic heater and fixing film of high thermal conductivity and low thermal capacity. This means that the heater activates only when the fixing film rotates, transferring heat via the film to fix the image. This makes zero warm-up time possible, resulting in a 75% reduction in energy consumption compared to conventional roller-fixing systems.

The company has instituted a global consolidated ISO 14001 Environmental Management System certification scheme, which means that every site has a strategy for waste recycling, reduction of energy consumption and monitoring environmental impact. The scheme covers 200 sites and 11,000 employees in Europe, Africa and the Middle East.

Canon's "Green calculator" is produced with recycled materials from used Canon copier machines.



## Case Study 2: Companies implementing sustainability principles within their business operations

WWF International and Green Power Conferences launched a new series of One Planet Business conferences in September 2008, with an inaugural event around the theme of Sustainable Cities and Communities. Green Power Conferences is the first company to offer events focusing on sustainability to the business community. It is now working with WWF to apply the One Planet Living principles within the company and to its events. Visit [www.greenpowerconferences.com](http://www.greenpowerconferences.com)

**GreenPower**  
conferences

### Do you really need to travel to that meeting?

More and more companies are offering alternatives including audio, video and web-conferencing. One such company, Arkadin, also organises "Climate Care Days" for businesses. A Climate Care Day is a day in the year when a company replaces ALL of its business travel on that day with conference calling services provided by Arkadin... and all Arkadin's proceeds from that day are donated to WWF to support its work to combat climate change. So not only are you saving money and reducing carbon emissions – you are also helping WWF fight climate change!

For more information visit [www.climatecareday.com](http://www.climatecareday.com)



### How WWF helps companies meet the footprint challenge

WWF works with businesses and industry sectors in order to transform markets and products, and help companies adapt to a resource-constrained world. WWF and Nokia have recently successfully pilot-tested an ecological footprint model at the company's main factory in Hungary as part of WWF's One Planet Business programme. Visit [www.panda.org/oneplanet](http://www.panda.org/oneplanet)



# On holiday



**WWF believes that leisure is an important human and social need.** Tourism provides jobs for about 10 per cent of the world's workforce. However, research suggests that a typical 'package holiday' could account for up to 50 per cent of a person's annual fair share of the Earth's resources. **So the question is - how can we all enjoy a good holiday that is also good for the planet?**

The trickiest question by far is the issue of flying. The carbon emissions from flying to our favourite destination are the largest single contributor to our holiday footprint. However, alternatives to flying are growing in popularity. Travelling by train can often be a far more comfortable and enjoyable way of reaching our destination. Journey times may not be much longer than flying when the journey to and from the airport and long check-in and security queues are taken into account. If you book well in advance you can make major savings (and to some destinations the train may even be cheaper than the plane).

There are other ways we can help to reduce the travel footprint of our holidays. If air travel is unavoidable, we can choose airlines with higher occupancy rates and more efficient aircraft. Occupancy rates vary considerably from airline to airline - charter flights tend to have fuller planes. It is worth checking with your operator or travel agent when you book your holiday.

If you want to offset emissions for an unavoidable flight, then a note of caution about 'carbon sequestration' schemes which plant trees to sequester carbon dioxide from the atmosphere. In the long-term, these are not a viable option for offsetting greenhouse gas emissions. However, there are some offset schemes which offer investment in renewable energy projects. If there really is no other option other than to travel by plane, purchase a 'Gold Standard' carbon offset, such as the ones offered by Climate Friendly (see next page). The Gold Standard is endorsed by 37 non-governmental organisations worldwide, including WWF.



A prototype eco-holiday home in Portugal. The zero-carbon, zero-waste villa is highly energy-efficient and includes a high percentage of recycled building materials.





On the ground, hotels and resorts can have markedly different levels of environmental performance, for example in the amount of waste recycled or the proportion of food sourced locally. Again, ask your travel agent or tour operator about what environmental management systems are in place, what standards have been adopted, and what reports are available for public inspection.

There is also a way in which you can use your holiday as a way to contribute to nature conservation in a positive way. WWF has launched 'Check Out For Nature', a partnership with some of the world's leading hotel chains. Participating hotels will add a euro (or its equivalent value) to your hotel bill when you check out at the end of your stay. This is passed on to WWF to support up to 1,200 conservation projects all over the world. Visit [www.panda.org](http://www.panda.org) and search for 'check out for nature'



For more information visit  
[www.climatefriendly.org](http://www.climatefriendly.org)



## How you can offset your carbon emissions – and help WWF

You can now neutralise ALL your carbon emissions and help slow global warming by purchasing green energy credits through Climate Friendly™. Visit their website, [www.climatefriendly.org](http://www.climatefriendly.org), where you can easily calculate the emissions from your car, air travel, home, office, or event, and pay online to neutralise your emissions.

The money you pay will support new renewable energy projects that will compensate for your greenhouse gas emissions. Climate Friendly will also donate 5% of net web sales to WWF to support its climate change program.



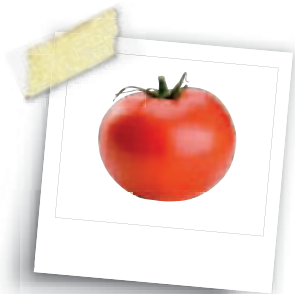


# Ten questions that could change your life

(and help make the planet a better place)

**Start taking the small steps today that can help make a big difference tomorrow.** First, do the simple quiz on the following pages to get an idea of what your personal ecological footprint is. Then find out how you can start reducing it straight away! (PS We have used approximate figures in order to make it as easy as possible).





### Question 1: You eat...

Score

- |   |   |
|---|---|
| <input type="checkbox"/> Mainly seasonal, fresh, and locally-grown fruits and vegetables                                | 1 |
| <input type="checkbox"/> Mainly fresh products but also some frozen and tinned foods                                    | 2 |
| <input type="checkbox"/> Mainly frozen, tinned, off-season and imported products  | 3 |
| <input type="checkbox"/> Mainly processed, frozen, tinned and off-season products, and you eat out at restaurants a lot | 4 |



### Question 2: How often do you eat meat or fish?

- |  |   |
|--|---|
| <input type="checkbox"/> Never   | 1 |
| <input type="checkbox"/> From time to time (between one to three times a week) | 2 |
| <input type="checkbox"/> 4 to 5 times a week                                   | 3 |
| <input type="checkbox"/> Every day   | 4 |



### Question 3: You live in...

- |   |   |
|---|---|
| <input type="checkbox"/> a studio or small flat               | 1 |
| <input type="checkbox"/> a medium-sized flat or a small house | 2 |
| <input type="checkbox"/> a large flat or a medium-sized house | 3 |
| <input type="checkbox"/> a large detached house               | 4 |



**Question 4:** Your home is:

Score

|  |   |
|--|---|
| <input type="checkbox"/> Very well insulated and you have the heating on only when you need it | 1 |
| <input type="checkbox"/> Well insulated, but the heating is on a lot                           | 2 |
| <input type="checkbox"/> Badly insulated   | 3 |
| <input type="checkbox"/> Badly insulated, and you have the heating on all or most of the time  | 4 |

**Question 5:** How do you heat your home?

|                                      |   |
|--------------------------------------|---|
| <input type="checkbox"/> Gas         | 1 |
| <input type="checkbox"/> Coal        | 2 |
| <input type="checkbox"/> Oil         | 3 |
| <input type="checkbox"/> Electricity | 4 |

**Question 6:** Tell us about your energy use

|  |   |
|--|---|
| <input type="checkbox"/> You use green energy (solar, windpower etc) or are on a green tariff  | 1 |
| <input type="checkbox"/> You are careful to avoid wasting electricity  | 2 |
| <input type="checkbox"/> You do not really pay much attention to how much electricity you use e.g. you tend to leave lights and stand-bys on | 3 |
| <input type="checkbox"/> You use appliances such as kettles, electric heaters and hairdryers a lot of the time                               | 4 |





**Question 7:** At home, you use...

Score

- |  |   |
|--|---|
| <input type="checkbox"/> Only recycled paper, you don't receive junk mail, and you don't have any subscriptions to printed newspapers or magazines                   | 1 |
| <input type="checkbox"/> Mainly recycled paper, receive some junk mail, have a subscription to just one printed newspaper or magazine                                | 2 |
| <input type="checkbox"/> Mainly non-recycled paper, gets lots of junk mail, and subscribe to a few printed newspapers and magazines                                  | 3 |
| <input type="checkbox"/> Only non-recycled paper, receive lots of junk mail, subscribe to several newspapers and magazines, and do lots of photocopying and printing | 4 |



**Question 8:** How often do you or your family use a car?

- |   |   |
|---|---|
| <input type="checkbox"/> Never/we do not have a car           | 1 |
| <input type="checkbox"/> Occasionally                         | 2 |
| <input type="checkbox"/> Everyday                             | 3 |
| <input type="checkbox"/> Everyday for long-distance commuting | 4 |



**Question 9:** How often do you or your family use public transport?

- |   |   |
|---|---|
| <input type="checkbox"/> Never                                | 1 |
| <input type="checkbox"/> Sometimes                            | 2 |
| <input type="checkbox"/> Everyday                             | 3 |
| <input type="checkbox"/> Everyday for long-distance commuting | 4 |



### Question 10: Where do you go on holiday?

Score

|  |   |
|--|---|
| <input type="checkbox"/> I stay at home                              | 1 |
| <input type="checkbox"/> I go somewhere local or in the same country | 2 |
| <input type="checkbox"/> I fly somewhere a couple of hours away      | 3 |
| <input type="checkbox"/> I fly to an exotic location                 | 4 |



Now count up your score. If your total is:

**10-20:** Well done! You are a conscientious citizen and consumer, and a pillar of society! Our planet is safe in your hands. Your ecological footprint is the equivalent of 2-4 global hectares per year, or 20-40,000m<sup>2</sup>. If you are interested in ways to improve your score, have a look at the options on page 48 to see if there are any green lifestyle ideas you haven't already tried.

**20-30:** Not bad, but there is definitely some room for improvement! Your ecological footprint is about 4-6 global hectares per year, or 40-60,000m<sup>2</sup> (which is the equivalent of a 2 or 3 planet lifestyle) so if you want to improve your score have a look at our list of ideas on page 48, and see how you can reduce this figure to a more sustainable level.

**30-40:** We have some work to do here! If everyone in the world shared your lifestyle, we would need 3 or 4 planets. Have a look at the list of measures on the next page. These are all things you can start doing straight away and which are relatively easy, affordable and could even be fun! And you could slash your footprint by ONE THIRD in just 10 easy steps. Have a go today!

**Remember – it's about what you can actually do, not what you promise... Good luck!**



# Start reducing **your** footprint now...

01 My score = **A** m<sup>2</sup>

02 Next, go through the list below and choose which measures you are pledging to do:

| Pledge  | Footprint reduction |                          |
|---|---------------------|--------------------------|
| 1 Reduce the length of your shower by 3 minutes   | 660m <sup>2</sup>   | <input type="checkbox"/> |
| 2 Stick a 'No Publicity' sticker to your mailbox  | 180m <sup>2</sup>   | <input type="checkbox"/> |
| 3 Switch to a green electricity supplier (every kW/h saves up to 1.8 m <sup>2</sup> )               | 3500m <sup>2</sup>  | <input type="checkbox"/> |
| 4 Twice a week, enjoy a vegetarian meal instead of a meat-based dish                                | 1600m <sup>2</sup>  | <input type="checkbox"/> |
| 5 Use recycled paper instead of non-recycled paper  | 540m <sup>2</sup>   | <input type="checkbox"/> |
| 6 Cook with lids on your pots and your pans   | 400m <sup>2</sup>   | <input type="checkbox"/> |
| 7 If travelling less than 5 km, go on foot or by bicycle (twice a week)                             | 590m <sup>2</sup>   | <input type="checkbox"/> |
| 8 Stop using the air-conditioning in your car   | 510m <sup>2</sup>   | <input type="checkbox"/> |
| 9 Instead of commuting to work by car, choose public transport (train or bus)                       | 6300m <sup>2</sup>  | <input type="checkbox"/> |
| 10 Instead of going on holiday to some far-off destination, choose somewhere local every other year | 2100m <sup>2</sup>  | <input type="checkbox"/> |

Total **B**

03 your original footprint m<sup>2</sup>    your pledges m<sup>2</sup>    Your **new** footprint m<sup>2</sup>  
**A** - **B** =

\* This tells us the actual area of square metres of land and sea needed to support your lifestyle.









# Your new lifestyle...

## Well done on taking your first steps towards a One Planet lifestyle!

Below we look at the new lifestyle you have chosen for yourself, and its implications for our planet.

### YOUR NEW FOOTPRINT

|  |   |  |
|--|---|--|
| 1. up to 20,000m <sup>2</sup>                  |  | <b>You've done it! Well done.</b><br>You have achieved a One Planet lifestyle – so now enjoy it!   |
| 2. 20,000m <sup>2</sup> - 40,000m <sup>2</sup> |  | <b>You are nearly there!</b> Go ahead and start implementing your pledges. When you have successfully done so, come back to the list and see if there are new commitments you can take on.   |
| 3. 40,000m <sup>2</sup> - 60,000m <sup>2</sup> |  | <b>You are not quite there...!</b> You are still living as if we had 3 planets to draw on, which we don't! Hopefully, though, this book will have opened your eyes to the challenges we all face, and will have inspired you to start making real changes to your lifestyle.   |
| 4. over 60,000m <sup>2</sup>                   |  | <b>Oops!</b> Let's look again at the way you live, work and play. You are not alone – it's something we all need to do, to ensure that the legacy we are leaving for future generations is a rosy one. Visit our website at <a href="http://www.panda.org/oneplanet">www.panda.org/oneplanet</a> for inspiring stories about how people anywhere can make One Planet Living a reality. |

**Thank you for having had the courage to do this quiz!** Hopefully you will have found it interesting and illuminating, and will have seen for yourself the scale of the challenge we all face.

On the next few pages are resources on where you can get help in implementing some of your eco-pledges.

Enjoy your new life!

### Remember: it's not all down to you.

We need governments and businesses to change things too. You can help do this by supporting WWF's campaigns - for example, for a new global deal to tackle climate change.



Joe, aged 3, grows prize-winning vegetables on his allotment. So can you!



# Resources for better living

**Feeling inspired?** This last section lists helpful links and resources that you can access wherever you are that will help you on your way to a One Planet lifestyle. For more information, and to find out about other ways in which to help build a sustainable future, contact your local WWF office. See [www.wwf.org](http://www.wwf.org) for details.



# How can I be more energy efficient?

Check out these websites for local information on how to help save the planet and money.

## Australia

### Energysmart

[www.energysmart.com.au](http://www.energysmart.com.au)

For tips and information about making your home and work energy smarter.

### Energy Star

[www.energystar.gov.au](http://www.energystar.gov.au)

An international standard on energy-efficient electronic equipment.

### Travel Smart

[www.travelsmart.gov.au](http://www.travelsmart.gov.au)

Actions you can take to reduce emissions by changing your travel behaviour.

### Climate Friendly

[www.climatefriendly.com](http://www.climatefriendly.com)

Ideas on how to offset your greenhouse gas emissions when you are flying or driving.

## Austria

### WWF

[www.wwf.at](http://www.wwf.at)

WWF-Austria and the Austrian Ministry for the Environment are working together to produce a "Top Ten" website as part of a wider cooperation to promote energy efficiency.



Find the most efficient electrical appliances with 'Top Ten', a partnership between WWF and the European Commission to help consumers find the greenest cars, fridges and other domestic appliances.

Go to [www.topten.info](http://www.topten.info)



## Canada

[thegoodlife.wwf.ca](http://thegoodlife.wwf.ca)

This is a new online community for Canadians who want to make simple but significant changes in their lifestyles that help fight climate change and reduce their footprint on the planet.

[www.davidsuzuki.org/Climate\\_Change/BC/Action.asp](http://www.davidsuzuki.org/Climate_Change/BC/Action.asp)

Simple changes in our everyday lives can help slow climate change. Together, we can make a difference. Here is what you can do.

[www.ecoaction.gc.ca](http://www.ecoaction.gc.ca)

A website run by the Canadian government.

The One-Tonne Challenge asks you to reduce your annual greenhouse gas (GHG) emissions by one tonne by using less energy, conserving water and resources, and reducing waste.



## France

### Planete Attitude

[www.wwf.fr/planete/commande/index.php](http://www.wwf.fr/planete/commande/index.php)

Order the WWF-France book 'PlaneteAttitude' which gives all the good tips to be greener in everyday life - €15 (Pour connaître toutes les astuces et tous les gestes pour être plus respectueux de l'environnement au quotidien, commandez le livre 'Planete-Attitude' du WWF-France - €15).

## Germany

### Spargeraete

[www.spargeraete.de](http://www.spargeraete.de)

Complete website about efficient appliances. Find out what is best for your needs.

### Elektrizitätswerken Schönau

[www.ews-schoenau.de/Download](http://www.ews-schoenau.de/Download)

Download a brochure full of tips, tricks and ideas on how to save energy and be efficient at home.

## India

[www.geda.org.in/e\\_conserv/ec\\_ov\\_tds.htm](http://www.geda.org.in/e_conserv/ec_ov_tds.htm)

[www.vigyanprasar.gov.in/comcom/feature70.htm](http://www.vigyanprasar.gov.in/comcom/feature70.htm)

[www.vigyanprasar.gov.in/comcom/feature70a.htm](http://www.vigyanprasar.gov.in/comcom/feature70a.htm)

Three websites full of ideas for sustainable living. Look for the sections on how to save energy and be efficient at home.

## Indonesia

### PowerSwitch

[www.wwf.or.id/powerswitch](http://www.wwf.or.id/powerswitch)

A list of tips and ideas on efficiency. Part of the new PowerSwitch website.



## How can I be more energy efficient? (continued)

### Poland

#### **Oszczędzaj pieniądze chron środowisko**

[www.oszczedzaj-energie.pl](http://www.oszczedzaj-energie.pl) 

For saving energy and efficient use of energy for people living in Poland.

### Spain

#### **Instituto para la Diversificación y Ahorro de la Energía**

[www.idae.es](http://www.idae.es) 

Tips on how to save energy at home in the workplace, and when travelling.


### Sweden

#### **The Swedish Consumer Agency (Konsumentverket)**

[www.energi.konsumentverket.se](http://www.energi.konsumentverket.se) 

A state agency website helping the Swedish public on consumer issues. Good information on both prices and the environmental impact of the energy system of your home.

#### **The Swedish Energy Agency/Statens Energimyndighet (STEM)**

[www.energimyndigheten.se](http://www.energimyndigheten.se) 

The website offers a lot of tips on energy efficiency.

### Switzerland

#### **WWF-Switzerland consumer site**

[www.topten.ch](http://www.topten.ch) 

Information on efficient appliances in three languages: German, French and Italian.

#### **Italian**

[www.wwf.ch/it/ilwwf/index.cfm](http://www.wwf.ch/it/ilwwf/index.cfm) 

#### **German**

[www.wwf.ch/de/derwwf/index.cfm](http://www.wwf.ch/de/derwwf/index.cfm) 

#### **French**

[www.wwf.ch/fr/lewwf/index.cfm](http://www.wwf.ch/fr/lewwf/index.cfm) 



## United Kingdom

### Energy Saving Trust

[www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk)

A website with tips for people in the UK.

### Ecotricity

[www.ecotricity.com/about/energyefficiency.html](http://www.ecotricity.com/about/energyefficiency.html)

A user-friendly website for people in the United Kingdom trying to save cash by saving energy!

## United States

### The Alliance to Save Energy

[www.ase.org/section/\\_audience/consumers](http://www.ase.org/section/_audience/consumers)

All the information you need to save money, increase comfort and reduce pollution through energy efficiency.

### WWF-US's consumer guide

[www.biodiversity911.org/climate\\_change/climate\\_change\\_action.html](http://www.biodiversity911.org/climate_change/climate_change_action.html)

A user-friendly website with a focus on cars. Download a list of 31 easy actions and choices for more efficiency.

### WWF-US's efficiency tips

[www.worldwildlife.org/consumer/sgw.cfm](http://www.worldwildlife.org/consumer/sgw.cfm)

A list of 10 actions for people in the United States to increase efficiency, provided by WWF-US.



# Where can I buy renewable energy for my home?

Changing to a renewable energy provider is probably the single biggest way to reduce your footprint (and the easiest and cheapest...)

## Europe

Countries in Europe have different labels in order to identify "green energy".

Try [www.eugenestandard.org](http://www.eugenestandard.org)

and use the search engine to find the right renewable energy for you.

## Australia

**WWF-Australia guide to green power electricity retailers**

[www.wwf.org.au/powerswitch](http://www.wwf.org.au/powerswitch)

Contact your electricity retailer and make the switch to cleaner power, or encourage them to improve their environmental performance.

## Austria

[www.oekostrom.at](http://www.oekostrom.at)

WWF-Austria purchases green power from Ökostrom and recommends this website for everyone interested in a switch from coal to clean.

## Canada

[www.bullfrogpower.com](http://www.bullfrogpower.com)

A new green energy retailer from Ontario, Canada.

[www.pembina.org/wind](http://www.pembina.org/wind)

A programme to promote the use of wind power in Canada, run by the Pembina Institute.

[www.re-energy.ca](http://www.re-energy.ca)

[www.canren.gc.ca](http://www.canren.gc.ca)

Two websites about the use of renewable energy in Canada. Loads of information.

## Finland

[www.ekoenergia.info/yhtiot/yhteystiedot](http://www.ekoenergia.info/yhtiot/yhteystiedot)

This website lists all electricity companies providing sustainable energy in Finland, and tells you what kind of sustainable energy they are offering and what it costs.

## Germany

**Energie Vision**

[www.energie-vision.de](http://www.energie-vision.de)

Green Power available in Germany, certified with the "ok-power" label promoted by WWF Germany.





## Poland

### Renewable Energy

[www.energieodnawialne.pl](http://www.energieodnawialne.pl) ↗

So far green power is not available in Poland, but here you can find general information about renewable energy in Poland.

## Spain

### Electra Norte

[www.electranorte.es](http://www.electranorte.es) ↗

How and where to get green power if you live in Spain: a PowerSwitch! Pioneer of WWF-Spain.



## Sweden

### The Swedish Society for Nature Conservation (SSNC)/Svenska Naturskyddsföreningen (SNF)

[www.snf.se/bmv/bmv-register/elektricitet.cfm](http://www.snf.se/bmv/bmv-register/elektricitet.cfm) ↗

WWF's sister organization in Sweden has developed an environmental label called Bra Miljöval that is used for electricity (Bra Miljöval = Good Environmental Choice). Consult their website for a list of companies offering renewable energy.

## Switzerland

### WWF-Switzerland's consumer website

[www.topten.ch](http://www.topten.ch)

You want to buy green power in Switzerland? Choose the label Naturemade Star! The best power products are presented on this website.

## United Kingdom

### Ecotricity

[www.ecotricity.co.uk/landing/?partner=WWF2"green](http://www.ecotricity.co.uk/landing/?partner=WWF2) ↗

WWF-UK has teamed up with electricity supplier Ecotricity to help address the global threat posed by climate change. For every new customer that signs up to Ecotricity, it will donate £15 to WWF and plant a native tree in Gloucestershire.

## USA

Where possible select a power plan that uses at least 50% clean energy. To see if it is available in your state, visit the **Department of Energy**. [www.eere.energy.gov/greenpower/buying/buying\\_power.shtml](http://www.eere.energy.gov/greenpower/buying/buying_power.shtml) ↗



## Useful websites

### WWF

**WWF International**

[www.panda.org](http://www.panda.org)

**Find your nearest WWF office**

[www.wwf.org](http://www.wwf.org)

**WWF International One Planet programme**

[www.panda.org/oneplanet](http://www.panda.org/oneplanet)

You can search for us on Facebook too.

### BioRegional

[www.bioregional.com](http://www.bioregional.com)

### Global Footprint Network

[www.footprintnetwork.org](http://www.footprintnetwork.org)

### Zoological Society of London

[www.zsl.org](http://www.zsl.org)

### United Nations Environment Programme (UNEP)

[www.unep.org](http://www.unep.org)

### Routerank Ltd

[www.routerank.com](http://www.routerank.com)

### Arkadin's 'Climate Care Day' initiative

[www.climatecareday.com](http://www.climatecareday.com)

### Green Power Conferences

[www.greenpowerconferences.com](http://www.greenpowerconferences.com)

### IUCN-World Conservation Union

[www.iucn.org](http://www.iucn.org)

### Offset your carbon emissions with Climate Friendly

[www.climatefriendly.org](http://www.climatefriendly.org)

### Travel within Europe by train

[www.seat61.com](http://www.seat61.com)

### Hotels that support WWF's "Check out for Nature" scheme

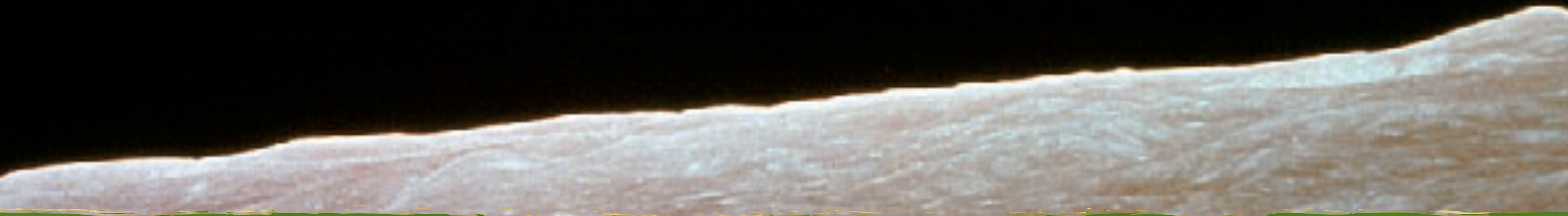
[www.panda.org/how\\_you\\_can\\_help/at\\_home/travel/hotels\\_help/participating\\_hotels/index.cfm](http://www.panda.org/how_you_can_help/at_home/travel/hotels_help/participating_hotels/index.cfm)

### WWF in Second Life

A unique environment where "residents" can explore Conservation Island, roam through ancient forests, befriend a panda who will keep you up-to-date with environmental news, and talk directly via instant messaging to WWF staff.

If you have Second Life installed on your computer, enter "Conservation Island" in Second Life's built in search. The island's location is WWF (138, 196, 41). If you don't, you will need to install the free software programme first by going to [secondlife.com](http://secondlife.com). Second Life® and Linden Lab® are trademarks or registered trademarks of Linden Research, Inc. All rights reserved. No infringement is intended.





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Vientiane, Lao People's Democratic Republic. Happy children playing along the Mekong river. Vientiane, Laos.  
© WWF-Canon / Michèle DÉPRAZ  
IMAGE No.: 58587

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Eucalyptus plantation, Monchique mountains, southern Portugal.  
©Eduardo Gonçalves

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Natural Reserve, Niger.  
Toxic waste barrels dumped in the desert, Niger.  
© WWF-Canon / Donald MILLER  
IMAGE No.: 39652

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Indian tiger, Panthera tigris tigris, Thailand.  
Indian tigers in the water, facing each other. Bangkok Zoo.  
© WWF-Canon / Martin HARVEY  
IMAGE No.: 37153

### Page 13

Johannesburg, Gauteng Province, Republic of South Africa. The Ivory Park EcoCity, just outside Johannesburg, has created an EcoVillage, funded by the SA Department of Environmental Affairs and Tourism's Poverty Relief Programme, and partnered by WWF. The SA Government's Poverty Relief Programmes stipulate that at least 60% of all costs should go towards salaries, and that at least 60% of those hired should be women. There is an organic vegetable nursery; a bicycle refurbishment centre (many of the bicycles are from England's Royal Mail and from Ireland); a zero energy community centre, a kindergarten and a spiritual corner. The EcoVillage is meant as a showcase of how eco-friendly living is also community friendly. All buildings are constructed for maximum energy-efficiency, using recycled materials wherever possible. Energy-efficient heating and cooking methods are also showcased here. Republic of South Africa.  
© WWF-Canon / Chris MARAIS  
IMAGE No.: 105247

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Giraffa camelopardalis, Giraffe. Under stormy sky at sunset. Africa.  
© WWF-Canon / Martin HARVEY  
IMAGE No.: 109000

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Acre, Brazil. Member of the Fishermens Association of Sena Madureira and Mauel Urbano casts net fishing on one of the lakes in the Purus River system near Sena Madureira. Floodplain Resources Management project in the Upper Purus River Basin, part of one of the WWF Freshwater projects sponsored by HSBC. Acre State, Brazil.  
© WWF-Canon / Edward PARKER  
IMAGE No.: 108361

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Turkey. Solar panels to heat the water for a new building on the Mediterranean Sea front.  
© WWF-Canon / Michel GUNTHER  
IMAGE No.: 110143



**Page 13**

WWF-related activities, Spain. Catalonia, Spain. NGOs representative - Working group session during the training course on Integrated River Basin Management (IRBM) organized by WWF Mediterranean Programme Office - Across the Waters.

Costa Brava, Catalonia, Spain.

© WWF-Canon / Jean-Luc RAY

IMAGE No.: 112331

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North Rhine-Westphalia, Germany. Frimmersdorf power plant, coal-fired (ignite), run by RWE. Near Grevenbroich in North-Rhine Westphalia, Germany. According to a WWF study, this power plant is the second worst climate polluter in Europe.

© WWF-Canon / Andrew KERR

IMAGE No.: 113687

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Artist's impression of Masdar City in Abu Dhabi

©Poster and Partners

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Waste dump (plastic bottles) along Skadar lake shore, Montenegro.

© WWF-Canon / Michel GUNTHER

IMAGE No.: 113758

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The "combined heat and power" plant at BedZED uses tree clippings to generate electricity and provide hot water to residents.

©BioRegional Development Group

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Tokyo, aerial view from the Mori Tower, showing dense population and pollution. Japan. March 2006

© WWF-Canon / Michel GUNTHER

IMAGE No.: 114792

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Model of air-powered car, MDI factory, Nice. France.

©Eduardo Gonçalves

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Turkey. Construction rubble dumped on the beach of Kemer. Mediterranean Sea, Turkey.

© WWF-Canon / Michel GUNTHER

IMAGE No.: 110109

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The BedZED eco-village in London uses reclaimed steel and FSC certified timber.

©BioRegional Development Group

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Intensive strawberry cultivation in southern Spain is rapidly encroaching on the habitats of the Iberian Lynx, the world's most endangered big cat.

©Eduardo Gonçalves

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Local fishing communities are expected to receive a welcome boost from the One Planet Living "Mata de Sesimbra" project in Portugal, which has classified them as "preferred suppliers".

© WWF International

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Road-sign in Tunisia indicating a water point in the desert.

© WWF International

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A One Planet Living project in Portugal is protecting and restoring an important wetlands area.

© WWF International

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Bonelli's eagle, *Hieraetus fasciatus*.

Central Africa. Southern Africa. *Hieraetus fasciatus* Bonelli's eagle Central and Southern Africa.

© WWF-Canon / Martin HARVEY. IMAGE No.: 55122

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Restored land quarry. © Pelicano SA

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La Grande Motte, Hérault, France.

Mediterranean Sea. Heavy development for tourism

infrastructure, La Grande Motte by the Mediterranean sea in

summer, France. © WWF-Canon / Michel GUNTHER

IMAGE No.: 111194

### Page 21

Wine maturing in traditional oak barrels in Palmela, Portugal.

© Pelicano

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Peru. Bagging the coffee harvest in the high jungle town of Quillabamba. Peru. IMAGE No.: 50751

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The Ivory Park eco-village near Johannesburg, South Africa, funded by South Africa's Department of Environmental Affairs and Tourism's Poverty Relief Programme.

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City lights and heavy traffic at night. Tokyo, Japan. March 2006.

© WWF-Canon / Michel GUNTHER

IMAGE No.: 114843

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The average Londoner knows just 3 neighbours, but at BedZED the number is 19.

© BioRegional

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Mountain gorilla (*Gorilla beringei beringe*); Rwanda Mountain Gorilla with baby, Rwanda. Project number: RW0006.

© Timothy GEER / WWF-Canon

IMAGE No.: 4587

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Women relaxing, hands on a keyboard and family by the beach © www.photos.com

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Women with laptop © www.photos.com

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Luis and Joe Mitchell, age 3. © Siobhan Mitchell

### Page 28

MSC-certified fishermen catching lobsters off the coast of Mexico. © WWF International



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Karachi, Pakistan. Heavy traffic in Karachi Pakistan.  
© WWF-Canon / Mauri RAUTKARI. IMAGE No.: 57528

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Airplanes pattern (multi exposure). Austria.  
© WWF-Canon / Anton VORAUER. IMAGE No.: 106526

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Sweden. Separation of household waste, Sweden.  
© WWF / Kjell-Arne LARSSON. IMAGE No.: 39901

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Gael Leopold behind the wheel of an air-powered car.  
© Eduardo Gonçalves/WWF International

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Forest in Grisons, Switzerland, where wood is harvested according to FSC norms. © WWF International

**Page 33**

WWF's new office in the Netherlands is a carbon-neutral building, over 99 per cent of the wood used is FSC certified, and it incorporates bird nesting sites embedded in the walls. The surrounding area is a nature reserve. © WWF International

**Page 34**

Portugal. Processing cork oak barks. Amorim Cork processing factory (biggest cork processor in the world) in Coruche. Ribatejo region, Portugal. Covering about 2.7 million hectares and extending across Portugal, Spain, Algeria, Morocco, Italy, Tunisia and France, the cork oak landscapes represent one of the best examples of the interaction between people and nature in the region. In these landscapes high conservation value forests alternate with farmland systems, which integrate extensive agriculture, forestry, grazing, hunting and other recreational uses. In addition to providing a source of income for hundreds of thousands of people in the region, cork ecosystems support a rich biodiversity, including endangered species. But over the last decade, damaging policies, poor forest management and a change in the cork market have resulted in the degradation and loss of these unique habitats. WWF is implementing a new programme to reverse damaging trends and to improve conditions for the environmental, social and economic balance of these landscapes.  
© WWF-Canon / Sebastian RICH. IMAGE No.: 113083

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Worker at La Chonta timber company (member of Bolivia FTN - Forest and Trade Network). Santa Cruz, Bolivia. October, 2005. IMAGE No.: 116211  
© WWF / Andrés UNTERLADSTAETTER

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WWF-related activities, Tunisia.  
El Feidja National Park, Tunisia. Mapping process. Staff at El Feidja National Park's quarters. Tunisia.  
© WWF-Canon / Homo ambiens/R.Isotti-A.Cambone. IMAGE No.: 113437

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A prototype eco-holiday home in Portugal. The zero-carbon, zero-waste villa is highly energy-efficient and includes a high percentage of recycled building materials.  
© Eduardo Gonçalves

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Bucket and spade and airplane images © www.photos.com

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Humpback whale, Megaptera novaeangliae.  
Massachusetts, USA / United States of America.  
Megaptera novaeangliae, Humpback Whale feeding (fluke).  
Cape Cod, Massachusetts, USA. IMAGE No.: 9904  
© WWF-Canon / William W. ROSSITER

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Joe, aged 3 © Eduardo Gonçalves

### Page 50

Monkey puzzle tree, Araucaria araucana.  
Araucanía Region, Chile. Pine nuts from the Monkey puzzle  
tree in the hands of a Pehuenche Indian. Araucanía Region,  
Chile. © WWF-Canon / Edward PARKER IMAGE No.: 49218

### Page 51

Pesticides (centre) and herbicides used in growing vegetables  
are some of the products containing toxic chemical that  
can contaminate humans in the home. Many chemicals in  
wide use today are assumed to be safe by consumers and  
other downstream users. However, some of the chemicals  
used to produce a variety of products such as clothing, food  
containers, computer equipment, and toys are contaminating  
the environment and can have dangerous effects.  
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Johannesburg, Gauteng Province, Republic of South Africa.  
The Ivory Park EcoCity, just outside Johannesburg (right),  
has created an EcoVillage, funded by the SA Department  
of Environmental Affairs and Tourism's Poverty Relief  
Programme, and partnered by WWF. The EcoVillage is  
meant as a showcase of how eco-friendly living is also  
community friendly. All buildings are constructed for maximum  
energy-efficiency, using recycled materials wherever possible.  
Energy-efficient heating and cooking methods are also  
showcased here. Republic of South Africa.  
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Netherlands.  
Man's bare foot with sand. Close up. Ecological footprint.  
© WWF-Canon / Chris Martin BAH-R  
IMAGE No.: 114013

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Turkey.  
Solar panels to heat the water for a new building on the  
Mediterranean Sea front.  
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### Page 57

Andalucia, Spain.  
Solar thermal electric panels at the EU research centre,  
Almería, Andalucía, Spain.  
© WWF-Canon / Claire DOOLE  
IMAGE No.: 111255

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Pantropical spotted dolphin *Stenella attenuata*.  
Bahamas.  
*Stenella attenuata*, Pantropical spotted dolphins. Bahamas.  
© WWF-Canon / William W. ROSSITER  
IMAGE No.: 18961













*for a living planet*®

*“One Planet Living will allow us to make a difference on a scale, and with the urgency, that all of us now know is absolutely necessary.”*

Achim Steiner

Executive Director, UN Environment Programme

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**One Planet Living** is a vision of a world in which people everywhere lead happy, healthy lives within their fair share of the Earth’s resources, leaving space for wildlife and wilderness.

WWF is working to make this vision a reality for all the world’s people, and to make sustainable living easy, affordable and attractive.

The WWF Pocket Guide to a One Planet lifestyle – produced in partnership with Canon – is packed with information and easy-to-use tips covering our homes, what we eat, how we get about, and what we buy. It also looks at things we can do in the workplace and when we go on holiday, and lists resources for further help wherever you live on our One Planet.

[www.panda.org/oneplanet](http://www.panda.org/oneplanet) 



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