

PGC 2023 Entry Survey

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✓ DAILY TASK

Question 01: Answer the following questions to see how My personal footprint contributes to global overshoot:

Answer: My personal footprint contributes to global overshoot in several ways, based on the information you provided:

High food consumption, especially meat and dairy:

Contribution: Consuming meat, especially frequently, and my daily intake of eggs and dairy contribute significantly to My carbon footprint.

Impact: Animal agriculture, particularly beef production, is resource-intensive and has a high carbon footprint. The production of meat and dairy products involves significant energy, land, and water use, contributing to environmental degradation.

Goods and Services Consumption:

Contribution: My goods and services consumption, indicated as "upper," also plays a role in My elevated carbon footprint.

Impact: This suggests that My lifestyle involves the use of goods and services that have high carbon emissions in their production, transportation, or disposal. It may include energy-intensive products or those with a significant environmental impact.

Carbon Footprint of 3.9 Earths:

Contribution: The overall carbon footprint of 3.9 Earths reflects the combined impact of My food consumption, goods and service choices, and other lifestyle factors.

Impact: This high number indicates that if everyone on Earth lived like you, the demand for resources and ecological services would exceed what the Earth can regenerate, leading to overshoot.

Ecological Footprint of 1.7 Earths and Overshoot Day on August 2nd:

Contribution: My ecological footprint exceeding the Earth's biocapacity and the overshoot day on August 2nd indicate a deficit in available resources.

Impact: This means you are using resources faster than the Earth can regenerate. Overshoot Day marks the point in the year when humanity has consumed more resources than the Earth can renew annually.

How My Personal Footprint Contributes to Global Overshoot:

My high food consumption, particularly meat and dairy, along with a significant goods and services footprint, collectively contribute to the global overshoot. The overshoot day of August 2nd highlights that, if everyone lived like you, the Earth's resources would be depleted before the end of the year. This emphasizes the urgency and necessity of making sustainable choices to reduce My impact on the planet and work towards a more balanced ecological footprint. Consider changes in My diet, lifestyle, and consumption patterns to align more closely with planetary boundaries and sustainable practices.:

Question 02: Which steps can you take to push back your personal overshoot date?

Answer: The steps that I take to push back your personal are:

- ✚ Dietary Choices
- ✚ Transportation
- ✚ Energy Consumption
- ✚ Waste Reduction

Dietary Choices: Normally I take meat a few times a week, eggs/dairy almost daily which I think if I reduce taking meat and other dairy products then I think I can make change to reduce my footprint.

Waste Production: I also think I need to control my waste production rate.

Energy Consumption: If start using less energy in my day-to-day life then I will help to reduce it.

Question 03: What changes can you make (alongside those you live with) to reduce your footprint at home?

Answer: To reduce the environmental footprint at home, you need to make sustainable choices in various aspects of your daily life. Here are some changes you and your roommates can make to reduce environmental impact:

Energy Efficiency:

Switch to LED bulbs: Replace traditional bulbs with energy-efficient LED bulbs.

Unplug electronics: To reduce electricity usage, unplug chargers and electronics when not in use.

Upgraded appliances: Choose energy-efficient appliances, especially appliances with Energy Star ratings.

Water conservation:

Prevent leaks: Check and repair any leaks in faucets or pipes to prevent water pollution.

Use waterproof fixtures: Install waterproof faucets, toilets and toilets.

Harvest rainwater: Consider harvesting rainwater to water plants.

Waste reduction:

Recycle: Set up an in-house recycling program for paper, plastic, glass, and other recyclables.

Compost: Start a compost bin for food scraps and yard waste to reduce landfill.

Use recyclables: Replace single-use items with other reusable items (e.g., water bottles, shopping bags, and containers).

Regular Purchases:

Choose local and seasonal: Choose locally grown and seasonal produce to reduce the carbon footprint associated with transportation.

Supporting sustainable raw materials: When shopping, choose products from companies with environmentally and ethically friendly practices.

Buying used: Consider buying second-hand to reduce the demand for new items.

journey:

Transportation: If possible, work with others on transportation or transportation needs.

Bike or walk: Use a bike or walk as an alternative to short transportation distances.

Public transportation: Take advantage of public transportation options to reduce your use of private transportation.

Plant-Based Eating:

Meatless Meals: Incorporate more plant-based meals into your diet and reduce meat consumption.

Choose Sustainable Seafood: If you consume seafood, opt for sustainably sourced options.

Local Produce: Purchase locally grown fruits and vegetables.

Home Gardening:

Grow Your Own: Start a small home garden for herbs, vegetables, or fruits.

Companion Planting: Use companion planting techniques to naturally protect plants from pests.

Energy Source:

Renewable Energy: If possible, consider using renewable energy sources for your home, such as solar panels.

Educational Initiatives:

Family Discussions: Engage your family in discussions about sustainable living and why it matters.

Educational Materials: Share articles, documentaries, or books on sustainability with those you live with.

Reduce Paper Usage:

Digital Alternatives: opt for digital documents and communication to reduce paper usage.

Print Responsibly: When printing is necessary, use both sides of the paper and recycle when finished.

Community Involvement:

Join Local Initiatives: Participate in local environmental groups, community gardens, or clean-up events together.

Volunteer: Explore opportunities for volunteering with environmental organizations.

✓ SOCIAL MEDIA POST

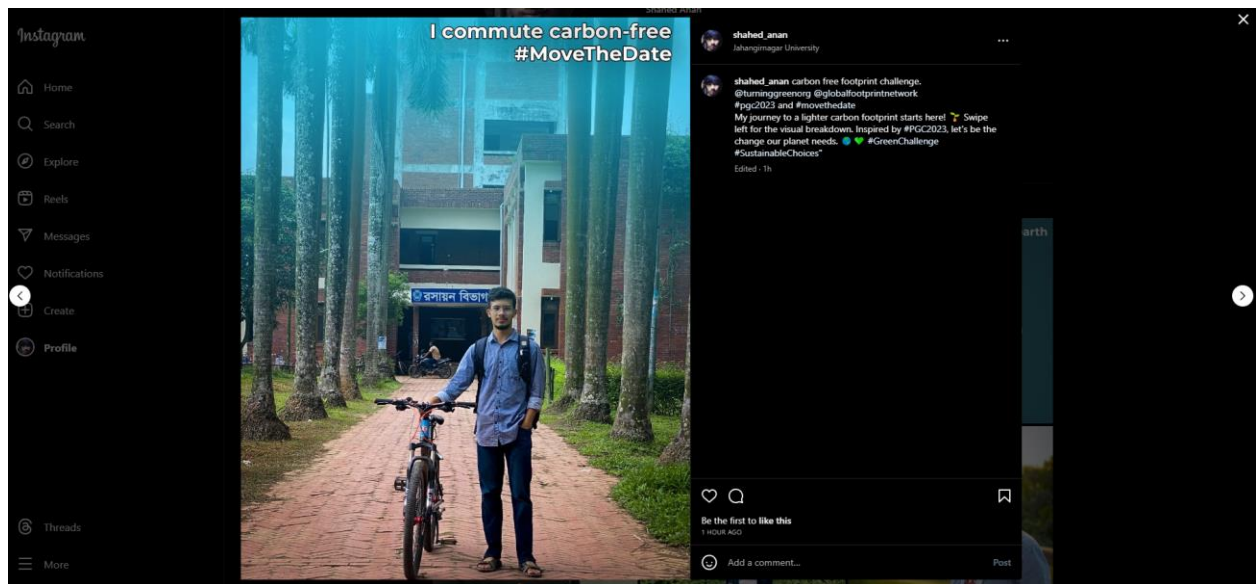
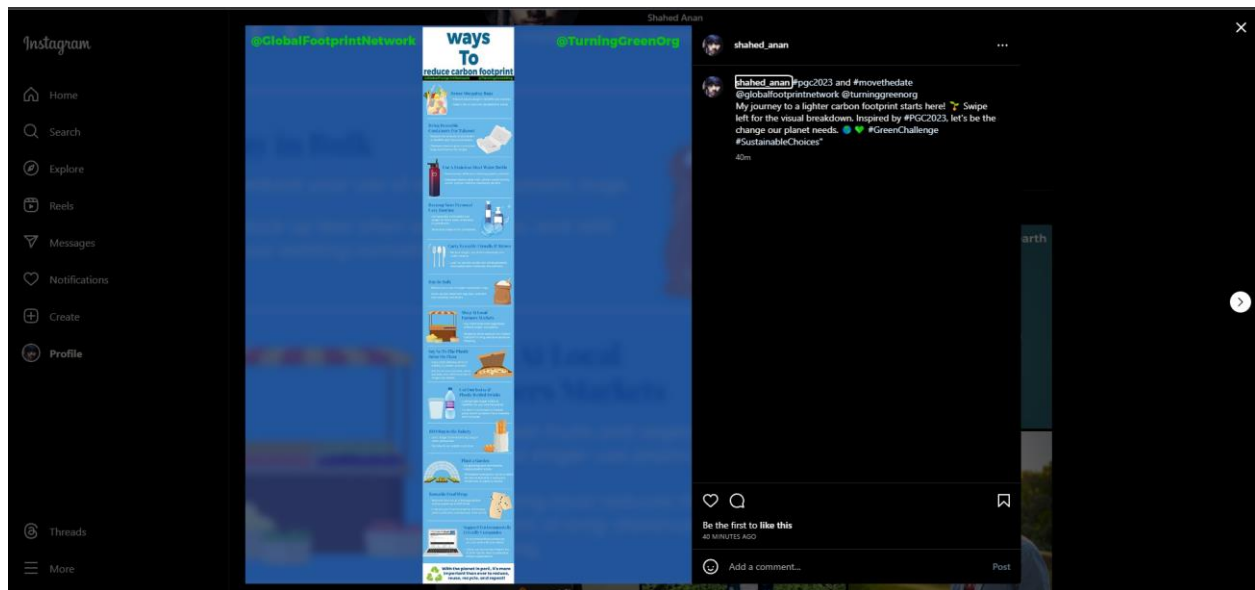


Figure 1: step to reduce carbon footprint: social media handle @shahed_anan



The infographic using Canva template.

ways To reduce carbon footprint

@GlobalFootprintNetwork @TurningGreenOn

- Reuse Shopping Bags**
 - Reduce plastic bags in landfills and oceans.
 - Keep a few in your car, backpack, or purse.
- Bring Reusable Containers For Takeout**
 - Reduce the amount of styrofoam in landfills and the environment.
 - Stainless steel or glass containers keep food fresher for longer.
- Use A Stainless Steel Water Bottle**
 - Save money while also reducing plastic pollution.
 - Stainless steel is safer than plastic water bottles, which contain harmful chemicals like BPA.
- Revamp Your Personal Care Routine**
 - Use specially formulated bar soaps for body wash, shampoo, & conditioner.
 - Store your soaps in tin containers.
- Carry Reusable Utensils & Straws**
 - Reduce single-use plastic whenever you order takeout.
 - Look for utensils made with biodegradable and sustainable materials, like bamboo.
- Buy in Bulk**
 - Reduce your use of single-use plastic bags.
 - Stock up less often with big trips, and refill your existing containers.
- Shop At Local Farmers Markets**
 - Buy fresh fruits and vegetables without single-use plastic.
 - Shopping local reduces the carbon footprint of long-distance produce shipping.
- Say No To The Plastic Saver On Pizza**
 - Enjoy pizza delivery without adding to plastic pollution.
 - Ask for no extra sauces, spice packets, and other sources of single-use plastic.
- Cut Out Sodas & Plastic Bottled Drinks**
 - Cutting high-sugar sodas is healthier for you and the planet.
 - Try fresh fruit instead of bottled juice, which contains more vitamins and nutrients.
- BYO Bag to the Bakery**
 - Use a large cloth drawstring bag or clean pillowcase.
 - Transfer to an airtight container.
- Plant a Garden**
 - Try growing your own food to reduce plastic waste.
 - Affordable hydroponic systems allow anyone to become a backyard, window, or balcony farmer.
- Reusable Food Wrap**
 - Beeswax food wrap is biodegradable and reusable up to 100 times.
 - It allows your food to breathe, eliminates plastic pollution, and reduces food waste.
- Support Environmentally Friendly Companies**
 - As a conscientious consumer, you can vote with your dollar.
 - Check out Corporate Knights' list of 2019 Top 100 Most Sustainable Global Corporations.

With the planet in peril, it's more important than ever to reduce, reuse, recycle, and repeat!