



AREA 6: SHRINKING OUR (DIGITAL) CARBON FOOTPRINT

Questions/statements related to the area						
No.	Question/statement	Always	Often	Rarely	Never	N/A
For individuals						
1.	How often do you power down or put your electronic devices into sleep mode when they are not in use?					
2.	How often do you optimize the energy settings on your electronic devices to minimize energy consumption?					
3.	How often do you consciously choose energy-efficient electronic devices when making purchasing decisions?					
4.	How often do you avoid unnecessary streaming or downloading of large files to conserve energy and reduce your digital carbon footprint?					
5.	How often do you unsubscribe from unnecessary email lists or delete unnecessary emails to reduce digital storage and energy usage?					
6.	How often do you use energy-saving features like screen dimming or automatic power-off timers on your electronic devices?					
7.	How often do you consider the environmental impact of cloud storage and utilize it as a way to reduce the need for physical storage devices?					
8.	How often do you offset your digital carbon footprint by supporting renewable energy projects or carbon offset initiatives?					
9.	How often do you choose digital communication methods like video conferencing instead of traveling for in-person meetings to minimize carbon emissions?					
10.	How often do you practice digital minimalism by limiting your screen time and reducing your overall digital presence?					
11.	How often do you responsibly recycle or donate old electronic devices to reduce electronic waste?					
12.	How often do you educate yourself and stay updated on eco-friendly practices and technologies to further shrink your digital carbon footprint?					
13.	How often do you share your knowledge and encourage others to adopt sustainable digital practices to collectively reduce our digital carbon footprint?					
14.	How often do you participate in initiatives or programs that promote sustainable digital habits and raise awareness about the environmental impact of digital activities?					
15.	How often do you prioritize using devices and platforms powered by renewable energy sources to reduce the carbon footprint associated with your digital activities?					



Questions/statements related to the area						
No.	Question/statement	Always	Often	Rarely	Never	N/A
For organisations						
1.	How often does your organization assess and monitor its digital carbon footprint?					
2.	How often does your organization optimize the energy efficiency settings of electronic devices and equipment?					
3.	How often does your organization encourage employees to minimize unnecessary data transfers and reduce file sizes?					
4.	How often does your organization promote the use of renewable energy sources to power digital infrastructure?					
5.	How often does your organization educate employees about the importance of shrinking the digital carbon footprint and provide training on sustainable digital practices?					

Self-assessment instruction for individuals

For each answer "always" and "often" you get 1 point.

Number of points: *from 15 to 12 - You are doing great and supporting the sustainable development of our planet - keep going.*

Number of points: *from 11 to 8 - It is noticeable that you are working for the sustainable development of our planet - continue like this and think about what else you could do.*

Number of points: *from 7 to 4 - You take some steps for the sustainable development of the planet, but it would be worth expanding your activities. Think about what changes you could make.*

Number of points: *from 3 to 0 - This is rather the beginning of your path for the sustainable development of our planet. Don't be discouraged and think about what you could do. Even the little things make a big difference if a lot of people do them.*