

CF Train in VET

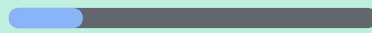
CF Train in VET is a project whose main objective is to train future professionals in sustainable skills based on the concept of Carbon Footprint calculation and reduction.



Individual Commitments Menu

Below you will find a list of individual climate commitments. As CF Train in VET participants, how can we jointly contribute to reducing co2 emissions? Make your own menu

[Sign in to Google](#) to save your progress. [Learn more](#)

 Page 1 of 5

[Next](#)

[Clear form](#)

This form was created inside of CI CUATROVIENTOS. [Report Abuse](#)

Google Forms

Link to Google Form

<https://forms.gle/j7DTKfY2nRa9p3jy6>



CF Train in VET

CF Train in VET is a project whose main objective is to train future professionals in sustainable skills based on the concept of Carbon Footprint calculation and reduction.



Individual Commitments Menu

[Sign in to Google](#) to save your progress. [Learn more](#)

At home/In a building

I pledge to take the following actions for the climate and the future of humanity...

Air conditioning

- Maintain the ambient temperature in my home at 21°C.
- I would dress more warmly, instead of raising the temperature in the room.
- Set the air conditioning to no less than 24°C in summer.
- Install a thermometer/thermostat at home.
- Use an electric fan in summer instead of air conditioning.



Electricity

- Buy class A home appliances (fridge, washing machine...)
- Buy energy efficient office equipment.
- Reduce the number of electrical devices in my building/household.
- Completely switch off/unplug electrical appliances when not in use.
- Say goodbye to standby.
- Turn off the light if I am the last one to leave the room.
- Use only energy-saving light bulbs/replace light bulbs in my house/office with energy-saving/led bulbs.
- Make the most of natural light.
- Use the washing machine at 30°C.
- Use the dishwasher with a full load.

Isolation

- Completely lower the blinds at night.

Water

- Shower in the shortest possible time.

Page 2 of 5

[Back](#)

[Next](#)

[Clear form](#)

This form was created inside of CI CUATROVIENTOS. [Report Abuse](#)

Google Forms



CF Train in VET

CF Train in VET is a project whose main objective is to train future professionals in sustainable skills based on the concept of Carbon Footprint calculation and reduction.



Individual Commitments Menu

[Sign in to Google](#) to save your progress. [Learn more](#)

Mobility

I pledge to take the following actions for the climate and the future of humanity...

On foot and by bicycle

- Walk or cycle when short distances.
- Use the bicycle for small shopping trips.
- Cycle all year round.
- Use an electric bicycle.

Car use

- Substitute the car for the bicycle for my trips around the city.
- Have the car's tyres at the right pressure to save fuel.

Public Transport

- Use public transport for my journeys.
- Going to work/school by public transport.



CF Train in VET

CF Train in VET is a project whose main objective is to train future professionals in sustainable skills based on the concept of Carbon Footprint calculation and reduction.



Individual Commitments Menu

[Sign in to Google](#) to save your progress. [Learn more](#)

Consumption

I pledge to take the following actions for the climate and the future of humanity...

Food and Consumer Goods

- Buy local products.
- Buy seasonal fruit and vegetables.
- Drink tap water instead of bottled water.
- Buy unwrapped food and products.
- Use rechargeable batteries.
- Buy durable products.
- Buy a service or cultural experience rather than an object for Christmas/birthday gifts.

Recycling

- Use recycled paper.
- Save energy by recycling/separating waste.
- Organise exchange events (e.g. clothes swap) at work or with friends to save resources and encourage reuse.
- Reuse shopping bags/use reusable shopping bags/trolley.



CF Train in VET

CF Train in VET is a project whose main objective is to train future professionals in sustainable skills based on the concept of Carbon Footprint calculation and reduction.



Individual Commitments Menu

[Sign in to Google](#) to save your progress. [Learn more](#)

Disclaimer text:

*This project has been funded with support from the European Commission.
This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.*

Co-funded by the
Erasmus+ Programme
of the European Union



Page 5 of 5

[Back](#)

[Submit](#)

[Clear form](#)

This form was created inside of CI CUATROVIENTOS. [Report Abuse](#)

Google Forms

