



ANA

Administration de la
navigation aérienne

CO₂ AWARENESS BOOKLET



EMAS
LU - 000008

INTRODUCTION

Greenhouse gas emissions due to human activities, and more particularly CO₂ and methane, have a real impact on the environment and lead in particular to climate change, which is a threat to all biodiversity.

The forecasts of IPCC and other organizations are formal: the climate is warming faster than expected, giving rise to extreme weather events.

CONSEQUENCE/NON-COMPLIANCE

Disastrous & irreversible, experts speak of collapsology.

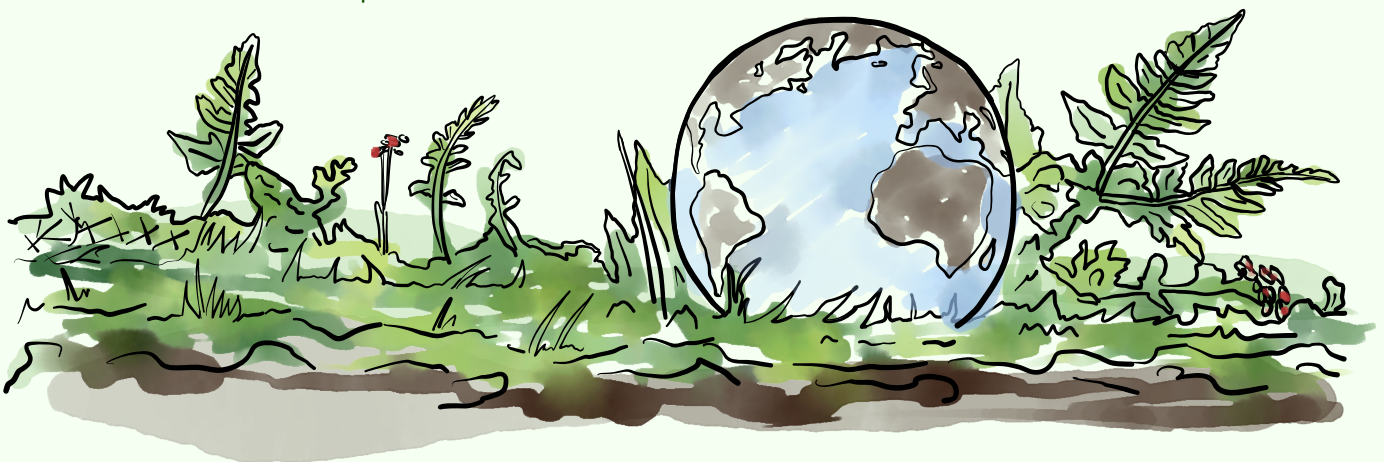
WHAT CAN WE DO?

1.3 TONS OF CO₂ /
CAPITA IN 2050

Today in Europe: average of
7.5 tons / capita

UNDER 2°C
TARGET

Preferable to 1.5
degrees Celsius



LIMIT EFFECTS OF
GLOBAL WARMING

Reduce carbon footprint
related to human activities.

LIMIT THE
GREENHOUSE
GAS EMISSIONS

at the level of companies
& of all citizens.

1.3 TONS CO₂ IN PICTURES

1 ANA CAR

1.3 tons of CO₂ / 8000-9000 km



SMALL FAMILY

in Bangladesh

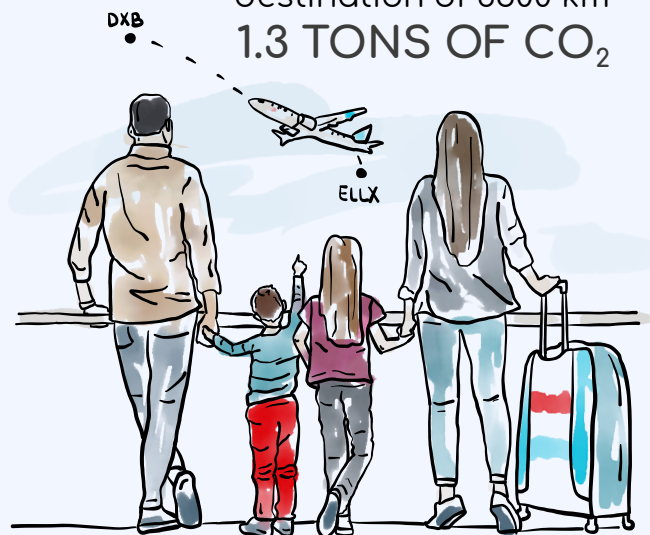


produces
**1.3 TONS OF
CO₂ / YEAR**
with everything
they do.

ROUND FLIGHT OF A FAMILY OF 4

destination of 6500 km

1.3 TONS OF CO₂



TRANSPORT & TRAVELS



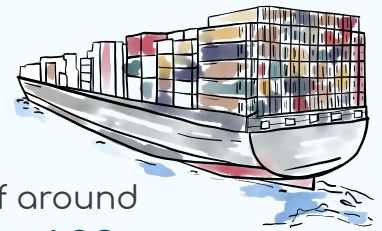
Around 21.8% of the CO₂ emitted worldwide comes from the transport sector. In 2018 it was a total of around 8.26 billion tons of CO₂. The sector with the largest emissions of carbon dioxide is electricity and heat generation.

Among the modes of transport, the road is the number one climate sinner - around 18 % of global CO₂ emissions in 2019 were produced by road vehicles. The contribution from aviation and shipping was significantly lower at just under 3 %.

TRANSPORT SECTOR
21.8 % OF CO₂
emitted worldwide

2018

it was a total of around
8.26 billion tons of CO₂

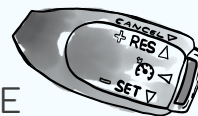


THE ROAD IN 2019 of global
18% CO₂ emissions

Do not weigh down your car with extra things you do not need on your trip.

CARPOOLING

USE
CRUISE
CONTROL
ON LONG JOURNEYS



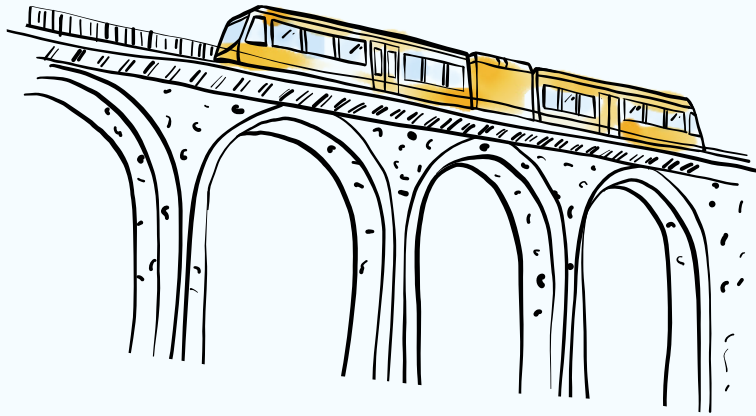
**REGULARLY
MAINTAIN
YOUR CAR**

SHRINK YOUR CAR!

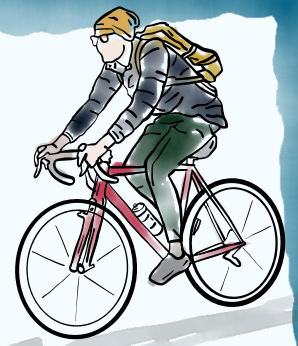
A heavy off-road vehicle or a large sedan can travel 5,000KM with 1.3 tons of CO₂ emissions.
3L CAR = 18,000 KM/1.3 TONS CO₂

CHECK YOUR TIRES
REDUCE EMISSIONS





RIDE A BIKE



It takes up hardly any space and no fuel, it's quiet, clean and keeps you fit!

TRY TO take the train & save in average 2 TONS / CO₂ / YEAR

HOTELS ARE ENERGY-INTENSIVE

You need energy for heating, hot water, for the pool, for air conditioning, for washing and drying bed linen and towels, for the wellness area, for large breakfast and dinner buffets and much more.



IN GENERAL

The more luxury a hotel offers, the worse the carbon footprint. According to figures from the Association of German Travel Management, an average 1-star hotel in the UK produces 18 kilos of CO₂ per person per night, while a 5-star hotel produces 27 kilos.



AROUND 240 KG

The WWF has calculated how many CO₂ emissions are generated per person during a two-week holiday in Mallorca in a 4-star hotel including full board.



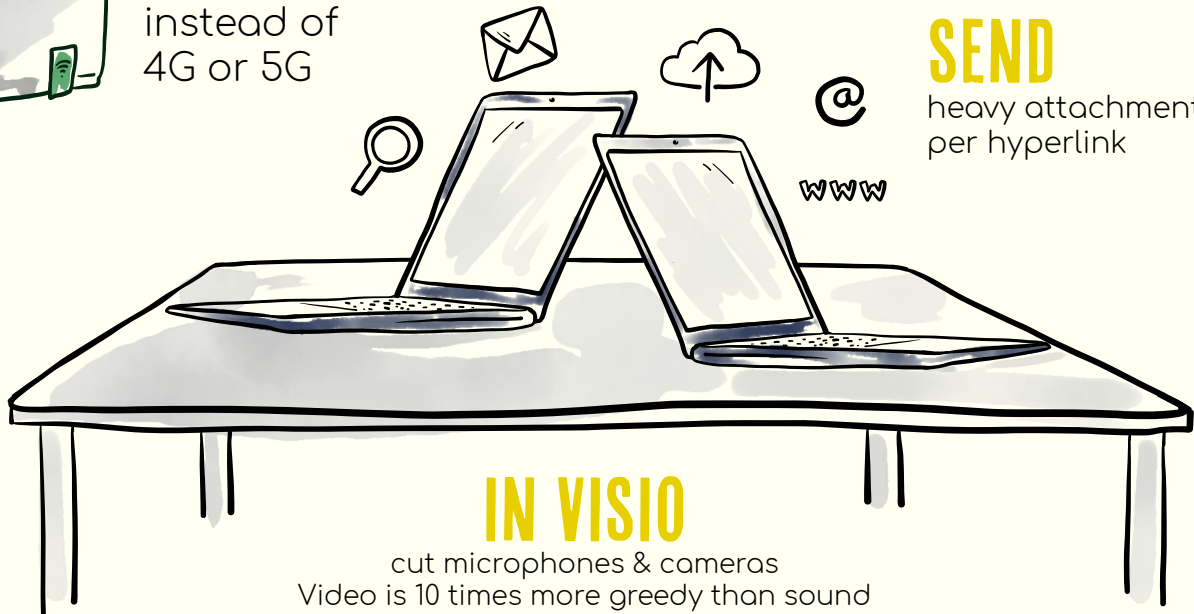


CONNECT IN WIFI

instead of
4G or 5G

LAPTOP VS. DESKTOP COMPUTER

(80% less power consumption)



SEND

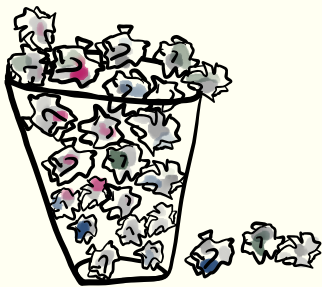
heavy attachments
per hyperlink

IN VISIO

cut microphones & cameras
Video is 10 times more greedy than sound

OFFICE

Digital energy consumption emits currently 4% of the total greenhouse gases and is evaluated to 8% in 2025. The Web is also a source of emissions: the more we download and upload, do upgrades, surf around on Webpages, the more energy is consumed.

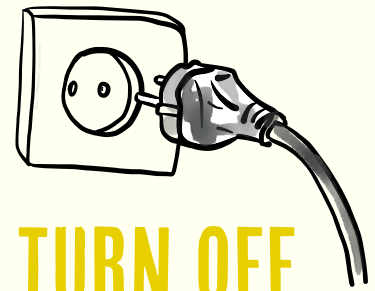


EMPTY

your recycle bin
and emails regularly

UNPLUG

when not in use



TURN OFF

computer equipment
in the evening before
returning or after use

LIMIT THE USE

of printers and photocopiers
as much as possible.

AT HOME

Businesses and homes contributed 13% of total greenhouse gas emissions. Most of these emissions come from heating sources that burn fossil fuels.

Other factors include waste handling from food waste and other methane-emitting sources in landfills, and using products that contain greenhouse gases like HFCs (refrigerants). Seal your home well. Hot spots can include the attic, windows, and doors, where warmth and coolness can escape.

PLANT TREES

AROUND YOUR HOUSE

Absorbes 22kg of CO₂ / year & produces enough oxogen for 2 people.



TAKE A QUICK SHOWER

Instead of bathing

TURN OFF

the tap while soaping

INSTALL

an economy shower head



INSULATE
YOUR HOME

LOWER YOUR
WATER HEATER

AVOID

Tilting the windows and ventilate with a short draft

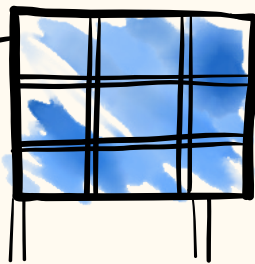
HOMEGROW
YOUR FRUIT &
VEGETABLES

USE LED LIGHTS

Using low-energy LED bulbs reduces the carbon footprint of 600kg of CO₂ over the life of the bulb.



GENERATE YOUR OWN ENERGY



TURN OFF
THE LIGHTS
WHEN NOT IN USE



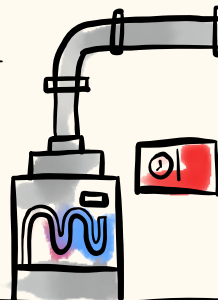
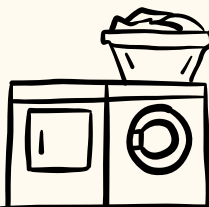
A+++

**SHORT OR
ECO PROGRAM**
for dishwasher &
washing machine



WASH

with cold water



**TURN DOWN
THE HEATING**
19-20°C

Heating at 19-20°C can reduce CO₂ emissions, it saves 160 kg of CO₂/year.

REPLACE OLD
REFRIGERATORS

**SWITCH TO
GREEN ENERGY**

DEFROST

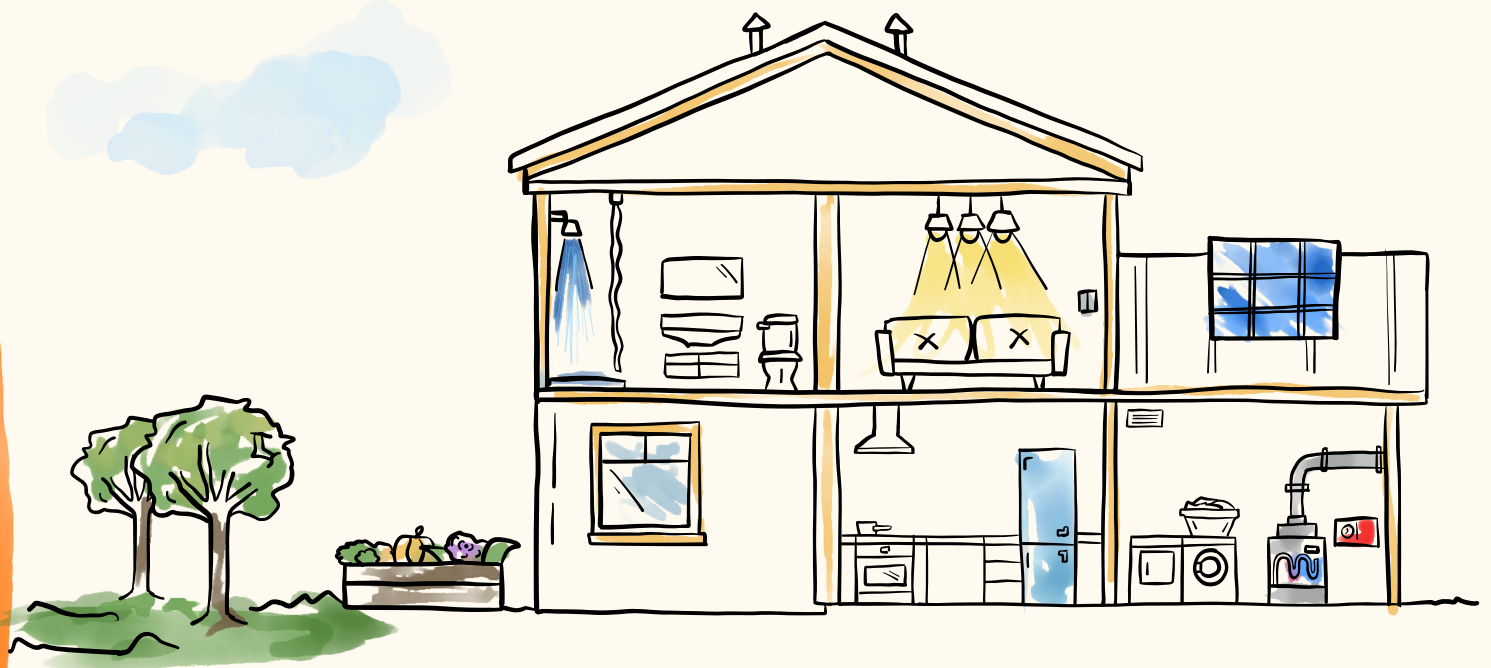
the freezer if there is more than 3mm of ice.

CLEAN

the fridge rack every 3 months.

DO NOT

set your refrigerator & freezer temperatures lower than necessary.



HOUSEHOLD OF 2 PEOPLE ON 70 M²

Lowers its room temperature in the whole apartment by one degree, then it saves 160 kilos of CO₂ per year. Heating and electricity account for 21% of CO₂ emissions / capita in Germany.

This means that our houses and apartments blow at least as many greenhouse gases into the air as the entire transport sector.

HEATING IN MODERATION

BUILDINGS WITH MANUAL ADJUSTMENT

Reduce the ambient temperature setpoint to 20°C (for information, on a thermostat mounted on the radiators, position "3" corresponds to 20°C).

BUILDINGS WITH CENTRALIZED REGULATION

Preferably leave in automatic mode, in particular when leaving the office.

FOOD

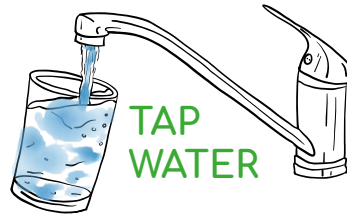
Food emissions vary greatly depending on product, though red meats typically have the largest carbon footprints. Food production is a major source of greenhouse gas emissions worldwide.



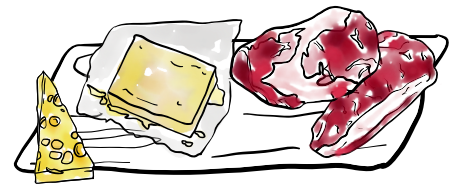
THOSE WHO THROW AWAY LESS FOOD, LIVE A MORE CLIMATE-FRIENDLY LIFE

TRY vs. AVOID

REGIONAL & SEASONAL



ANIMAL PRODUCTS



ALTERNATIVES TO MEAT AND DAIRY PRODUCTS

BAN PLASTIC



NUTRITIONAL FOOTPRINTS BY DIET FORMS

LATTER

1760 kg/Co₂/year

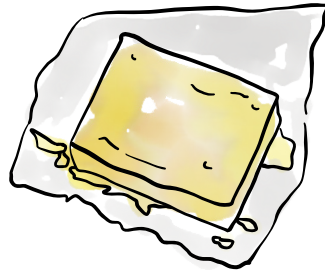
VEGETARIAN

1160 kg/Co₂/year

VEGANS

960 kg/Co₂/year

1KG BUTTER



emission of 23 kilos of CO₂
Cream and cheese also don't do well with 7 to 8 kilos of CO₂.

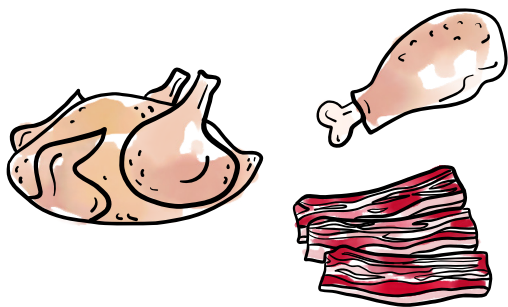
AVERAGE CONSUMERS IN INDUSTRIALIZED COUNTRIES

pollute the atmosphere correspondingly through their meat and dairy products consumption alone.



EVERY KILO OF BEEF

AROUND 13 KG OF GREENHOUSE GASES



PORK AND POULTRY

3-4 kg of CO₂



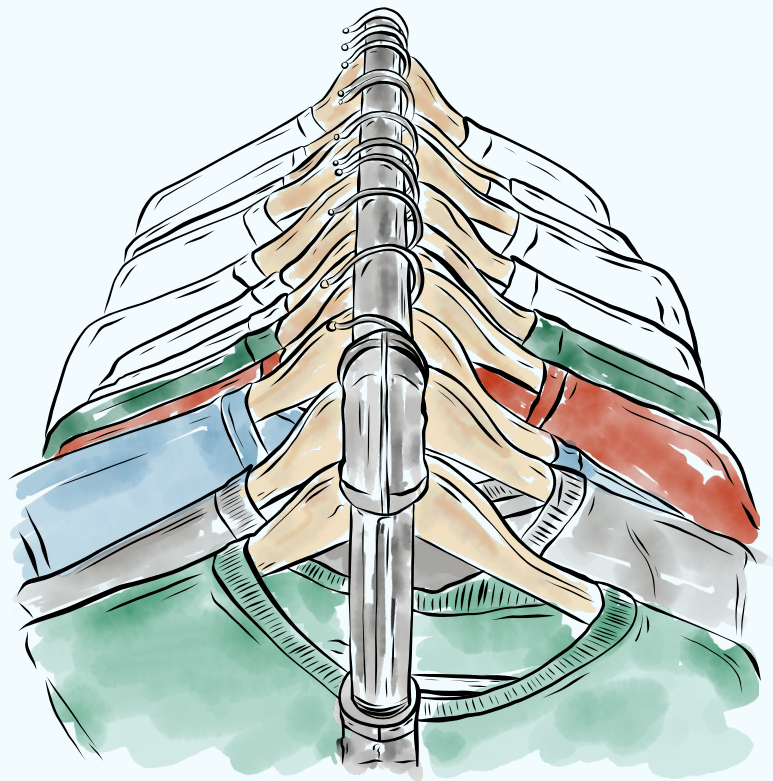
ORGANIC PRODUCTS ARE SOMEWHAT MORE CLIMATE-FRIENDLY

1kg of beef produced causes slightly less emissions at 11 kg

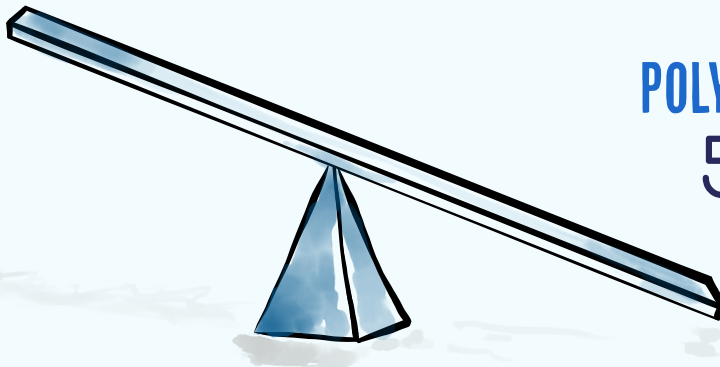
CLOTHES

The textile industry is next to the transport sector one of the biggest climate sinners.

In 2015, it blew more CO₂ into the air than all international flights and shipping combined.



COTTON T-SHIRT
4.3 kilos
of greenhouse gases

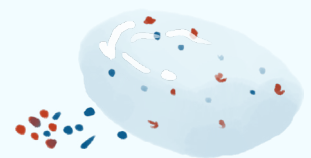


POLYESTER T-SHIRT
5.5 kilos
of greenhouse gases

COTTON is a
WATER WASTER



Rely on organic cotton, it causes only slightly more than half of the CO₂ emissions that are generated during the cultivation of conventional cotton, because synthetic fertilizers and pesticides are dispensed with in organic cultivation.



POLYESTER BRINGS
MICRO PLASTIC
INTO OUR SEAS

**EXCHANGE
YOUR CLOTHES**
with others

rely on
2ND HAND

Resources consumption is directly linked to emissions

**80% OF ALL RESOURCES ARE
CONSUMED BY 20% OF MANKIND**

IF THE OTHER 80% WOULD CONSUME AS THOSE 20%

WE WOULD NEED

4 TIMES THE PLANET EARTH!



In Europe we are consuming the
resources of 3 times our planet!

**IF YOU WANT TO KNOW HOW MUCH
RESOURCES YOU ARE USING,
SIMPLY FOLLOW THE LINK:**

www.footprintcalculator.org

ANA SAVED 1500 SHEETS OF PAPER AND 1.8 KG CO₂
BY NOT PRINTING THIS DOCUMENT



“

**THE GREATEST THREAT TO OUR PLANET IS THE
BELIEF THAT SOMEONE ELSE WILL SAVE IT.**

LET'S START FRESH!

– Quote by Robert Swan, Author –

”



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