

# Q&A

*a day*

Global Challenges & Sustainable Futures

CEMUS | Centre for Environment and Development Studies | Autumn 2015



## Day 1

*How would you explain "sustainability" to a 10-year-old?  
How about social sustainability and economic sustainability, and not  
just environmental sustainability?*

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## Day 2

*What have you done that is “sustainable” recently?  
Something “positive” you did to the environment?*

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## Day 3

*Illustrate one meal you ate today.*

*Where did each ingredient come from? How far did it travel?*

*Is it in season? What is the water footprint of this meal?*

*(<http://waterfootprint.org/en/water-footprint/>)*





## Day 4

*Draw the last clothing piece you bought.  
Where did it come from? What is it made of? Who made it?*





## Day 5

*Write your means of transportation and approximate distance (km)  
you have traveled during the year 2015.*

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## Day 6

What is your ecological footprint?

Calculate at: <http://www.earthday.org/footprint-calculator> or  
[http://wwf.panda.org/how\\_you\\_can\\_help/live\\_green/footprint\\_calculator/](http://wwf.panda.org/how_you_can_help/live_green/footprint_calculator/)

Is it big? Compared to your national average?

...to the Swedish average? What is the biggest factor?

[http://wwf.panda.org/about\\_our\\_earth/all\\_publications/living\\_planet\\_report/ecological\\_footprint/](http://wwf.panda.org/about_our_earth/all_publications/living_planet_report/ecological_footprint/)

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## *Day 7*

*How do you imagine a 'sustainable' life? ...and a 'good' life?  
What would you feel restricting? What would you feel excited about?*

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## Day 8

*What would be hard for you to change for 30 days?*

*What would be easy for you to change?*

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## *Day 9*

*You are the president (or prime minister) of the day. Make 1 law to make your citizens have a more sustainable life. Describe the law and what impact that could have. How would the citizens react?*

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