

My name: Kardelen Parmak
 Where I am from: Austria
 Age: 15

My picture:

A normal day
A better day

	Activity/Good/Product	Points
Mobility	I took the bus from Dornbirn to Hohenems	5
Electricity	Use of the laptop with 3 operating hours per day in the grid of VKW strommix (0,2), annual electricity consumption 4500kWh—3persons (3)	3,2
Heating	Daily amount of points with an annual gas-consumption of 1000m3 and 3 persons	27
Consumer choices	1 piece jeans per day (6) 1piece hoody for woman (0,2) 1 pair sport shoes (1) Daily value of a mobile phone if used 3 years (1), 3 machines laundry per week with softener and with washing line(44), 3 times having a shower (13), 1 role of toilet paper	66,2
Leisure	Reading a book and chatting	0
Food	2 cups of tea (1) 1 croissant (3) 1 piece Cheeseburger (38)	42
Public consumption	austria	31
Sum		174,4

	Activity/Good/Product	Points
Mobility	Taking the train from Dornbirn to Hohenems	2
Electricity	Laptop -2hours (0,1), annual electricity consumption 4500kWh -3persons (3)	3,1
Heating	Gas central heating -3persons	27
Consumer choices	1 piece Jeans (3), 1piece female tshirt (0,4), doing the dishes in the dish washer (7), 1pcs. Single use-cups(0,4), 1 role toilet paper	11,8
Leisure	Enjoying the evening sun, playing cards and reading a book	0
Food	1000 ml Water(0) 1 portion pasta with tomato sauce (9) 200g regional strawberries (0,5), 20.g regional grapes (0,9)	10,4
Public consumption	austria	31
Sum		85,3