



This certifies that

Jens Lysdal

Has offset 0.54 tonnes of carbon dioxide through  
greenhouse gas reduction projects in order to reduce the rate of  
global climate change.

ClimateCare

15 July 2014

## Carbon profile contents:

Below is a summary of the activities that you have offset.

Reference: #117678

Type	Tonnes CO2	Description
Flight	0.54	Return flight (4,943 kilometers) from CPH to LIS

Offset Cost: €4.84

VAT at 0%: €0.00

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Total Cost: €4.84

ClimateCare

ClimateCare, 112 Magdalen Road, Oxford, OX4 1RQ, United Kingdom

Registered VAT no:

## ClimateCare Projects:

Here are some examples of the types of project that your money will support through ClimateCare.

### Mulan Wind Farm

Emission reductions are made on the Mulan Wind Farm by reducing the amount of electricity that would have been generated by conventional fossil fuels such as coal or gas. The project creates local employment, stimulating the wind power industry in China and reducing the pollutants such as SO<sub>2</sub> produced by coal-fired power plants.

### Uganda Stoves

The Uganda Stoves Project supplies efficient wood burning stoves to families in Uganda. Families using less fuel wood benefit from increased income and improved health through reduced kitchen smoke. In addition to emissions savings from a reduction in fuel wood, there is reduced deforestation in areas affected by the Kampala market in Uganda.

## Reduce ReUse Cycle:

Visit our low carbon living pages for 50 emission reduction hints & tips

### Home tips

#### *Heating conservation*

- Draughts waste a lot of energy by losing heat. You can stop draughts particularly on exterior doors by putting a brush or seal on your doors to prevent air escaping round the edges. Letterboxes, keyholes, floorboards and skirting also lose heat and should be covered.
- Make sure your loft has loads of insulation. Its one of the cheapest and easiest ways to save energy and will pay back in hardly any time.
- Turn your thermostat down and put on an extra jumper.

#### *Electricity conservation*

- Switch to a renewable electricity supplier
- Switch to energy saving light bulbs, when your old bulbs break.
- Items left on standby can use up to 85% of the energy they would use if fully switched on.

#### *Water savings*

- Make sure your hot water tank is insulated with a thick jacket. It will save money and energy.
- Always use the correct size pan, and when heating water only use the amount you need.
- When making a cup of tea, only boil the amount of water that you need.
- Turn off the tap while cleaning your teeth.
- Have a shower instead of a bath which uses far less energy and water.

#### *Food and the fridge*

- The location of your fridge can make a difference in how energy efficient it is. Make sure it is out of direct sunlight and not close to the oven. It is best to keep it against an outside wall so that the heat it generates can escape easily, and always make sure that there is a few inches space all around the fridge so that air can circulate
- Buy locally produced organic food. Eat less meat; producing 1 calorie of meat requires a lot more land and energy. Compared to 1 calorie of vegetables.

### Driving Tips

- Anticipate road conditions and drive smoothly, avoiding sharp acceleration and heavy braking. This saves fuel and reduces accident rates.
- Drive away immediately when starting from cold - idling to heat the engine wastes fuel and causes rapid engine wear.
- The most efficient speed depends upon the car in question but is typically around 55 - 65mph. Faster speed will greatly increase your fuel consumption.
- Check your tyre pressure regularly - under-inflated tyres are dangerous and can increase fuel consumption by up to 3%.
- Avoid short journeys - a cold engine uses almost twice as much fuel and catalytic converters can take five miles to become effective. Cycle or walk instead.
- Accessories such as roof racks, bike carriers, and roof boxes significantly affect your car's aerodynamics and reduce fuel efficiency, so remember to remove them when not in use.

### Flying

- We realise that sometimes people have no choice but to fly but the best thing for the planet is if you don't fly at all. There are many short haul flights can be replaced by other forms of public transport such as trains or buses
- When you have to fly, always consider if you can combine trips.
- It's best to fly direct rather than stopping over.

### At the Office

- Only use the lights you need. Turn off lights in unused rooms. Or install occupancy sensors.
- Do you really need those hard copies, or can you save it on your computer instead?
- Print double-sided.
- Open up - if you have windows you can open, use them to intelligently save energy.