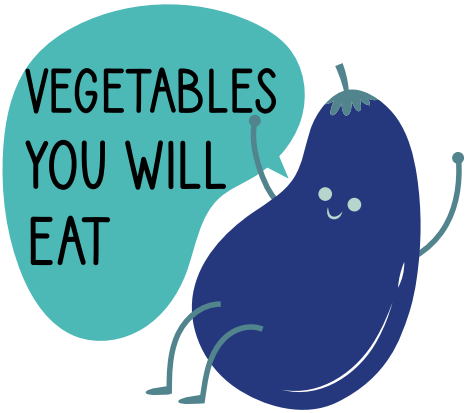
ADN Carbone 0 Week

1 day, 1 challenge

Today's objetive,
no meat !



ChalLENGE Take a picture of your veggie meal !

Send your picture to this address --> contact@agora-aefe.fr
or post it directly on Instagram --> @agora_monde

Useful **INFOS**

Cows emit methane, a gas about 30 times more harmful to the atmosphere than CO2. Methane is responsible for 53% of nitrous oxide emissions and 44% of methane emissions.

In addition, to produce 1 kg of beef would require 550 L of water compared to 228 L of water for 1 kg of grain products, or 58.54% less.

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Today,
calculate your carbon footprint !

ChalLENGE

Take a picture of your result !

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Useful **INFOS**

Today, calculate your carbon footprint with the test "Our climate actions" from ADEME. The carbon footprint is used to measure the carbon dioxide and greenhouse gas emissions that are emitted by a person but also by his activities.

Calculate your annual carbon footprint with questions on different categories such as food, transportation, housing, utilities or digital. This allows you to take action at your level, with personalized actions based on your answers.

ADN Carbone 0 Week

1 day, 1 challenge

Today,
I delete my emails !

ChalLENGE

Today, we chose not to make a challenge in order to really act for the planet.
No file sending in order to reduce digital pollution.

Useful INFOS

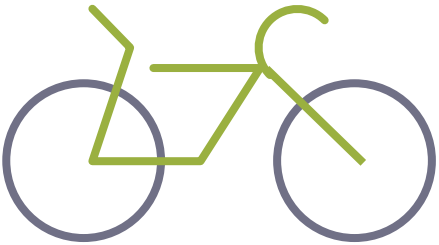
Cleaning your mailbox regularly is a gesture accessible to all, which helps to some extent to reduce digital pollution. Digital production and consumption account for 3.7% of global greenhouse gas emissions.

An email with an attachment can emit 19g of CO_2. Storing an email in a data center for one year emits 10g of CO_2. One stored email results in 30g of CO_2 emissions. And in the world, 281 billion emails are sent every day.

ADN Carbone 0 Week

1 day, 1 challenge

Today,
we use non polluting means of transportation !



ChalLENGE

Take a picture of your green means of transportation !

Send your picture to this address --> contact@agora-aefe.fr
or post it directly on Instagram --> @agora_monde

Useful **INFOS**

Using a non-polluting means of transportation is a good solution to fight against global warming and air pollution. There is something for everyone, from using public transport such as the metro or the bus, to more sporty alternatives such as skateboarding or cycling.

Every km walked reduces CO_2 emissions. Cars account for more than 55% of global greenhouse gas emissions from transportation.

Cycling regularly increases brain oxygenation, reduces stress, improves coordination and balance.

ADN Carbone 0 Week

1 day, 1 challenge

Today's objective,
0 plastic !

ChalLENGE

Take a picture of your reusable container !

Send your picture to this address --> contact@agora-aefe.fr
or post it directly on Instagram --> @agora_monde

Useful **INFOS**

Plastic can take many forms (textiles, bottles, dishes, insulation, flooring...) and packaging accounts for 40% of the plastic used in Europe every year.

47% of plastic waste found in the sea comes from single-use plastic objects.