

WHY?

Information: These stories should give us people in the Western world an impression of how our daily actions influence climate change and how we are simultaneously harming our own health and happiness with that behavior. The intention of this text is not to discriminate a single country or people. The information contained in the stories is based on the average of the countries. That does not mean that every citizen of that country is acting in the same way. Please don't feel offended.

This is John. He lives in the US with his wife and his son. John drives 26 kilometers for half an hour with his car to work every day (=average US citizen). He manages his way to work with his Range Rover, which he is very proud of. Unfortunately, John is also overweight like two thirds of the US adults. To do something against that problem, he goes to the gym three times a week. The family often eats fast food like pizza or MC Donald's food for dinner. And there is no day without a dish consisting of meat (the average US citizen consumes 124 kilos per year).

Calculations: If John walked to work every day, he would burn 1680 calories only on his way to work and back. Of course it would take him more than 5 hours each direction. So maybe another possibility would be to take the bike. By taking the bike he would still spend more than 2 hours for his daily way to work and home, but he would also do something for his health, for the environment and he would save money. By riding a bike or walking he would avoid 16,4 Kilos of CO₂. According to a study by Carlijn Kamphuis (Fit for fun bbc interview), people who ride a bike regularly live 6 months longer. Moving also produces happiness hormones and that would keep sleeping or eating disorders away. If everyone in the city used the bike for their way to work, there would be better air and fewer accidents.

That is Manuela. She lives in Austria, where 55% of the people drive to work with their private car. So, as an average Austrian citizen she drives 21 kilometers to work every day. The average Austrian person eats 62,6 kilos of meat per year. If Manuela were vegetarian she would produce 47% percent less of CO₂ per year. The environment profits even more of living vegan; every year you live vegan you save 670 kilos of CO₂. Manuela would also do something for her health and according to the study of the Massachusetts General Hospital, vegan people have a longer life expectancy than those who eat animal products.

Our last person lives in Ethiopia. A country where 29,6% to 32,6% (I couldn't find exact data) of the people living below the poverty line. That means that our fictitious person Azmera has to live with less than 1,60€ per day. Ethiopia is also a country where an average person only causes 0,16 tons of CO₂ per year. Just to give you some comparison: In Austria it is about 8,16 and in the US even 16,14! So, you can definitely see the difference and I think every person who reads this right now should think about it. It is so unfair because in Ethiopia more damage is caused by climate change than in Austria. Because of the climate change there are often extreme weather conditions like droughts or heavy rains which destroy the harvest and cause famines. I do not want to offend anybody but don't you see the connection between our damage to our earth and the

suffering of people because of it? If you watch our society self-deprecating and let your compassion talk, you will see that with our actions we are not only harming ourselves and this beautiful planet with all its creatures, but also other innocent humans. Do you have a pure conscience? I do not.

Sources:

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[Liste der Länder nach CO2-Emission pro Kopf - Wikipedia](#)