

Climate training will shape you up for the future!



Are you interested on a personal climate training?

Please fill in the questionnaire below and the Climate Street experts will make you a customized training program.

FOOD

1. I get my daily protein requirements:

- from beans and wholemeal cereals
- from steak
- from both

2. To fill my plate I prefer:

- potatoes
- rice
- pasta

3. If some food is left over:

- I use it in another meal later
- I throw it away
- I try to use it later, but quite often it gets too old so I end up throwing it away

ENERGY

4. When I have a shower it's:

- a quick rinse in refreshingly cool water
- a leisurely shower with warm water
- quite a long hot session

5. In my bedroom I keep warm using

- blankets (19°C)
- the radiator (24°C)
- the body heat of a partner (21°C)

6. The electricity for our lighting comes from

- renewable energy
- fossil fuels
- who knows where?

TRAVEL

7. I go to the local shops:

- using my own muscle power
- by car
- on public transport

8. For my holidays I prefer:

- to visit a neighbouring country or some attractive destination in Finland
- to visit some exotic faraway country
- to enjoy the attractions of continental Europe

SHOPPING

9. My clothes typically last for:

- 15 years
- 5 washes
- 5 years