



### **Reducing your ecological footprint**

Concerned about your impact on the environment? Interested in learning how to shape a more sustainable future? This album shows you simple ways to adapt your lifestyle and how to think globally. Five video tracks demonstrate how to assess the 'ecological footprint' of your household, examine the effects of personal transport on the environment, and explore how your decisions as food consumers are part of a supply chain stretching across Europe and the rest of the world. They feature an energy efficient household in Oxford and pioneering work at the Eden Project and Mount Pleasant Eco Park in Cornwall. This material forms part of the Open University course U116, Environment: journeys through a changing world.