

**Appendix 4.** Kimberley Nicholas: 4 choices matter most for the climate [02:10]

Video: <https://tinyurl.com/s9pp5n66>



My own take on the 4 choices we identified that make the biggest difference for the climate: living car free, eating a plant-based diet, avoiding flying, and planning smaller families. 2 minute video from Lund University.

Click the QR code, or the URL to Kimberley's video

Use the following questions to help you make notes about Kimberley's choices and your own to share with a group. Compare your notes with others and if necessary, improve your notes. You will use your notes to tell others about Kimberley's 4 choices that matter most.

🚦 Who is Kimberley?

🚦 What are the four choices that matter the most for the climate?

- 1.
- 2.
- 3.
- 4.

🚦 What are Kimberley's choices ...

1. regarding flying
  - a. How much does a round trip from the US to London cost in CO<sub>2</sub>?
  - b. What does that equate to in eating meat?
  - c. How has she changed her behaviour vis-à-vis flying?
2. regarding cars
  - a. How much does driving a car for one year cost in CO<sub>2</sub>?
  - b. What does that equate to in eating meat?
  - c. How has she changed her behaviour vis-à-vis cars?
3. regarding eating meat
  - a. How much does eating meat for one year cost in CO<sub>2</sub>?
  - b. What does that equate to in recycling?

