

streaming hours per week

7	hours	Television	High def	Wifi
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videoconferencing hours per week

3	hours	Laptop	Low def	Wifi
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Emails sent per week

50	emails	Smartphone	Without attachmr	Wifi
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YOUR USES EMIT

0,28 kg CO₂e

per week

OR...

14,3 kg CO₂e

per year

THIS EQUALS..



Compare the impact of your usages with the impact of construction

In most case, the majority of your digital footprint comes from the construction fo your digital devices, not from using them



1 year of email - 2600 emails

0,27 kg CO₂e



1 year of visioconferences - 156 hours

2,5 kg CO₂e



1 year of streaming - 364 hours

11,5 kg CO₂e



Smartphone construction

79,3 kg CO₂e



Laptop construction

182 kg CO₂e



Television construction

328 kg CO₂e

Results are based on French carbon data sets, by [ADEME](#)