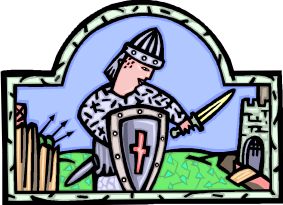


Personal Sacrifice List

Each member of the family will make two sacrifices from this list to have the holiday they want.

Mr Jones participates in the medieval battle re-enactment society. They have 5 battles a year. He does not want to miss any, but if he sacrifices one at a cost £80 and 0.3 tonnes of carbon he will not sacrifice anything else.



Online Poker is Mr Jones' weakness. He plays twice a week costing £4 in total, at a carbon cost of 0.02 tonnes. He will cut back by 1 evening per month.

He also plays golf 10 times a year. He will gladly cut this down to 9 times saving £50 and 0.1 tonnes of carbon.

Mrs Jones loves London shows and will sacrifice one per year. She visits 5 per year at an average cost of £250 (with Mr Jones) including a hotel stay and travel. Each show costs 0.4 tonnes of carbon.

Along with the rest of the family, Mrs Jones loves air shows and visits Lowestoft, Southend and Farnbrough air shows each year. She will sacrifice one show saving £40 and 0.3 tonnes of carbon.

Being a clean person, Mrs Jones has a bath daily. She will change from baths to showers on 6 days of the week, leaving Sunday for a long soak. The estimated saving is 50p and 0.005 tonnes of carbon per week.



Tish Jones uses MSN and facebook every night. She is normally on for 4 hours, but is willing to cut down to 3 hours. The total annual saving would be £20 and 0.13 tonnes of carbon.

She visits the local water adventure park on average 12 times a year and is willing to cut this by 1 or 2 trips, each saving £30 and 0.15 tonnes of carbon. Tish will only sacrifice 2 trips if she does not have to sacrifice anything else.



The British Formula 1 powerboat grand prix and the London fashion show both cost £100 and 0.4 tonnes of carbon. She will willingly sacrifice one of these, but only if Henry does not go on his Archaeological dig.

Archaeology is Henry's area of excellence. His annual treat is the local society dig, which costs £80 and would save 0.3 tonnes of carbon. He will not sacrifice anything else if he sacrifices this treat.

Henry spends on average 3 hours a night on his console, using £4 per week in electricity and 0.04 tonnes of carbon. He will cut down by 25% as one sacrifice.



As an adventurer, he likes to visit theme parks. Each year he visits 5 parks at an average cost of £35 and 0.16 tonnes of carbon. He is willing to cut down to 4.

Henry loves watching rugby and gets to see London Irish 5 times a year. Sacrificing one trip will save £40 and 0.2 tonnes of carbon.