## Reference Emissions Levels/ Reference Levels

Forest Reference Emissions Levels (RELs) and/or Forest Reference Levels (RLs) are benchmarks for assessing a country's performance in implementing REDD+ activities. The carbon stocks measured through MRV are compared to the RELs/RLs to calculate the emissions reductions achieved.

REL is the amount of gross emissions from a geographical area estimated within a reference time period, while RL is the amount of net/gross emissions and removals from a geographical area estimated within a reference time period. REDD+ is Reducing Emissions from Deforestation and Degradation plus three other activities: conservation, sustainable forest management and enhancement of carbon stocks.











