

Energy saving tips

by **GREENPEACE** Ilmenau



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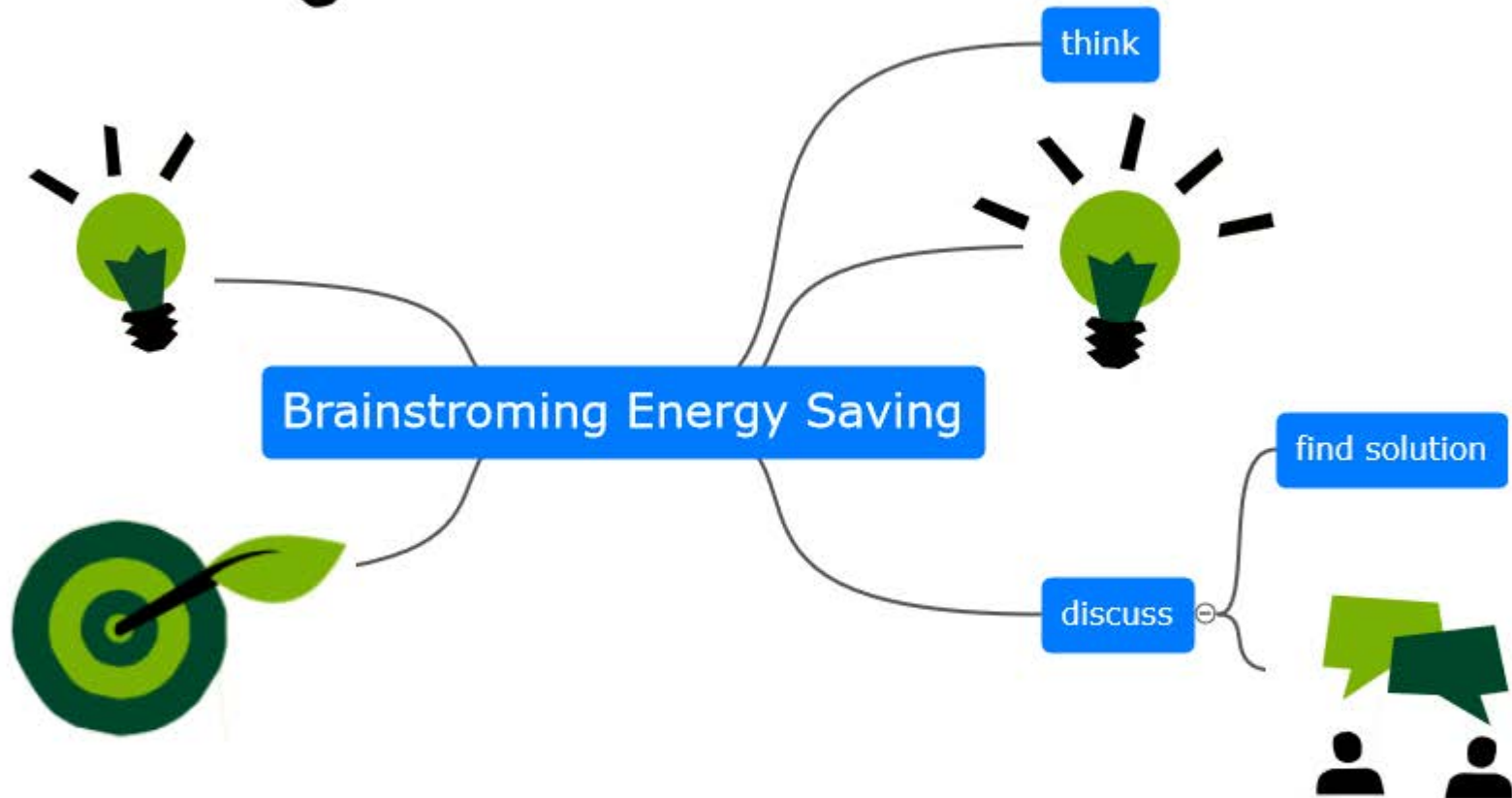
Course of the workshop

1. Greenpeace Ilmenau Introduction
2. Brainstorming
3. At home
 - 3.1. Typical errors
 - 3.2. Easy tips
 - 3.3. Lifestyle
4. On the road
 - 4.1. mobility
5. Reduce waste
 - 5.1. How to reduce waste





Energy Saving Discussion



<https://mind-map-online.de/>



Typical errors 1

- electronic devices on standby
- Let the charging cable plug after charging
- Open windows at tilt all the time
(more efficiently: shock ventilation)
- Let always the light on
(use motion detectors in the hallway)





Typical errors 2

- refrigerator too cold, recommended are 7 degrees; in the freezer maximum -18 degrees
- always wash the laundry with 60 degrees (wash with 30 degrees saves 2/3 of the heating energy)





Typical errors 3

- with more than 7-10 minutes of showering you consume more energy and water than when bathing (use a economical shower head, this can save a third of the water consumption)
- with an empty refrigerator, the cool air escapes faster (do not open the fridge too often and do not leave it open for long)





Tips for home 1

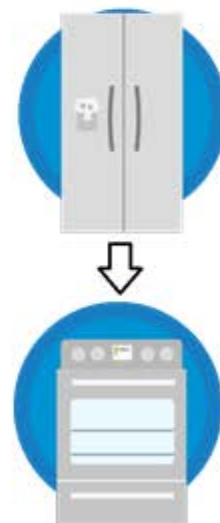
- Use toggle switch to save the standby energy
- Cook water with a kettle (pay attention to the amount of water)
- Cook with residual heat





Tips for home 2

- Use energy-saving lamps (saving 80%)
- Reduce airflows at doors or windows
- Have space between heater and furniture to reduce heat jam
- Distance between refrigerator and stove





Tips for home 3

- Use a lid (saving 33% energy)
- Close curtains to reduce heat loss
- freeze compartment defrost, the ice layer reduces the freezing capacity by 30%





Tips for home 4

- use the eco mode for washing machines (saving against 60 degrees of laundry 5.400 liters water and 48 KG CO₂ per year)
- vents the heating and turns it off when ventilating





Lifestyle Discussion



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Lifestyle 1

- Use second hand cloths and furniture
- Repair your old appliances
(maybe there are repair clubs near you)





Lifestyle 2

Life vegan

- (according to an oxford study, vegan lifestyle saves 2 tons of greenhouse gases)
- <https://www.independent.co.uk/life-style/health-and-families/veganism-environmental-impact-planet-reduced-plant-based-diet-humans-study-a8378631.html>

Reduce plastic (more at the point „reduce waste“)

Buy regional and seasonal food (buy food directly at a market)





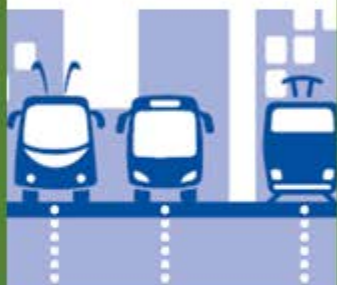
Lifestyle 3

- Operate waste separation
- Reuse shopping bags or use backpacks
- Change the electricity provider to green electricity



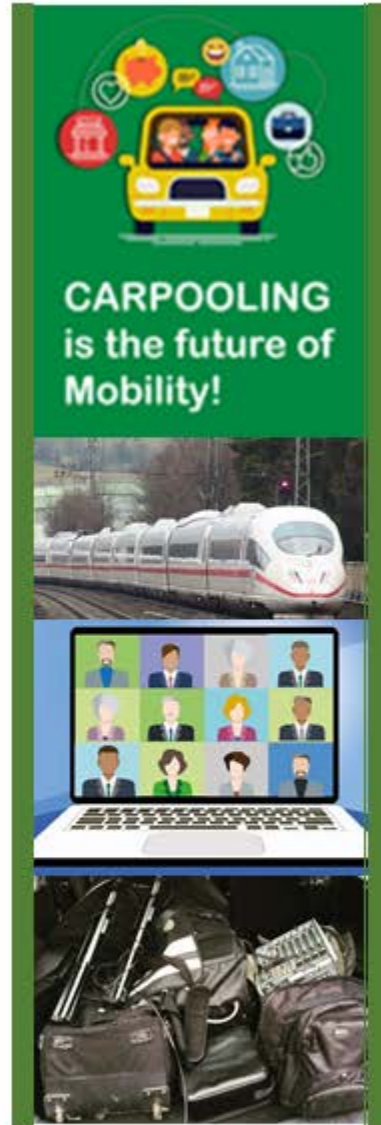
Mobility 1

- Use for short ways your bicycle
- For longer trips use public transport
- Share your car with other people



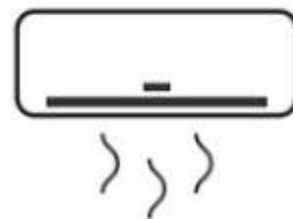
Mobility 2

- Forms carpooling
- Avoid flights use trains
- make phone conferences instead of on-site meetings to reduce unnecessary travel
- reduce unnecessary weight when driving



Mobility 3

- use energy-saving tire this can save up to 5% fuel
- pay attention to the tire pressure
- do without air conditioning or unnecessary heating
- change to summer tires in time
- looking ahead and moderate driving





How to reduce waste 1

- cloth bag instead of plastic bag
- use normal coffee powder and do without coffee capsules
- buy fruit and vegetables without plastic packaging on regional markets





How to reduce waste 2

- use solid soap and shampoo
- buy larger quantities instead of often small ones
- use wooden toothbrushes





How to reduce waste 3

- Coffee to go into thermo cup
- Share things with friends and neighbours (e.g. drills or lawnmowers)
- don't use throwing away dishes at parties or when travelling





How to reduce waste 4

- buy more quality instead of mass
- store data electronically
- use cloth handkerchiefs
- buy less online and save packaging waste





Think Globally, Act Locally 1



Our Climate Initiative

→ Questions

- ▶ Whom do you have to convince?
- ▶ Is your idea the right one for your target group?
- ▶ What do you need to carry out your idea?
- ▶ How much do you expect it to cost?
- ▶ Do you have enough time?
- ▶ Why could the project fail?



Think Globally, Act Locally 2

1. Set goals What do you want to achieve? Think about what you could do in your surroundings to make a difference. What do you want to change? How can you fight climate killers? Whom do you want to reach with your project? Who is your target group?

2. Collect, examine and choose ideas. How will you achieve your goal? Collect as many ideas as possible without judging them. Remember that in a brainstorming session everything goes! Then choose the best idea for achieving your goal. The questions above will help you decide. Tip: Summarize your idea in ONE sentence. This will help you organize your thoughts and create a clear idea for the project.





Think Globally, Act Locally 3

3. Draft a project plan What do you need to do? In a project plan, you define exactly who will do what and when. It is best to post the project plan somewhere where everyone can see it. Use self-stick notes or a pin board so you can make changes as you go along. Meet regularly to discuss who did what and what has to be done next.





End Discussion



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Sources

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