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Activity No. 3

VET SUSTAINABILITY KIT

Energy Saving



Free publication

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Area's name: Energy Saving

Questions/statements related to the area

No.	Question/statement	Always	Often	Rarely	Never	N/A
For individuals						
1.	How often do you turn off lights and electronics when you leave a room?					
2.	How often do you use energy-efficient light bulbs?					
3.	How often do you unplug electronics when they are not in use to reduce standby power consumption?					
4.	How often do you use a programmable thermostat to save energy on heating and cooling?					
5.	How often do you use public transportation, carpooling, or cycling instead of driving alone to reduce your carbon footprint?					
6.	How often do you switch to energy-efficient appliances, such as refrigerators, washing machines, or dishwashers?					
7.	How often do you use natural light instead of artificial lighting during the day?					
8.	How often do you participate in energy-saving initiatives in your community?					
9.	How often do you avoid using appliances such as the oven or hob when more efficient cooking methods, such as microwave or steaming, can be used?					
10.	How often do you recycle or compost to reduce waste and save energy?					



11.	How often do you use a clothesline or a drying rack instead of a dryer?					
12.	How often do you use reusable bags and containers to reduce waste and save energy?					
13.	How often do you reduce your meat consumption to reduce the carbon footprint of your diet?					
14.	How often do you educate yourself and others about energy conservation and climate change?					
15.	How often do you encourage others to adopt energy-saving practices?					
For organisations						
1.	How often does your organisation conduct an energy audit to identify areas of energy waste and opportunities for improvement?					
2.	How often does your organisation invest in energy-efficient equipment and appliances to reduce energy consumption?					
3.	How often does your organisation encourage employees to adopt energy-saving practices, such as turning off lights and electronics when leaving a room or using public transportation?					
4.	How often does your organisation promote telecommuting or flexible work schedules to reduce carbon emissions from employee commuting?					
5.	How often does your organisation track and report on its carbon footprint and energy-saving initiatives to stakeholders?					

Self-assessment instruction for individuals:

For each answer "always" and "often" you get 1 point.

Number of points: *from 15 to 12 - You are doing great and supporting the sustainable development of our planet - keep going.*

Number of points: *from 11 to 8 - It is noticeable that you are working for the sustainable development of our planet - continue like this and think about what else you could do.*

Number of points: *from 7 to 4 - You take some steps for the sustainable development of the planet, but it would be worth expanding your activities. Think about what changes you could make.*

Number of points: *from 3 to 0 - This is rather the beginning of your path for the sustainable development of our planet. Don't be discouraged and think about what you could do. Even the little things make a big difference if a lot of people do them.*



Useful information

Description

Energy saving is the practice of reducing the amount of energy consumed in a given activity or process without sacrificing the quality of the output. The concept of energy saving is closely tied to the fight against climate change, as energy consumption is a major contributor to greenhouse gas emissions, which are responsible for global warming and other negative environmental impacts. In this context, energy saving can help reduce carbon emissions, improve energy efficiency, and mitigate the impacts of climate change.

Scientific facts

There are many scientific facts related to energy saving that support its importance and effectiveness in reducing energy consumption and greenhouse gas emissions. Some of these scientific facts are discussed below:



1. Energy consumption is a major contributor to greenhouse gas emissions: According to the Intergovernmental Panel on Climate Change (IPCC), the energy sector is responsible for approximately 73% of global greenhouse gas emissions. This includes emissions from electricity and heat production, transportation, and industry. Therefore, reducing energy consumption through energy saving measures can have a significant impact on reducing greenhouse gas emissions.





The EU has been actively promoting energy-saving measures to reduce greenhouse gas emissions, improve energy efficiency, and transition towards a more sustainable future. Here are some key statistical data related to energy saving in the EU:

2. **Energy Efficiency Target:** The EU has set a target to achieve a 32.5% improvement in energy efficiency by 2030 compared to the baseline year of 2007.
3. **Energy Efficiency Policies:** The EU has implemented various policies and initiatives to promote energy efficiency, such as the Energy Efficiency Directive, the Ecodesign Directive, and the Energy Performance of Buildings Directive.
4. **Energy Consumption:** According to Eurostat, the EU's statistical office, energy consumption in the EU decreased by 8.3% between 2005 and 2019. This reduction can be attributed to energy-saving measures, increased energy efficiency, and a shift towards renewable energy sources.
5. **Energy Efficiency Investments:** The European Investment Bank (EIB) has been supporting energy efficiency projects through financing. As of 2020, the EIB has invested over €32 billion in energy efficiency projects across the EU.
6. **Energy Labels:** The EU introduced energy labels for various products, such as appliances and light bulbs, to inform consumers about the energy efficiency of the products they purchase. The energy labels help consumers make informed choices and opt for energy-efficient products.
7. **Energy saving measures can improve energy efficiency:** Improving energy efficiency is one of the most effective ways to reduce energy consumption and greenhouse gas emissions. By using energy more efficiently, less energy is needed to achieve the same level of output. This can be achieved through a variety of measures, including upgrading to more efficient equipment and appliances, improving building insulation and sealing, and implementing energy management systems.





8. Energy saving measures can save money: In addition to their environmental benefits, energy saving measures can also save money. By reducing energy consumption, businesses and individuals can lower their energy bills and operating costs. This can free up resources for other investments and activities.
9. Energy saving measures can improve air quality: Many energy sources, such as coal and oil, are also major sources of air pollution. By reducing energy consumption, the demand for these sources can be decreased, leading to improved air quality and public health.
10. Energy saving measures can increase energy security: By reducing energy consumption, countries can decrease their dependence on imported energy sources, which can be subject to supply disruptions and price volatility. This can increase energy security and resilience.
11. Energy saving measures can create jobs: The development and implementation of energy saving measures can create jobs in a variety of industries, including construction, engineering, and manufacturing. This can help stimulate economic growth and development.
12. Energy saving measures can be cost-effective: Many energy-saving measures, such as upgrading to more efficient equipment or improving building insulation, can pay for themselves over time through energy cost savings. This makes them a cost-effective way to reduce energy consumption and greenhouse gas emissions.
13. Energy-saving measures can be applied across many sectors: Energy-saving measures can be applied across a wide range of sectors, including residential, commercial, industrial, and transportation. This makes them a versatile tool for reducing energy consumption and greenhouse gas emissions.

To access up-to-date and detailed statistical data on energy saving in the EU, I recommend visiting the official website of Eurostat (<https://ec.europa.eu/eurostat>). Eurostat provides a wide range of statistical information related to energy consumption, energy efficiency, and renewable energy in the EU member states.





Ways/actions of saving in a given item (divided into individual people and VET institutions)

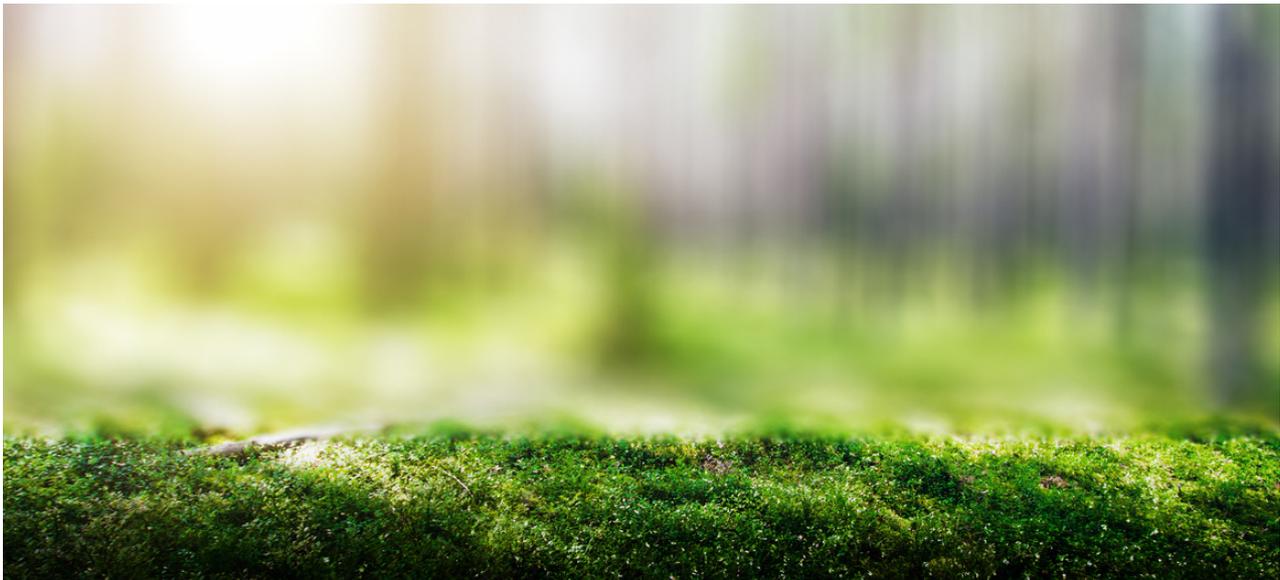
INDIVIDUALS:

- Upgrade to energy-efficient light bulbs: LED and CFL bulbs use up to 80% less energy than traditional incandescent bulbs and last much longer.
- Turn off lights and electronics when not in use: This simple habit can save significant amount of energy and reduce electricity bills.
- Use a programmable thermostat: A programmable thermostat can help regulate heating and cooling systems, reducing energy usage and costs.
- Improve home insulation: Proper insulation can reduce energy loss and improve energy efficiency, particularly in older houses.
- Reduce standby power consumption: Many electronics use energy even when they are turned off. Unplugging electronics or using power strips can reduce this "phantom" energy usage.
- Use public transportation, cycling or carpooling: Transportation is a major source of energy consumption and emissions. Using alternative modes of transportation can reduce energy usage and carbon footprint.
- Plant trees or install shading devices: Shading devices such as awnings or trees can reduce heat gain in buildings, reducing the need for air conditioning.
- Use natural light: Maximizing natural light can reduce the need for artificial lighting, saving energy and improving mood and productivity.
- Use energy-efficient appliances: Energy-efficient refrigerators, washing machines, and dishwashers can save significant amount of energy and reduce electricity bills.



- **Adjust thermostat settings:** Lowering the thermostat in winter or raising it in summer can significantly reduce energy usage and costs.
- **Use a clothesline or drying rack:** Air drying clothes instead of using a dryer can save energy and reduce carbon emissions.
- **Use reusable bags and containers:** Single-use bags and containers contribute to waste and energy consumption. Reusable options can reduce this impact.
- **Reduce meat consumption:** Animal agriculture is a major source of greenhouse gas emissions. Reducing meat consumption can have a significant impact on reducing carbon footprint.
- **Recycle and compost:** Recycling and composting reduce waste and energy consumption associated with the production and disposal of goods.
- **Choose energy-efficient windows:** Energy-efficient windows can reduce energy loss and improve energy efficiency in homes.
- **Reduce water consumption:** Water heating is a major energy consumer in homes. Reducing water consumption through low-flow fixtures or shorter showers can save energy and reduce water bills.
- **Use energy-efficient landscaping:** Planting shade trees or using energy-efficient irrigation systems can reduce energy usage and costs associated with landscaping.
- **Reduce hot water temperature:** Lowering the temperature of hot water heaters can significantly reduce energy usage and costs.
- **Use a bike or walk for short trips:** Using alternative modes of transportation for short trips can save energy and improve health.
- **Educate others:** Sharing information about energy-saving practices with others can inspire them to adopt similar behaviours and contribute to a more sustainable future.





ORGANISATIONS:

- **Conduct an energy audit:** An energy audit can help identify areas of energy waste and opportunities for improvement in buildings, processes, and equipment.
- **Upgrade to energy-efficient lighting:** Energy-efficient LED lighting can reduce energy usage and costs while improving lighting quality.
- **Use programmable thermostats:** Programmable thermostats can regulate heating and cooling systems, reducing energy usage and costs.
- **Implement energy management systems:** Energy management systems can track and optimize energy usage in buildings and processes, reducing waste and costs.
- **Upgrade to energy-efficient equipment:** Energy-efficient refrigerators, HVAC systems, and manufacturing equipment can significantly reduce energy usage and costs.
- **Improve building insulation:** Proper insulation can reduce energy loss and improve energy efficiency, particularly in older buildings.
- **Use renewable energy:** Installing solar panels or wind turbines can provide on-site renewable energy, reducing reliance on fossil fuels.
- **Conduct regular maintenance:** Regular maintenance of HVAC systems, equipment, and vehicles can reduce energy waste and improve efficiency.
- **Reduce standby power consumption:** Many electronics use energy even when they are turned off. Unplugging electronics or using power strips can reduce this "phantom" energy usage.
- **Use natural light:** Maximizing natural light can reduce the need for artificial lighting, saving energy and improving employee well-being.



- **Implement a telecommuting policy:** Allowing employees to work from home or remote locations can reduce energy usage associated with commuting.
- **Use public transportation, cycling or carpooling:** Encouraging employees to use alternative modes of transportation can reduce energy usage and carbon footprint.
- **Choose energy-efficient windows:** Energy-efficient windows can reduce energy loss and improve energy efficiency in buildings.
- **Implement a waste reduction plan:** Reducing waste can reduce energy consumption associated with the production and disposal of goods.
- **Implement a recycling program:** Recycling can reduce waste and energy consumption associated with the production of new materials.
- **Use energy-efficient landscaping:** Planting shade trees or using energy-efficient irrigation systems can reduce energy usage and costs associated with landscaping.
- **Reduce hot water temperature:** Lowering the temperature of hot water heaters can significantly reduce energy usage and costs.
- **Educate employees:** Providing education and training on energy-saving practices can inspire employees to adopt similar behaviours and contribute to a more sustainable workplace.
- **Implement green purchasing policies:** Choosing energy-efficient products and materials can reduce energy consumption and promote sustainable practices.
- **Partner with energy providers:** Partnering with energy providers can provide access to energy efficiency programs, rebates, and incentives, promoting energy-saving practices and reducing energy costs.



EDUCATIONAL TOOLS

Energy Saving Challenge (ESC)

The challenge can be completed individually or as a team, and can be done over a set period of time, such as a week or a month.

Here's how the Energy-Saving Challenge could work:

- 1. Determine a baseline energy consumption: Before starting the challenge, learners should determine their current energy consumption. This can be done by taking meter readings of electricity, gas, and water usage in their home or workplace.*
- 2. Set a goal: Based on their baseline consumption, learners should set a realistic goal for reducing their energy usage over the duration of the challenge.*
- 3. Identify energy-saving actions: Learners should research and identify actions they can take to reduce energy consumption, such as turning off lights when leaving a room, using natural light, unplugging electronics, and adjusting thermostat settings.*
- 4. Track progress: Learners should track their progress throughout the challenge, using meter readings or other tools to monitor energy consumption.*
- 5. Evaluate results: At the end of the challenge, learners should evaluate their results and compare their energy consumption to their baseline usage. They should also reflect on what actions were most effective and how they can continue to reduce energy consumption in the future.*
- 6. Celebrate success: Finally, learners should celebrate their success in reducing energy consumption and share their experience with others to inspire them to adopt similar behaviours.*

This Energy-Saving Challenge can be a fun and engaging way for VET learners to learn about energy-saving behaviours and take concrete steps towards reducing their energy consumption. It can also help them develop skills in goal-setting, problem-solving and critical thinking, which are valuable skills in many industries.



Virtual Energy Audit (VEA)

This tool is designed to help learners identify areas of energy waste and opportunities for improvement in a virtual environment.

Here's how the Virtual Energy Audit could work:

- 1. Choose a virtual environment: The Virtual Energy Audit could be conducted in a variety of virtual environments, such as a home, office, or industrial setting. The environment should be as realistic as possible, with a range of appliances, equipment, and lighting fixtures.*
- 2. Identify energy-saving actions: Learners should be provided with a list of energy-saving actions they can take in the virtual environment, such as turning off lights when leaving a room, adjusting thermostat settings, and upgrading to energy-efficient appliances and lighting.*
- 3. Conduct the audit: Learners should conduct a virtual energy audit of the environment, identifying areas of energy waste and opportunities for improvement. They can use virtual meters and sensors to measure energy usage and identify potential areas for improvement.*
- 4. Develop an action plan: Based on the results of the virtual energy audit, learners should develop an action plan for reducing energy consumption in the environment. This could include upgrading to energy-efficient appliances, installing insulation or weather stripping, and implementing energy management systems.*
- 5. Evaluate results: Once the action plan is implemented, learners should evaluate the results of their energy-saving efforts, using virtual meters and sensors to measure energy consumption before and after the changes were made.*
- 6. Reflect and share: Finally, learners should reflect on what they learned from the Virtual Energy Audit and share their experience with others. They can discuss what actions were most effective, what challenges they faced, and how they can continue to reduce energy consumption in the future.*

The Virtual Energy Audit is an innovative and engaging educational tool that can help VET learners develop skills in energy management and conservation. It can also help them understand the importance of energy-saving behaviours in a variety of settings and industries, and inspire them to adopt similar behaviours in their own lives and workplaces.



External Digital Tools

Slide Team about energy saving

<https://www.slideteam.net/powerpoint/Energy-Saving>

EnergyStar.gov

[https://www.google.com/url?](https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&ved=2ahUKEwjZx_GEONb-AhVNKuWKHahhA7wQFnoECA4QAQ&url=https%3A%2F%2Fwww.energystar.gov%2Fsites%2Fdefault%2Ffiles%2Fbuildings%2Ftools%2FLunch-and-learn_session_for_employees.ppt&usg=AOvVaw3htuOow0HkHIWHzZxDtsbU)

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Basic Scheme and application of Energy conservation

<https://www.slideshare.net/DixitSethi/energy-conservation-ppt-46038737>

Twinkle, Switch off fortnight

<https://www.twinkl.it/resource/t-t-2566716-ks1-switch-off-fortnight-information-powerpoint>

Twinkle, Energy Saving Week

<https://www.twinkl.it/resource/energy-saving-week-t-tp-2660771>

SketchBubble - Energy Efficiency

<https://www.sketchbubble.com/en/presentation-energy-efficiency.html>





Pictures about Energy conservation

[https://www.google.com/search?](https://www.google.com/search?q=find+10+powerpoint+files+about+Energy+saving&client=firefox-b-d&sxsrf=APwXEdetFHO5PTMjJvyfR40_LL4lyfm1yA:1683030189834&source=lmns&tbn=isch&sa=X&ved=2ahUKEwjZx_GEONb-AhVnKuwKHahhA7wQ_AUoAXoECAEQAw&biw=1928&bih=926&dpr=1)

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Videos about Energy Saving

[https://www.google.com/search?](https://www.google.com/search?q=videos+about+Energy+saving&tbn=isch&ved=2ahUKEwjAkIPvOdb-AhWE-6QKHce1BiEQ2-cCegQIABAA&oq=videos+about+Energy+saving&gs_lcp=CgNpbWcQAzoECCMQJ1DLcFiHDWC3EWgAcAB4AIABfogBzASSAQM2LjGYAQCgAQGqAQQnd3Mtd2l6LWltZ8ABAQ&sclient=img&ei=mAJRZMDkM4T3kwXH65qIAg&bih=926&biw=1928&client=firefox-b-d)

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Scientific Articles about Energy Saving

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[q=scientific+articles+about+Energy+saving&source=lmns&bih=926&biw=1928&client=firefox-b-d&hl=it&sa=X&ved=2ahUKEwj6vbar0tb-AhUE_aQKHWkaB5YQ_AUoAHoECAEQAA](https://www.google.com/search?q=scientific+articles+about+Energy+saving&source=lmns&bih=926&biw=1928&client=firefox-b-d&hl=it&sa=X&ved=2ahUKEwj6vbar0tb-AhUE_aQKHWkaB5YQ_AUoAHoECAEQAA)





Other links

Energy Saver

Use our reference list to learn more about energy efficiency and renewable energy. Contents. 1. Page 4. Right in your own home, you ... 44 pages

[https://www.google.com/url?](https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&ved=2ahUKEwihlbuMzNb-AhUG7qQKHYPHDA2MQFnoECAsQAQ&url=https%3A%2F%2Fenergy.gov%2Fsite%2Fprod%2Ffiles%2F2014%2F09%2Ff18%2F61628_BK_EERE-EnergySavers_w150.pdf&usg=AOvVaw2yWJOpyuFjl8Xdp9nHq-25)

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Energy Saving and Demand Reduction

Energy-Efficiency Measures List. 1.0 Envelope. 1.1 Reduce Heat Losses-Ceiling/roof. 1.11 Additional Ceiling/Roof Insulation. 1.12 Exhaust Attics. 6 pages

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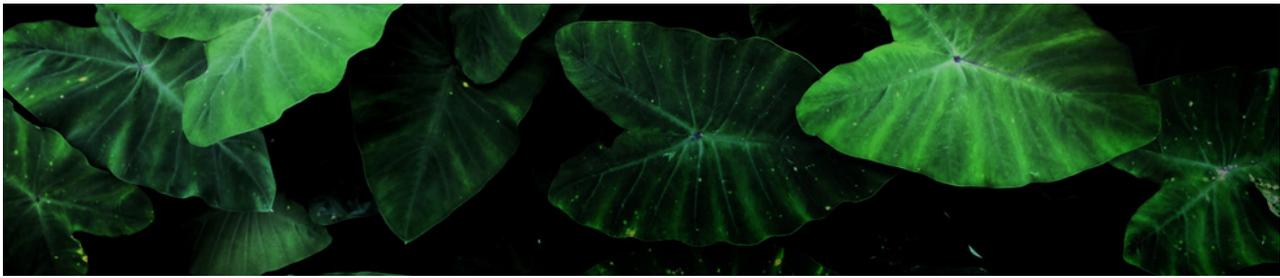
Tips for saving energy

This paper proposes that an EnMS helps companies to maximise their energy savings and productivity, simply by achieving the full cost-effective ... 34 pages

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Energy efficiency technologies and benefits - UNIDO

This module introduces the concept of energy efficiency and some approaches – together with the associated technologies—to achieving higher energy efficiency. 56 pages

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Saving Energy, Saving Lives - ACEEE

di S Hayes – for energy efficiency to reduce air pollution and improve public health. ... at the top of the list, followed by Chicago, Philadelphia. 38 pages

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The policy statements for the Eswatini Energy Efficiency and Conservation Policy are outlined ... /road_safety_status/2013/country_profiles/swaziland.pdf ... 26 pages

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Energy Saving Plan

Project “Promoting Energy Efficiency Investments for Climate Change ... LIST OF BOXES” 75 pages

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