



AREA 2: 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?					



Questions/statements related to the area						
No.	Question/statement	Always	Often	Rarely	Never	N/A
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.*