

21 Top Tips!

EASY WAYS TO SAVE ENERGY AND THE PLANET!

It's really easy to do your bit! Here's a whole list of things you can do to save energy and water which will help to reduce the harmful CO₂ emissions that contribute to global warming. Even better, they will help to save cash too!



1 - Turn off lights when you leave a room – this will save 25kg of CO₂ each year for each room and help keep bills and rents down. If it's sunny enough, why not turn them off anyway? And....why not encourage this sort of thing in lecture rooms - maybe remind the lecturer at the end of the lecture...

2 - Turn off your chargers – most mobile phone chargers continue to draw electricity even when the phone isn't plugged into it. If your mobile phone charger is plugged in all the time, it is the equivalent in CO₂ emissions of driving a petrol car for 130 miles. The same applies to your other electronic equipment – like laptops, iPods and digital cameras. Unplug them when they are not in use.



3 - Only put the amount of water you need in the kettle when you are making a hot drink – if a million people did this during the course of a year, it would be

the equivalent of taking at least 20,000 cars off the road.

4 - Shut it! – keep windows and doors closed where possible when the heating is on. If you're too hot then turn the radiator down. If you're always too hot report it as the heating may be faulty. Draw your curtains at dusk to keep the heat in. And if it's cold why not put on that nice jumper Aunt Edith knitted you for Xmas.....



5 - Find that boiler - if you're renting a house, find out where the heating and hot water come from and what sort of controls they have (e.g. a timeclock) – does it really all need to be on all the time? If in doubt ask your nice friendly landlord how it works and ask him to add a programmable timer if there isn't one.



6 - Cook for friends – it may (or may not!) help to increase your popularity. Also, large quantities of food use less packaging than the same quantity in individual portions and take less time (and energy) to cook.



7 - Buy local fresh food – so that energy is not wasted on transportation. Fresh food uses less packaging (and it tastes nicer and is better for you). Frozen food uses 10 times more energy to produce. Try visiting local farmers markets for local produce.



8 - Clean the back of your fridge. Dusty coils can increase energy consumption by 30%.

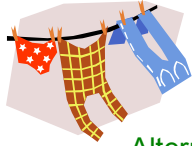


9 - Use public transport to get to Uni and try to share any car journeys with friends, or make new ones – use carshare

<http://www.bath.ac.uk/transport/carshare/>. Walk or cycle as much as you can – it'll help keep you fit as well as saving cash and reducing pollution.

10 - Report any dripping taps or leaks. A dripping tap can waste up to 140 litres of water a week (enough for 4 showers!). Make sure it gets fixed and you'll be helping the environment. Also report any energy wastage that could be changed – e.g. lights left on in unused areas.





11 - Wash your clothes with your flatmates' instead of wasting water on half-empty loads.

Alternatively, use the half-load or economy programme if your machine has one. Also, remember that modern detergents work just as well at low temperatures – 40-50°C is fine.

12 - Reduce, reuse and recycle. Buy rechargeable batteries, print/write on both sides of paper, re-use envelopes, and register with the mailing preference service to stop junk mail:

www.mpsonline.org.uk/mpsr/.

Think before you bin anything. Use the local council's recycling scheme to dispose of paper, glass and plastics. And remember, it's not just the obvious items that can be reused. Charities such as Oxfam, RSPB and Guide Dogs collect old postage stamps, and can raise money by selling them on to dealers.



13 - Turn off TVs, stereos, computers and other equipment instead of switching them to standby. Britons waste the equivalent of around two power stations' worth of electricity each year by leaving TV sets and other gadgets on standby – you could reduce this amount by turning gadgets off at the plug – this is safer too as very high voltages can run through things like TVs and washing machines.



14 - Take a brisk shower, not a leisurely bath, to save hot water – a five minute shower uses 35 litres of water, compared to a bath that uses 80 litres – this can save over 300 litres of water a week (beware though, power showers can use more hot water than a bath). Or...you could always share a

bath... 😊

15 - Take things you no longer need to a charity shop, or even have a car boot sale to raise yourself some cash. Also, scour charity shops for bargains to buy – you can often find excellent books and vintage clothes at bargain prices. You'll be benefiting your wardrobe, helping to re-use and recycle, *and* be doing your bit for a good cause.



16 - Use compact fluorescent light bulbs. They last eight times as long and use a fraction of the energy. If each of the 20 million households in the UK were to install only one, enough energy would be saved to close a power station. You can often get these FREE from your local fuel providers – your local energy efficiency advice centre will be able to advise. Call them free on 0800 512012.



17 - Turn the tap off – By leaving the water running while you brush your teeth, you can waste 150 gallons of water per month—that's 1,800 gallons a year! Turning the water off while you brush can save several gallons of water per minute.



18 - Refuse plastic carrier bags, or at least re-use them. Every week each person uses an average of 9 plastic carrier bags, each one of these plastic bags is made from petrochemicals (oil and gas) and takes 500 years to decay in a landfill site. Cloth bags are better – they're reusable, sturdy and stylish and they won't split on you.

19 - Drink tap water instead of buying water in plastic bottles and ending up with lots of empty bottles. Consider investing in a water filter and refill a reusable bottle.



20 - Contact your energy efficiency advice centre for a free home energy check (or encourage your landlord to contact them); they can advise you what to do to save energy and what grants and freebies are available for energy efficiency in your area. You can save up to 30% off your energy bill and 500 kilos of carbon dioxide a year (Freephone 0800 512012)



21 - Pssst....pass it on. Tell others, set a good example, make it cool to save fuel...And find out more (see links).