

## **DO'S AND DON'TS TO HELP THE PLANET**

### **Energy Savings at Home**

People all over the world are taking measures to reduce the greenhouse gases emitted as a result of the way they live.

Using less energy not only helps the planet, but also saves money on household bills

Turning the heating thermostat down, and the air conditioning up, by 1.5°C (3°F) saves around 1 tonnes of CO<sub>2</sub> (carbon dioxide) a year.

An energy-efficiency refrigerator could save nearly half a tonne of CO<sub>2</sub> a year, compared with an older model.

Insulating windows, doors, and electrical outlets and adding more insulation to the attic and basement reduces energy consumption

Compact fluorescent, spiral light bulbs are 75% more efficient than standard light bulbs

### **Energy Savings on the Road**

Walking, cycling, using a car pool or taking public transport, all produce fewer emissions than those emitted by a single person in a car

Choosing the most efficient car available, such as a hybrid gasoline-electric model, and keeping any car well maintained, will reduce emissions.

Sharing a car and avoiding short journeys by car, saves energy.

Keeping tires optimally inflated uses less fuel and cuts down emissions.

Driving at 5 mph below the speed limit over an 8-mile commute to work saves 350 kg of CO<sub>2</sub> per year.

### **Reducing Garbage**

On average a person throws away 10 times his or her bodyweight in rubbish per year. One kilogram sent to landfill produces 2 kg of methane. The simplest way of reducing this burden is to buy and waste less unnecessary packaging.

Recycling paper, glass, aluminum, steel and other materials to produce “new” materials, can make energy savings.

Using both sides of the paper and recycling it can save 2.5 kg of greenhouse gases for every kilogram of paper used.

## **Becoming Carbon Neutral**

After reducing emissions as much as possible, people become carbon neutral by “offsetting” the rest. They purchase “carbon credits” to channel their money into projects leading to a reduction in emissions. With details of the activity or fuel use to be offset, the organization calculates how many carbon credits need to be bought. Cost of credits varies, but is around \$10/£7.50 per tonne of CO<sub>2</sub>.

## **Advocating Change**

Individuals can encourage larger communities to act on climate change. For example:

- Workplaces and schools: encourage co-workers or fellow students to adopt strategies that reduce emissions;
- Companies and governing bodies: lobby management to invest in energy conservation measures, or renewable energy;
- Pressure groups and local government representatives: advocate local action. See Cities for Climate Protection programme: [www.iclei.org/co2/](http://www.iclei.org/co2/);
- Corporations: encourage evaluation of their contributions to the greenhouse effect and point them to the many success stories and available toolkits;
- Government: lobby ministers to take actions to reduce emissions and plan adaptation options.

**Source:** *The Atlas of Climate Change – Mapping the World’s Greatest Challenge*