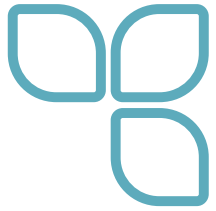


START WITH YOURSELF



How Small Changes in Daily Life Can
Save the Planet?



Introduction

Have you ever wondered how to make the world a better place? It often seems that big changes require grand actions, but the truth is that the most effective changes start with ourselves. Everyday, small decisions can have a huge impact on our planet and our future. One of the most important areas where we can take action is energy conservation. This is not only a way to reduce bills but also to decrease our carbon footprint and protect the environment.

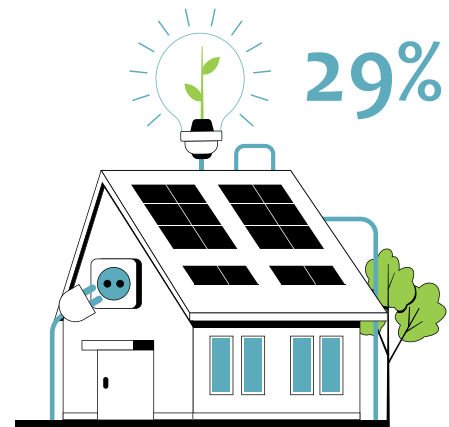
Households are responsible for a significant portion of global energy consumption, which directly affects the depletion of natural resources and the emission of greenhouse gases. Therefore, it's worth considering what we can do to reduce our own energy footprint. Don't wait for others to take action. Your small steps can make a big difference – both for the planet and for your wallet!





Part 1: How to Save Energy at Home

The energy we consume in our homes plays a significant role in global energy usage. It is estimated that households account for about 29% of the world's total energy consumption. This highlights the importance of being mindful of how much energy we use on a daily basis. Here are a few simple ways we can reduce our energy consumption and contribute to environmental protection.



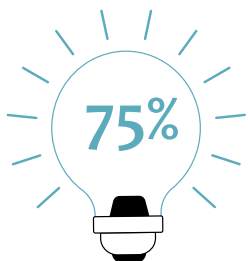
*households account for about 29% of the world's total energy consumption.

Lighting – small change, big impact

One of the easiest ways to save energy is by replacing traditional light bulbs with energy-efficient LEDs. **Traditional bulbs use up to 75% more energy than LEDs**, which can also last up to 25,000 hours – that's 25 times longer than standard bulbs. Imagine replacing five bulbs in your home with LEDs – this could reduce your electricity bills by approximately 11 euros annually. If all households in Europe were to replace their bulbs with LEDs, we could save energy equivalent to the annual consumption of tens of thousands of households! This change not only lowers electricity bills but also significantly reduces CO2 emissions into the atmosphere.

Turning off devices – how to beat “silent energy drainers”

Did you know that electrical devices consume energy even when they're turned off? This is known as „phantom load” or hidden power consumption. It is estimated that in an average home, this phenomenon can account for up to 10% of total energy use. This means that unused but plugged-in devices can unnecessarily increase your electricity bills. You can prevent this by unplugging devices from sockets or using power strips with switches that allow you to easily disconnect several devices at once. **Simply turning off devices from the network can save you up to 111 euros annually** on electricity bills.



*Traditional bulbs use up to 75% more energy than LEDs.



Energy-efficient appliances – an investment that pays off

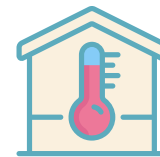
When purchasing new appliances, pay attention to their energy efficiency. ENERGY STAR certified devices **consume up to 15-50% less energy** than their standard counterparts. For example, modern refrigerators with the ENERGY STAR certification can use 15% less energy, which, in monetary terms, can mean savings of approximately 11 euros annually. Across the entire country, such a change could save millions of kilowatt-hours of energy annually. This is not only a financial benefit but also a significant support for the environment.



*Appliances with the ENERGY STAR certification use up to 15-50% less energy.

Home insulation – warmth that lasts longer

A well-insulated home not only means lower bills but also greater thermal comfort year-round – warm in winter and cool in summer. Proper home insulation is another key to saving energy. **Well-insulated walls, roofs, and windows can reduce heating and cooling costs by up to 30%.** In Europe, where winters can be really cold, a well-insulated home means not only lower bills but also greater comfort in living. Investing in sealing windows and doors can bring additional savings of up to 111 euros annually while also contributing to reducing carbon dioxide emissions.



*Well-insulated walls, roofs, and windows can reduce heating and cooling costs by up to 30%.

Programmable thermostats – savings at your fingertips

Programmable thermostats are a simple way to automate savings. You can set them to adjust the temperature in your home according to your schedule – lower when no one is home and higher when you return. This **can save you 10 to 15% on heating and cooling costs**, which translates into real money. For example, if your annual heating bills amount to 444 euros, a programmable thermostat could save you up to 67 euros annually.



*A thermostat can save you between 10% to 15% on heating and cooling costs.





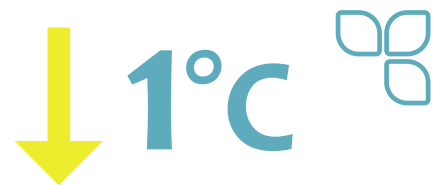
Part 2: Changes in daily behavior



In addition to modernizing your home, it's also worth making small changes in daily behavior that can bring significant energy savings. Each of us can make small but meaningful changes that, collectively, contribute to greater energy efficiency and environmental protection.

Thermostat adjustment – small changes, big savings

One of the simplest ways to save energy is by lowering the temperature in your home. **Reducing the temperature by just 1°C can decrease energy consumption by 3-5% annually.** This small change, which you'll barely notice, can have a significant impact on your bills. For example, if your annual heating costs are 444 euros, lowering the temperature by 1°C could save you up to 22 euros per year. Over the course of a year, that's a significant difference, which also contributes to reducing CO₂ emissions.



*Lowering the temperature by just 1°C can decrease energy consumption by 3-5% annually.



Reducing car use

Every day, thousands of people use cars without realizing the significant environmental impact of their daily commute to work or school. Using public transportation, cycling, or walking can significantly reduce your carbon footprint. The average person who replaces 20 kilometers of driving per week with cycling can **reduce their CO₂ emissions by around 500 kilograms annually.** Additionally, switching from a car to walking or cycling also provides health benefits and fuel savings.

Managing water heating

Lowering the temperature of your water heater by 10°C can save 3-5% on your water heating bills. The recommended temperature is 120°F (around 49°C) – warm enough to meet household needs but low enough to reduce energy consumption. Lowering the temperature can save you around 11 euros annually (based on the potential savings of several dozen złotych) while also reducing the risk of burns and cutting energy use.



*Lowering the temperature of your water heater by 10°C can save 3-5% on your water heating bills.



Limiting screen time

Electronics not only consume your time but also energy. Many devices consume power even when you're not using them – TVs, computers, and gaming consoles in standby mode can make up a significant portion of your electricity bill. Limiting screen time is not only beneficial for your health but also a way to reduce energy consumption. **Turning off devices at night or when you don't need them can bring noticeable savings.**

Air-drying clothes

Clothes dryers are among the most energy-consuming household appliances. On average, a dryer can use about 200-500 kWh per year. Air-drying clothes, whenever possible, can significantly reduce energy consumption. If you have the option, consider drying your clothes outside – it's not only eco-friendly but also more economical. Over the course of a year, **this practice can save you up to 44-111 euros, depending on the amount of energy saved.**

Using natural light

Utilizing daylight instead of artificial lighting is a simple way to save energy. Opening curtains and using natural light can reduce electricity bills, especially during the summer months. In Europe, where summer days are long, **you can reduce energy consumption by up to 10% annually**, resulting in real savings. Additionally, natural light has a positive effect on our well-being, which is an added benefit.

Educate and inspire others

Your actions can inspire others to change their habits. Share your knowledge with family and friends – together, we can achieve more. Global educational campaigns have already resulted in real savings of energy and resources, and each additional person involved in these efforts is another step toward a more sustainable world. Examples of such campaigns show that through collective efforts, we can achieve significant results – the more people understand the need to save energy, the greater impact we can have on the environment.





Summary

Each of us has the power to change the world for the better – it all starts with ourselves. Implementing small changes in daily habits, such as saving energy, not only contributes to environmental protection but also brings real savings to your household budget. Simple steps like switching to LED bulbs, limiting screen time, or using natural light can have a huge impact.

Remember, your actions inspire others. Share your knowledge, encourage your family and friends to join you. Together, we can create a more sustainable future. Don't wait for change – be part of it today!





Authors

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