

A penguin is standing on a white sandy beach, looking towards a large red speech bubble with a yellow border. The background features a clear blue sky with a few white clouds, a vibrant blue ocean, and the fronds of a palm tree framing the scene. The penguin is a black and white species, possibly an Adelie penguin.

**What YOU can do about
climate change**

50 TOP TIPS

CAN
Europe

CLIMATE ACTION NETWORK EUROPE

Introduction

YOUR CLIMATE CHANGE POCKETBOOK:

Climate Change is real and it's happening now. Climate Change touches upon just about every aspect of our lives, from home to the office to our health. Every time we use fossil fuels - to drive or to heat our homes or to fly or to cook; we are contributing to greenhouse pollution. Climate Change therefore is all encompassing with far-ranging effects, which requires multiple but immediate solutions. It is a very daunting problem to address, but it allows wide scope for action in every aspect of our daily lives.

With this personal guide, we hope to show that YOU can make a difference against climate change. Whether through reducing energy use in the home and office; using the car less; flying less; buying locally produced food; reducing consumption and waste or taking the fight to our political leaders, we ALL can make a difference. These are simple, easy ways that can help you make a difference, every day and in every area of your life. Everyone has a role to play.



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A close-up photograph of a child's hands interacting with a large, glossy pink piggy bank. The child is wearing a blue shirt. One hand is holding a silver coin, about to drop it into the slot on top of the piggy bank. The other hand is resting on the side of the piggy bank. The piggy bank has a friendly face with blue eyes and a small smile. A red rectangular box with a yellow border is overlaid on the image, containing the text "Be energy efficient".

Be energy efficient

At home

Half of our household energy costs go towards just two things – heating and cooling, this means we have lots of room for improvement, and even small changes make dramatic improvements in household fuel efficiency. Need an incentive to change your behaviour and inefficient fuel usage? All forms of energy saving measures can save you money (on your energy bills)! Here are few things you can DO right NOW:

1 Insulation measures Insulate your home well. There are several possibilities to reduce the heat loss in buildings. First of all the attic normally has the least heat shield, therefore you should start there with insulation measures. You could save up to 15 litres of fuel per square metre off the attic per year. Outer wall and inner wall insulation may not be possible in old buildings as you have to tear the walls down, but if you are planning a renovation do not forget about insulation. You need professional advice on this to avoid condensation problems.

2 The right room temperature For working and living rooms an average temperature of 20 - 21° C should be enough. Every degree less saves about 6% of the heating costs. You can even save more money if you reduce the room temperatures during the night. Still too cold indoors? Wear warmer clothing!

3 Heat rooms only if you use them If you are away for a longer period of time you should turn down the heating or even better just put it on the frost protection position if you have this option. Also bedrooms, bathrooms and guest rooms do not necessarily have to be heated all the time.

4 Airing several times a day - but make it short and thorough Afterwards close the windows. If you keep on airing all the time with a tilted window and a radiator turned on you will heat the street instead of your room!

5 Close rollers, shutters and curtains during the night Draftproof rooms (but not in rooms with oven heating!), put transparent insulation foil on single windows - that is cheap and saves about 6 - 10% of the heating costs.

6 Minimal use of Electric heating Any kind of electric radiator

should only be used only in case of emergency (e.g. if the normal heating system is not working) and only for a short-term - any form of electric heating is energy intensive. Warm up only small rooms without a radiator (e.g. toilet) by electric heating.

7 General Upkeep: The central heating should regularly have any air taken from it and be regularly tuned up and its vents cleaned, to keep it efficient. General maintenance every couple of years can reduce your heating costs by 10 percent a year.

8 Seal outer places: Make sure windows and doors are sealed properly. This will significantly improve your household fuel efficiency.

The other big users of energy in your household are your hot water heater, your washer and dryer, and your dishwasher. Each, in its own way, can be inefficient:

9 Turn down: Either turn the hot water heaters down a couple of degrees, or turn on the "energy conservation" setting if you have it.

10 Buy insulation for your hot water heater at a local store and insulate the pipes as well.

11 Moderate: Install a timer on your water heater to turn off at night and turn on just before you wake up in the morning.

12 Conserve: When possible, wash a few dishes by hand. Over time, that will save a few loads in the dishwasher, conserving energy.

13 Monitor usage: Don't pre-rinse dishes. Today's detergents are powerful enough to do the job.

14 Wait until you have a full load to run the dishwasher.

15 Cut down: Wash clothes in warm water, not hot. The clothes will be just as clean, and you'll cut energy use by 50 percent.

DID YOU KNOW? Every 1°C difference in temperature between inside and outside adds 10% on heating and cooling bills and greenhouse pollution. For comfort and economy, the temperature of rooms should be between 18-20°C in Winter and 23-25°C in Summer.

ELECTRICITY USAGE – SAVE ENERGY, SAVE MONEY

Many consumers are not aware of the energy saving options available for electricity, there are now highly efficient compact fluorescent light bulbs (CFLs) that last for years, use a quarter of the energy of regular bulbs and actually produce more light. You will find them at major home improvement and hardware stores – even grocery and some convenience stores. Trends show that while these are still more expensive than normal bulbs - to a large extent prices are dropping. In the end remember they may cost more but they last longer - so you still save money!

- 16** **Replace** the lights you use most with energy saving light bulbs - > Energy saving light bulbs use 80% less energy and last 10 times longer than a normal light bulb.
- 17** **Ensure** that all electrical equipment is turned off when you are not using it.

DID YOU KNOW? Did you know? Refrigerators are an energy-hogging home appliance. Replacing a 10-year-old refrigerator with a new - model would save enough energy to light your home for more than three months. New refrigerators, for example, use 40 per cent less energy than models made just 10 years ago.

- 18** **Turn off:** Do not leave your computers, hi-fi and TV on stand-by. A TV on "Stand-by" consumes almost as much energy as if it were switched on.

The same rules can be applied at the office

Office buildings are a significant source of energy use and contribute to greenhouse gas pollution. Lights, heating and air conditioning, computers, printers, photocopiers – these are all ways that offices contribute to climate change. When you add in emissions from staff commuting, business air travel, and paper use, the total climate impact from offices is even greater. Such a prime source of emissions should not be ignored in the efforts to reduce carbon emissions.

BE ENERGY EFFICIENT AT THE OFFICE

- 19** **Ensure** that all office equipment is switched off overnight and at weekends.
- 20** **Switch off** your computer monitor at lunchtime or for breaks longer than 30 minutes.
- 21** **Monitor:** If you are not using your personal computer for three hours or more – switch it off!
- 22** **Use a time switch** for the heating – make sure that it is set for the right time.
- 23** **Switch lights off** when a room is not in use – even for short periods.
- 24** **Monitor:** Keep the coffee in a thermo instead of leaving the coffee machine on stand-by.
- 25** **Buy energy efficient** office equipment. Energy-saving models of office appliances and equipment are available. Not only will this help save energy, but it will save money too. Check for the Energy Efficiency Label!
- 26** **Think differently:** Encourage staff to commit to taking alternative modes of transportation for their daily commute at least once a month. This can include options such as car-pooling, cycling, taking public transit or walking where possible. Create a recycling program and decrease paper use.

**Transport - the impacts
are enormous**



Transport is the fastest growing source of carbon dioxide emissions and the road sector is a particularly big polluter. Air transport also makes up 12% of global CO₂ transport emissions and is growing steadily. Per passenger kilometre, air travel is the most polluting form of transport.

Anything you can do to improve the fuel efficiency of your transport options will have an enormous impact on YOUR CONTRIBUTION to climate change.

- 27 Drive less.** Use public transport whenever possible. Individual maintenance of a car costs more than public transport.
- 28 Service it!** Get your car serviced regularly. Just a simple check up often improves fuel efficiency.
- 29 Slow down,** do not race your car's engine, and watch your idling. All of these have a big impact on burning! If followed it can save on fuel usage.
- 30 Efficient transport:** Inefficient SUVs, minivans and pickup trucks now make up a large percent of the cars on the roads avoid using these gas guzzling toys.

NOT SATISFIED WITH YOUR PUBLIC TRANSPORT OPTIONS?

Encourage your local government to move towards energy efficient communities. Encourage your city to expand transit and other alternatives, make city operations more energy efficient and encourage compact development instead of sprawl. Encourage change by contacting your elected representative.

If you have to use the car:

- 31 Switch off the motor** when you are waiting for longer than 30 seconds.
- 32 Check your car's tyre pressure** -> 0,5 bar too little increases the petrol use of your car by 5%.

- 33 Build car pools** with your colleagues and friends.

- 34 Balance:** Always keep in mind that a balanced driving style requires less petrol -> avoid unnecessary breaking and do not use high gears.

- 35 Lighten up!** Try not to drive around with heavy loads such as your roof racks, if you do not need them. Heavy loads increase the air resistance and therefore the car uses more petrol. Unload your car if you do not need the baggage anymore -> 100 kilo extra weight uses one more liter petrol over a distance of 100 km.

TRY TO AVOID AS MUCH AS POSSIBLE THE USE OF PLANES!

That goes especially for short distances. If you take the train for distances which are less than 500 kilometres you will use less energy and produce less harmful substances. Besides that there is often not much time difference between the train and the plane if you take into account the time you need to get to the airport, the time you have to wait there ...

- 36 Save:** Do not let your car warm up in a standing position -> the car warms up much faster while driving so you can save petrol.



A close-up photograph of a person's hands selecting fresh vegetables at a market stall. The person is wearing a blue shirt and a watch on their left wrist. The stall is filled with various produce, including a large pile of bright red tomatoes in the foreground, a pile of green jalapeño peppers in the middle ground, and a head of broccoli on the left. The background is slightly blurred, showing more of the market stall and other people. A red rectangular box with a yellow border is overlaid on the top left of the image, containing the text "Consuming and Waste" in white, bold, sans-serif font.

Consuming and Waste

HOW MUCH DOES YOUR FOOD COST? GO ORGANIC. BUY LOCAL

Scientific knowledge about farming is vast yet farmers still spray a billion pounds of pesticides to protect crops each year. In turn chemical pesticides used to kill pests also kill off microorganisms that keep carbon contained in the soil. When the microorganisms are gone, the carbon is released into the atmosphere as CO₂. Not only is this practice bad for our health, it is bad for the climate.

Organically grown crops can reduce the effects of these bad farming practices. But besides going organic – thereby saving the carbon release from soil – there are other simple things you can do with food that will also make a difference:

- 37 Eat locally grown food.** If the food does not have to travel far, there's less CO₂ from the transport of it.
- 38 Think seasonal:** Eat fruits and vegetables in season this also saves the enormous transportation costs.
- 39 Think differently:** Plant your own vegetable garden. It is more simple than you think.

WASTE – REDUCE/RECYCLE/RE-USE

Unbelievably, filling in a big hole with rubbish is still the 'cheapest' way of disposing of our waste, despite the environmental problems. The economics of waste disposal do not yet take environmental costs into account. In the European Union a massive 60% of all waste is disposed in this way. Waste also has effects on our climate - methane (CH₄) emissions from biodegradable waste, contributes to climate change and local hazards such as fire risk. (When paper, food waste and garden waste decomposes without the presence of oxygen, as is the case in a landfill site, methane is given off. This is 21 times more powerful as a greenhouse gas than carbon dioxide).

- 40 Recycled** is often considerably cheaper than non-recycled, so it's cost-effective as well as conservation-minded. For instance, recycled paper can be as much as a third cheaper than non-recycled paper.

DID YOU KNOW? This may sound simple, but it takes less energy to manufacture a recycled product than a brand new one. So if you and every other consumer buy recycled, you'll help create a market, and conserve energy along the way.

- 41 Check Logos:** Before you buy, check to see if the product or its packaging can be recycled. The recyclable logo (three arrows forming a triangle) is fairly common now.

- 42 Reusable:** It's best to use containers that can be reused. Next best option is to use a glass container and recycle it. There is a large network established for the recycling of glass, while plastic recycling is limited.

- 43 Reduce** the amount you accumulate in the first place. Use consumer choice to refuse heavily packaged products and the plastic bag they are put in.

- 44 Save paper:** At the Office try to reduce the amount of paper you use, recycle the reverse side of printed documents to print unofficial documents and use recycled paper.

- 45** At Home think about how much waste your home produces – **refuse, reduce, reuse, recycle.**



Alternative Energy Sources



Renewable energy sources - such as wind, water, sun – do not emit greenhouse gases such as coal and gas and there is no radioactive waste, as occurs from nuclear - and they are unlimited. Using renewable energy sources means you also use the natural cycles of the earth - like the movement of water, the wind and the sun - to produce energy but in a less harmful way. It means also you produce energy without destroying the environment, and damaging our health and without exploiting natural resources.

Energy produced by the use of renewable sources is often called green energy. Green energy is a general term for renewable energy that private persons and companies buy from their energy supplier. At the moment, green energy refers to electricity from renewable energy sources. However, in the future it may be possible to buy 'green petrol' or 'green heat'.

Beware: Many utilities repackage existing dirty energy as 'green power'. It is important to look for LABELS from reliable sources. In Europe there is the EUGENE standard or you can check out green NGO recommendations/approvals.

46 Ask for it! Many utilities now give consumers the option to buy "green electricity."

47 Invest in green stocks and renewable energy companies through socially responsible funds. Remember alternative energy is an investment in our future.

**GREEN
POWER**



A large colony of King penguins is shown, filling the frame. The penguins have dark grey-blue heads and backs, with bright yellow-orange patches on their chests and necks. They are standing on a light-colored, possibly snowy or sandy, ground. The background is slightly blurred, emphasizing the density of the colony.

**Act NOW! We can
make a difference**

Individual actions may seem small, but together we can change the world. If you have always wanted to act and have not known how to go about it, here are a few helpful tips to get you started. Remember you do not need a long, detailed communication or need to be an “expert”. You can request a specific action as well as express a concern. Get started!

48 Media: Email a letter to the editor of your local newspaper. Write an op-ed or phone a radio call-in show.

49 Political representatives: Write or phone your government officials/ representatives local, national or European. Letters are better mailed than faxed. Faxes are better than email. Writing is generally better than phoning. Something is better than nothing!

50 Online action: Encourage others to act. Use email and the Internet to share information and keep others informed. You can develop your own email lists to post bulletins or forward occasional emails about important news items, events, actions, and opportunities or join list serves and discussion groups where appropriate.



Helpful Resources

Need more information? Check out these links, this is not an exhaustive list and there is plenty more information available to help you stay on an energy efficient path!

CLIMATE SCIENCE/IMPACTS

The Intergovernmental Panel on Climate Change (IPCC)
<http://www.ipcc.ch/>

The Science Of Climate Change
<http://www.royalsoc.org/displaypagedoc.asp?id=13619>

RealClimate: Real Science from Climate Scientists
<http://www.realclimate.org/>

BE ENERGY EFFICIENT

This European Environment Agency site is a 'market place' of sustainable development tools <http://sd-online.ewindows.eu.org/>

Lists suppliers of ecofriendly products worldwide
<http://www.eco-web.com/index/category/10.10.html>

EU energy efficiency labels - shows you what to look for when buying appliances in the European Union.
<http://www.est.org.uk/myhome/?page=02091600>

Safe climate <http://www.safeclimate.net/business/index.php>

Energy Efficiency at the Office
<http://www.energyoffice.org/english/index.html>

Energy labels info <http://www.est.org.uk/myhome/efficientproducts/energylabel/> or
<http://www.energystar.gov/index.cfm?c=home.index>

EMISSION CALCULATORS

The Carbon Trust <http://www.carbontrust.co.uk/default.ct>

My Climate <http://www.myclimate.org/?lang=en>

EPA Paper Emissions Calculator
<http://www.ofee.gov/recycled/descript.htm>

Carbon Fund <http://www.carbonfund.org/site/>

CO₂ calculator <http://www.safeclimate.net/calculator/index.php>

TRANSPORT

Comparison of Passenger Vehicle Fuel Economy and Greenhouse Gas Standards Around the World http://www.pewclimate.org/global-warming-in-depth/all_reports/fuel_economy/index.cfm

Travel smart
http://www.panda.org/how_you_can_help/at_home/travel/index.cfm

Aviation climate Impacts http://www.climnet.org/EUenergy/aviation/2006-06_aviation_clearing_the_air_myths_reality.pdf

GreenSkies is a worldwide information network of environmental organisations concerned with aviation's environmental effects.
<http://www.greenskies.org/>

CONSUMING AND WASTE

Well-researched information on making green choices with your purchasing power. <http://www.greenchoices.org>

Friends of the Earth UK Waste Campaign
<http://www.foe.co.uk/campaigns/waste/>

Recycle More - How to increase recycling rates in your home, school or business <http://www.recycle-more.co.uk>

Details of the European Commission's waste policies and legislation.
<http://ec.europa.eu/environment/waste/index.htm>

ALTERNATIVE ENERGY INFORMATION

General information about green electricity in the UK, Netherlands, Sweden and Belgium: <http://www.greenprices.com>

Green electricity, lighting, home, food, garden, office, transport
<http://www.safeclimate.net/store>

European Renewable Energy Council - EREC
<http://www.erec-renewables.org/>

International Energy Agency
http://www.iea.org/Textbase/subjectqueries/keyresult.asp?KEYWORD_ID=4116

The Eugene Standard - simple and effective set of criteria to ensure that green energy products are good for the climate and for the environment
<http://www.eugenestandard.org/>

TAKE ACTION

There are many ways you can get more involved in the issue of climate change. If you wish to join the fight against climate change, outside the home and office, you can find out more from these resources!

The main governmental sites for each EU country, with their contact information are listed here
http://europa.eu/abc/governments/index_en.htm

Of course you can find many more resources on our website!
http://www.climnet.org/publicawareness/more_links.html

Support the work of groups working in the issue. Check out our list of members and find a group in your country or area
http://www.climnet.org/members/memberslist_final.pdf

An initiative to track and scrutinize carbon sink projects
<http://www.sinkswatch.org/>

Practical action environmental charity
<http://www.globalactionplan.org.uk/>

www.climnet.org



ABOUT CLIMATE ACTION NETWORK EUROPE (CAN-EUROPE):

The Climate Action Network (CAN) is a worldwide network of over 365 Non-Governmental Organisations (NGOs) working to promote government, private sector and individual action to limit human-induced climate change to ecologically sustainable levels. The vision of CAN is a world actively striving towards and achieving the protection of the global climate; in a manner that promotes equity and social justice between peoples, sustainable development of all communities, and protection of the global environment. CAN unites to work towards this vision. CAN's mission is to support and empower civil society organisations to influence the design and development of an effective global strategy to reduce greenhouse gas emissions and ensure its implementation at international, national and local levels in the promotion of equity and sustainable development. Climate Action Network Europe (CAN-Europe) is the European node of the global CAN. It is a registered non-profit organisation operating since 1989 as a coordination office for environmental groups in Europe (European Union, Iceland, Norway, Switzerland) working on climate change issues. At present, CAN-Europe has 100 members, including many national groups from the international networks Friend of the Earth, Greenpeace and WWF.



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