

Speaking and Listening – Discussion

60 Energy Saving Tips – Checklist

Read the **energy saving tips** and discuss whether... **(A)** I already do it, **(B)** I'd try it, **(C)** No way!

1. Read a book **instead of** firing up a games console and OLED TV.
 2. Put on a warm jumper **instead of** turning up the heating.
 3. Switch off appliances and unplug them **instead of** always leaving them on standby.
 4. Switch off the light when you leave a room **instead of** leaving it on.
 5. Holiday in your country **instead of** flying abroad.
 6. Set your washing machine to 30 degrees **instead of** using higher temperatures.
 7. Dry your clothes outside on a washing line **instead of** using a high-powered tumble dryer.
 8. Take a brief shower **instead of** running a hot bath.
 9. Boil only the water you need for a cup of tea **instead of** filling your kettle.
 10. Wash dirty dishes by hand **instead of** using a dishwasher.
 11. Exercise in the fresh air **instead of** running on a treadmill at the gym.
 12. Use a bike and/or public transport **instead of** owning a car.
 13. Insulate your home, including loft insulation **instead of** allowing major heat loss.
 14. Follow your body's natural circadian rhythms **instead of** living out of tune with your organism.
 15. Go to bed earlier in the colder months **instead of** staying up all night hammering power.
 16. Adjust your energy use to the current season **instead of** following the same pattern all year round.
 17. Consider using candles for lighting **instead of** only using electric lights.
 18. Unplug your chargers after use **instead of** leaving them connected to the power.
 19. Wear clothes appropriate for the season **instead of** always wearing a t-shirt and shorts at home.
 20. Use a microwave oven and/or slow cooker **instead of** a regular energy-sucking oven.
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1. Use a hand fan **instead of** air conditioning.
 2. Get used to lower temperatures at home **instead of** pretending to live in a tropical climate.
 3. Hang thick curtains on all your windows **instead of** relying on blinds alone.
 4. Take up hobbies that don't require electricity **instead of** using a lot of gadgets that need juice.
 5. Use smart meters to keep track of energy usage **instead of** relying on guesswork and hope.
 6. Limit what you print **instead of** printing every document.
 7. Encourage your family to save energy **instead of** allowing them to run up a huge bill.
 8. Shop around to get the best deal on energy **instead of** stubbornly sticking with the same provider.
 9. Run a full washing machine **instead of** putting in just a few items.
 10. Don't heat and light empty rooms **instead of** pointlessly wasting electricity.
 11. Invest in solar panels for your roof **instead of** letting your property remain unmonetized.
 12. Use cold water when washing your hands **instead of** being in the habit of using warm or hot water.
 13. Buy newer more energy-efficient appliances **instead of** persisting with old outdated equipment.
 14. Switch off your heating at night **instead of** leaving it on while you're asleep.
 15. Turn down your thermostat a few degrees **instead of** insisting on sweltering temperatures.
 16. Buy an electric car **instead of** continuing to pump petrol into a gas guzzler.
 17. Ride an electric bicycle or scooter **instead of** driving a car.
 18. Use draught excluders on internal doors **instead of** allowing heat to escape between rooms.
 19. Don't cover radiators with furniture or curtains **instead of** blocking heat and not letting it circulate.
 20. Move to a warmer climate **instead of** living in a country that is generally cold.
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1. Install double glazing **instead of** having windows with a single pane of glass.
 2. Bleed your radiators twice a year **instead of** letting air remain trapped in them.
 3. Set your heating to start when you get home **instead of** leaving it on all day.
 4. Make a conscious choice to reduce energy use **instead of** continuing as you usually do.
 5. Insulate water pipes and taps **instead of** letting heat escape through them.
 6. Remind your kids of the need to save energy **instead of** allowing them to assume that energy is free.
 7. Use a smart home ecosystem **instead of** relying on other people to switch off lights.
 8. Install an underfloor heating system **instead of** depending on less efficient radiators.
 9. Get free heat and light by working at the office **instead of** using your own electricity working at home.
 10. Shut down your laptop at night **instead of** leaving it on standby indefinitely.
 11. Use sunlight to heat and light your home **instead of** paying for electricity.
 12. Get used to a cooler climate at home **instead of** enjoying inappropriately high temperatures.
 13. Switch off radiators when you're not in the room **instead of** leaving them on all day.
 14. Set your heating to match the climate outside **instead of** keeping the same temperature all year.
 15. Spend as much time as possible outdoors **instead of** sitting around at home consuming energy.
 16. Take a shower every second day **instead of** having one every morning.
 17. Get used to cold showers **instead of** pumping out as much hot water as you like.
 18. Buy and use LED light bulbs **instead of** sticking with the old incandescent bulbs.
 19. Frequent your local pool and spa **instead of** building your own private aquapark.
 20. Install cavity wall insulation **instead of** letting heat – and money – ebb away.