**FORM 3 IN ORDER TO LIST SOME ENERGY SAVING MEASURES AT HOME AND AT SCHOOL**

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| **HOME** | **SCHOOL** |
| Plug home electronics into power strips, turn the power strip off when the equipment is not in use. Electronics in standby mode still use several watts of power. | Hold a regular paperless Day. |
| Look for low-energy lights and more energy efficient appliances. Those rated “A” or above on energy labels are the most efficient and will save you money compared to a lower rated equivalent. | Change the default setting of all photocopiers and printers to double-sided copying. Post signs to promote double-sized copying. |
| Use renewable energy. Install solar panels for heating water and the house | Encourage staff to use scrap paper as notepads. |
| Home fully insulated | Turn off the electrical devices as computers or whiteboards when they’re not in use |
| Efficient heating system | Turn off the lights in the corridors during the lessons or breaks |
| Save water. Turn the tap off and stop the water in the shower when you don’t need it. Use cold/warm water. Have a short shower | Use CFL (Compact fluorescent lamps) bulbs or LED(Light emitting diodes) fluorescent tubes |
| Use CFL (Compact fluorescent lamps) bulbs or LED(Light emitting diodes) fluorescent tubes | Have a list of energy consumption costs |
| Use smart meters.(contador inteligente) With them you can take advantage of when the cost of electricity is less. You will save money by reducing your electricity usage during peak hours. The time-of-use rates per kw/h vary during on-peak, mid-peak and off-peak periods. (tarifa eléctrica con discriminación horaria, tarifa por horas o periodos tarifarios) | Recycle the food |
| Turn lights out when leaving the room, regardless of how long for | Use paper bins or reuse the clean side of the sheets |
| Don’t use light dimmers | Competition game among classes for recycling. Price for the quietest, cleanest and most ecological class |
| Switch off electrical appliances after use. Unplug the charger when you use the laptop | To set up a school green team | |
| Use warmer clothes instead of using heating | Eat less meat | |
| Use sun light instead of energy | Use different bins for every waste | |
| Make a responsible use of electrical devices. Use the electrical appliances as little as you can | Turn off the lights when you leave a classroom | |
| Use light and motion sensors and timers in outdoor and indoor lights | Use sunlight in class instead of electrical lights when possible | |
| Don’t straighten your hair every day. Not use the hair dryer too much | Use solar panels if possible | |
| Turn off the heating or air-conditioning when you open the windows | Use public transportation, bike or walk instead of driving the car | |
| Ride a bike or take the bus | Don’t overheat or overcool | |
| Have a list of energy consumption costs | Use light and motion sensors and timers in outdoor and indoor lights | |
| Recycle the old clothes | Use laptops or tablets instead of copies | |
| Eat less meat | Recycle: Use different bins for every waste |
| Use different bins for every waste | Check that your electrical devices are not in stand-by. Electronics in standby mode still use several watts of power. |
|  | Put up stickers or posters to remind people to switch off the electrical appliances, walk, ride or take a bus to school |
|  | Use smart meters. With them you can take advantage of when the cost of electricity is less. You will save money by reducing your electricity usage during peak hours. The time-of-use rates per kw/h vary during on-peak, mid-peak and off-peak periods. |