



# Small, practical and useful actions to save energy





# Small actions to save water

1. Repair leaks: Regularly check your faucets, toilets, and pipes to detect and repair leaks as soon as they occur.
2. Install water-saving devices: Devices such as low-flow showerheads, dual-flush toilets, or low-flow faucets can significantly reduce your water consumption.
3. Take shorter showers: Limit the duration of your showers to reduce the amount of water used. You can also install a timer to remind you not to exceed a certain time in the shower.
4. Collect rainwater: Use barrels or tanks to collect rainwater, which you can then use for watering your plants or other household tasks.
5. Use efficient dishwasher and washing machine: Wait until you have a full load before using your dishwasher or washing machine to optimize water usage.
6. Turn off the tap when brushing your teeth or shaving: Don't let water run unnecessarily while brushing your teeth or shaving. Fill a glass with water for rinsing your mouth or shave with a small container of water.
7. Water your plants early in the morning or late in the evening: Watering plants during the coolest hours of the day reduces water evaporation and allows plants to better absorb moisture.
8. Use a broom to clean outdoor surfaces: Instead of using a hose to clean outdoor surfaces such as driveways and patios, use a broom to save water.
9. Adopt drought-tolerant gardening practices: Choose climate-appropriate plants that require less water and use mulch to retain moisture in the soil.
10. Raise awareness among your community: Share these water-saving tips with your friends, family, and neighbors to multiply the positive impact of your actions.





# The air conditioning

There are many small things everyone can do to help stop global warming, including:

1. Reduce energy consumption by turning off lights and electronic devices when not in use.
2. Opt for renewable energy sources like energy solar or wind when possible.
3. Reduce your meat consumption and promote healthy eating more vegetal.
4. Use public transportation, carpooling, cycling or walk to reduce greenhouse gas emissions linked to travel.
5. Reduce, reuse and recycle waste to limit emissions of greenhouse gases linked to the production and elimination of waste.
6. Plant trees and support reforestation initiatives for the absorbtion of carbon dioxide from the atmosphere.



# HEATING

1. Turn down the heat when you are not at home.
2. Use thick curtains to insulate windows and retain heat.
3. Caulk cracks and leaks around doors and windows.
4. Wear warm clothes at home to reduce dependence on heating.
5. Program a smart thermostat to adjust temperature automatically.
6. Maintain your heating system regularly to guarantee its effectiveness.
7. Use extra blankets at night instead to increase the heating.
8. Place rugs on floors for better insulation.
9. Close doors to unused rooms to concentrate the heat.
10. Invest in double-glazed windows for better thermal insulation.

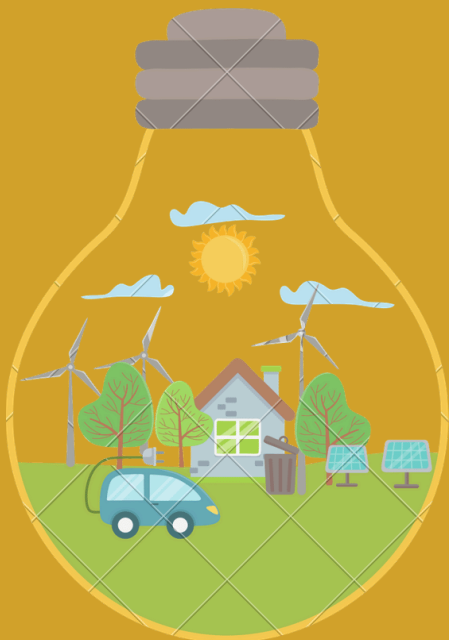


# Lighting

sauver la planète

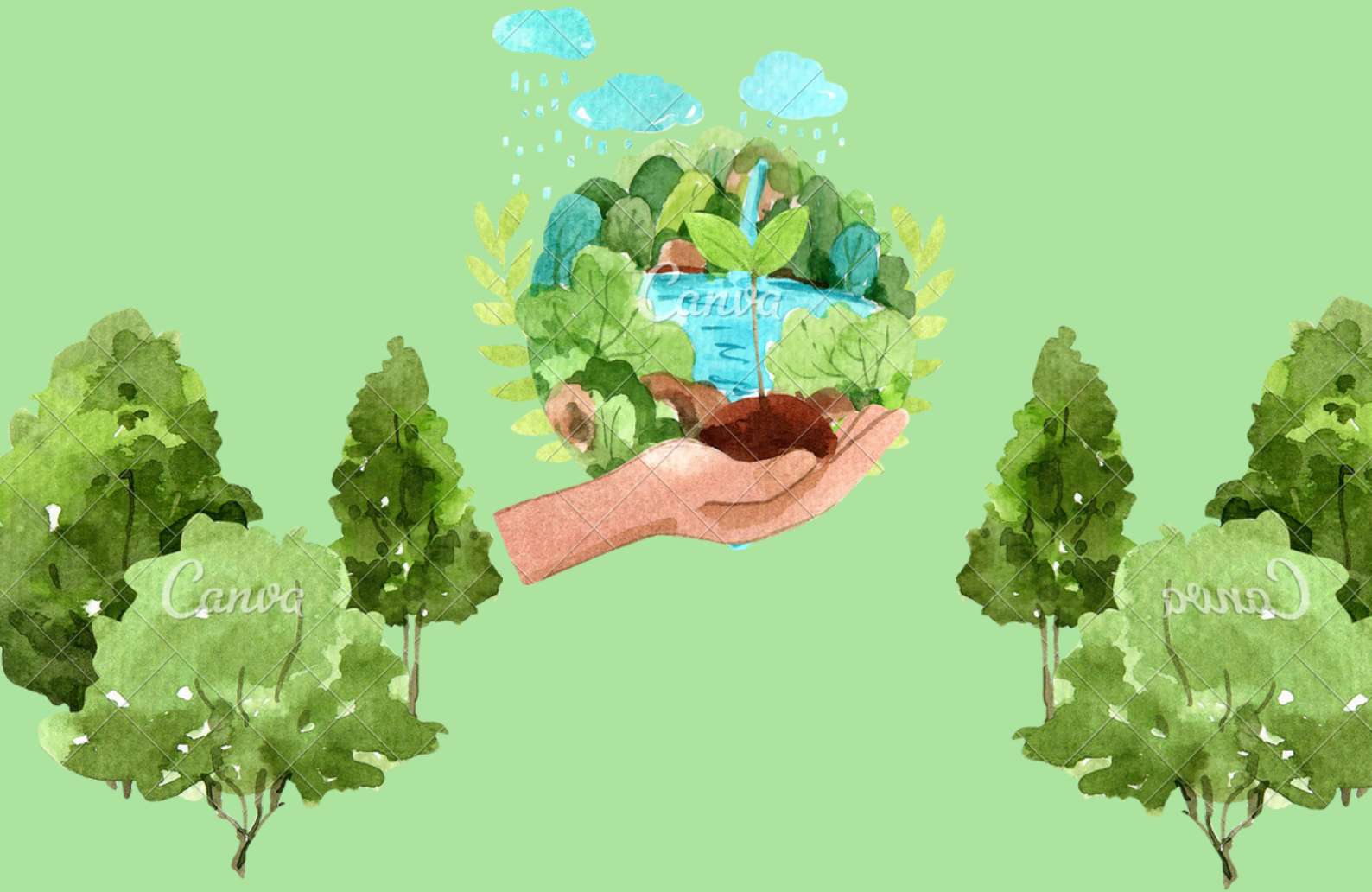
To reduce energy consumption linked to lighting,  
here are some small actions to adopt:

1. \*Turn off the lights\* when you leave one room.
2. \*Use LED bulbs\* or low energy consumption.
3. \*Install motion detectors\* in less frequented areas.
4. \*Use natural light\* as much as possible.
5. \*Clean bulbs and light fixtures regularly\* to optimize light efficiency.
6. \*Turn off Christmas lights\* during the day and when you are not at home.



# Transportation

- Reduce your driving speed on the highway, as this can significantly save fuel.
- Use traffic tracking apps to avoid congested areas and optimize your routes.
- Encourage teleworking when possible, thereby reducing daily travel.
- Participate in carpooling programs within your company or community to share rides.
- Invest in more fuel-efficient vehicles or explore electric mobility options.
- Avoid sudden starts and frequent stops while driving to improve the fuel efficiency of your vehicle.
- Practice regular maintenance on your car, such as checking tire pressure, to optimize its fuel efficiency.





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Authors: 11th C STUDENTS  
SEBIS THEORETICAL HIGH SCHOOL  
Coordinating teacher: DEMETRESCU DAN

