Case study on personal action for sustainable energy consumption

Mrs. Turolla is 68 years old and has recently retired. After doing some research online, she has learned about the huge negative environmental impact of energy waste. She has decided to reduce her energy bills, also because of her current critical financial situation. She has talked with her friends about this issue and has received useful tips, which she has immediately implemented. For example she now takes the cable out of the socket when her mobile phone is fully charged. Mrs. Turolla notices that a lot of energy can be saved by tracking it in her home, and she has already checked her fridge temperature and the programmes of the washing machine.

Now she is wondering what else she can do to work towards sustainable energy consumption. Of course, always having in mind the financial aspect.

Please reflect on the following questions:

- What would you recommend Mrs. Turolla as additional personal actions?
- What actions would require a bigger financial budget?
- Where would you look for information on sustainable energy consumption?
- What are the biggest challenges in contributing to sustainable energy consumption?
- How would you encourage other people to take action against energy waste?

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