

HOUSING WORKSHOP 7

Energy Efficiency

1 Facilitator Needed

Estimated Time: 1 hr 45 min

Things to Prepare BEFORE WORKSHOP

ITEM	APPENDIX #	PAGE # USED
Flip Chart 7-1	A-7-1	7-2
Handout 7-1 <i>\$20 dollar bills</i>	A-7-2	7-3
Handout 7-2 <i>Energy Efficiency Statements</i>	A-7-3	7-3
Handout 7-3 <i>Myths and Truths about Energy</i>	A-7-4	7-5
Evaluation Form	Trainer's Section	7-7

Activity	Page	Time	Materials
Introduction <ul style="list-style-type: none"> • Introduction of Facilitator and participants • Review workshop objectives 	7-2	15 min	<input type="checkbox"/> Flip Chart 7-1 Workshop Objectives.
	7-2	5 min 20 min	
Learning Activity 1: Finding \$20 Bills <ul style="list-style-type: none"> • Group Exercise 	7-3	30 min 30 min	<input type="checkbox"/> Handout 7-1 \$20 dollar bills <input type="checkbox"/> Handout 7-2 Energy Efficiency Statements
Break	7-4	15 min	
Learning Activity 2: Myths and Truths about Energy Consumption <ul style="list-style-type: none"> • Group Exercise 	7-5	30 min 30 min	<input type="checkbox"/> Handout 7-3 Myths and Truths about Energy
Wrap Up <ul style="list-style-type: none"> • Workshop Evaluation 	7-7	10min 10 min	<input type="checkbox"/> Evaluation Form

Introduction

Time: 20 min

Materials: Prepared Flip Chart 7-1

Reminder: The Trainer's role is always to *educate*, not to provide *advice*.

- **Introduction of Facilitator and Participants**

- Welcome the participants and introduce yourself to the group.
- Ask the participants to introduce themselves and conduct one Icebreaker selected by the facilitator from the Icebreaker list.
- Tell the group that this session will focus on Energy Efficiency.

- **Workshop Objectives**

- Refer to Flip Chart 7-1: Objectives and review it with participants.
 - Review the objectives with the group
 - Hang the Flip Chart so it is visible to the entire group

Learning Activity 1: Finding \$20 Bills

Time: 30 min

Materials: Handout 7-1, 7-2

- **Group Exercise**

1. **Before the exercise**, make copies of Handout 7-1: \$20 Bills. Cut along the dotted lines to make a set that consists of 13 \$20 bills. Make copies of Handout 7-2: Energy Saving Statements (1 per group). Prepare as many sets as necessary, according to the number of groups (Ideal groups consist of 2 people per group).
2. Tell the group:
 - There are \$20 bills all over your house.
 - If you can find them, you may choose to collect them or you may leave them for the utility companies to collect each month.
 - This activity is designed to make us think about how making some changes in our energy spending can reduce energy costs and put more money into our pockets.
3. Divide the participants into pairs. Have them select who will be the banker and who will be the energy consumer. Give the banker \$260 (13 \$20 bills) of play money. Distribute Handout 7-2: Energy Saving Statements to each group (1 per group).
4. Ask the bankers to read statements to the consumer. For each statement the consumer agrees to implement, the banker will give them a \$20 bill. At the end of the activity the consumers will count their \$20 bills and see who has the most money.

After completing the exercise:

- Explain to the group that not every energy efficiency measure works for every family but most families will find many ways to collect \$20 bills.
- Tell the group that suffering is not required to save energy.
- Ask the participants to tell you how much they saved by agreeing to make the changes.

-----15 min BREAK-----

Learning Activity 2: Myths and Truths about Energy Consumption

Time: 30 min

Materials: Handout 7-3

- **Group Exercise**

1. **Before the exercise**, make copies of Handout 7-3: Myths and Truths about Energy Consumption (1 per group).
2. Tell the group:
 - That this next activity will help them learn what is true and what is not regarding their energy habits.
3. Divide the participants into groups. (Ideal group consist of 2-4 people per group) Distribute Handout 7-3: Myths and Truths about Energy Consumption (1 per group).
4. Ask someone from each group to be the reader and another to be the recorder. The reader will read the MYTH to the group. The group will then decide if it is TRUE or FALSE and the recorder will circle their answer. Then the group will decide on a reason for their answer and the recorder will write it down.
5. The group should continue doing this process until they finish with the 4 myths.

After completing the exercise:

- Ask the reader of each group to read their group's responses out loud.
- After all the groups have read their responses, read the following table.

MYTHS AND TRUTHS ABOUT ENERGY

Myth	Truth
<p>MYTH 1: We save more money on our energy bill when we leave the cooling or heating system on when we leave the house rather than if we shut it off.</p>	<p>TRUTH 1: False. You will not save money by leaving the systems on. In winter, set back the thermostat when you leave. In summer, shut off evaporative cooler. The house will return to a comfortable level relatively quickly.</p>
<p>MYTH 2: We save energy by buying light bulbs of 25 or 40 watts</p>	<p>TRUTH 2: False. Lights may be too dim for proper usage. Some people use two lamps with 25 watt bulbs, but one 50 watt bulb gives out more light while using the same watts.</p>
<p>MYTH 3: If we want to save on monthly utility bills we will be uncomfortably cool or hot.</p>	<p>TRUTH 3: False. To save energy you do not have to suffer. You can conserve energy and cut costs by using energy wisely.</p>
<p>MYTH 4: Wall insulation is not necessary. Only roof insulation is important if we want to keep the inside temperature comfortable.</p>	<p>TRUTH 4: False. Although heat rises, you need to insulate both roof and walls to prevent heat loss in the winter and keep your home more comfortable in summer.</p>

WRAP UP

Time: 10 min
Materials: Evaluation Form

- **Evaluation of Workshop**

- Distribute Evaluation Forms.
- Ask the group to please complete Evaluation Form with their comments
- Let them know that their comments are important to further improve the module
- Thank them for taking the time to attend this workshop and ask them if they have any questions.
- If you cannot answer a particular question, write it down along with the contact information for the person who asked the question. Contact them later with an answer.

FLIP CHART 7-1: Objectives

OBJECTIVES

TO LEARN ABOUT:

Share Information About:

Energy Efficiency

HANDOUT 7-1: \$20 BILLS



HANDOUT 7-2

ENERGY SAVINGS STATEMENTS

No Cost Changes	Low Cost Changes
I will wash my clothes in cold water.	I will get a refrigerator thermometer and set the temperature in my refrigerator and freezer.
I will hang clothes outside to dry. (The average family does 416 loads of laundry each year and it costs about \$.25 for gas and about \$.40 for electric dryers per load – for a potential savings of between 4 and 8 \$20 bills per year. This must be weighed against convenience and other factors.)	I will replace the most used light bulbs at my house with compact fluorescent bulbs.
I will lower my water heater temperature to below medium (for gas) or to 120°F (for electric).	I will install ceiling fans.
I will reduce the area of grass lawn at my home.	I will have a clock thermostat installed to re-set my heating and cooling set points when I'm asleep or away.
I will limit the usage of hot water when showering.	I will install a low flow showerhead.
I will set the thermostat at 82°F in summer and 60°F in winter.	I will install faucet flow restrictors in lavatories and sinks.
	I will replace my refrigerator with a new energy efficient model.

HANDOUT 7-3
MYTHS AND TRUTHS ABOUT ENERGY

Myth	Truth
<p>MYTH 1: We save more money on our energy bill when we leave the cooling or heating system on when we leave the house rather than if we shut it off.</p>	<p>TRUE FALSE BECAUSE: _____ _____ _____ _____ _____</p>
<p>MYTH 2: We save energy by buying light bulbs of 25 or 40 watts</p>	<p>TRUE FALSE BECAUSE: _____ _____ _____ _____ _____</p>
<p>MYTH 3: If we want to save on monthly utility bills we will be uncomfortably cool or hot.</p>	<p>TRUE FALSE BECAUSE: _____ _____ _____ _____ _____</p>
<p>MYTH 4: Wall insulation is not necessary. Only roof insulation is important if we want to keep the inside temperature comfortable.</p>	<p>TRUE FALSE BECAUSE: _____ _____ _____ _____ _____</p>