

The Energy Saving Championship: Conserve and Compete

Why take on the challenges?

Join the Energy Saving Championship to put your learning from the Energy Saving at Home workshops into practice. By turning knowledge into action and actively applying what you've learned, you can make energy saving part of your daily routine, and see a significant reduction on your energy bills.

We've designed four individual challenges that will help you make the changes that will bring about the greatest energy savings. Our aim is to help you to achieve a 10% reduction on your electricity consumption, while also reducing your heating costs.

Plus, for the duration of the challenge, you'll get to join a supportive WhatsApp community of householders across Tipperary, Limerick and Clare who are on the same journey. You'll learn from each other with tips & tricks for reducing electricity bills, making it easier and more enjoyable to save energy and make a positive impact.

Your energy savings and the energy savings achieved by your community will be compared to other participants and one household will be crowned the 'Energy Saving Champion'.

What's involved?

01

Get ready

- Register to participate in the Energy Saving Championship at the workshop with your local Energy Saving Champion. You can also register by logging onto [EnergySavingChampions.ie](https://www.energysavingchampions.ie)
- Collect your participant kit during the workshop, where you'll find comprehensive details about the four energy challenges along with a selection of household items designed to support your success.
- Compile a personal list of household energy-saving commitments (using the overleaf), and pledge to follow them. Refer to your copy of the Energy Saving Champion 'Energy Saving at Home' booklet and choose the tips that will bring about the greatest savings in your household.
- Connect with our private WhatsApp group for valuable support and guidance.

02

Get set

- Submit your electricity readings by sending a text or WhatsApp to Mona, the EcoVision Program Coordinator, at 087 4747754. Include:
 1. Your full name
 2. The electricity meter reading on that date
 3. Your electricity usage (in kW) over a 1 or 2 month period at the same time last year. You'll find this information on a previous energy bill.

03

Go

- Start implementing the energy challenges, stick to your energy-saving commitments and make substantial energy savings.

04

Level up

- To get an even deeper understanding of how your home uses energy, speak to Mona or your local Energy Saving Advocate about borrowing a community kit. This kit is equipped with additional tools to enhance your understanding of your home's energy usage

05

Finish

- Submit your final electricity meter reading for a chance to claim the prestigious title of Energy Saving Champion!

Challenge start date: _____

Challenge end date: _____

Challenge duration _____ weeks

These are my household energy-saving commitments:

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This document relates to EcoVision's Energy Saving Champion programme, encompassing a community workshop series on 'How to Save Energy at Home' and an accompanying inter household competition. The programme is supported by local Community Energy Advocates.

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