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The Energy Saving Champion Programme

Shower Energy Saver Challenge

Welcome to the Shower Energy Saver Challenge, where your household will incorporate practical tips into the daily shower routine. By participating, you are addressing one of the highest energy-consuming activities in your home, heating water, and this challenge in particular can significantly reduce your home's energy consumption.

The Primary Mission: **Perfect Timing**

Keep your showers short. This is the most effective way to reduce the energy use from showering, and one of the best ways to reduce your overall household energy consumption.

An egg timer will help you to stay on track. An egg timer will help you to stay on track, or alternatively, time your shower to your favourite song.

Secondary Mission 1: **Temperature Tune-Up**

Opt for a lower shower temperature. Aim to lower the temperature by a few degrees while still maintaining your comfort.

Secondary Mission 2: **Slow the flow**

If possible, adjust your showerhead to a water-saving setting. While it may take a bit longer to rinse, you'll be conserving water and energy. If you have an aerator shower head or insert, use it to lower the energy demand of your shower without compromising on water pressure. When less water is used, less water is heated.

By completing these missions, you'll reduce your energy consumption while showering, lower your energy bills and contribute to a more sustainable future.

Calculate the cost of a shower:

Electric showers usually use between 7.5kW and 10.8kW. Find out how much yours uses and use the below formula to get an accurate cost per minute of use:

kWh use x unit rate ÷ 60 (mins) / E.g. 9.8 kWh x €0.40 ÷ 60 (mins) = 6.5 cent per minute

Rialtas na hÉireann Government of Ireland | Tionscadal Éireann Project Ireland 2040

SUSTAINABLE DEVELOPMENT GOALS

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All members of the household should record their showers for the duration of the challenge here

Challenge start date _____

Challenge end date _____

Challenge duration _____ weeks

Calculated cost *per minute*	Cent

Date	Time	Household member *Initials*	Length of shower *in minutes*	Temperature *Cool, Medium, Hot*	Cost *Cost per min x length of shower*	Comments

Need help? Reach out to Mona, the programme coordinator on 0874747754 or your local Community Energy Advocate

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