

### Title of Sustainable Development Goal:

7 - Ensure access to affordable, reliable, sustainable and modern energy for all.

Affordable and Clean Energy

### Short Description of SDG:

You can contribute to this SDG by being aware of and reducing your energy use. Every day we use fossil fuels such as oil, gas and coal in modern life, contributing to high greenhouse gas emissions. In order to reduce your ecological footprint, you should be aware of the amount of energy you consume and try to reduce your non-renewable energy consumption.

### Action Area 1

Energy efficiency

### Question 1

Are you aware of how much electricity your household uses on a yearly basis and if it is more or less than the average in your country?

1	<i>I have no idea how much electricity we use</i>
2	<i>I know how much electricity we use, but I do not know if it is more or less than the average</i>
3	<i>I know how much electricity we use, it is more or less the average</i>
4	<i>I know how much electricity we use and we do a lot of efforts to use less electricity than the average</i>

### Question Feedback:

*"In Europe the level of electricity consumption per household is very unequal: from around 1600 kWh in Romania, 2000 kWh in Poland and Baltic countries, around 4000 kWh for the EU average to 8,000-10,000 kWh in Finland and Sweden, and even 17,000 kWh in Norway. There is a lot of heterogeneity due to thermal uses (e.g. electricity is the main source of space heating in some countries, such as in France, Norway) and different levels of equipment rates for electrical appliances and energy efficiency."* ([odyssee-mure.eu](https://odyssee-mure.eu))

### Question 2

Do you turn off electrical appliances when possible?

1	<i>Not at all</i>
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2	Rarely
3	Often
4	Always

**Question Feedback:**

"The average home contains 40 idle products constantly drawing power and together these devices may account for as much as 10 percent of household energy use."([money.howstuffworks.com](http://money.howstuffworks.com))

**Question 3**

When you buy a new electrical appliance, do you take into consideration the amount of energy it uses?

1	Not at all
2	Rarely
3	Often
4	Always

**Question Feedback:**

"The energy label indicates whether a household appliance is more or less efficient. A good rating in this respect will ensure that your refrigerator, washing machine or dishwasher will cost you less when you receive your electricity bills."([www.endesa.com](http://www.endesa.com))

**Action Area 2**

Energy consumption

**Question 1**

Do you know what type of energy you use at home (renewable or non-renewable)?

1	I have no idea
2	We use non-renewable energy
3	We use a mix of non-renewable and renewable energy
4	We use 100% renewable energy

**Question Feedback:**

*“Renewable energy comes from natural sources or processes that are constantly replenished. For example, sunlight or wind keep shining and blowing, even if their availability depends on time and weather. Non-renewable energy includes fossil fuels such as oil, gas, and coal. Non-renewable sources of energy are only available in limited amounts and take a long time to replenish. When we pump gas at the station, we’re using a finite resource refined from crude oil that’s been around since prehistoric times.” ([nrdc.org](http://nrdc.org))*

### Question 2

*Before you buy a new product do you think twice?*

1	<i>No, I just buy a new product when I want.</i>
2	<i>Sometimes, but most of the time I buy a new product when I want.</i>
3	<i>Most of the time I do not buy a new product when I don't really need it.</i>
4	<i>I only buy a new product when there is no sustainable alternative like borrowing it or buying a second hand product.</i>

### Question Feedback:

*The production of new products consumes a lot of energy. Alternatives such as sharing or buying second hand products are more sustainable.*

### Question 3

*When you go on a holiday, do you avoid going by plane?*

1	<i>No, I always go on holiday by plane .</i>
2	<i>Sometimes, but most of the time I go by plane.</i>
3	<i>Most of the time I avoid going by plane.</i>
4	<i>I never go by plane.</i>

### Question Feedback:

*Going by plane has a big impact on your ecological footprint. “A few years ago, environmental group Germanwatch estimated that a single person taking one roundtrip flight from Germany to the Caribbean produces the same amount of damaging emissions as 80 average residents of Tanzania do in an entire year: around four metric tons of CO2.” ([dw.com](http://dw.com))*

### Action Area 3

Participation

Question 1	
<i>Do you talk about energy consumption with your friends, family, teachers or school mates?</i>	
1	Never
2	Sometimes
3	Frequently
4	Very frequently
Question Feedback:	
<i>Talking with your peers about energy consumption is the first step in creating awareness.</i>	

Question 2	
<i>Do you try to convince your friends and family to use renewable energy resources by choosing a 100% renewable energy supplier or by installing solar panels, mini wind turbine, geothermal energy etc?</i>	
1	<i>Not at all. I do not know anything about it.</i>
2	<i>Rarely, I find it difficult to talk about this.</i>
3	<i>Often, I have some knowledge about it and when possible I try to convince people to choose renewable energy resources.</i>
4	<i>Very often, I also engage in local initiatives that promote renewable energy resources.</i>
Question Feedback:	
<i>Using locally produced renewable energy does not only benefit the environment, it also contributes to local job creation.</i>	

Question 3	
<i>Did you ever participate in the anti-nuclear movement, by taking part in demonstrations or by signing a petition?</i>	
1	Never
2	Yes, once
3	Often
4	Very often

**Question Feedback:**

*Nuclear energy is expensive and dangerous. It consumes a lot of water and produces toxic waste we do not know how to get rid of.*

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