



This project has been funded with the support from the European Commission. This communication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

Annex

Worksheet 8

1. Use a bicycle or walk instead of riding a car to go to school, to work, to the gym,
2. hand down toys, sports equipment among friends, from one generation to another
3. use energy saving light bulbs,
4. use desk lamps with energy saving bulbs,
5. share the same space in the house if possible with several family members during activities that require artificial light;
6. turn off the light in the room right after completing work,
7. use as much natural light as possible,
8. set up working table so that light comes from the opposite hand than the one you use for writing,
9. use water only as much as absolutely necessary,
10. use water for the toilet vessel economically,
11. stop water flow while applying soap, shampooing your hair, or brushing your teeth
12. do not keep the refrigerator door open long