

Energy saving



Did you know?

Fuel poverty is when you can't afford to maintain a warm, dry home and it affects 4.5 million people in the UK. Home insulation, like we saw in our animation, is a great way to stop heat from leaving the home, saving energy. But many homes have poor or no insulation at all, making heating them very difficult and expensive.

Science scene-setter

We can all cut back the amount of energy we use in our homes. We can:

- Use thermal insulation to draught proof any gaps and cracks
- Put curtains, rugs or blankets over windows and on floors to insulate them
- Make sure you understand your energy bill, and when you use the most energy
- Switch appliances off instead of leaving them on standby
- Try not to run taps for longer than necessary
- Spend less time in the shower.

Put it to the test

Help protect your community from fuel poverty.

What can you do to improve energy efficiency?



Energise Anything!

e.on

Key activity steps

1 Research



Watch our animation **The nature of insulation**: eonenergy.com/secondaryathome

- Think about where heat is escaping from your home
- For ideas, watch videos from the Energy Saving Trust: energysavingtrust.org.uk and National Energy Action: nea.org.uk
- Think about other different houses nearby as well.

2 Test

Carry out an energy audit of your home.

- There is information about how to make home improvements here: eonenergy.com/for-your-home/saving-energy
- When you have completed your own home, offer your services to your neighbours to help them save money on their energy bills
- Be sure to include projects like these on your CV when you leave school and apply for further education or jobs.

Interested in this? You could be...

- A sustainability officer or consultant – work on projects tackling fuel poverty and improving energy efficiency
- An energy analyst – record and keep track of businesses' energy usage and advise on efficiency
- An energy advisor/manager – support households or businesses to reduce their energy usage
- An energy maintenance and performance manager – ensure businesses are meeting energy targets and manage energy usage and production on large sites
- Sustainability engineer – design and work on renewable energy projects.

Visit our careers page to see where a love for science could take you: eonenergy.com/stickwithstem

Equipment and resources

- Internet
- An energy bill
- Insulating materials

E.ON's Energise Anything has already engaged over 25,000 young people. We asked some of their teachers to describe it in three words. Here's what they said most often!

