

## ENERGY TRANSITION: HOW CAN YOU CONTRIBUTE?

Lowering European household temperatures by one degree over a one-year period provides enough electricity to power a large European city for 29 years.

Decreasing European household temperatures by 1°C for one year would save enough energy to provide electricity to a European city the size of Amsterdam for 29 years. At home we use energy primarily for heating, which accounts for 80 per cent of final energy consumption.

### CHOOSE HIGH IMPACT MEASURES

What is a high impact measure? Saving energy by reducing and reusing heating is where many high impact measures start.

On a European level, even small changes in behaviour will have a major impact. Households are responsible for nearly one-third of the EU's total energy consumption. Several countries still rely on fossil fuels, which means the less energy used, the more emissions saved.

Energy used for heating and hot water in European households accounts for 80 per cent of final energy consumption.

People are taking measures, but unfortunately not always the most impactful ones.

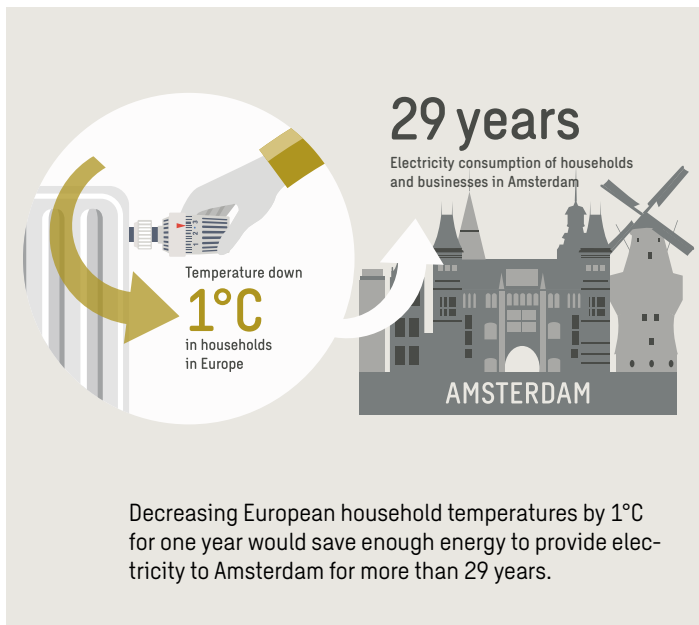
The most popular measure taken at home is replacing lightbulbs with LEDs. This has had a positive impact on reducing energy and raising awareness about energy saving measures. Still, lighting accounts for less than 20 per cent of final energy consumption in European households.

### WHAT CAN I DO TO CONTRIBUTE?

In order to succeed in the energy transition, we need to adapt: in our thinking, our homes and our countries of residence.



*A major effect can be achieved by turning thermostats down one degree.*



### SMALL CHANGE, BIG IMPACT

In a recent study Sweco asked thousands of people distributed over 9 European countries about ways in which households are promoting the energy transition at home. The study found that 97 per cent of respondents were willing to contribute to the energy transition by changing routines and day-to-day choices.<sup>1</sup>

### WOULD YOU TURN DOWN THE THERMOSTAT? OR SUPPLY YOUR HOUSE WITH GREEN ENERGY?

Collectively, people have a significant impact on the energy transition – particularly in households.

Three things you can do:

- Lower the heating temperature at home by one degree.
- Purchase energy from a green energy supplier.
- Insulate your house.

Less energy consumption means a reduction in emissions, costs and environmental impact. To succeed in the energy transition, we need to focus on behavioural changes and invest in high impact measures. Home is where several high impact lifestyle measures start.

### DON'T TRY TO EAT THE WHOLE ELEPHANT

Whether the change involves putting on a sweater at home, changing travel behaviour, or not letting your laundry spin at peak hours, changing your behaviour can be hard. Make it easier for yourself and start with at least one high impact energy-saving measure.

In the latest Urban Insight report, Sweco experts team up with scientists and present results from a European study to reveal how you can support the energy transition in your daily life, starting today. Discover more in the latest Urban Insight report, [Energy Transition: How Can You Contribute?](#)

1) In the study 2,200 respondent households wanted to contribute to the energy transformation.