



## SAVE ENERGY

*At Arcola Theatre we use Light-Emitting Diode lights that consume less energy than normal bulbs. We have fitted sensor lights that work only when it's necessary. To raise energy awareness and limit stage-lighting consumption, we have installed a hydrogen fuel-cell system. With these technologies, we basically have reduced our demand for heat and electricity by 43% and 32% respectively, through sensible use of energy and energy - consumption monitoring.*

*You took part in an eco-friendly show, but what are you doing at home?*

- Switch off the light when you don't need it. You will save energy, reduce your carbon emissions and save money on your bills.
- Switch off electric appliances (PC, TV, washing machine, etc.) when you are not using them. Items left on standby can use up to 85% of the energy they would use if fully switched on. Turn them off at the wall! Around a quarter of all carbon dioxide emissions we produce comes from heating and lights in our homes, and from the energy used for household appliances. Using this energy more efficiently will reduce emissions and save money.
- Electric tumble dryers use a huge amount of energy. If it's a nice day, dry your clothes outside or even inside if it's possible; if it's not, hang them by the radiator!
- When using a washing machine, make sure you are doing a full load and turn down the temperature 30-40 degree °C is enough to wash your clothes properly!
- Use ecological bulbs. The price is a little bit more expensive, but eco-bulbs last more than 7 times than ordinary bulbs longer and use as little as 20% the energy of conventional light bulbs. You will save energy, and in the medium-long term, you will save money on your bills.
- Switch to a renewable energy supplier using a green tariff. 'Green electricity' means electricity produced from sources that have a less negative environmental impact. The cleanest energy sources are those which utilise the natural energy flows of the Earth. These are usually known as renewable energy sources, because they will never run out. To get more info on it, take a look to the Encyclopedia of the Atmospheric Environment at:  
[www.ace.mmu.ac.uk/eae/Sustainability/Older/Renewable\\_Energy.html](http://www.ace.mmu.ac.uk/eae/Sustainability/Older/Renewable_Energy.html)
- The location of your fridge can make a difference in how energy efficient it is. Make sure it is out of direct sunlight and not close to the oven, and always make sure that there is a few inches' space all around the fridge so that air can circulate. You should never put warm or hot food into the fridge as this will make the fridge work extra hard to try and keep it cold; always allow food to cool down first. Defrost frozen food in the fridge as this helps to keep it cool as it thaws.
- If you're feeling chilly, don't turn the temperature up: put on a jumper! Keeping the heater at 60'C will save money and energy. Windows are a major culprit in heat leakage and problems maintaining a comfortable temperature inside buildings. Check for leaks and, if you don't need the outside light, close the curtains. Also think about installing double-glazing.