

JOIN THE CARBON SAVERS COURSE

Easy ways to save carbon and money
Carbon footprints, step by step
How groups can save more carbon together



COURSE OUTLINE

10 monthly topics: Intro to Carbon Footprints - Home Energy - Shopping - Quality of Life - Money - Farming - Holidays - Transport - Carbon Offsets - Food

Includes:

- 15 minute video briefings each month
- Monthly poster • Monthly hand-out
- Monthly e-news • Online forum

When: Oct 22 - July 23 (monthly)

Cost: £99 / £499 / £899 depending on organisation size

Contact: info@carbonsavvy.uk

Find out more and book at
www.carbonsavvy.uk/learn/



CARBON SAVERS COURSE

Modules

1. Introduction to Carbon Footprints (Oct)

What is a carbon footprint? Why is it useful to know your own? Can individuals make a difference? What are the ten biggest actions we can take to reduce it? And how could these improve our quality of life?

2. Home Energy (Nov)

How much heat is lost from our homes, how can we save heat? Insulation vs. low carbon heating? The challenge of old buildings? What does it cost to make our homes energy efficient, and how much will it save on our heating bills?

3. Shopping (Dec)

How can individuals influence manufacturing? How can we reduce the footprint of products by 80%? What choices can help when shopping? And how do the products we use affect our quality of life?

4. Quality of Life (Jan)

What do we mean by quality of life, and how does it connect to saving CO₂? How can we monitor our quality of life and track it over time? What do psychologists say makes us happy? How could lowering our carbon footprints actually make us happier?

5. Money (Feb)

How can our money drive carbon savings? What influence can consumer purchasing have on industry? Where can we keep, save and invest our money? How do we get the most value for money in terms of happiness, health and well being?

6. Farming (Mar)

How much CO₂ does farming produce, and how can shoppers choose low carbon foods? Why is farming going to avert climate change, and how will carbon farming make food more nutritious? Can carbon farming absorb CO₂ and earn farmers more money?

7. Holidays (Apr)

How can we get the most out of our holidays? How can we achieve our key vacation objectives with a small carbon footprint? What are the carbon footprints of different holidays? How can low-carbon holidays raise our quality of life?

8. Transport (May)

How can we get transport to net zero? How do different types of transport compare? How long should I keep my old car before replacing it? What's so amazing about e-bikes? How can our journeys improve our health and wellbeing?

9. Offsets (Jun)

What is carbon offsetting, and how does it work? Can offsets truly help us out of the climate crisis? Why have they got a bad name, are they legitimate and could they even be essential to solve climate change?

10. Food (Jul)

What kind of food supports the highest quality of life? Why does an organic carrot from Kenya have a smaller footprint than a non-organic carrot from the UK? What is low-carbon meat, and why is UK meat better than international meat? How can I buy low-carbon food?



HOW TO FOLLOW THE COURSE

This course is designed for single* or multiple groups.

- For multiple groups, each group will have a coordinator who holds the log-in details, accesses materials and arranges screenings.
- Co-ordinators will receive a log-in and be able to screen the videos whenever they wish in their designated area (e.g. parish or workplace).
- Coordinators can access all videos and materials for one year to 1 Sept 2023.
- Course documents can be shared with all members of the group or organisation.
- For packages with multiple co-ordinators, Carbon Savvy requires all co-ordinator emails to be sent to us in one batch after sign-up.
- It is recommended to present the course as 10 monthly sessions from 1 Oct 2022 to match our mailings. However it is possible to start at a later date and follow your own schedule.

** If your organisation follows the course as a single group each member of the group will have a log-in to access the videos and materials.*

Click here to watch our preview video and book the course:

<https://carbonsavvy.podia.com/carbon-savers-course>

