

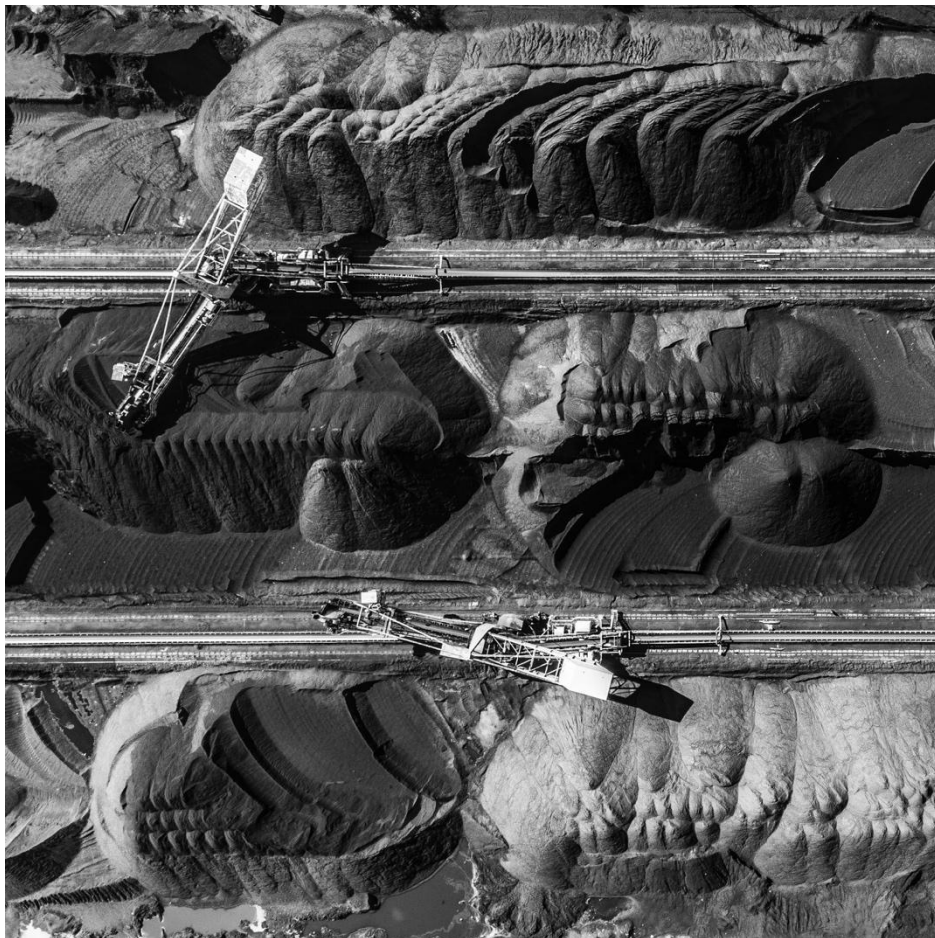
July to September: Energy Efficiency

Low-tech - Case Study



Case Study

Month :	July to September 23
Topic :	Efficiency
Case Study Title:	The Guide to Carbon Conversations by Rosemary Randall and Andy Brown



Unsplash, Curioso-photography

Name of climate or social enterprise or activist group:	Carbon conversations
What is their story?	To complete this theme of energy efficiency, we have chosen this low-tech example of carbon conversations. Since it is not easy to take action to change consumption habits

	<p>and reduce energy use, two Britons, Rosemary Randall, psychoanalyst and psychotherapist, and Andy Brown, engineer, "have developed a method combining emotions and targeted practices". It is a question of discussing in small groups, based on figures and facts, how everyone could organise their daily lives or change certain things to reduce their carbon footprint. Thinking about a low-carbon future, energy at home, travel and mobility, food and water, waste consumption, and talking with friends, family and colleagues are covered in these carbon conversations.</p> <p>The method exists in French and has been adapted to the Swiss context by the association "Artisans de la transition". This method is available throughout Switzerland and can be easily found by an internet search in your area.</p>
<p>Link to the case study:</p>	<p>https://artisansdelatransition.org/agir-avec-nous/conversation-carbone/methode</p>
<p>Why is this a good example to follow?</p>	<p>Despite all the solutions proposed and sometimes even imposed, many people maintain a very high level of energy consumption. The example of carbon conversations is interesting because it starts with the individual, allowing him to choose what he can put in place according to his needs and possibilities.</p> <p>These discussions make it possible to make people actors of climate change without judging their level of involvement. This context of psychological security is conducive to reflection and questioning.</p>
<p>What did Impact this sample case study do?</p>	<p>In this participatory approach, the impact is visible in the behaviour of the people who have followed these carbon workshops, who indicate that they have changed some habits. According to the magazine of the FOEN (Federal Office for the Environment) of March 2019: "An assessment carried out in 2010 in the United Kingdom shows that participants in the Carbon Conversations reduce their greenhouse gas emissions by an average of 1 ton per person in the first year. Within two to five years, they divide them by half. The curriculum thus allows everyone to become an actor again."</p> <p>This method also encourages each participant who has followed these conversations to become a referent or facilitator so that they can, in turn, facilitate carbon conversations.</p>
<p>References s</p>	<p>Swiss Federal Office of Energy, (August 2022). Energy efficiency consulted in https://www.bfe.admin.ch/bfe/fr/home/approvisionnement/efficacite-energetique.html</p> <p>Switzerland Energy website on energy efficiency in households with a wide range of tips and ideas</p>

<https://www.suisseenergie.ch/menage/>

Link to the series "One Planet" on RTS

<https://www.rts.ch/play/tv/emission/une-seule-planete?id=9664443>