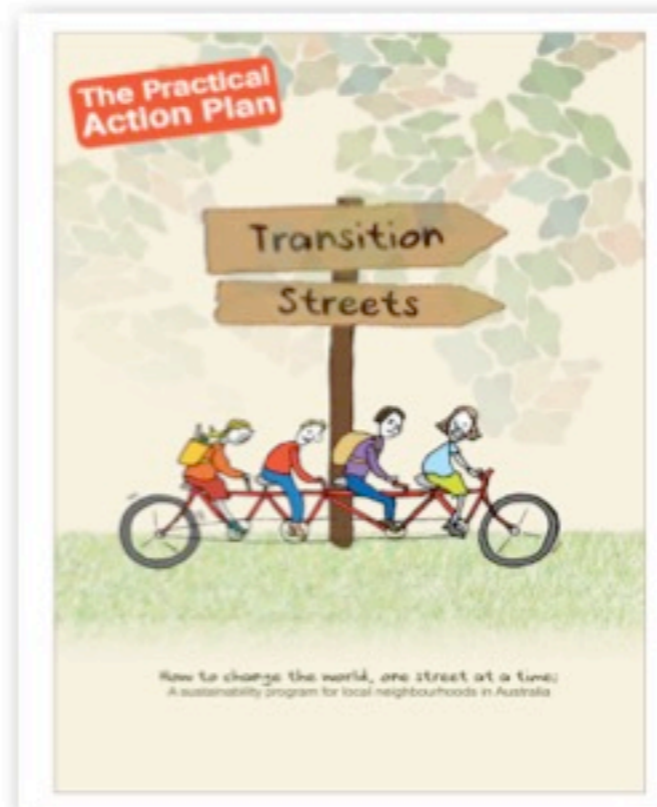


Permaculture Consumption
Energy Water-Savings
Neighbourhood
Solar Electricity Saving-Money
Reducing-Waste Community
Transport Compost
TRANSITION-STREETS



Transition Town Movement

- Social “Permaculture”

Literally - started in 2005 when Permaculture students developed a “road map” for the sustainable future of a town
- looking at across-the-board creative adaptations in the realms of energy, health, education, economy, & agriculture.

Permaculture is a set of design principles centered on whole systems thinking, utilizing the patterns and resilient features observed in natural ecosystems. It is science based but allows for variations, and so is adaptable and accommodating.

Transition Town Movement

- Social “Permaculture”

In 2006, the “road map” process was introduced to the UK town of Totnes, which was suffering from economic decline and social fragmentation.

But instead of just copying another economic plan, they set up a series of “open space” meetings, created groups to look at food, transport, energy, business & livelihoods, health & wellbeing, building & housing, and inner transition.

They set out to create a “vision” of the town in 2021

Transition Streets



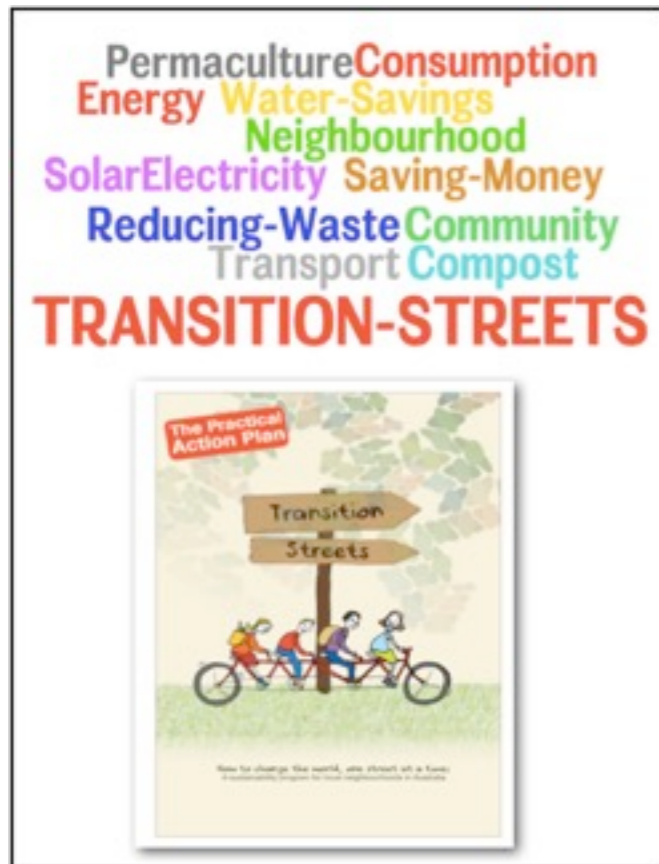
In 2009, the Totnes group produced a 140 page workbook to be used in small groups to collaboratively design a Practical Action Plan for each household around energy, food, water, waste & consumption, and transport - “Transition Together”

It was aimed at the general public, who had previously done little to reduce their carbon footprint, so it focused on simple, practical, free, or low cost actions. Intended to reach those in the contemplation or preparation stage. Each topic had reference material for those who want to explore further.

Transition Streets



In 2014, Transition Newcastle rewrote the Transition Together workbook, and launched “Transition Streets” - inspired by other street-based discussion groups, with emphasis on localised background information, ideas for taking action, ways to involve children, fun and thought provoking challenges, and further resources. This was revised in 2015 as a fully Australian Transition Streets program and handbook.

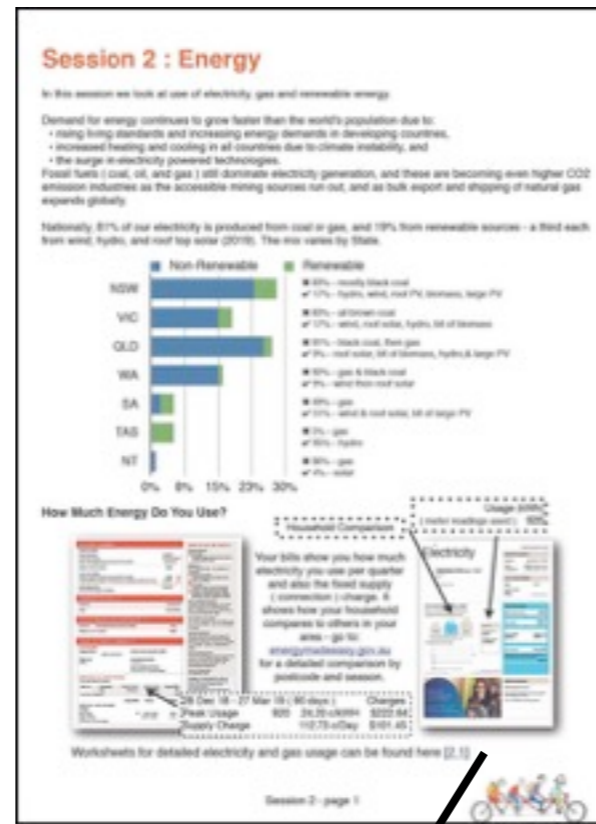
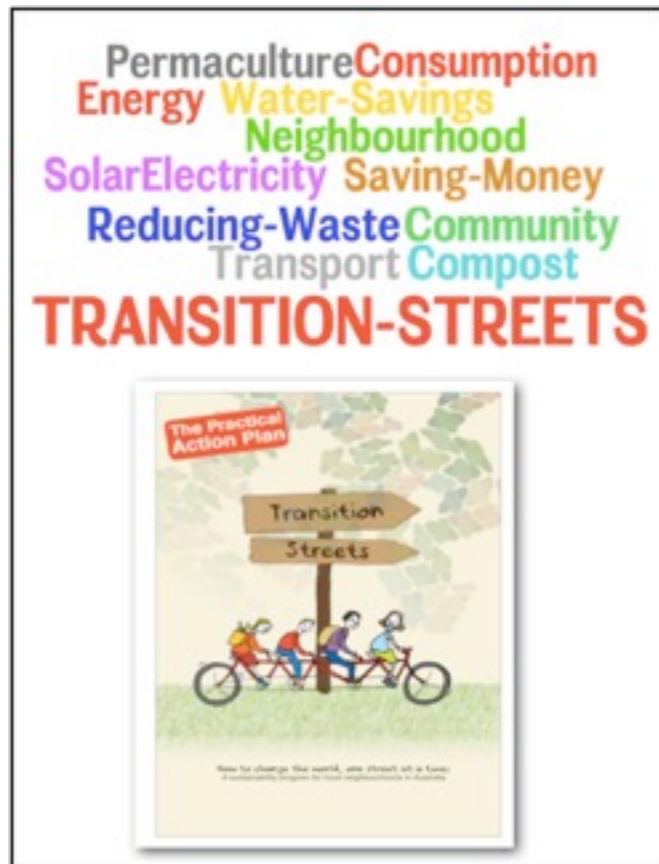


Transition Streets 2020



By 2019 there had been an explosion of resources on becoming sustainable, produced by Councils, Business, Industry, and Government organisations - so there was a need for a revised handbook to include these updates and new data.

The result was a new, much shorter, guide supported by many cross-referenced web page resources.



Transition Australia is part of an international movement of local communities coming together to reimagine and rebuild our world. You can learn more about the movement, get inspired by what others are doing or get in contact with others through this website. Learn more about what we do.

Recent articles

Water in Your Home

Where is the Water Transition Streets 4.3 Sydney Water have made this chart to show where water is used and roughly how much.

Appliance/source Litres (l) / minute 6-7 l / minute Bath Average bath 110 l Toilet Single flush toilet Older dual flush toilet (1980s model) Modern dual flush toilet (2005 or ...) Read More

Read more

Grey Water Diverters

Capturing that waste water Transition Streets 4.4 Apart from a bucket in the shower, and using a sink insert bucket when washing up, the only way to capture that waste water is by inserting a diversion point into the plumbing. This can be as simple as a rubber funnel inserted into the inspection hole on the out flow ... Read More

Read more

How Much Water Do You Use?

A quiz to estimate your water use Transition Streets 4.2 Hunter Water developed this quick quiz to estimate how much water your household might use - Water Use Calculator. How did you compare? Did it match your household water bill? Read more

Read more

- * 32 pages,
- * printable pdf,
- * seven sessions of 4 pages each,
- * imbedded links to extension pages, resources, web-links, & video

[2.2]



Session Layout & Design

Session 2 : Energy

In this session we look at use of electricity, gas and renewable energy.

Demand for energy continues to grow faster than the world's population due to:

- rising living standards and increasing energy demands in developing countries,
- increased heating and cooling in all countries due to climate instability, and
- the surge in electricity powered technologies.

Fossil fuels (coal, oil, and gas) still dominate electricity generation, and these are becoming even higher CO2 emission industries as the accessible mining sources run out, and as bulk export and shipping of natural gas expands globally.

Nationally, 81% of our electricity is produced from coal or gas, and 19% from renewable sources – a third each from wind, hydro, and roof top solar (2018). The mix varies by State.

How Much Energy Do You Use?

Your bills show you how much electricity you use per quarter and also the fixed supply (connection) charge. It shows how your household compares to others in your area – go to energymadness.gov.au for a detailed comparison by postcode and season.

Workbooks for detailed electricity and gas usage can be found here [2.1]

Session 2 - page 1

How Much Energy Do You Use?

Where does your energy go? You might be surprised – the Australian climate is kind to us and our major appliances and systems are pretty energy efficient (– look for the energy rating stickers)

But our hot water systems are old tech and our smaller items, lights, and set ups that we tend to leave on stand by, can be energy hogs.

For a detailed look at energy use and what to do about it go to our website [2.2]

Low-No Cost Tips for Saving Energy at Home

Living Areas

- In summer, keep cool by closing windows, doors, curtains and blinds.
- Use fans instead of air conditioners and set your air conditioner to 26°C.
- Aim for natural cross flow ventilation when the sun is off the house.
- In winter, reduce draughts by closing windows, doors and curtains.
- Set central heating to 18°C, dress warmly and use blankets and throw rugs.
- Put in LED lights and turn them off when not needed.
- Switch off appliances at the wall – most keep using energy in stand by mode.

Kitchen

- Make sure there is plenty of space around your fridge so it works efficiently.
- Check that the fridge door seals work, and keep the door firmly closed.
- Make sure the fridge and freezer isn't too full.
- Use the lids on pots and pans to reduce cooking time.
- Wait till the dishwasher is full, then put it on.

Bedroom and Laundry

- Use cold water for washing hands and clothes.
- Use a clothesline instead of the dryer.
- Set your hot water to 60°C and then use hot water as little as possible.
- Wait till the washing machine has a full load, then put it on.
- Put in low-flow shower-heads – and aerator heads on taps.
- Have shorter showers – no more than 4 minutes – use a timer.

Pools

- Use a pool cover to keep the heat in and put in an efficient filter pump.
- If you want a heated pool, install a solar heating system.
- Only use the lighting you need for pool safety.

Session 2 - page 2

Planned Spending for Saving Energy at Home

Heating & Cooling - 21% of our energy use

- **55 Draughtproof and Ventilation** – sealing gaps around doors & windows, adding self-closer to vents, covering fireplace openings, using carpets and floor rugs.
- **55 Insulation** – clean and replace or install ceiling insulation (batts to R1.5 rating, install underfloor insulation to R2.0), insulate walls to R2.0 rating.
- **5-55 Shading and Ventilation** – grow shade trees and plants, install verandahs & shutters.
- **5-55 Double Glazing** – DIY storm fen through to new installed double-pane windows.
- **55 Personal Fans** – ceiling fan or focused zone fans instead of large zone systems.

Lighting - 6% of our energy use

- **5 LED lights** – replace all existing with 10x more efficient LED bulbs and tubes.
- **55 Skylights** – install solar powered LED skylights in utility areas, plus pantry and toilet.
- **5 Timer Switches** – install time and motion sensors on selected lights.
- **55 Poles** – one light per switch instead of one switch turning on more than one light.

Cooking - 6% of our energy use

- **5 55 Cooktops** – match sized fan-forced ovens, microwaves, rice cookers, sandwich makers, and steamers to your food preferences – can be efficient if used for short times.
- **55 Induction Cooking** – less wasted heat and less CO2 than gas range tops.

Hot Water - 25% of our energy use

- **5 55 Thermostats** – install a controller so you can select the temperature to suit the use – 40°C for showers and 50°C for dishes for example.
- **555 Heat Pump Hot Water** – very efficient source of hot water, can act as a solar "battery" if linked to solar PV and timed to heat at midday using the surplus electricity.

Appliances - 25% of our energy use

- **5 555 Replacement** – compare the energy rating of your existing appliances to new ones, and also the age and ongoing repair costs, as replacement might be recommended, eg. front load washing machines as top load, chest or upright freezers.
- **5 Placement & Ventilation** – fridges and freezers need good ventilation to run efficiently, redesigning spaces and venting cupboards and pantries might be needed.
- **5555 Retirement** – consider not using the appliance – or dry, iron, iron, hand sweep – sell or gift, and borrow when needed – use a library of things, sharing tools, neighbours.

TV & Games - 14% of our energy use

- **5 555 Power Controllers** – any step to reduce stand by to limit extended term charging.
- **5 Timers** – any step to ensure items are only used when needed.
- **555 Alternatives** – explore other ways to entertain, other activities.

Solar Power & Renewables

Switching to "Green Power" with your electricity supplier won't save you money, but will ensure that a growing percentage of power is sourced from renewable sources.

Domestic Solar Power – solar photovoltaic (PV) panels, usually roof mounted, and connected to the main electricity grid by an inverter, are now in over 2 million homes (17% nationally). Most States are offering rebates and incentives to reduce the overall cost – payback times can be as short as six years.

Session 2 - page 3

Challenges

These are designed to be a fun way of exploring issues, making us aware of how reliant we are on the resources we have, as well as encouraging longer term behavioural change.

For one week – Take a meter reading (Smart Meter / scroll button / O3 reading in kWh) Wait a week and take another, at the same time as before. How much did you reduce your usage by? Did it hurt? What things would you consider doing long term? How does this compare to your average daily use according to your audit? How much (3) did you save?

For one week, or one day – Try to go for a week (or a day) without TV, or lights, or heating. What did you give up for a week (or day)? Was it hard?

For one week – Make sure there is never more than one light globe per person on in your home – but do consider personal safety. Could you achieve this? What were the problems that stopped you achieving this?

Kids Fun – if 1 kWh is like having a "servant" for an hour – can you work out how many "servants" you have in a typical week? Hint: Toast for breakfast can add up to 1 "servant" Watching TV a few hours each night can add up to 4 "servants" in a week. Boiling a kettle can add up to 1 "energy servant" – catching a train to work can add up to 2 "servants"

More Energy Robot pages on the website [2.3]

Suggested Session Plan	
Catch Up - how has everyone's week been?	10 min
Review Energy - what surprised you? how did your energy use compare? look back at where energy goes – how you compare?	30 min
Low Cost Actions - which of these are you already doing? can you suggest other measures, other great ideas? how much (3) did you save?	30 min
Planned Spending - which of these have you already done? how has it worked out? what actions do you think you might take on?	30 min
Challenges and Fun Ideas - suggest other ideas and activities?	10 min
Before you close Session 2, take time to reflect on how the session went, think of steps that might be taken in the next session, consider how the others are reacting and responding. Think Head, Hands, & Heart.	10 min

Further Information and Resources on our website [2.4]

Session 2 - page 4

Introduction

- some hard data
- Australian data

Household

- your bill/ usage
- how to work it out
- where it impacts

What To Do

- free stuff
- household tips
- quick actions
- ideas & help

This generates lots of discussions, feedback, and new ideas.

Spend Money

- from low cost to expensive ideas
- strategies for a more sustainable household
- links to detailed information and commercial suppliers and sources

Challenges

- ideas for putting the tips and actions into practice.
- triggers other ideas, other actions, and fun challenges

Meeting Plan

Facilitator Support

Suggested Session Plan	
Catch Up - how has everyone's week been?	10 min
Review Energy - what surprised you? how did your energy use compare? look back at where energy goes - how you you compare?	30 min
Low Cost Actions - which of these are you already doing? can you suggest other measures, other great ideas? how much (\$) did you save?	30 min
Planned Spending - which of these have you already done? how has it worked out? what actions do you think you might take on?	30 min
Challenges and Fun Ideas - suggest other ideas and activities?	10 min
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Further Information and Resources on our website.[\[2.4\]](#)

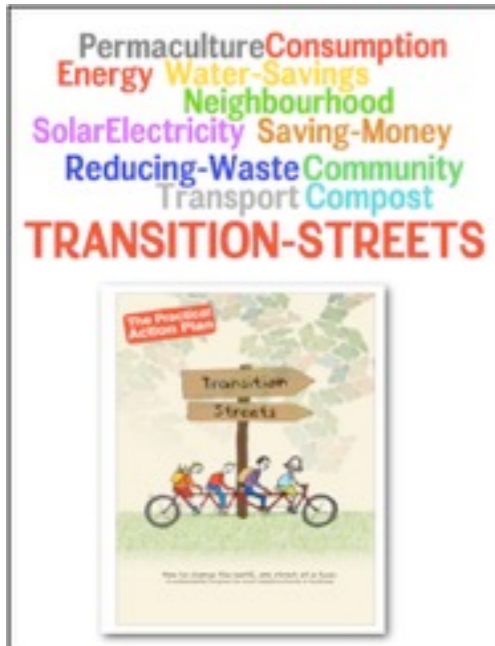
Meeting Plan

- suggested plan for the original 2 hour face to face meetings.

Online Meetings

- can follow this layout, but typically run for an hour or less.
- lack the person to person chatter and can be passive.
- need more leadership by the facilitator and benefit from pre-prepared screen sharing of real life photos, "ideas in place", and links to selected resources.

What's Next ?



How To Be Involved

- just work through the guide yourself or with family
[you can view or print the sessions one by one]
- create a small groups of friends or neighbours and run you own online meetings.
- start you own Transition Town group [we can help]

<https://transitionaustralia.net/resource-library/transition-streets/>

[Click Here for the complete 2020 Short Guide](#)

Or download the 4 page separate session guides

- [Session 1 pdf – Getting Started](#)
- [Session 2 pdf – Energy](#)
- [Session 3 pdf – Food](#)
- [Session 4 pdf – Water](#)
- [Session 5 pdf – Transport](#)
- [Session 6 pdf – Waste](#)
- [Session 7 pdf – Next Steps](#)

[Go Here for the list of 2020 Short Guide Resources](#)

[A short video on accessing the Short Guide Resources](#)

Already In A Group

- use the guide as is.
- ask us to publish one with your group branding and contacts
- talk to us about tailoring a guide for your groups special needs and interests

twdanby@gmail.com