SCHOOL WORKSHOP

Energy at Home Procedure

Decide | Unterstand | Start

MEASURE AT A GLANCE

What it is: 45–90 minute interactive school workshop for one class + optional 1–2 week "Home Challenge" to transfer actions to households.

Primary target: pupils (approx. 9–14 years).
Secondary: parents/guardians via take-home tasks.

Objective: make energy saving at home simple, doable, and discussed at home.

Best context: heating season, energy-saving week, sustainability curriculum, municipal climate/energy campaign.

Scale: 1 workshop / 1 class / ~20 pupils

Reach: ~ 20 households (via pupils)

Expected outcomes (per class)

- About 20 households nudged to try 2–5 home actions (self-reported via challenge sheet)
- Increased awareness/skills; pupils act as "energy ambassadors" at home

ENERGY SAVINGS

Assume an average household uses about 14,000 kWh of energy (heating + hot water + electricity) per year.

Workshop reach: 20 pupils
⇨ 20 households.

If 30 % apply the tips long-term and reduce their energy use by 5 %, then for each of them = 700 kWh/year saved.

Across 6 households: 6 × 700 kWh = 4,200 kWh/year saved.

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AUSTRIAN ENERGY AGENCY

save energy together

Implementation recipe | 6 Steps

1 Define scope

Confirm age group, workshop length (45/60/90 min), and whether you include a Home Challenge (recommended).

2 Recruit & align

Contact teacher/school with a “low workload” offer: you bring materials and run the session.

Agree date, room setup, and any school rules (photos, data protection, safety).

3 Pick topic set & localize

Choose one theme + 4–6 actions (see next page).

Add local references: municipal tips webpage, hotline, support offers (QR link).

4 Prepare materials & logistics

Slides/posters, pupil worksheet, Home Challenge sheet, parent note, teacher one-pager.

Optional props: watt-meter, thermometer, LED sample, draught strip sample.

5 Deliver the workshop

10 min: warm-up + “energy myths” quiz

25–40 min: hands-on tasks / stations / group work

10 min: pupils choose 2 actions + make a pledge

5 min: explain Home Challenge + distribute take-home materials

6 Follow up

After 1–2 weeks: collect challenge sheets or do a quick in-class tally + 3-question feedback.

Share anonymized class-level results with teacher and (optionally) municipal communication.

Energy-saving topics & tips you can communicate (menu)

Pick 2 - 4 actions per theme. Keep it specific and user-friendly.

Heating & comfort (winter focus)

- Reduce heating when away / at night (comfort-first framing)
- Keep radiators free (no furniture/curtains blocking)
- Short, intensive ventilation (avoid tilted windows for hours)
- Close doors to unheated rooms; check simple draught points

Hot water

- Shorter showers (time challenge)
- Turn off water while soaping/teeth brushing
- Use lukewarm/cold water when feasible (habit change)

Electricity at home

- Switch off standby (power strip challenge)
- Choose LEDs and turn lights off as a habit
- Device habits: lower brightness, sleep mode, shut down gaming/PC when not used

Kitchen & laundry

- Lid on pots; boil only the water you need
- Full loads; eco programs; lower wash temperatures where suitable
- Air-dry when possible

Planning & Resources

TIMELINE MINI-PLAN

Week 1 to 2	contact teacher | confirm date | select theme
Week 2 to 3	adapt materials | add local QR link | print
Week 3	deliver workshop
Week 4 to 5	collect Home Challenge results | 1-page summary | optional comms post

BUDGET ESTIMATE (EU average ranges, per class; excl. internal staff time)

Cost item	Typical range	Notes / cost drivers
Printing (worksheet | challenge | parent note)	€ 10 – € 60	pages, color, local print prices
Small props (if already owned)	€ 0 – € 30	basic demo items
External trainer (optional)	€ 300 – € 900	~½–1 day rate varies by country/provider
Travel	€ 10 – € 80	distance-dependent
Incentives (optional)	€ 0 – € 50	stickers/certificates/ class prize
Optional demo kit (reusable, one-time)	€ 150 – € 600	watt-meter/thermometer/materials
Total (typical)	**€ 350 – € 1,100**	**excluding reusable kit**

Risk & Measurement

RISKS	COUNTERMEASURES
Low school uptake	Offer “zero workload” package, clear learning goals, flexible dates.
Parents don’t engage	Make challenge short, fun, concrete; include a simple parent note + QR.
Message feels blaming (energy poverty)	Comfort-first framing; emphasize “small steps”; provide help links.
Too technical / boring	Use stations, props, myths quiz, and competition.
Data/privacy issues	Collect only anonymous class-level results; no pupil names.

MEASUREMENT & IMPACT

KPIs (outputs)

- 1 class delivered; # pupils reached (target ~20)
- Household reach proxy: # pupils (target ~20 households)

Outcome measurement (easy to collect)

- Home Challenge completion rate (% returning results)
- Average # actions tried per household (self-reported checklist)
- 5-question mini quiz (before/after or end-of-session) showing knowledge gain

Simple evaluation method

- Teacher feedback (3 questions: fit, engagement, feasibility at home)
- Anonymous class tally of actions tried (“Top 3 actions this class tried”)
- Optional: QR link clicks to municipal energy advice page

Integration into the wider campaign

- Share anonymized highlights (“Most tried actions”) via municipal website/socials/ local media
- Point to next step: municipal tips page, hotline, grants/advice, community events