



ENERGY SAVERS TIPS



Here are a few tips to help you save some energy and money!!

- **Get Renewable:** A solar panel on your roof will always enhance the value of your property, and could provide up to **80% of your home's hot water.**
- **Get the Kids Involved:** Play energy-saving games with your kids. Get them to spot the areas in the home where energy is being wasted and where lights, switches or appliances have been left on.



The European Commission is holding **European Sustainable Energy Week (EUSEW)** this June. It is a month-long series of activities to build a secure energy future for Europe. It brings together public authorities, private companies, NGOs and consumers to promote initiatives to save energy and move towards renewables for clean, secure and efficient power.

EUSEW opens up discussion and shines a light on:

- Energy efficiency
- Decarbonising the economy
- Research, innovation and competitiveness



Energy Days are taking place throughout Ireland and the EU to **raise awareness of energy efficiency and renewable:** <http://www.eusew.eu/>



ECO TOURISM LINKS

- <http://www.ecotourismireland.ie/>
- <http://www.irelandecotourism.ie/>
- <http://www.burrenyoga.com/>
- <http://www.ireland.com/en-us/destinations/republic-of-ireland/articles/eco-travel/>
- <http://www.responsibletravel.com/>
- <http://www.eurocamp.ie/>
- <http://www.camping-ireland.ie/park>



LOW CARBON HOLIDAYS



Can We Have It All?

Is there a way to enjoy our holidays while remaining responsible and guilt-free?

We can all strive to minimise our carbon footprint by:

If Going Abroad:



- **Transportation:** Where possible, take a ferry or train to reach your destination and once there, use public transportation.
- **Indulge in a Holiday Binge:** Instead of a few breaks, consider one longer one especially if you're going to fly. Not only will you come back feeling refreshed, but you'll do less damage to the environment.
- **Excursions:** Take the bus or train and resist renting a car. If you do opt to hire a car, make sure it's fuel efficient with low CO₂ emissions.



Fancy a Staycation?

If you really want to keep that footprint low, why not holiday in Ireland? There's so much to see and do, plenty to keep you and your family occupied for a long time.

- Try a **walking or cycling holiday.** It's great exercise, and if you plan it well, not too strenuous, even for kids. You'll see the country in a way you never have before, and come back feeling much fitter! Or...
- Go to a **resort/spa** and relax. Take the train or bus, discover the place properly, and have fun.
- A **camping holiday** is a great way to go green and enjoy nature and outdoor activities like kayaking. Go on! Release your inner Bear Grylls!

** ECO TOURISM TIPS **



1. **Pack Light-** Lightening up your load saves money on baggage fees and increases plane fuel-efficiency. Pack items that can be washed in the sink and are quick drying so they can be worn multiple times during your holiday.
2. **Save Water-** Re-use hotel towels for multiple days and take shorter showers.
3. **Save Energy-** When you leave your hotel room, turn off the lights, heat/AC and TV. Consider leaving the "Do Not Disturb" sign on the door so that the housekeeping staff won't clean your room every day, which will save on harsh chemical cleaning supplies and the electricity of hoovering and washing bed linens.
4. **Bring/Buy Reuseable Bags & Water Bottles.**
5. **Bring a Solar Battery Recharger** and use rechargeable batteries.

Benefits and Requirements



Green-Schools offer Schools:

- An opportunity to help develop students' decision-making skills;
- An opportunity to build students' confidence and sense of citizenship through participation;
- Curriculum materials and ideas for projects and events;
- Access to a network of support agencies;
- Links with other schools in Ireland and internationally;
- A prestigious and internationally recognised award;
- Opportunities for local and national publicity;
- Potential for financial savings;
- **Reduction of waste and litter, reduced energy and water consumption levels;**
- Improved school environment;
- Opportunity to involve the local community.



It requires:

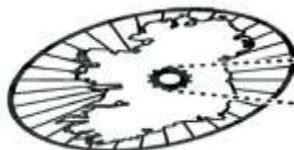
- The support of the Principal and Board of Management;
- A willingness to involve children in decision-making and action at every stage;
- Active involvement of staff;
- A willingness to take action to instigate long-term change.



A Big Congratulations To:



- The **42 schools in Clare** who received their **Green Flag Award** on May 19th. Of these awardees, 5 schools were receiving their first flag while 37 schools received flag renewals.
- The **40 schools** (37 renewals & 3 new awardees) **in Limerick** who received their **Green Flag Award** on May 17th.
- All those who organise and participate in **Sustainable Travel Initiatives** like **National Walk to School Week**, **Green-Schools Bike Week** and **Scout to School Week**.



Bikeweek.ie

11th – 19th June 2016



Get Active!
Get Fit!
Get Healthy!



'Be part of Your County Team: Get on your bike!'

BIKE WEEK CLARE / LIMERICK 2016

All Events are listed and scheduled on the National Bike Week Website accessible at:

<http://www.bikeweek.ie/>

