

Rising energy prices and the need to cut greenhouse gas emissions bring us to a point where we need to completely rethink where our energy comes from and how we use it. We are entering a whole new era of “energy descent” but if we act decisively now this could lead to a healthier and more ethical way of life that values efficiency, community and sustainability.

The current globalised economic system will not be able to continue without abundant liquid transport fuels and we will instead have to re-localise our lives, meeting much of our basic needs from within our region.

powerdown@sustainable.ie

slow down
go further



POWERDOWN

It's the end of cheap oil!

A 12-step personal

The depletion of global oil supplies is a reality so unless you live under a rock (in which case this flier is no use to you), you will be aware that the world as we know it is about to change.

What will you do as the wells run dry?

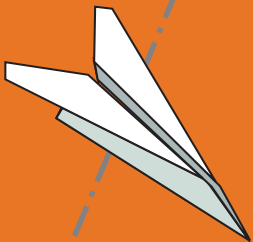
Slow Down Understand the implications of Peak Oil and Climate Change and join the Powerdown Community at www.sustainable.ie

Skill Up Your skills as an oil geologist may no longer be of much use. Consider your options now. If you have an idea for a business that will be useful in a low energy future, start planning for it.

Change the light bulbs in your home to compact fluorescents and choose energy-efficient appliances. Turn off (don't standby) and unplug chargers.

Future Proof your home. Insulate and save money, check your glazing is double and your drafts are only a game for two! Wrap up your hot water tank and put a lid on your pots.

Switch to a green electricity supplier. Why not avail of government grants and install a renewable energy power or heating system?



Take control, take responsibility and follow this 12-step plan to reduce your energy use. Use it, share it or make paper airplanes out of it 'cause they could soon be the only crafts in the air.

Powerdown plan

Hang Out your laundry to dry and use lower temperature settings on your washing machine.

Walk, cycle or use public transport. Whatever you do use your car less and share it more.

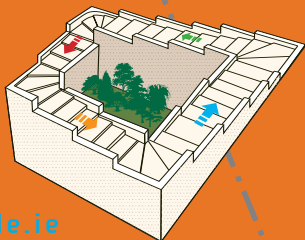
Eat Local food that is in season and start a garden. Support farmers markets and local food producers. Food may become expensive and scarce in a low-energy world and we will need to develop networks of local producers.

Enjoy Ireland, Bord Failte have been at us to do this for years! Flying is about to get very expensive! It already is for the planet.

Organise a screening of a film like 'THE END OF SUBURBIA' at a local venue and advertise it widely. It will act as a great catalyst for triggering discussion and action around the Peak Oil issue.

Celebrate and make friends. Community responses are more fun. Organise a party to celebrate each step that you take towards being less dependent on oil.

Go Further We need to do all we can to reduce our oil dependency. Share your stories, experiences (both good and bad!), tips, and ideas to help others adopt strategies for reducing their dependence on oil at www.sustainable.ie/powerdown



To find out more about the **Powerdown Community Project**

visit the interactive website that is building a network of community groups and individuals around Ireland who are working to find creative, pro-active responses to the energy crisis.

Adapting to a Low-Energy Future

Get Connected



Subscribe to the monthly Powerdown Community eBulletin for all the latest news

www.sustainable.ie/powerdown



cultivate
sustainable living and learning centre

Cultivate Centre is dedicated to inspiring healthy, balanced and creative cultural change. As well as an eco shop, a learning garden and an information point, the centre offers a range of courses, conferences, workshops and screenings that explore how we reduce our dependency on fossil fuels and become more sustainable.

Cultivate is an 'Outpost' of the **Post Carbon Institute** which is a network of groups from all over the world working to prepare their communities for an energy constrained future. www.postcarbon.org

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