



The Art of Sustainable Living: based on the principles of One Planet Living

8. SUSTAINABLE ENERGY: film script

Welcome to the Art of Sustainable Living, with Melanie Rees of the Green Centre

This month we are looking at the eighth of the One Planet Living principles and the third in the **SUSTAINABLE** group: that's **SUSTAINABLE ENERGY**.

According to Bioregional, the organisation who invented One Planet Living, the challenge we face as a global community is Climate Change due to human induced build-up of carbon dioxide (CO₂) in the atmosphere.

To address this challenge, we must make sure buildings are energy efficient compared to a recognised standard and 100% of energy consumed is supplied by non-polluting renewable energy generated on-site or off-site.

Let's look at where we currently stand in the energy stakes. On our current trajectory we are heading for a 3 degree rise of rapid warming, taking us out of our temperate Holocene era in which our civilization flourished, into the unknown Anthropocene era, with temperature and weather patterns NEVER seen before by human society. How did we get here?

Let's turn the clocks back to 1760 Britain the birthplace of the Industrial Revolution which saw enormous changes take place within technology, farming, mining, manufacturing, and transportation. These changes were built on a shift from timber as the primary source of energy to coal which could produce up to three times more energy than wood. Fast forward to 1859 and the discovery of oil in Pennsylvania which set the stage for the creation of major oil companies that still dominate the energy industry today.

Over the past 250 years we have built a global economy based on fossil fuels and as a result, carbon emissions are all around us, embedded in the products and services we use.

We need to break our addiction to fossil fuels. First and foremost, they are dirty BUT they are also finite and will run out one day. As a matter of urgency, we need to switch to cleaner sources of energy like solar, wind, tidal, biomass, etc which are renewable and will not run out.

We all have a role to play. The goal of EVERY household needs to be the switch to a renewable energy provider like Ecotricity, Good Energy and Octopus Energy. Alongside this we need to reduce how much we use. Everything we do is dependent on energy so there are hundreds of ways we can become more energy efficient; there are simple things like turning lights and appliances off to more complex things like what we eat and how we travel.

The Green Centre's journey began by making the switch to a renewable energy supplier. Once we transitioned to clean energy our focus turned to how much we used and how we could reduce that.

You can find out more about the Green Centre **SUSTAINABLE ENERGY** journey on our website along with a FACT SHEET to help you map out your own, bespoke adventure. Let us act together, to make truly sustainable living a reality. Welcome to the Art of Sustainable Living.

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