

Trainings for RCHEP management and employees in Högsby, Sweden, in energy saving and environmental effects of their daily life and work

The Energy Agency for Southeast Sweden started with workshops for ten homes for elderly people in the region. The trainings sessions begun in the municipality of Högsby, where three homes are involved in the SAVE AGE project and have been thoroughly analysed regarding their energy use.



Until now, four trainings sessions with 70 participants in the municipality of Högsby were organized. Two staff groups on March 21 and two further groups on March 28. The most important result is that the staff and residents in the homes for elderly people in the municipality of Högsby can reduce their energy costs by at least 5% only by changing mind-set and behaviour.

In line with the objectives of the SAVE AGE project, the employees and residents of further 6 homes for elderly people will participate in trainings/workshops to improve awareness and behaviour regarding energy efficiency in their daily life.

To provide the participants with a comprehensive picture the trainings start with an overview of the condition of our global environment, the consequences if we do not change our mind-set and behaviour and continue with examples of measures, which can be taken by everyone in our daily life to improve the situation. These small simple actions in your work and private life will save cost and only marginally affect your living standard.

The workshops organized during two days for four homes led to a lot of interest of the 70 participants and included some practical exercises to increase the awareness of energy efficiency in a more "popular" way.

A part of the training is aimed to staff managers with the intention to introduce a tool for daily management and support of energy saving activities for equipment and premises. It is a concept for continuously following the implementation of energy saving measures discussed and agreed between employees and management. Together the management and employees analyse the present situation, propose and agree measures to be applied by operational staff. As a follow-up, the result will be part of the agenda in the workplace meetings held regularly at each home for elderly people.

"A very interesting and motivating workshop that surely made me rethink a lot of things I do daily. Small things and savings done daily by staff all over Europe will surely contribute in a big way to our environment. Now I understand clearly that I myself can positively influence the situation. I will buy bicycles for me and my husband tomorrow!"

(Quote by a participant)

