

Playing my part:

How to **save money**, **reduce reliance on Russian energy**, **support Ukraine** and **help the planet**

iea.org

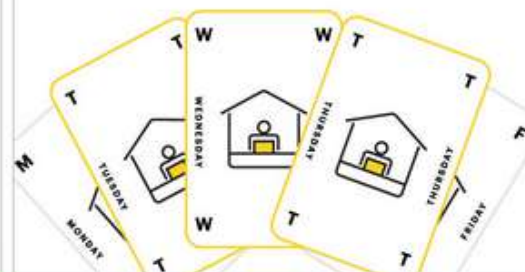
1 Turn down heating and use less air-conditioning



2 Adjust your boiler's settings



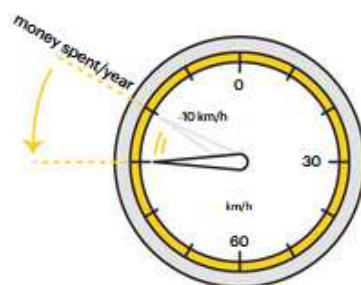
3 Work from home



4 Use your car more economically



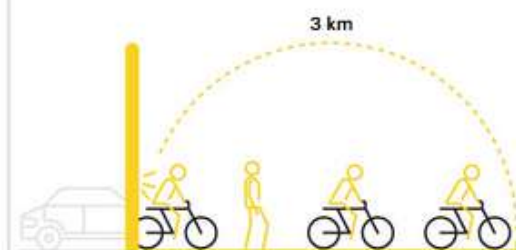
5 Reduce your speed on highways



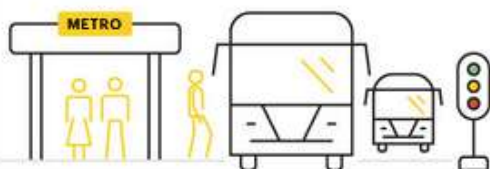
6 Leave your car at home on Sundays in large cities



7 Walk or bike short journeys instead of driving



8 Use public transport



9 Skip the plane, take the train

