



RETROSUBURBIA

THE DOWNSHIFTER'S GUIDE TO A RESILIENT FUTURE

CHAPTER 5: WARM IN WINTER, COOL IN SUMMER

QUESTIONS:

- How cool does your place stay in summer and how warm in winter? Why? What changes could you make?
- How does your behaviour affect your thermal comfort levels? What can you do to improve this?
- In some cases one member of the household might insist on having the heater/cooler on while others are happy to go without (due to tolerance levels, behaviour adaptations or both). Discuss some strategies for dealing with this.

ACTIVITIES:

- Go for a week without using a heater or air conditioner. (This will obviously be harder in some places and seasons than others!) How was it? What did you do to adapt?
- List changes you could realistically make at your home to reduce the cost and impact of heating and cooling. Order them in terms of expense and/or difficulty – what would give you the ‘most bang for the buck’?*
- Do an audit of one of the group members’ houses and brainstorm all the ways in which thermal efficiency could be improved. Discuss which of these are achievable.*
- Each group member can get a quote on a physical retrofit eg insulation, double glazing, new curtains and pelmets; share the results as a group to inform your other discussions
- Knit or crochet a beanie or scarf from repurposed wool. (If nobody in the group can teach others, organise a workshop with someone who can)

