

Sustainable Energy Competition

Winning Entries and Suggestions

Hong Kong Sustainable Development Forum

<http://www.hksdf.org.hk>

Age 18 and above

A. Sustainable Lifestyles:

1. Use electric fans instead of air conditioners
2. Save up more laundry before turning on washing machine
3. Reuse water from washing to wipe floors and windows
4. Adjust air-conditioner to suitable temperature setting
5. Use cold water rather than hot water for bathing
6. Reduce usage of disposable food and beverage containers
7. Use both sides of writing paper
8. Use public transport rather than private vehicles
9. Use towels, handkerchiefs, rather than paper towels
10. Take shower, instead of a bath

Age group 13-18

A. Recommendations for Sustainable Energy

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1. Dry laundry under the sun.
2. Construct solar stations in space for recharging of space shuttles.
3. Construct solar energy stations in deserts.
4. Make and operate CO₂ absorbing/eliminating machine.
5. Develop solar-energy powered cars.
6. Construct solar panels on rooftops for electricity.
7. Collect used water and use it for electricity generation.
8. Install windmills for electricity generation.
9. Use built-in solar panels street lamps.
10. Write to school Principals and propose more wide windows, to allow for more fresh air and sunlight. Teachers and students will therefore not rely on air conditioners.
11. Turn waste into energy by combustion, reduce reliance on coal.
12. Develop self-sufficient new towns. Reduce the need for travel between home and city, reduce time and energy consumption.

Age 13 - 18

B. Recommendations for Sustainable Lifestyles :

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1. Use rice water to wash chopping boards.
2. Use rechargeable battery rather than disposable battery.
3. Use digital camera rather than conventional camera.
4. To save energy, stack one utensil on top of the other when cooking.
5. Recycle water. Use bath water to wipe floors.
6. Walk more.
7. After reading a book, a magazine or any other reading materials, pass it on to other classmates instead of throwing them away.
8. Walk up and down stairs, instead of using lifts or elevators.
9. At home, wait until a reasonable amount of clothing is collected before using the washing machine.
10. Wash unwanted clothes and appliances that are in good condition. Donate them to charity organizations.
11. Boycott products made from endangered species.

Age 13 - 18

B. Recommendations for Sustainable Lifestyles :

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1. Avoid buying products with too much packaging.
2. Bring your own bag when shopping.
3. Request newsletters, bills, etc. by email.
4. Be actively engaged in activities organized by environmental groups.
5. Green our environment, instead of relying on air conditioners and fans.
6. Spend time with Mother Nature, rather than pursue entertainment that consumes energy, e.g. TV viewing.
7. Rely on natural lighting in interior design.
8. Use E-books rather than printed books.
9. Set up market for second-hand merchandise.

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Age 7-12

Sustainable Lifestyles:

打油詩二首

Chinese Poems (1) : 柯穎晞

食水珍貴勿浸浴，
花灑洗澡顯精明。
切記關好水龍頭，
一滴也不可浪費。
齊集衣服一起洗，
省時省電省金錢。
煮食切忌火太猛，
浪費資源應避免。
逛街自備購物袋，

棄用膠袋確環保。

(Don't take baths, take showers, Turn off taps properly, save water. Collect a lot of laundry before washing. Turn down stove flame, save energy. Bring your own shopping bag, no plastic bags.)

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Age 7-12

Sustainable Lifestyles:

打油詩二首

Chinese Poems (2) : 李樂誼

少開空調多開窗，
少用焗爐蒸更香。
少看電視多看書，
少開風扇搖扇子。
少打遊戲機多運動，
塑膠廢料回收用，
多用電郵少用紙，
不用有害殺蟲水，
少坐車子多走路，
不用膠袋最環保。

(Use less air conditioning, open windows. Use less oven, steaming is better. Watch less TV, watch more books. Use less electric fans, use hand held fans instead. Spend less time on electronic games, more on sports. Recycle plastic waste. Use emails rather than paper. Don't use insecticides. Walk instead of taking a ride. Refrain from using plastic bags.)

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Age 7-12

Sustainable Lifestyles:

1. Bring your own lunch box to school rather than polystyrene lunchbox.
2. Cool down with a fan before going to sleep, reduce the use of air conditioners.
3. Steam your main dish and rice together and cut down the use of electric cookers.
4. Use thermo bottles instead of turning on heaters.
5. Use automatic water taps, reduce water wastage.
6. Make use of mirrors to reflect light and reduce dependence on indoor electric lighting.
7. Eat more sashimi and vegetable salads, cut down the use of stoves.
8. Bath together, use less hot water.
9. Cut down on consumption.
10. Give away unused clothes.
11. Design refrigerator doors that will close automatically after say 1 minute.
12. Use sound sensitive electric appliances, e.g. lights will be turned off automatically when sound is not detected.
13. Use French windows and natural lighting to replace electric lighting.
14. Set up collection box at schools for unused text books and workbooks, and give them away to other students in the new academic year.
15. Set up collection box for unused school uniforms, give them away to students in need.
16. Set up collection box for old textbooks at schools, and give them away to students in need.
17. Collect and preserve the finished products of every art lessons, and exhibit them at special events, or compile a book out of it.
18. Set up collection box for stationery at schools, and give them away to children living in poor countryside.

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Age 7-12

B. Sustainable Energy:

1. Construct solar panels outside residential and school buildings, and convert solar energy into electricity.
2. Magnetic driven lifts for buildings. Use magnetic force and by change of magnetic polarity to drive lifts up and down.
3. Collect energy and electricity from washing machine, and use it for other appliances.