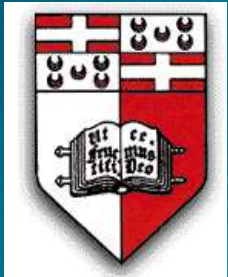


# Naqqas u Ffranka EcoGozo Home visits Project

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# Naqqas u Ffranka

- ▶ Project conceived in 2010 between Institute for Sustainable Energy and MGOZ
- ▶ The plan was to attempt to visit every single household in Gozo and educate them on:
  - ▶ Energy use
  - ▶ Water use
  - ▶ Waste disposal
- ▶ A questionnaire was designed to help us gather data on these areas in Gozo
- ▶ An information leaflet was also produced

# NAQQAS FFRANKA



Promotion of Sustainable Energy, Water  
and Waste Management Practices  
in Gozitan Households

## Energy conservation tips.

- In order of priority, the following are the best measures you can take to conserve energy in your home: insulation of roof; insulation of external single walls around shafts and internal yards; shading in summer; and night-time ventilation in summer. Double-glazing makes a marked effect only for homes that have several large windows/glass doors.
- When opting to change windows or doors, avoid using aluminum frames as they conduct heat fast. Opt for wooden or plastic-based products that have thermal breaks, to avoid heat losses.
- When buying new electrical appliances or lighting look out for an energy label and understand its content.
- Choose a refrigerator that suits your needs and locate it away from heat sources. Defrost regularly excessive frost and check door seals periodically.
- For dishwashers and washing machines use washing programmes having the lowest temperature setting. Avoid using too much detergent to avoid the need to re-rinse clothes or dishes.
- Use the right-sized cooking utensil (pot, pan, etc.) for the burner in use. Cover pots and pans when cooking. Lower the heat once liquids start boiling.
- A correctly-sized air conditioner will work only when needed and maintain conditions at the desired temperature and humidity levels. Install the outside unit in the shade making sure that the air flow around it is not obstructed.
- Avoid heat- and humidity-generating activities and devices indoors as these will increase the cooling / dehumidification load.
- Appliances on 'Standby' consume power. Wherever possible switch off or unplug such devices.
- Energy saving lights may cost more than other lamps, but eventually you will be saving more because they last longer consume less energy.
- You do not have to light up the entire work space if you are working in just a small area.

## Water saving tips.

- Never put water down the drain when there may be another use for it such as watering a plant or garden.
- Verify that your home is leak-free. Read your water meter before and after a two-hour period when no water is being used. If the meter does not read exactly the same, there is a leak.
- Reduce your flow. If you have a pump-delivery water system, install plastic restrictors (like buttons) in your water taps to reduce water flow by 20%.
- Use your well ... for toilet flushing, for the washing machine and for washing the car and floors. Do not drink or use well water for showers, baths, and wash-hand basins unless it is appropriately treated.

## In the bathroom.

- If your toilet is a standard 9-litre toilet, place a bottle filled with water / specialised bags in your toilet tank to cut down on the amount of water used for each flush: 3.5 litres can be saved with each flush.
- Put food colouring in your toilet tank. If you see the colour into the toilet bowl, you have a leak. It's easy to fix, and you can save more than 2200 litres a month.
- If your shower can fill a 10-litre bucket in less than 1 minute, then replace it with a water-efficient showerhead. It can save you more than 1500 litres a week. Keep your shower to under 5 minutes. You will save up to 4000 litres a month.
- Keep a bucket in the shower to catch water as it warms up or runs. Use this water to flush toilets or water plants.
- Turn the water off while you shampoo, brush your teeth, shave, etc

## In the kitchen.

- Collect the water you use for rinsing vegetables and fruit and reuse it to water houseplants.
- Do not use running water to thaw food.
- Consider installing an instant water heater on your kitchen sink so you don't have to let the water run while it heats up. If you have a domestic reverse osmosis unit for drinking water, make sure the reject pipe is run into a cistern or the roof tank. A standard domestic RO unit wastes 85% of the water.

Questionnaire

1. Which of the following actions could improve the quality of life in Gozo in line with the Eco-Gozo concept (tick where applicable)?

- Improving energy efficiency and reducing electrical consumption at domestic and industrial levels \_\_\_\_\_
- Easing traffic congestion and reducing transport emissions \_\_\_\_\_
- Installing a large wind farm onshore or offshore \_\_\_\_\_
- Installing more solar water heating systems on dwellings \_\_\_\_\_
- Installing more solar photovoltaic systems on Gozoan rooftops \_\_\_\_\_
- Other \_\_\_\_\_

2. Do you own a solar water heater? Are you satisfied with its performance?

Yes \_\_\_ No \_\_\_                      Yes \_\_\_ No \_\_\_

IF NO – have you considered one?

Yes \_\_\_ No \_\_\_

3. Do you own a PV System? Are you satisfied with its performance?

Yes \_\_\_ No \_\_\_                      Yes \_\_\_ No \_\_\_

IF NO – have you considered one?

Yes \_\_\_ No \_\_\_

4. Have you improved your building by?

- shading on roof \_\_\_\_\_
- shading on walls \_\_\_\_\_
- insulation to roof \_\_\_\_\_
- insulation to walls \_\_\_\_\_
- double glazing \_\_\_\_\_
- night ventilation \_\_\_\_\_
- alter the temperature setting of air-conditioner \_\_\_\_\_

5. Have you bought any new energy efficient appliances in your house over the past 5 years?

Yes \_\_\_\_\_ No \_\_\_\_\_

6. What is your drinking water source in your home (tick where applicable):

- well water \_\_\_\_\_
- open (mains) water \_\_\_\_\_
- RO water \_\_\_\_\_
- Filtered water \_\_\_\_\_
- bottled water (1 or 2-litre bottles) \_\_\_\_\_
- 19-litre returnable containers \_\_\_\_\_

7. Does your house have a rainwater cistern (bir)?

Yes \_\_\_\_\_ No \_\_\_\_\_

8. What is it used for (tick where applicable)?

- Gardening \_\_\_\_\_
- flushing of toilets \_\_\_\_\_
- showers and baths \_\_\_\_\_
- washing machine \_\_\_\_\_
- kitchen \_\_\_\_\_
- drinking \_\_\_\_\_
- cooking \_\_\_\_\_
- washing (floors, car, etc) \_\_\_\_\_
- everything \_\_\_\_\_

9. Do you think a wind-farm at sea is a good idea even if it is visible from land?

Yes \_\_\_\_\_ No \_\_\_\_\_

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- ▶ Some 28 trainers were trained in these areas by ISE and external staff.
- ▶ Training consisted of 40 hours of instruction followed by an exam and renewable energy, water and energy conservation, resource management and communications.
- ▶ Original plan, based on the 2011 electoral registry identified just over 9000 residences

Locality	Number of Households	Estimated Time Required for Visits	
		Weeks	
		Total	%
		100%	
Rabat	1952	5.4	20.8
Nadur	1257	3.5	13.4
Xaghra	1201	3.3	12.8
Xewkija	1025	2.9	10.9
Ghajnsielem	651	1.8	6.9
Zebbug	556	1.8	5.9
Sannat	515	1.5	5.5
Qala	507	1.5	5.4
Kercem	506	1.5	5.4
Gharb	358	1.0	3.8
Fontana	269	0.8	2.9
Munxar	259	0.8	2.8
San Lawrenz	178	0.5	1.9
Ghasri	141	0.5	1.5
<b>Total</b>	<b>9375</b>	<b>26.8</b>	<b>100.0</b>
<b>Plus Contingency</b>		<b>29.5</b>	

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## ▶ Results

- ▶ Over 9000 households and small businesses were visited in 12 months.
- ▶ Feedback was overwhelmingly positive
- ▶ Questionnaires from every visit were gathered and are being analyzed – results should give us an accurate picture of energy/water habits and perceptions of Gozitans.