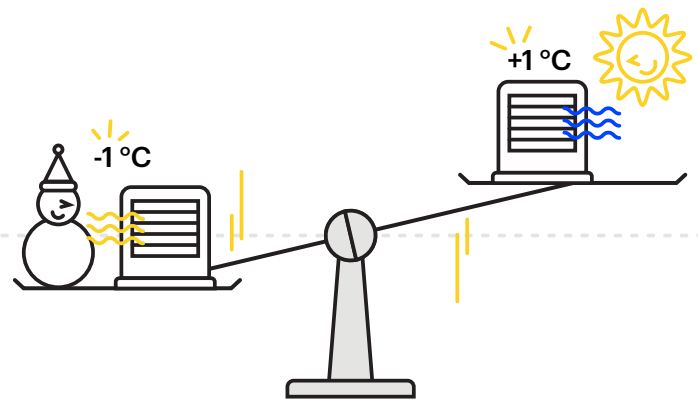


# Playing my part:

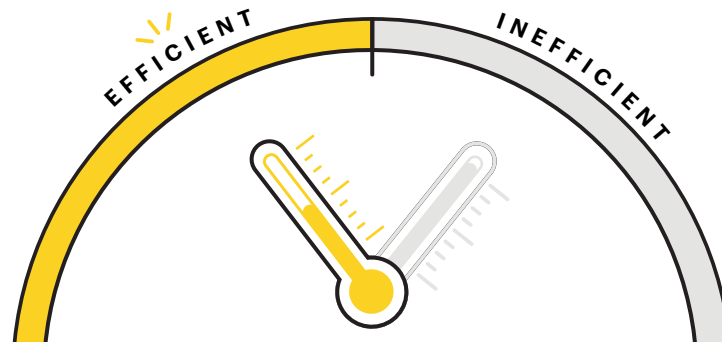
How to **save money**, **reduce reliance on Russian energy**, **support Ukraine** and **help the planet**

iea.org

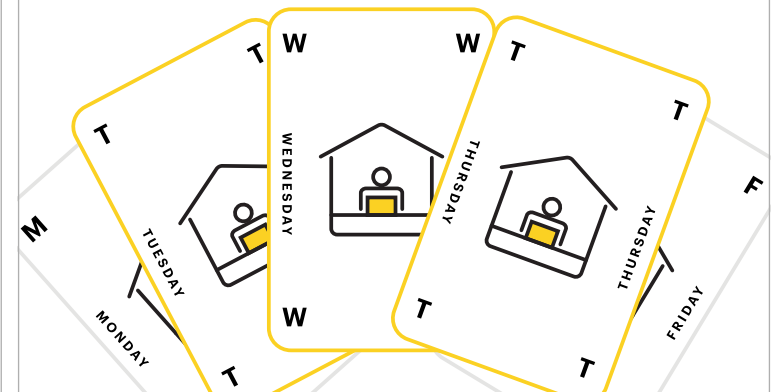
**1** Turn down heating and use less air-conditioning



**2** Adjust your boiler's settings



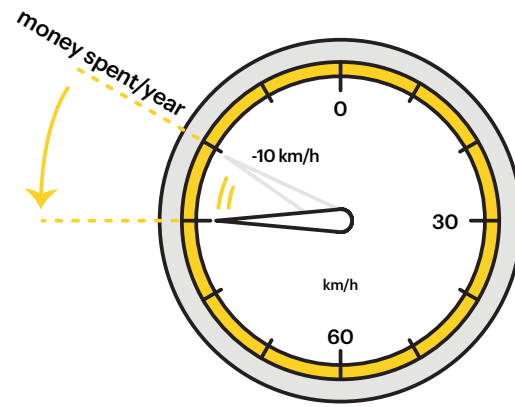
**3** Work from home



**4** Use your car more economically



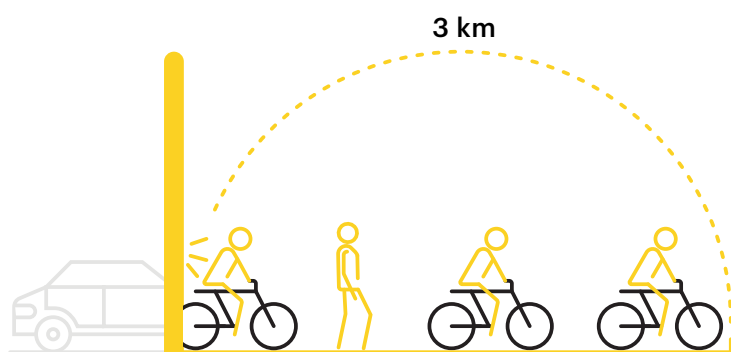
**5** Reduce your speed on highways



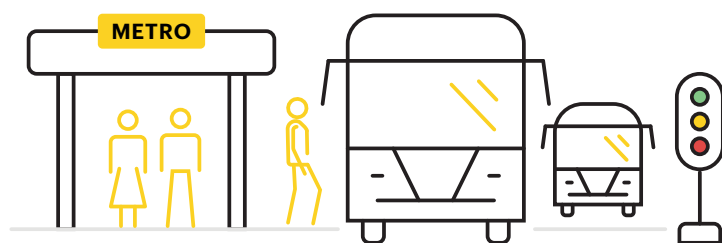
**6** Leave your car at home on Sundays in large cities



**7** Walk or bike short journeys instead of driving



**8** Use public transport



**9** Skip the plane, take the train

