

# TRANSITION



# STREETS



Name:

Group name:

Version Jan 2015

# Transition Streets

## CONTENTS

### 1. Getting started

- Introduction (1.1)
- How it works (1.2)
- First session (1.3)
- Agree to a schedule (1.4)
- Share contact info (1.5)
- Your group agreements (1.6)
- More support (1.7)
- Suggested agenda (1.8)

### 2. Spend less on energy

- Know how much you use (2.3)
- Reduce your power standby load (2.7)
- See the light (2.9)
- Control your heat (2.11)
- Insulating water heater & pipes (2.13)
- Weatherstripping (2.15)
- Air sealing (2.17)
- Attic insulation (2.19)
- Wall insulation (2.22)

### 3. Spend less on water

- Know how much you use (3.3)
- Feel flushed (3.6)
- Taps, drips, & leaks (3.9)
- Showers & baths (3.11)
- Washing clothes (3.13)
- The kitchen sink (3.15)
- Outdoors (3.17)

### 4. Eat local, eat well

- Buy local, seasonal foods (4.3)
- Reduce food packaging (4.7)
- Minimize food waste (4.9)
- Try organic (4.11)
- Grow your own (4.13)
- Caring carnivores (4.15)

### 5. Wasting away

- The story of stuff (5.3)
- Reduce & reuse (5.4)
- Recycling (5.5)
- Make your own compost (5.9)

### 6. Getting around

- Walk this way (6.3)
- Get on your bike (6.4)
- Take buses and trains (6.6)
- Try car sharing (6.8)
- Try carpooling (6.9)
- Fuel-efficient driving (6.11)
- To fly or not to fly?(6.13)
- Vacation local (6.15)

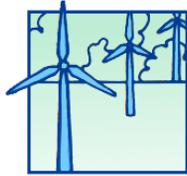
### 7. Wrapping up

- Final evaluation (7.2)
- About Transition (7.3)
- Next steps (7.5)
- Celebrate!

To contact Transition US call 1(707)824-1554, email [info@transitionus.org](mailto:info@transitionus.org) or write to Transition US, PO Box 917, Sebastopol, CA 95473. On the web at [www.transitionus.org/transitionstreets](http://www.transitionus.org/transitionstreets) and [www.transitionus.org](http://www.transitionus.org)

# 1. Getting started

TRANSITION



STREETS



# Transition Streets

## 1.1 INTRODUCTION

### Introduction

### Welcome to Transition Streets!

You are about to embark (or, for some, to continue) on your journey to a lifestyle that uses less energy. This will help you save money, reduce your carbon dioxide (CO<sub>2</sub>) emissions, and hopefully help minimize your household's reliance on fossil fuels. The support of your fellow group members, and people in other Transition Streets teams, will help keep you motivated and make the experience pleasurable as well as effective.

This workbook has been developed to help you, and the people you live with, to make simple, practical changes to your home and to your habits. It brings together over 35 money-saving actions. Each action gives clear advice about how to carry it out including lots of useful hints and tips. It is not the intent of this program to duplicate all the sound, practical advice that is already available, but rather to bring it together into one simple place. Sources that have been used are referenced for further info.



### Who created Transition Streets?

Transition Streets was developed by Transition Town Totnes, UK, and has been adapted to the US context by Transition US and a team of experts:

- Jon Freise, computer science engineer & Tim Wulling, electrical engineer (Energy)
- Matthew Freiberg, Water Resources Management (Water)
- Diana Donlon, Director of the Cool Foods Campaign at Center for Food Safety (Food)
- Devi Peri, past Education Specialist at Marin Recycling for Marin Sanitary Service (Waste)
- Sandra Hamlat, Urban and Regional Planner and board member of Bike East Bay (Transport)

Transition Streets is offered free to Transition Initiatives (suggested donation \$15/download) and at a cost of \$15 per download to the general public to help cover costs of the workbook and ongoing project support. Additional financial support for Transition Streets came from the Transition Streets crowdfunding campaign and other generous supporters. Thank you!

# Transition Streets

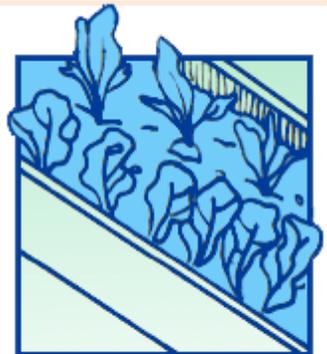
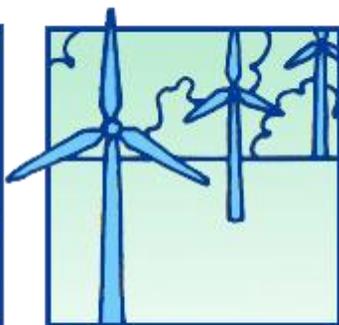
## 1.2 HOW IT WORKS

### How it works

The program is based around 7 group sessions. The first and the final sessions start and close the work, and the other five cover areas of our lifestyle where we can easily reduce energy use and save money: home energy use, water, food, waste, and transport.

Usually the group meets about every 2-4 weeks for 2 hours; people in the groups take turns to host this at their home. Members of your group take turns to facilitate each session so that it is truly a group effort and not all driven by one person. Ideally, the host is not the facilitator as well, or it's a bit too much to take on.

It is important that the facilitator for the session keeps good time, as it's easy to get off track and not get through everything you mean to. At each of the 5 core sessions, the group can follow the suggested meeting outline provided at the end of this section. It's also useful to have a note taker at each session and to keep a record of decisions.



**1. Getting Started** **2. Spend less on energy** **3. Spend less on water** **4. Eat local, eat well**



**5. Wasting Away**



**6. Getting around**



**7. Wrapping up**

# Transition Streets

## 1.3 THE FIRST SESSION

### The first session

During your first session, we suggest you take a look at the rest of this workbook and start to get familiar with the sections and the layout. Once you've done that, work through the following sections with the help of the next few pages:

- Agree to the group schedule for the rest of the sessions.
- Share contact information.
- Agree to guidelines so that your group will work well together.
- Think about your main objectives.
- Complete the initial evaluation form.
- Find out about other support available.
- Review the agenda for future sessions.

A quick note on the cost and carbon-saving estimates: Each action has a set of red boxes at the top that give an indication of the potential costs, savings, effort, and CO2 savings. These should be seen as an indication only, useful for comparing different actions.

Quotes for specific potential cost savings for an action are based on average prices at the time. These can vary widely over just a few months, so please see these as indicative rather than precise.

Some actions, particularly related to food and transport, are difficult to estimate due to the wide range of factors involved. However, where we can, we will convert actions into both CO2 and financial savings and report back the overall results.

Notes:





# Transition Streets

## 1.6 YOUR GROUP AGREEMENTS

### Suggested ground rules for the group

It is important to agree to some guidelines for how your group will work so it will be a more satisfactory experience for everyone. The following agreements are suggested to help ensure the overall success of your group.

These agreements aim to support the unity and stability of the group, and to create an atmosphere of mutual support and trust. It is important all group members collectively agree to these at your first session. Add or amend items as required.

**Commitment:** We commit to attend all the sessions when possible and to let the other group members know when not possible. Someone else can attend in our place if we cannot come, but it is important that s/he knows what's been discussed previously. We also commit to have read the relevant workbook section before each session and to seriously consider taking on some actions each time.

**Confidentiality:** We agree to respect the privacy of any personal information shared within the meetings and to not discuss this information outside the group in a way that would mean a person could be identified.

**Punctuality:** We agree to arrive on time for each session to start promptly so that everyone can benefit from the full two hours.

**Respect:** We will endeavor to ensure that the time is shared equally between team members in terms of speaking and listening, and that differences of opinion be allowed and respected. Our abilities to change will vary, whether it be related to income or time, age or disability.

**Support:** When possible, we will offer practical and emotional support to any team member who is experiencing difficulty in attending the sessions (or achieving the actions!). If we encounter problems in maintaining the team, we will ask for support from the project office.

# Transition Streets

## 1.7 MORE SUPPORT

### Website

For additional support you can visit [www.transitionus.org/transitionstreets](http://www.transitionus.org/transitionstreets)

You can also visit [www.transitionstreets.org.uk](http://www.transitionstreets.org.uk) to learn about Transition Streets in the UK, including general information about the program, stories from existing groups, and some frequently asked questions and answers.

### More info

This workbook and program has been written to help save money in the home, as well as to reduce our impact as a community on our natural resources and environment. The program is part of a local community response to the challenges of rising energy prices, climate change, and economic uncertainty. We have written a section at the back of the workbook for anyone interested in finding out more - see the final pages at the end of the folder.

### Effective Groups Workshop

There is an optional workshop offered to participants in Transition Streets groups. The **Effective Groups** workshop helps create and sustain healthy groups. It will give you the skills to work more effectively in your Transition Streets group (or any other group you belong to). It includes group development, group dynamics, conflict, leadership, decision making, running good meetings, useful tools and techniques, and facilitation skills.

**Effective Groups** is available as a free introductory teleseminar recording (view here: <http://bit.ly/effectivegroups>) or a two-day in-person workshop with a certified trainer. To learn more about the Effective Groups course and how to schedule a workshop for your group, visit <http://www.transitionus.org/effective-groups> or contact [info@transitionus.org](mailto:info@transitionus.org).



# Transition Streets

## 1.8 SUGGESTED AGENDA

### Suggested agenda

This suggested agenda can be used at the next 5 sessions. You can adjust it to suit yourselves: e.g., by spending more time on 'The Bigger Picture' discussion topics and less on discussing the actions.

For the next session on energy, try the proposed timing below and see how it works for the group. Given that you are not starting your action plan until then, the first agenda item is not needed for the next session. You will probably use this time talking about the actions. It's a good idea to nominate a time-keeper and possibly someone to take notes.

Section	Timing (2 hours total)
Review actions & progress from previous session	15 minutes
Discuss the facts & the actions for this session	70 minutes
Write personal action plan	10 minutes
The Bigger Picture – discussion	20 minutes
Re-confirm next meeting	5 minutes

### Acknowledgments

This workbook aims to bring together a wide range of credible, expert advice that covers cost savings, energy reduction, CO2 emissions reduction and general sustainability, across all areas of our lives. Our intent here is to compile this advice into a single, localized reference source for use by people in the Transition Streets program with clear links back to the source material used in each section.

The sources of information used are listed at the end of each chapter. In addition we are very grateful to each of the chapter editors who have lent their wealth of knowledge and experience to this project.