



RESCOOP of origin: ENERCOOP, FR

Uptaking RESCOOP: Coopérnico, PT

Best practice: Dr. Watt approach

Budget for implementation: 150€ / tupperwatt meeting (in travel costs)

Start date: January 2018

End date: Coopérnico will continue to promote Tupperwatt meetings due to the good results

Expected savings in energy units: 28 480 kWh / annually

[5% of energy savings * domestic electricity consumption 3560 kWh / household * 160 Tupperwatt participants = 24 480 kWh / annually]

Expected financial savings: 5 707€ / annually

[24 480 kWh / annually * 0,2004 € / kWh (simple tariff + VAT) = 5 707€ / annually]

Short description:

Coopérnico implemented two components of the Dr. Watt programme, called Dr. Watt approach. 1) meetings with members/clients called as "Tupperwatt" meetings; 2) "Energy savings wiki" information as the base of Coopérnico Energy Efficiency manual for members.

Between January and March 2018 ENERCOOP supported Coopérnico in the implementation of this action plan sharing the plan of Dr. Watt / "Tupperwatt" meetings. The support was via bilateral meetings by Skype and by the sharing of support documents for the organization of the first meeting.

The main role of ENERCOOP was as follows:

- Support on the organization and content of the Tupperwatt meetings and if needed give support and/or feedback after the 1st meetings are actually being held to improve them;
- Supporting documentation to help Coopérnico in select and translate the right type of information and adapt it to their needs.

Coopérnico organized the first meetings in 8 different Portuguese cities (Montemor-o-Novo, Aveiro, Gondomar, Vila do Conde, Faro, Oeiras, Lisboa, Ponta Delgada). These meetings will be open to all Coopérnico clients, especially with the members that are using ID Energia. These meetings will use the same approach as Dr. Watt meetings.

The agenda of these meetings was as follows:

- Introduction and context on energy and energy savings;
- Using the website ID Energia (www.idenergia.pt);



- Smart meters device;
- Energy savings advice (lighting, internet box, standby modes, etc)
- Discussions

Initially, the "Tupperwatt" meetings were to be held only for Coopérnico members and ID Energia users. Since ID Energia is available for non Coopérnico members/clients, didn't make sense to close these meetings. In each meeting participated 15-20 citizens. The main question raised in the meetings were about the structure of the energy bill, how the energy tariff is built and how is organized the Portuguese market. On energy efficiency and energy savings the main questions were about light bulbs and heating/cooling.

The Energy wiki was built above the information of the ENERCOOP wiki and adapted to the Portuguese context with the information available.

Lessons learned from implementing the best practice:

The biggest challenge of this best practice is to have staff available to the necessary travels to make this "Tupperwatt" meetings happened. The other big challenge is to adapt the information to the national context. The different cities had different characteristics, so during the presentation we had to adapt the context and the speech. For example, a city with more apartments would mean more difficulty introducing solar thermal or isolation.

The big advantage of the Dr. Watt approach is the contact with the REScoop members and citizens. The direct contact has really good results to engage the clients for the energy savings and to know better their own REScoop. Another advantage is that the participants learn from other participants, by sharing their experience and talking about what they currently use and their own best practices. That would never happen if they were only reading a website.

General improvements for the best practice:

- *How can the best practice be improved to be more efficient, or reach more people etc*

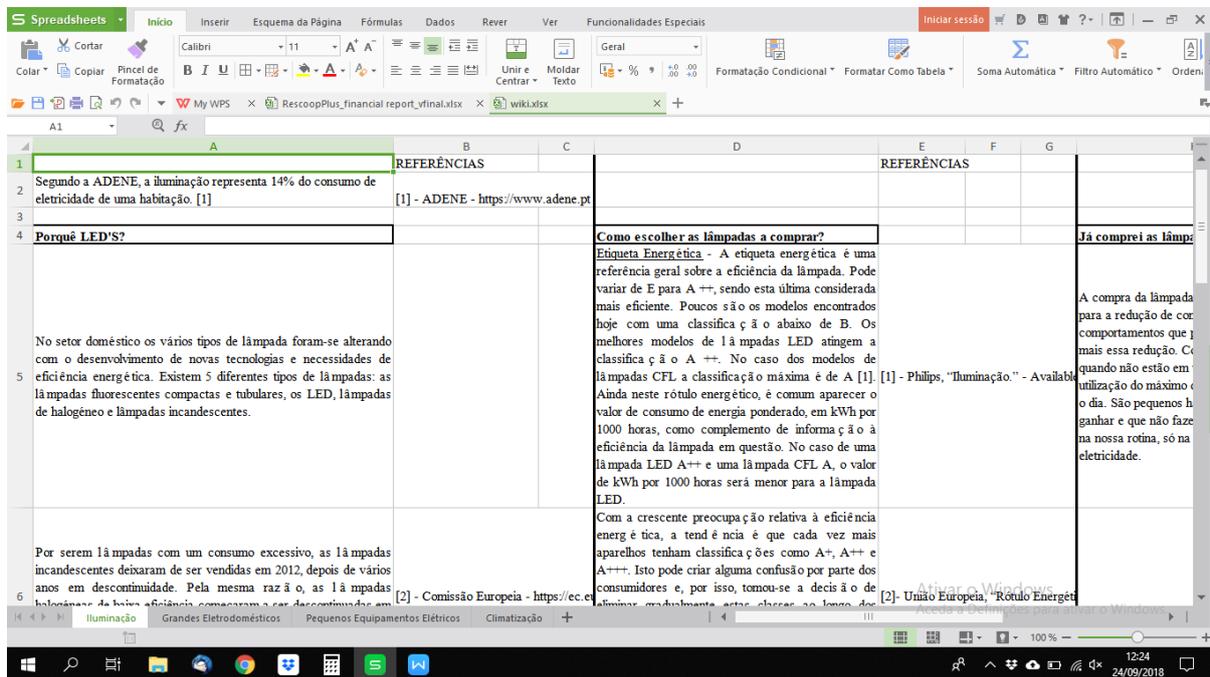
It is not clear how can we improve this best practice. The number of participants will depend on the capacity of the REScoop reach their own members and clients. The weekday and hour chosen to do the meetings has to be tested at regional level, since it will influence the number of participants. As high as the price of energy is, the interest of the clients for saving energy increases.

If all RESCoops could have a common website to put all the advices and tips about energy efficiency and energy savings, adapted to the regional circumstances, it could be possible to reach more people through the internet.

Pictures:



- Printscreens



A	B	C	D	E	F	G
	REFERÊNCIAS			REFERÊNCIAS		
Segundo a ADENE, a iluminação representa 14% do consumo de eletricidade de uma habitação. [1]	[1] - ADENE - https://www.adene.pt					
Porquê LED'S?			Como escolher as lâmpadas a comprar?			Já comprei as lâmpadas
No setor doméstico os vários tipos de lâmpada foram-se alterando com o desenvolvimento de novas tecnologias e necessidades de eficiência energética. Existem 5 diferentes tipos de lâmpadas: as lâmpadas fluorescentes compactas e tubulares, os LED, lâmpadas de halógeno e lâmpadas incandescentes.			Etiqueta Energética - A etiqueta energética é uma referência geral sobre a eficiência da lâmpada. Pode variar de E para A ++, sendo esta última considerada mais eficiente. Poucos são os modelos encontrados hoje com uma classificação abaixo de B. Os melhores modelos de lâmpadas LED atingem a classificação A ++. No caso dos modelos de lâmpadas CFL a classificação máxima é de A [1]. Ainda neste rótulo energético, é comum aparecer o valor de consumo de energia ponderado, em kWh por 1000 horas, como complemento de informação à eficiência da lâmpada em questão. No caso de uma lâmpada LED A ++ e uma lâmpada CFL A, o valor de kWh por 1000 horas será menor para a lâmpada LED.	[1] - Philips, "Iluminação." - Disponível em: https://www.philips.com/pt/br/energia/energia-eficiente/etiquetas-energeticas		A compra da lâmpada para a redução de custos comportamentos que podem levar a uma redução. Quando não estão em utilização do máximo consumo diário. São pequenos hábitos que não fazem na nossa rotina, só na eletricidade.
Por serem lâmpadas com um consumo excessivo, as lâmpadas incandescentes deixaram de ser vendidas em 2012, depois de vários anos em descontinuidade. Pela mesma razão, as lâmpadas halógenas de baixa eficiência começaram a ser descontinuidade em 2012.	[2] - Comissão Europeia - https://ec.europa.eu/energy/en/energy-efficiency/energy-labels		Com a crescente preocupação relativa à eficiência energética, a tendência é que cada vez mais aparelhos tenham classificações como A+, A++ e A+++.	[2] - União Europeia, "Rótulo Energético"		

