



## Resolutions for the International Year of Light

In last week's article, we pointed out that this year, is the *International Year of Light*. Let's take a look this week at what you can do to get involved in observing the International Year of Light. We are still in the first month of the year so you have the unique opportunity to make a resolution to observe the *Year of Light* by making small changes in your lifestyle. Here are some ideas to get you started:



- **Make use of natural light as much as possible:** During the day, open windows and pull the curtains to allow natural light to enter your home. Schedule outdoor activity during the morning and evening to use daylight as much as possible.
- **Convert to energy saving bulbs:** Use energy saving bulbs instead of the traditional incandescent ones that use more energy and produce a duller light.
  - **Only use lights when necessary:** Turn off lights when leaving a room or when the room is not in use.
  - **Purchase energy efficient appliances.** These are appliances usually have the ENERGY STAR label.
- **Unplug devices such as phone chargers and other appliances when not in use.** Remember as long as a device is plugged in, it is still using energy.
- **Charge mobile devices such as phones, tablets and laptops when the battery is completely low.** This not only saves electricity but also prolongs the lifetime of the device.



- **Utilise the Internet** to avoid unnecessary printing of documents that can be emailed. When possible, print on both sides of the paper, even if this has to be done manually.
- **Educate yourself** about how light technologies such as microscopes, lasers, the electric bulb etc. have made our lives better and share your knowledge with others.

At present, most of the world's energy needs is supplied by fossil fuels – petroleum, coal, natural gas – all of which are non-renewable resources. Unfortunately, the sourcing and burning of fossil fuels affect the environment by causing water and air pollution and climate change.

Since humans rely on the environment for all aspects of life, it is compulsory that you do all that you can to maintain it in a state to continue to provide air, water, food, shelter and a suitable climate all of which are necessary for survival.

In taking simple steps, you can contribute to the preservation of the environment. Moreover, making small changes in how you use energy will also bring you the added benefit of savings on electricity and equipment maintenance costs. Do your bit to create a brighter world!

*Share your ideas and questions by sending letters to: “Our Earth, Our Environment”, C/o EIT Division, Environmental Protection Agency, Ganges Street, Sophia, Georgetown or email us at [eit.epaguyana@gmail.com](mailto:eit.epaguyana@gmail.com).*