

Langa Quarter Home Stay Smart Living Guide



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CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

Making progress possible. Together.

Langa Quarter Home Stay Smart Living Guide

Why is this important?

As an owner or manager of a home stay you will be hosting guests in your home. This is an opportunity to share your culture and your home, while getting to know new people. Although this is a business opportunity, it also has cost implications because people use resources such as water and energy. We furthermore have a responsibility because our actions have an impact on our environment, leading to challenges such as climate change and loss of resources.

If your house is set up as resource efficient as possible, you will be able to keep costs down when you have guests or family around. This guide can assist you in what to do around your home – saving resources and saving money while hosting guests.

Responsible Tourism

The City of Cape Town has a vision to “*position Cape Town as a world-class competitor and South Africa’s premier tourism and events destination and to maximise the economic spin-offs and jobs created through the tourism industry*”.

The City promotes **Responsible Tourism** as a guiding principle to spread the benefits; promote the empowerment of locals; promote environmentally friendly practices; ensure the conservation of natural resources; improve governance and regulation of responsible tourism; and improve networking and collaboration between organisations.

The City of Cape Town and the local tourism industry worked together to develop a responsible tourism plan for Cape Town that focuses on local needs – our people, our environment, our resources, our culture and heritage, and our economy.

The eight main **responsible tourism priorities** are illustrated on the right and explained below.



1. Conserving water

A tourism organisation can save water by measuring how much water it uses, setting targets for water usage and taking action to both reduce water usage and reuse wastewater.

2. Using energy efficiently

A tourism organisation can use energy efficiently by measuring how much energy it uses, setting targets for energy usage and taking action to reduce energy usage. Electricity from the grid, wood, coal and gas, and motor fuels such as petrol and diesel are energy sources that should be reduced. Tourism organisations should also aim to reduce the percentage of energy created from fossil fuels by rather making use of renewable energy.

3. Reducing and managing waste

A responsible tourism organisation will have a waste management plan with goals for reducing, reusing and recycling waste, and guidelines on how to dispose of waste in a manner that does not put the health of humans or the environment at risk.

4. Providing universal access

Universal access is one of Cape Town's eight responsible tourism priorities. A responsible tourism organisation will integrate the principles of universal accessibility with their services, facilities and products, which allow all persons, regardless of any functional limitation they may have, to enjoy the tourism product confidently, independently and with dignity.

5. Building communities

A responsible tourism organisation supports social and community development projects, causes and charities. The support provided is decided through discussions with community members and the development of a plan of action.

RESPECT AND PROTECT

The HISTORY – people of note who live and have lived in the street

The RESIDENTS – their social, emotional and financial needs

The TOURISTS – free to walk the area, safe from harassment and crime

The ENVIRONMENT – clean and green

6. Developing skills

A tourism organisation can improve its employees' skills by offering on-the-job skills training, capacity building, and mentoring.

7. Buying responsibly

A tourism organisation buys responsibly when the products and services it procures minimise negative impacts and maximise positive impacts on human health and

wellbeing, natural environments, communities, local culture and the local economy. A tourism organisation also buys responsibly when it procures goods and services from businesses owned by local people who were historically disadvantaged.

8. Supporting enterprise development

A tourism organisation can encourage and support fledgling businesses through mentoring and coaching.

A great example is how Ikhaya le Langa teamed up with Airbnb to register nine homes in Langa as part of the international online platform.



Energy efficiency

With rising energy costs, it is important to ensure that your home is as energy efficient as possible. The following actions are recommended to help you save electricity.

1 Measure your impact

Do an energy audit to determine where most of your energy is being used – you need to understand which appliances in your home use the most electricity. Ensure you are on the correct electricity tariff that suits your needs.

Keep track of your electricity consumption in units or kilowatt hours (kWh) and rand value.

The following list provides an overview of the average power usage of different appliances and the average number of hours they are used per day.

Appliance	Power use	Ave hrs / day	Units / day
Electric geyser	2 600 watts	4,4 hours*	11,44 units
Electric stove	3 000 watts	2 hours	6 units
Steam iron	1 250 watts	0,8 hours	1 unit
Microwave oven	1 230 watts	0,8 hours	0,98 units
Toaster	1 010 watts	0,8 hours	0,8 units
Fridge with freezer	160 watts	5 hours*	0,8 units
Kettle	1 900 watts	0,3 hours	0,57 units
Vacuum cleaner	1 000 watts	0,5 hours	0,5 units

**It switches on and off to maintain a constant temperature, so it works for a few hours in a day.*

2 Select the right light

Lights use a lot less energy than appliances but are generally switched on for longer periods; keeping a check on this is thus an easy way to reduce consumption.

Remember that you pay every time you switch the light on, not just when you buy the light. This means that it is important to buy the right light, even if it costs a bit more initially. While incandescent lights are usually the cheapest on the shelf, they use a lot of energy. Make sure you select the most energy-efficient light.

It is best to buy LED lights (light-emitting diodes) or maybe CFL (compact fluorescent lights), but avoid halogen or incandescent lights.

The table below provides a quick overview of different types of light bulbs, with average lifespan, consumption and energy rating.

Incandescent	Halogen	CFL – compact fluorescent light	LED – light-emitting diode
			
1 000 hours	2 000 hours	6 000 hours	20 000 hours
60 watts	105 watts	12 watts	5 watts
Energy rating E	Energy rating D	Energy rating A	Energy rating A+
Cheap when you buy it, but expensive to switch on.	Says it is eco, but still very energy intensive!	Quite efficient, but contains mercury vapour. Dispose of with care.	More expensive to buy, but most efficient to use.

R35 per lamp	R50 per lamp	R29 per lamp	R50 per lamp
R440 per year	R665 per year	R76 per year	R35 per year
AVOID	AVOID	GOOD OPTION	BEST OPTION

Quick tip – if the light gets very hot it is using more energy and costing you more money.

Dichroic halogen	LED downlight	Halogen	LED security light
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downlight (GU10)	(GU10)	security light	with motion sensor
			
2 000 hours	20 000 hours	2 000 hours	20 000 hours
50 watts	5 watts	250 watts	10 watts
Energy rating E	Energy rating A+	Energy rating D/E	Energy rating A+
Cheap when you buy it, but expensive to switch on.	More expensive to buy, but most efficient to use.	Cheap when you buy it, but expensive to switch on.	More expensive to buy, but most efficient to use.
R45 per lamp	R35 per lamp	R200 per lamp	R350 per lamp
R348 per year	R26 per year	R1 700 per year	R107 per year
AVOID	BEST OPTION	AVOID	BEST OPTION

3 Cook smart

Cooking can use a lot of energy, so it is important to be as efficient as possible and when possible **use your Smart Cooker**.



A Smart Cooker is an insulated container in which you place a cooking pot for slow cooking. Food is cooked for a third of the normal time on a stove or other heat source. Then it is put into the Smart Cooker where it cooks slowly for several hours, using no electricity, gas, paraffin or wood.

Benefits include better quality meals, saving energy costs, while providing a safe and easy way to cook. Your Smart Cooker (also known as a Hotbox or

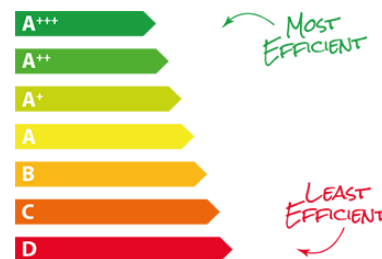
How it works:
Boil it
Bag it
Stand it
Serve it

Wonderbag) can also keep food either hot or cold for up to 12 hours.

Also consider getting an **induction or gas stove**, which is much more efficient than a standard solid-plate stove.

4 Select energy efficiency

Most light bulbs and appliances should have an energy rating. **Select lights or appliances that have an A or A+ rating**, while avoiding energy-intensive lights and appliances.



5. Switch off

Remember to **switch off lights and appliances** when not needed, and encourage your guests to do the same (display simple signage).

6. Tips

The following tips can also assist you in **saving energy at no cost**.

<http://savingelectricity.org.za/>

- Don't leave the fridge door open
- Don't set the freezer temperature lower than needed
- Check the seals of your fridge and freezer, and regularly clean the condenser and coils
- Regular maintenance will help ensure that your appliances work at optimal efficiency
- Regularly defrost your freezer and fridge
- Use pots with flat bottoms and tight fitting lids
- Keep the lid on the pot when cooking
- When boiling water, rather use an electric kettle instead of a pot on the stove
- Boil only the amount of water you need, instead of boiling a full pot or kettle
- Open the curtains to use natural daylight instead of switching on the light
- Provide guests with additional blankets or a hot water bottle instead of a heater
- Seal gaps around doors and windows to keep out the cold winter air
- Use a light-coloured paint that will reflect light
- Set your geyser to between 55 and 60 degrees Celsius
- Select the most energy-efficient appliances
- Measure your impact

The following **low-cost interventions** can help you save energy.

- LED or CFL lights
- Install a low-flow shower head
- Install a timer for your geyser
- Install motion-sensor security lights
- Insulate your geyser and its pipes
- Use an insulation cooker, also known as a Smart Cooker, Hotbox or Wonderbag
- Make sure you seal off all the draughts in doors and windows to keep the cold air out during the winter

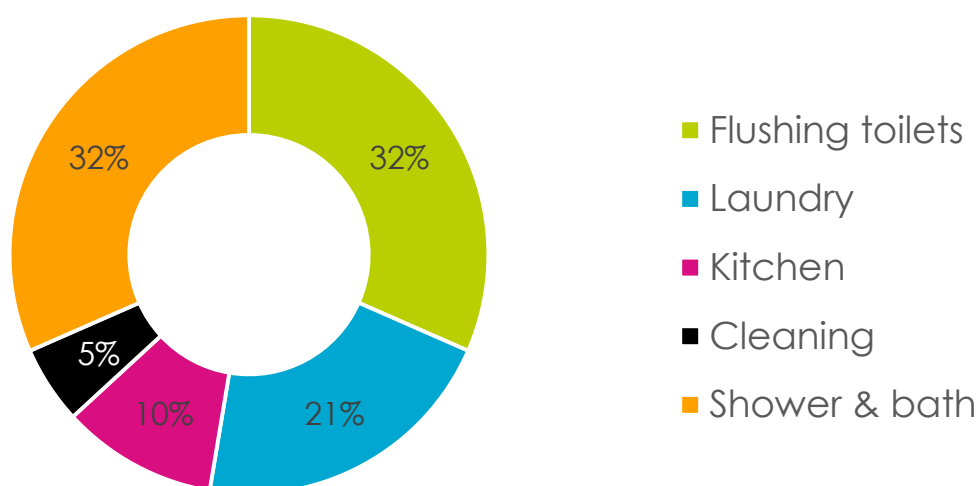
**If you can't measure it,
you can't manage it.**

If you can afford to make an **investment to save energy**, consider the following options.

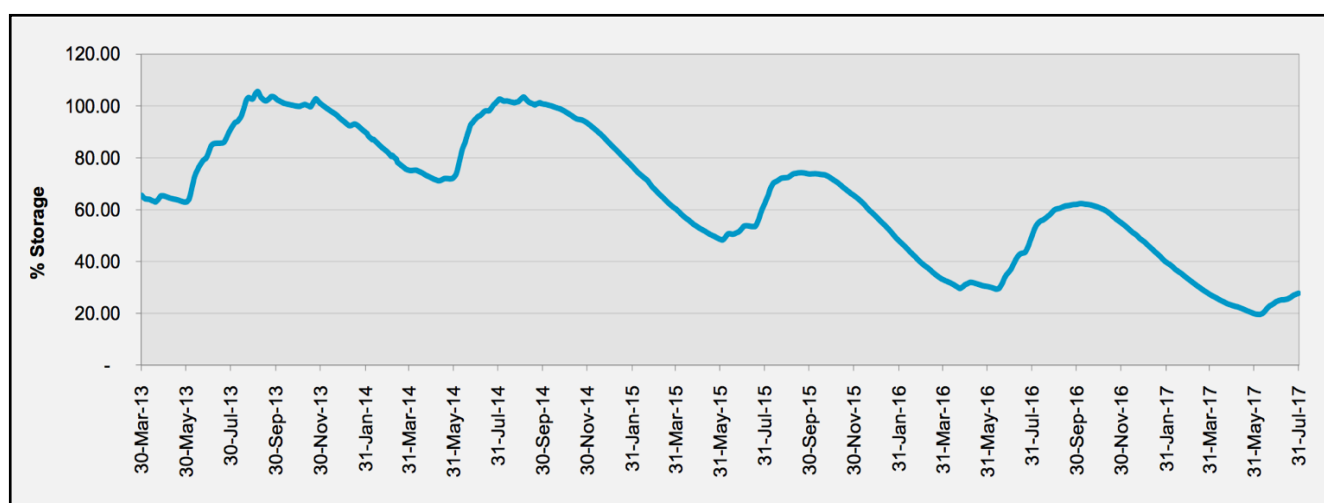
- An induction stove
- A solar water heater or heat pump for heating water
- Installation of a skylight to lighten up dark areas of the home
- Installation of roof insulation to keep the home warmer in winter and cooler in summer

Water conservation

It is anticipated that Cape Town will receive less rainfall in future due to the impact of climate change, and thus it is important for everybody to help save water. The chart below indicates how the average household spends its water.



The graph below shows the percentage of total water stored in the six big dams in Cape Town between March 2013 and July 2017, indicating a continuous decrease.



The following actions are recommended to help you save water at your home.

1. Change your showerhead

Switch to an **efficient showerhead** which uses no more than 10 litres per minute, as per the City's Water By-law. While a bath could require around 80 litres of water, a three-minute shower with an inefficient showerhead needs 54 litres, but can be as little as 30 litres with an efficient showerhead.

2. Close the tap

Ensure that you use a cup and **close the tap** while brushing your teeth or shaving.

3. Load your laundry

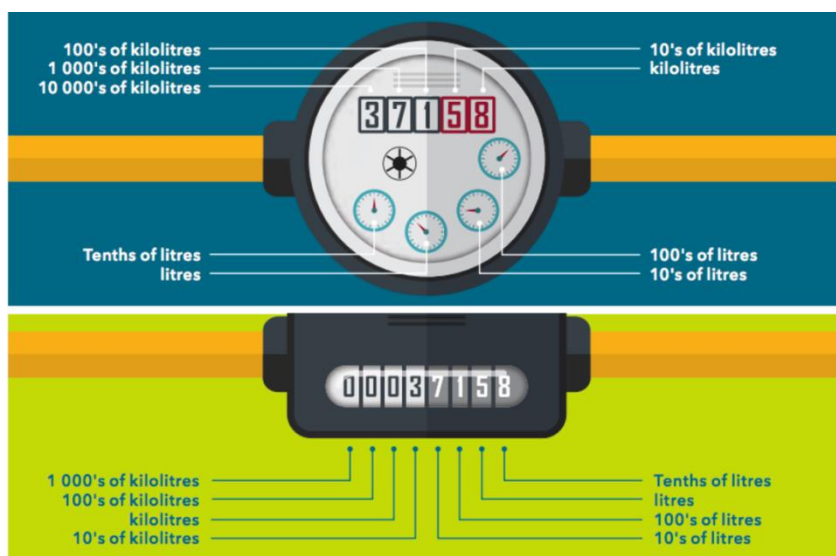
Wait for a **full load** before running your washing machine. The rinse water of some washing machines can be reused for the next wash cycle or for watering the garden.

4. Taps and toilets:

Ensure that your taps and toilets are **water efficient**. Fit aerators or flow restrictors to reduce flow to no more than 6 litres per minute, as per the City's Water By-law. Toilets need to be a maximum of 9,5 litres per flush.

5. Find and fix leaks

Make sure that you know where your **water meter** is and how to read it. Keep track of the amount of water you use each month. **Find and fix any leaks.**



6. Tips

The following tips can also assist you in **saving water at no cost**.

- Find and fix leaking taps and toilets
- Ensure that you have a full load in your washing machine
- Use a basin of water when you rinse dishes or vegetables, rather than cleaning it under a running tap
- Defrost frozen foods in the fridge or at room temperature rather than placing it under running water
- Collect and reuse water from the tap while waiting for the water to heat up or cool down
- Close the tap while brushing your teeth
- Use a broom to clean paved areas rather than a hosepipe
- Do not water your garden between 09:00 and 16:00 or when it is windy
- Set your geyser to between 55 and 60 degrees Celsius and ensure that you switch it off when you go away for a long period
- Encourage guests to save water through displaying simple signage
- Place a water displacement device (i.e. litre bottle) in toilet cistern
- Monitor the amount of water used at your home and check for leaks
- Ensure that you know where your water meter and stopcock is in case of emergency

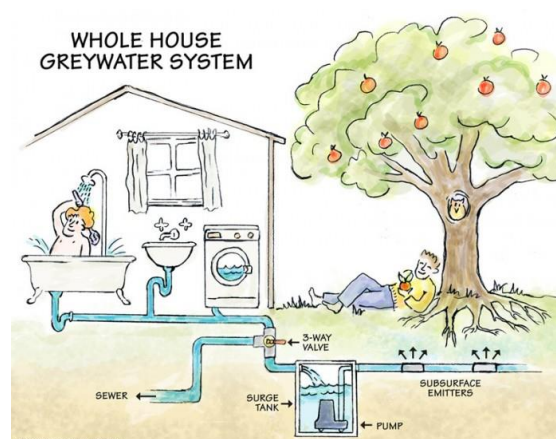
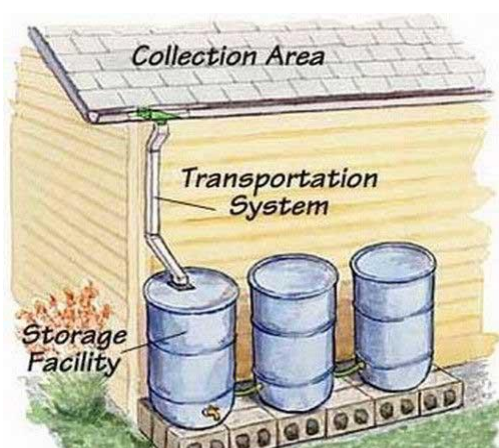
www.capetown.gov.za/thinkwater

The following **low-cost interventions** can help you save water.

- Tap aerators
- Flow restrictors
- Low-flow or water-efficient showerheads
- Water-wise gardening;
- Permeable paving to ensure that water does not simply run off into stormwater drains

Changing your showerhead will save water, electricity and money

If you can afford to make an **investment to save water**, consider installing a greywater system, rainwater harvesting system or dual-flush toilet system



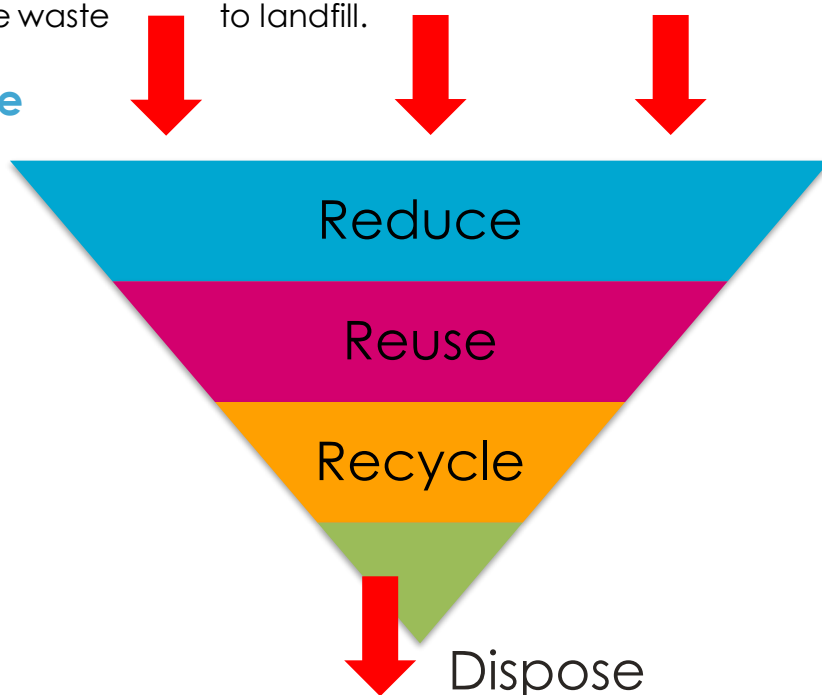
Waste reduction

The principle of reduce, reuse and recycle needs to become a way of life, where a closed-loop system rather than a linear system is implemented. The following actions are recommended to help you reduce waste to landfill.

1. Reduce, reuse and recycle

The **waste management hierarchy** on the right indicates that the first option is always to consider how to reduce the amount of waste created, then to see what can be reused. If this can't be done, then ensure that it is recycled, or as a last option safely disposed of.

This sequence is very important to help reduce the amount of waste that is created.



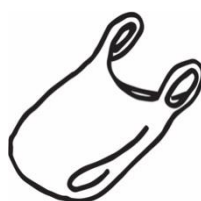
2. Separate at source

To reduce the waste to landfill it is important to have a split-bin system in place – one bin should be allocated to mixed recycling, while the other should be used for waste to landfill (rubbish).

The following items can generally be **recycled**.



Plastic bottles and containers



Plastic bags



Glass bottles



Drinking cans



Food cans



Paper

The following items are generally **NOT recyclable**.

- Dirty paper or cardboard: pizza boxes
- Foil packets: chips packets
- Cigarette butts
- Clingwrap used to cover food
- Plastic coated or wax packaging: milk cartons, dog food bags, potato bags
- Some types of paper: carbon paper, stickers, self-adhesive paper, chemically treated fax or photo paper
- Wet or dirty paper: tissues, paper towel, food wrappings, used paper plates and cups



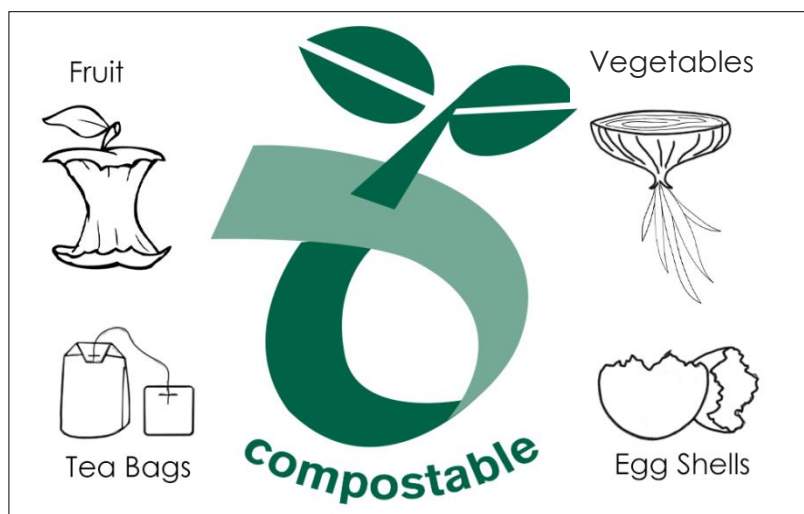
Ask yourself – **will it “contaminate or spoil” the other recycling?** If the answer is yes, then rather place it in the rubbish bin and not with the recycling.

Also try to **wash and squash** the items so that they are clean and take up less space.

3. Composting

We get our food from the earth, and we need to give back to earth again. This can be done through making compost from organic waste in the kitchen and garden.

You can collect organic waste from your kitchen in a counter top container:



You can add:

- Fruit peels and pips
- Vegetable peels and off-cuts
- Rotten fruit or vegetables
- Leftover salads / leaves
- Tea bags / coffee granules
- Egg shells (crushed)
- Dead flowers (cut up)
- Kitchen towels (torn up)
- Outdated spices

Avoid the following products.

- | | |
|-------------------------|-----------------------|
| • Oil / fat / grease | • Plastic / clingwrap |
| • Dairy / cheese / milk | • Metal / tin / glass |
| • Meat / chicken / fish | • Wax paper |
| • Leftover cooked food | • Glossy magazines |
| • Bones | • Diseased plants |
| | • Weeds / pesticides |



4. Hazardous waste

The following items are hazardous and should not be placed in your normal bin, but disposed of safely in line with local legislation.

- Compact fluorescent lights (CLFs) – they contain mercury vapour
- Batteries – they contain dangerous chemicals
- Electronic waste – anything with a battery or a plug
- Motor oil – this should be dropped off at a petrol garage
- Cooking oil – this can go into your garden
- Old paint or chemical containers

For more information, visit the Smart Living Handbook.

7. Alternative cleaning products

Consider using natural cleaning products instead of buying harsh chemicals that are expensive. More information is available in the Smart Living Handbook.

8. Tips

The following tips can also assist you in **reducing waste at no cost**.

- Reduce the amount of waste recycled
- Reuse items whenever possible – repair instead of replacing items
- Recycle glass bottles and jars, plastic bottles and containers, plastic bags, drinking cans, food cans and paper
- Start a composting heap at your home with organic waste from your kitchen and garden
- Serve smaller portions and offer second servings to reduce left-over food

The following **low cost interventions** can help you reduce your waste to landfill.

- Try to use alternative cleaning products that are healthy for your family and the environment
- Buy refills and concentrates instead of using disposable items
- Take a reusable shopping bag along instead of just getting plastic bags
- If you provide take-away meals, consider using biodegradable packaging or paper bags instead of polystyrene

Less toxic cleaning products

Avoid hazardous household products by looking for these words on the container or label:

- Non-toxic
- Non-petroleum-based
- Free of ammonia, phosphates and dyes
- Biodegradable
- Ozone-friendly
- Reusable and recyclable
- Enzyme-active
- Organic



Biodiversity protection

Our natural environment includes rivers, wetlands, coastlines, mountains as well as all the life on earth, such as plants, animals and birds. When one part weakens, or disappears, every other part within this complex web is affected.

1. Local is lekker

By planting indigenous and water-wise plants you ensure that you have plants that are most suitable to the local climate and most likely to survive the weather and rainfall patterns. These can include trees, shrubs, herbs and ground covers. Succulents such as vygies or sour figs are easy to propagate – you simply need to cut a side branch and stick it into the damp ground and it can grow!

Consider planting local, indigenous and water-wise plants that are suitable to the natural climate

2. Grow your own herbs and vegetables

If you start your own herb or vegetable garden you can provide your family and guests with fresh produce at nominal cost. This does not need to take up a lot of space, but could be a lovely way to brighten up your home.

Your garden can either be in the soil, or you can do container gardens. There are also lovely examples of vertical gardens that take up very little space, look lovely and provide fresh herbs.

3. Composting

Using compost in your garden binds the soil, increases nutrients and helps it to hold water and air. As a result, your plants will grow better. Turning your organic waste into compost also takes some of the pressure off Cape Town's landfill sites.



4. Garden birds

In winter there are fewer flowers, berries and insects for local birds to eat. You can help supplement their food supply by setting up a bird table in your garden where they can feed. It is also important to provide water for birds in the dry summer months.

Some foods can be scattered on the ground (e.g. bread and fruit) but others need to be put in some sort of container or feeder. You can make your own feeder or buy one from a pet shop, supermarket or hardware store.



www.capetown.gov.za/smartliving

Step by Step

1. Do an eco-audit

It is important to do an eco-audit, because it gives you a snapshot of the current situation and can help you determine what needs to be done at your home and where savings can be made in the future. This can be done by filling in the eco-audit form at the start of the process and again at a later time to do a comparison.

2. If you can't measure it, you can't manage it

Ensure that you keep track of the following for at least six months.

- **Electricity** – monitor the units (kWh) and the **rand value** you spend each month
- **Water** – monitor the **kilolitres** and the **rand value** you spend each month
- **Waste** – consider how much waste you generate each week and how much of that can rather be recycled or be used to make compost

If you keep track of your expenses you will gain a better understanding of your home and what areas you need to focus on first. Remember that some things are linked, such as an efficient showerhead that can save both water and electricity due to the reduced consumption.

3. Compile an action plan

The audit sheet can spark ideas of what still needs to be done at your home. You can then decide what the main priorities are at your home. At the end of the audit sheet, you need to indicate the most important things.

- A) List the five most important actions that you need to do at your home. Try to be as specific as possible with practical things, such as installing a solar water heater.
- B) Link these actions to a timeframe. When do you want to do this? Next week, or next month or by next year? Some things take longer than others, so be realistic.
- C) Identify what you will need to make this happen and how you aim to do this. This could be saving money to buy something, or working with the local community.

A **SMART Action Plan** needs to be specific, measurable, attainable, relevant, and time-based. These principles can help you reach your goals.

4. Engage with guests

Remember that this is a journey and you need to engage with your guests to explain what you are trying to achieve and why –they can assist you to achieve your goals.

Remember that sustainability is a journey, not a destination!

Langa Home Stay Smart Living Eco-Audit



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Answer the following questions to assess how smart your home is, and make a list of the most important things that you need to do at your home.

Name: _____ **Address:** _____

1.	ENERGY EFFICIENCY	POINTS
1.1	Do you have energy-efficient lights in your home? Select one.	
	Mostly LED lights	5
	Mostly compact fluorescent lights (CFLs)	4
	Some energy-efficient lights (LED and CFLs)	3
	Still using incandescent or halogen lights	0
1.2	Do you use a Smart Cooker (Hotbox or Wonderbag)? Select one.	
	I use it almost all the time	4
	I use it about once a week	3
	I use it only once a month	1
	I have one, but don't really use it	0
1.3	Do you measure your impact? Select one.	
	I keep track of my monthly consumption in kilowatt hour units (kWh) and rand value. I know exactly how much energy I use	4
	I sometimes keep track of electricity consumption, but generally know how much I use	3
	I just buy electricity when I need it and am not sure how much I use	0
1.4	Do you switch off lights and appliances that are not needed?	
	I always switch off and I encourage guests to switch off by displaying signage in their rooms	4
	I sometimes switch off, but also forget sometimes	3
	I just leave the lights on	0
1.5	I do the following around the house to save energy. You can get a point for each of the following activities.	
	I remember to close the fridge door	1

	I set my freezer to the optimal temperature	1	
	I regularly check the seals on my fridge and freezer	1	
	I do regular maintenance on my appliances to ensure that they work at optimal efficiency	1	
	I defrost my freezer / fridge regularly	1	
	I use pots with flat bottoms and tight-fitting lids	1	
	I keep the lid on the pot when cooking	1	
	I use an electric kettle rather than a pot when boiling water	1	
	I only boil the water needed instead of a full pot or kettle	1	
	I open the curtains to use natural daylight instead of switching on the light	1	
	I provide guests with additional blankets or a hot water bottle instead of a heater	1	
	I have sealed the gaps around my doors and windows to keep out the cold winter air	1	
	I use light-coloured paint in the rooms that reflect light	1	
	I set my hot water geyser to between 55 and 60 degrees Celsius	1	
	I select the most energy-efficient appliances when buying new appliances	1	
	I have motion-sensor or day-night sensor security lights that only switch on when they are needed	1	
	I have a low-flow showerhead	1	
	I have insulated my geyser and pipes	1	
	I have a timer on my geyser to ensure that it switches on and off at certain times	1	
	I use an induction or gas stove instead of solid plate or spiral electrical stove	1	
	I have a skylight in my home to lighten up dark areas	1	
	I have a solar water heater or heat pump for heating water	1	
	I have roof insulation to keep the house warmer in winter and cooler in the summer	1	
	TOTAL SCORE	40	
ACTION	I can save energy by doing the following at my home:		

2.	WATER CONSERVATION	POINTS
2.1	Do you have a water efficient showerhead? Select one.	
	Yes – it uses less than 10 litres per minute	4
	No – I don't have a shower, just a bath	2
	No – I have an old and inefficient showerhead	0
2.2	Do you wait for a load of washing? Select one.	
	Yes, I do a full load of washing and any water that is left over I use in my garden or home	4
	Yes, I only do a full load of washing	3
	I sometimes use rainwater for doing laundry	2
	I sometimes just do half a load of washing	1
	I don't really care and just do washing when I need to	0
2.3	I do the following around the house to save water. You can get a point for each of the following activities that you do at home.	
	I find and fix leaking taps and toilets	1
	I use a basin of water when I rinse dishes or vegetables rather than doing it under a running tap	1
	I defrost frozen foods in the fridge or at room temperature rather than placing it under a running tap	1
	I collect and reuse water from the tap while waiting for the water to heat up or cool down	1
	I always close the tap while brushing my teeth	1
	I use a broom to clean paved areas rather than a hosepipe	1
	If I water my garden I do it between 09:00 and 16:00	1
	I take note of the water restrictions during the drought to help save water by doing what is expected of me	1
	I encourage guests to save water through displaying signage	1
	I have a water displacement device in the toilet cistern	1
	I monitor the amount of water used at my home and check for leaks	1
	My toilet uses less than 9,5 litres per flush	1
	I shower less than two minutes, or do a bucket wash	1
	If I wash my car I always use a bucket, not a hosepipe	1
	I have a dual flush toilet system to reduce water consumption	1
	I know where my water meter and stopcock is in case of an emergency	1
	I have aerators and flow restrictors on my taps	1

	I have water-wise plants in my garden	1	
	I have permeable paving to ensure that water does not simply run off into the stormwater drain	1	
	I have a greywater system so that I can reuse the water from my home	1	
	I have a rain water harvesting system so that I can collect and use rain water	1	
	I encourage other people to close taps if I see them running	1	
	TOTAL SCORE	30	
ACTION	I can save water by doing the following at my home:		

3.	WASTE REDUCTION	POINTS
3.1	Do you separate your recycling? Select one.	
	Yes – I have a waste bin and recycling bin	3
	Yes – I try to keep some things separate	2
	No – I don't do any recycling	0
3.2	Do you do composting? Select one.	
	Yes – I keep all my organic waste for composting	3
	Yes – I try to keep some organic waste for composting	2
	No – I don't do any composting	0
3.3	I recycle the following items. One point for each.	
	Glass bottles and jars	1
	Plastic bottles, containers and plastic bags	1
	Tin cans	1
	Paper and cardboard	1
3.4	I do the following around the house to reduce waste to landfill. You can get a point for each of the following activities.	
	I do not place hazardous waste in the normal bin	1
	I use natural cleaning products instead of harsh chemicals	1
	I serve smaller portions of food and offer second servings to reduce left-over food	1
	I buy refills and concentrates instead of using disposable items	1

	I provide biodegradable packaging or paper bags instead of polystyrene when providing take-away meals	1	
	TOTAL SCORE	15	
ACTION	I can reduce waste to landfill by doing the following at home:		

4.	BIODIVERSITY PROTECTION		POINTS
4.1	Do you have indigenous and water wise plants? Select one.		
	Yes – I have mostly an indigenous and water-wise garden	3	
	No – I have a garden that needs a lot of water	0	
	No – I don't have a garden	0	
4.2	Do you grow your own herbs and vegetables? Select one.		
	Yes – I grow most of my own herbs and vegetables	3	
	Yes – I sometimes try to do this on a small scale	2	
	No – I don't have any garden	0	
4.3	I do the following around the house to protect the environment. You can get a point for each of the following activities.		
	I compost my organic waste and add it to my garden	1	
	I invite birds to visit my garden by giving them food and water	1	
	I do not harm any wild animals (including snakes), but ensure that they are removed if they are a problem	1	
	I try to buy organic food and vegetables as this reduces toxins	1	
	TOTAL SCORE	10	
ACTION	I can protect nature by doing the following at my home:		

5. ACTION PLAN		
5.1	What can you do? Indicate the five most important next steps that you are going to do at your home.	By when can this be done?
A		
B		
C		
D		
E		
5.2	How do you do this? What do you need to assist you in making this happen?	

	TOTAL SCORE	POINTS	
1.	Energy efficiency	40	
2.	Water conservation	30	
3.	Waste reduction	15	
4.	Biodiversity protection	10	
5.	Action plan for next steps	5	
TOTAL		100	

Name: _____ Date : _____

Reviewed by: _____ Date: _____

A collaborative initiative between the City of Cape Town Tourism Department,
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