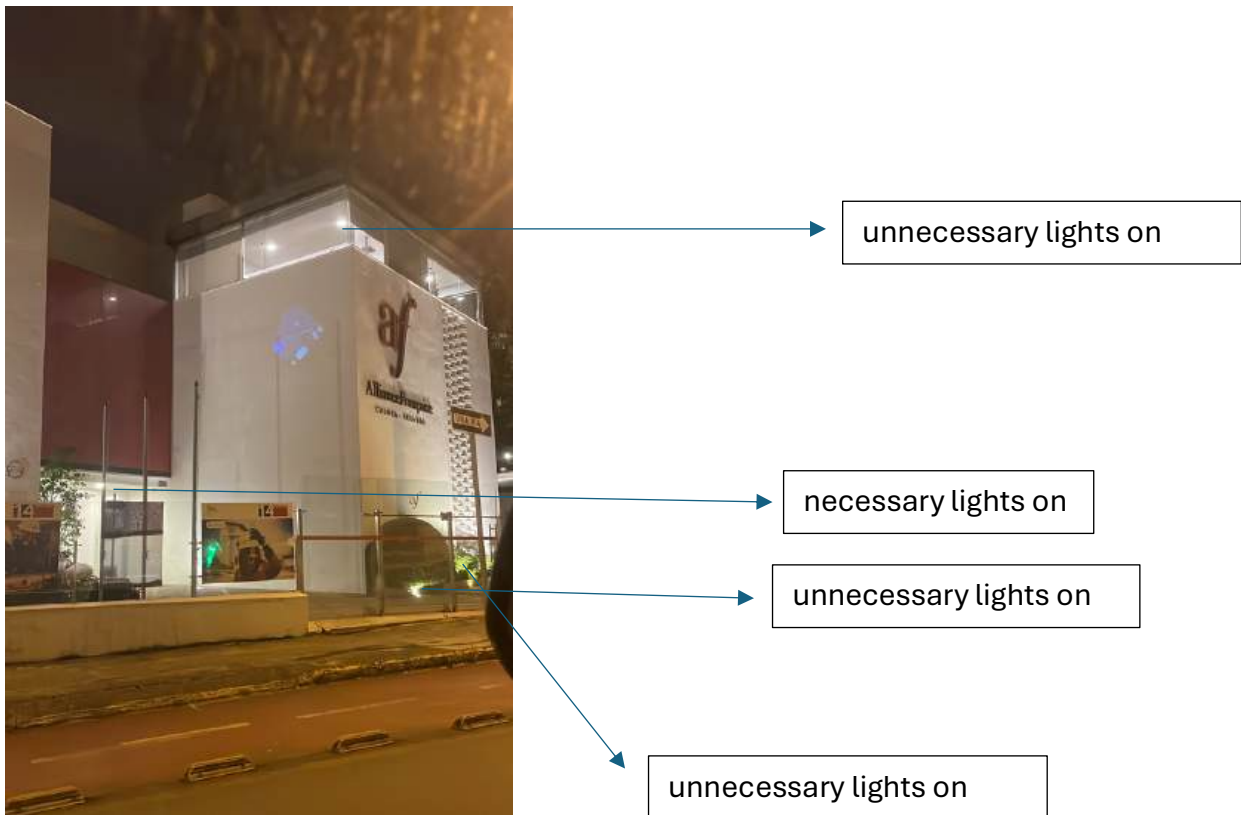


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Analysis of energy use in the Alliance Française:



Project Proposal:

“Jour Sans Énergie” (Day Without Energy)

Objective: To promote environmental awareness and reduce electricity consumption at the Alliance Française through a trimestral day of conscious disconnection.

Description:

One day every 3 months, the Alliance Française will implement “Jour Sans Énergie,” a collective challenge in which all non-essential equipment such as decorative lights, Infocus screens, non-essential computers, and other electrical devices will be unplugged.

During this day, activities will be carried out with natural lighting, printed materials, or outdoor activities, fostering creativity and collaborative work without relying on technology.

Benefits:

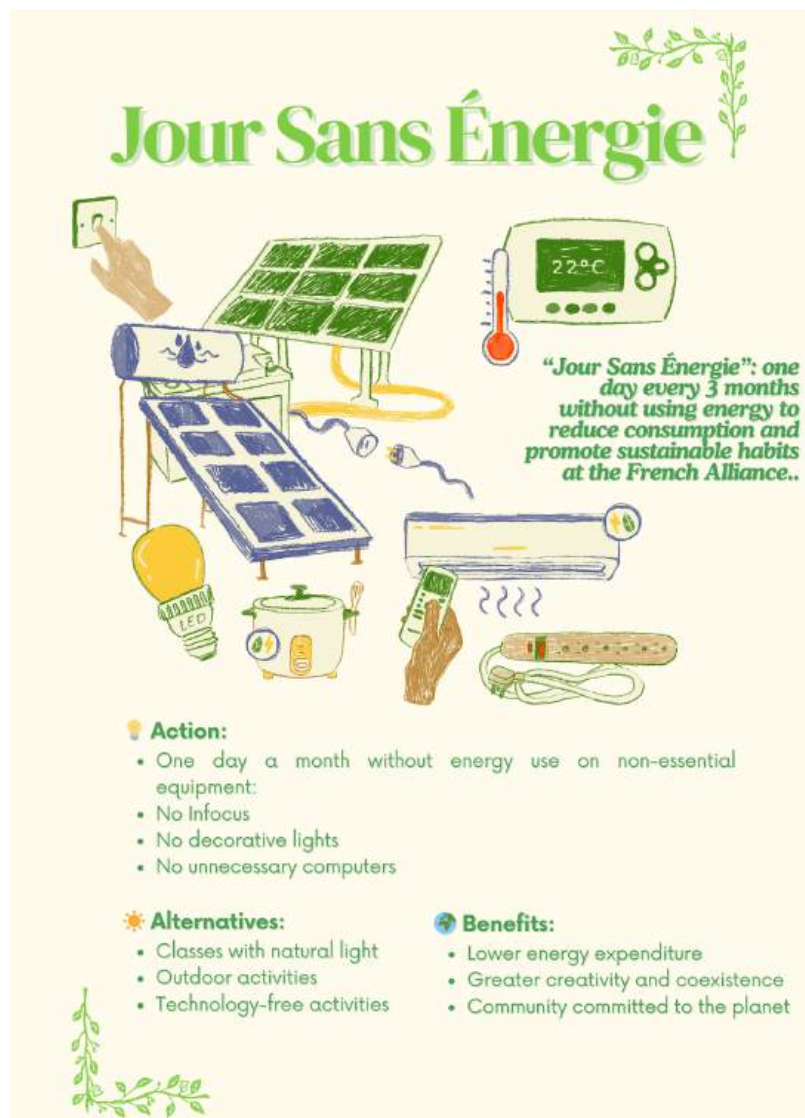
Real reduction in monthly energy consumption.

Fostering a sustainable institutional culture.

Active awareness among students and staff about responsible energy use.

Inspiring other institutions to adopt similar practices.

Poster design for the campaign:



Sharing our project with the person in charge of cultural, social and environmental vision in the Alliance Francaise



Reflection

The “Jour Sans Energy” initiative improves equity, access, and efficiency by promoting a more conscious and responsible use of energy resources within the educational community. By reducing electricity consumption and encouraging technology-independent activities, this approach allows all members to participate on an equal footing. It also promotes energy efficiency by helping to identify equipment and spaces that consume energy unnecessarily, fostering a more sustainable institutional culture. This type of action raises awareness about the importance of protecting energy as a limited and valuable resource, connecting education with climate action. Overall, the “Jour Sans Energy demonstrates that small local decisions can generate a global

impact, strengthening the commitment to the Sustainable Development Goals and the future of the planet.

Link to the Insta post:

<https://www.instagram.com/p/DQNLDB8j7HE/?igsh=MWlqbXVhMHZzMms5dg==>