

Level 1 Award in Energy Efficiency and Sustainability

Dates: 05/10/2026, 14/06/2027

Locations: Lisson Grove Centre

The Level 1 Award in Energy Efficiency and Sustainability is an introductory qualification designed to provide learners with a basic understanding of energy efficiency, sustainability, climate change, and practical ways to reduce energy consumption at home, in the workplace, and in transport. The course is ideal for learners who are looking for a stepping stone into the construction, retrofit, green skills, and environmental sectors. It provides a solid foundation of knowledge and helps learners develop an understanding of how energy-efficient practices and sustainable behaviours contribute to reducing carbon emissions and supporting the transition to a low-carbon economy.

Entry Requirements

This is a Level 1 introductory qualification designed for learners who are new to energy efficiency and sustainability. No previous qualifications, skills, or experience are required. The course is suitable for anyone with an interest in green skills, sustainability, construction, or environmental careers.

You should have a basic understanding of the English language and be able to follow and understand simple verbal instructions.

What topics does the course cover?

- Introduction to Energy Efficiency
- Understanding sustainability and climate change
- Renewable and non-renewable energy sources
- Practical ways to reduce energy consumption and lower carbon footprints
- The environmental impact of energy use and carbon emissions
- The importance of sustainable behaviours and responsible use of natural resources

- An introduction to green skills and career opportunities within the low-carbon economy
- Activities and progress quizzes

How will I be taught and assessed?

You will be taught using a range of techniques including short lectures, demonstrations, and by completing practical exercises.

A mock practice test, complete with review facility and a bank of changing questions.

You will need to pass a multiple-choice exam at the end of the course in order to gain the official qualification. This exam can be taken on a laptop with a camera in a suitably quiet location. Your activity on the screen and via the webcam is recorded during the whole assessment and reviewed by the examining body. Upon passing the exam, you will receive an official certificate.

Are there any other costs or equipment I need to get?

A pen or pencil and notebook for taking notes.

By the end of the course what should I be able to do?

- Gain an introduction to sustainability
- Understand the importance of natural resources
- Understand global environmental impacts
- Know about the benefits of sustainable communities

What are the progression opportunities following this course?

After successful completion of the course, you progress to our Level 2 Award in Understanding Domestic Retrofit Specification or one of our many courses in our Green Skills area.