

Still North Arctic Institute

Low-Impact Home Field Guide

Seven practical days for travel, heat, food, repair, and collective action, with no purity score.



This guide is a fictional WooCommerce download created for the SearchCue demonstration.

How to use the week

Choose an ordinary week. Note fixed work, care, health, access, budget, and travel needs. Try one small action each day and one request of a shared system by the end. Use what is already available. There is no need to buy equipment for the experiment.

Do not assign invented kilograms, percentages, or a personal score. Record practical observations instead: whether a route worked, a room felt comfortable, food was eaten, an item stayed useful, and an institution answered.

Day one: map the routine

List likely journeys, heating periods, meals, purchases, and appointments. Mark decisions already fixed and those with room to move. This is a map of services and constraints, not a confession.

- Which journeys have a fixed purpose, person, place, or time?
- Which rooms and heating periods matter for comfort and health?
- Which food should be used first?
- Which purchase or fault may become urgent?

Day two: change one journey

Use avoid, shift, and improve in that order. Ask whether the purpose can be met with less travel. Compare a lower-impact mode for the real route. Improve the option that remains.

Keep constraints visible. Time, price, step-free access, toilets, safety, luggage, care, weather, and timetable determine whether an option is available.

If no better option exists, write down the missing service or policy and the organisation able to change it.

Day three: keep useful heat

Check one control, blocked radiator, failed seal, or maintenance issue. Do not cover intended ventilation or open heating, electrical, gas, pressure, or structural systems beyond your competence.

- Does the schedule match occupancy?
- Is furniture or a curtain blocking safe circulation?
- Is a draught coming from a failed seal or a designed vent?
- Does a landlord, manager, or qualified technician own the repair?

Comfort, indoor air, damp, affordability, and energy belong in the same decision.

Day four: plan a plant-rich meal

Start with food already in the home. Add a familiar legume, grain, vegetable, nut, or seed where suitable. Respect allergies, health, culture, equipment, time, and budget.

- Name the next use for leftovers before cooking.
 - Use frozen, canned, precut, or prepared food when it supports access.
 - Freeze a safe portion early if plans change.
 - Share planning, cooking, storage, and cleaning work fairly.
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Day five: repair or maintain

Choose one low-risk item. Find its care guidance, clean or adjust it, secure a loose seam, or identify the correct replacement part before failure.

Stop at the safety boundary. Electricity, gas, pressure, brakes, structural loads, recalls, and unfamiliar faults need appropriate trained help.

If design blocks repair, save the model, part, and barrier. That record can support better procurement or policy.

Day six: ask a shared system

Write one specific question to a landlord, employer, transport provider, pension, bank, supplier, council, or representative.

1. Name the decision and person or body with authority.
2. State the requested change and relevant evidence.
3. Ask who owns the next step and when it will be reviewed.
4. Save the question, response, and follow-up date.

Use regulated information and qualified advice for personal financial decisions. A climate label does not replace due diligence.

Day seven: keep only what worked

Review comfort, cost, time, access, food, waste, and effort. Keep one action, adapt one, and drop one without guilt. Record the barrier that mattered most and who owns it.

- What was easy enough to repeat?
- What depended on unusual time or effort?
- What option was unavailable and why?
- Which institutional request needs follow-up?

A durable routine fits real life. The week is useful when it improves a next decision, not when it produces a perfect display.

Evidence and limits

This guide draws its framing from [IPCC AR6 Working Group III Chapter 5](#) and the [Summary for Policymakers](#). Household and workplace choices sit within buildings, transport, energy, food, finance, services, infrastructure, and public policy.

A seven-day experiment does not establish an emissions outcome. It can reveal which actions are practical and which systems need to change. Keep personal notes private and do not record another person's health, travel, spending, or food choices.

Demonstration disclosure. Still North is a fictional demonstration site created to showcase the SearchCue search system. Its people, stories, and products are illustrative. No purchase, payment, order, or shipment is created.