# Conservation of Energy in Mechanics without work 

Related video: 05 - Conservation of Energy in Mechanics

A ball is thrown out of the window of a building. It leaves the window horizontally with a speed of $2.0 \mathrm{~m} / \mathrm{s}$. It hits the street below at a speed of $15 \mathrm{~m} / \mathrm{s}$. At what height was the ball thrown from? Ignore air-friction.
a) Solve this problem WITH conservation of energy
b) Solve this problem WITHOUT conservation of energy
c) Which one do you think is easier?

