



SAVING ENERGY: WHAT EVERYONE CAN DO

SIMPLE STEPS WITH A BIG IMPACT



HEATING

Every degree you save saves up to 6 % energy in any accommodation. This can also be a sensible measure in your assigned accommodation. Especially when you sleep, cooler temperatures are actually healthier. Very important is to not block or cover any radiators. This is the only way to let the warm air circulate in a room. Not only proper heating, but also proper airing is essential. The best thing is to air a room for a few minutes only (several times a day). It is important to turn down the heating every time you do this. Whenever you are absent, the heating should be turned down completely and the light turned off.

SHOWER

Turn down the water temperature as much as possible and take a quick shower. This is an easy way to save a lot of energy.

LAUNDRY / WASHING-UP

If you wash your laundry at lower temperatures, you save a lot: the amount of energy used for a 60-degree wash is enough for three drums of laundry at 30 degrees. Underwear or socks can definitely be washed at 30 degrees, even in a low maintenance program or the delicate wash cycle. Tea towels, dishcloths and towels, however, should be washed at 60-degrees.

KITCHEN

Using lids on saucepans saves 30 % energy. Convection baking saves 15 % energy compared to top and bottom heat in the oven. Turning the fridge up one degree saves 6 % energy. Frosting in the freezer compartment, which is 5mm thick, on the other hand, leads to 30 % more energy consumption.

STAND-BY MODE

Electric appliances consume 0.5 to 10 watts of energy in their standby mode, i.e. when switched off but not unplugged. It may therefore be a good idea to use power strips that can be switched off.