

# How to save energy

By using some simple tricks you can help saving electricity, water and heating power. You may already know most of the tips and tricks but lets have a look anyway.

## Living space

### *Heating*

- permanently heat on low level, which means:
- do not let rooms cool: at night and when leaving the room/apartment do not turn the heater off, just turn it down
- in case of longer absence turn your heater even lower but do not turn it off
- mind the heating system in your dormitory ( advices when you are moving in )
- do not cover the heater: do not put long curtains or items on the heater

### *Ventilation*

- do not tilt your window, but instead do the following
  1. turn off the heater
  2. open the window completely for 10 – 15 minutes, in case of frost 2 – 3 minutes are enough
  3. if possible open other available windows at the same time
  4. close the window(s) and turn the heater up as it was before, but not to the maximum



### *Light and electric devices*

- turn off the light, when you leave the room
- when you leave your house, turn off the light and all electric devices
- use the daylight and only turn the electrical light on, when it is getting too dark
- do not leave electric devices in stand-by, use a powerboard with switch
- saving at the computer
  - do not use a screensaver, set your preferences to turning off the screen
  - when the computer is not in use for several hours turn it off or set it to the save energy mode
  - reduce the brightness of your screen
- do not leave the charger for your mobile phone plugged into the socket, unplug it after the charging is done
- pull the plug of other devices, too; especially when you are absent for longer



## Kitchen

### *Washing the dishes*

- do not wash the dishes under running water
- immediately report a dripping tap to the administration of your dormitory

### *Refrigerator*

- make sure you have the right adjustment, not below 6°C (~ 43°F)
- do not put hot food into the refrigerator ( less energy is used by the fridge and there is less production of ice )
- put frozen food into the fridge to defrost it
- do not leave the door of the fridge open, when it is not necessary
- defrost the fridge/freezer in regular intervalls:
  1. get everything out and store it at a cold place/cover it
  2. put cloth inside to catch the water
  3. to defrost faster: put a vessel with warm water into the freezer and close the door
  4. check for leaking water in regular intervalls and wring out/change the wet cloth



### *Cooking*

- when cooking put a lid on the cooking pot
- make sure the cooking pot and the cooking plate have more or less the same size
- preheat the water with a water boiler, e.g. when cooking pasta
- use the residual heat and turn off the plate shortly before the food is done
- oven: do not preheat and do not open the door too often
- decalcify the water boiler in regular intervalls

## Bath and WC

- do not take unnecessary long showers ( 5 minutes of showering = approx. 75 litres of water )
- when soaping yourself or when brushing your teeth turn off the water
- after taking a shower or washing your hands turn off the water
- immediately report a dripping tap or malfunctioning toilet flush to the administration of your dormitory



## Room with washing machines

- fully load the washing machine
- choose low temperature for washing, 30 – 40°C ( 86 – 104°F ) for colored clothes  
→ most germs die at 60°C ( 140°F )
- choose the right amount of detergent

## Public rooms in your dormitory ( room for music, bicycles, etc )

- turn off the light when you leave, in case there is no motion sensor or timer