

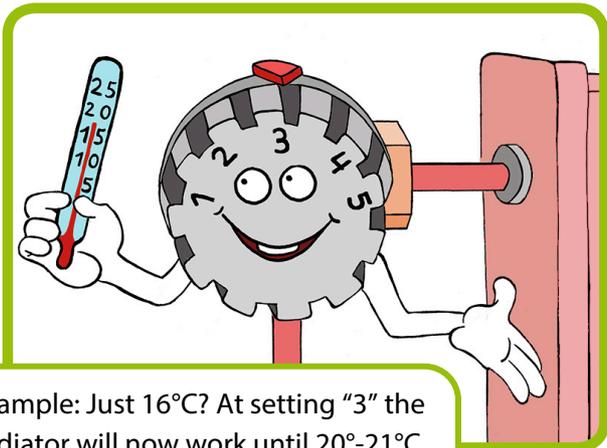
# Saving energy: The top 10 tips

The costs for gas, district heating and electricity have been rising a lot. Now it is especially important to use energy sparingly in order to keep the cost increase as low as possible. Here are the "Top 10" of the most important saving tips in short form:

## 1. High temperatures are expensive!

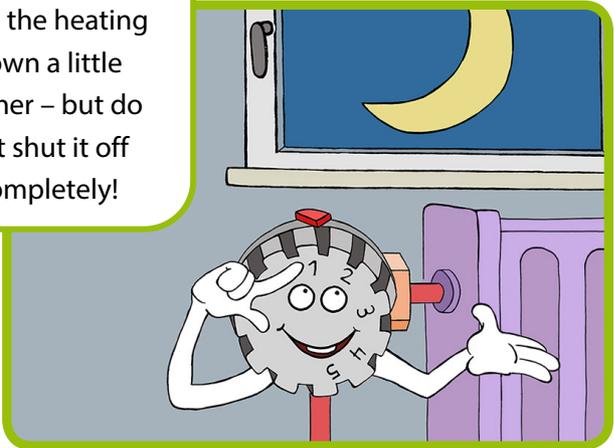
You should not be cold, but rather put on a jumper than increase the heating's temperature. Choose the lowest temperature possible without freezing!

**Do not boost the heating's temperature for a short time to turn it off as soon as the room is hot!**  
Instead, maintain a consistent temperature. Our tip: Try 20°C in the living area and 18°C in the bedroom.



Example: Just 16°C? At setting "3" the radiator will now work until 20°-21°C is reached and then maintain this temperature automatically.

At night and when no one is at home: Turn the heating down a little further – but do not shut it off completely!



### Two exceptions

1. If there is a room thermostat in a room, always turn up the radiators fully and regulate the temperature only with **the room thermostat**. This applies only to that one room where the room thermostat is, however!
2. If there are signs of mould in parts of the flat that are not heated very much, increase the temperature again!



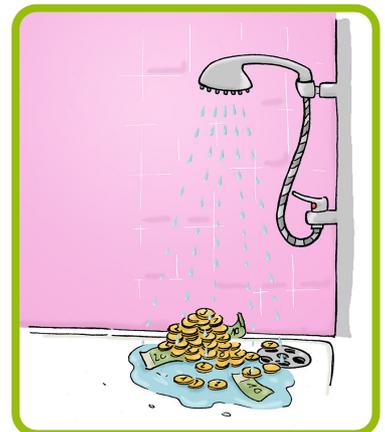
**The room thermostat: If you have one, you must know how to operate it!**

### Questions about adjusting the heating?

See our info sheets: **The thermostatic valve** and **The room thermostat**. It is very important to understand how these devices work! Also ask friends, neighbours or a plumber!

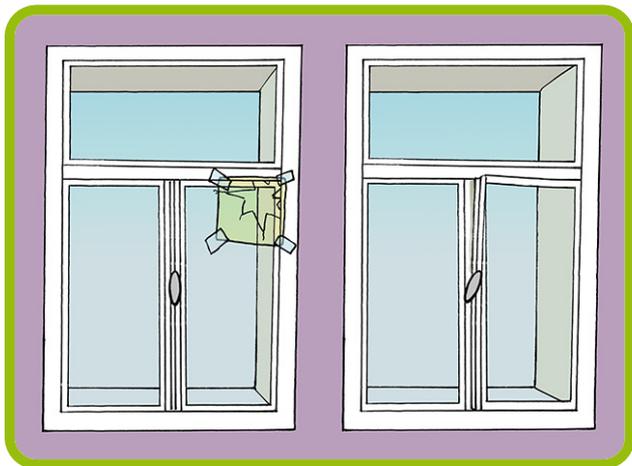
## 2. Beware of full baths and extended showers!

A long warm shower or a bath are wonderful ... but unfortunately also rather expensive. To save energy costs, it is advisable to reduce the daily shower to 5 minutes and avoid full baths.



### 3. Windows are broken or do not close properly?

If a pane is broken or windows cannot be closed properly, this drives up heating costs! In this case, contact the property management. Of course, you can also organise to have the window repaired by yourself. However, do not use screws to force-shut windows – this is considered damaging the flat! Drafty gaps can easily be sealed with insulating tape. We explain how in the information sheet **Sealing windows**.



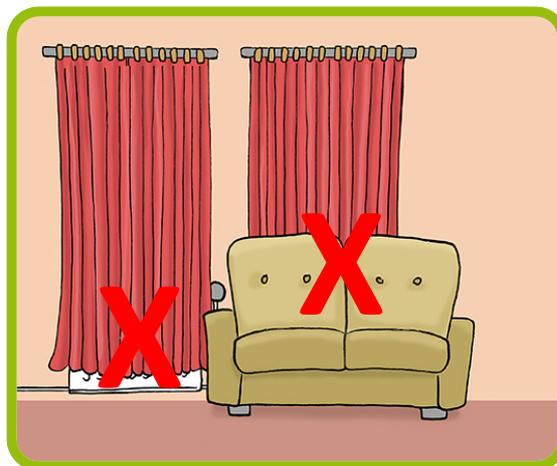
### 5. Ventilate properly - do not leave windows tilted.

Tilting windows briefly does not let enough air in; leaving them tilted for a long time makes the heating work more. Avoid this everywhere – including the toilet and the kitchen! To ventilate, always open windows wide for a few minutes and then close them completely. See our information sheet **Ventilate properly: Save heating costs and avoid mould**.



### 4. Furniture and curtains should not block radiators ...

... because they "push" the heat back to the wall. Consequently, you have to use the heating more to get your room warm.



### 6. You have several radiators in the same room and use only one of them to save money?

This is usually not a good idea. Use all the radiators in the room and turn them to the same, relatively low, setting. Try "3" or, if sufficient, preferably even less. For rotary valves without numbers: Try whether it is enough to open the valves about halfway.



### 7. If you have a gas heating system:

Gas heaters must be cleaned and checked once a year. Among other things, this ensures that it works economically. It is also your duty as a tenant to arrange for this maintenance. See our information sheet **Servicing the Gas Heater**.

## Saving electricity

If you heat with electricity, this is very likely to be by far the largest electricity consumer in your household. In this case it is particularly important to keep the temperature as low as possible (as described on page 1).

### 8. General advice

- Do not use electric heaters to save gas! Electricity is still much more expensive than gas!
- Avoid using air conditioners in summer. See our information sheet **What to do in an overheated flat?**
- Switch off all electrical appliances when they are not in use (TV when no one is watching, lights in rooms where no one is staying, internet modem at night, ...).

### 9. Electric boiler

The electric boiler is often the biggest electricity “guzzler” in the household. Choose the setting **e** or **..**.

This heats the water to approx. 60°C. With a standard 200-litre boiler, four people can take a shower one after the other without the hot water “running dry”.

Unfortunately, some (cheap) boilers do not have a knob for setting the temperature. However, a plumber can open the device and usually set the temperature on the inside.

See our information sheet on **Hot Water**.



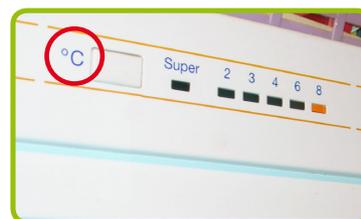
### 10. Setting fridges and freezers

Refrigerators run 24 hours a day and therefore consume a lot of electricity. Hence:

- If you have several refrigerators or freezers, try – if at all possible – to reduce them to one refrigerator and one freezer, or one refrigerator-freezer combination. Combine contents and take the other appliance(s) off the mains.
- Always leave the *Superfrost* function turned off. This is usually an orange lamp or switch! This setting consumes a lot of electricity and it is not necessary.
- If your refrigerator has a control dial, it should be set to 2 or 3 at most. If food goes bad at these settings, your refrigerator is most likely not working properly. If the temperature is adjusted digitally: Set it no colder than 7°C or 8°C (refrigerator) and -16°C (freezer). With refrigerator-freezer combination, usually only the fridge temperature needs to be set; the freezer temperature is adjusted automatically.



Device with a control dial



Device with a digital temperature setting

See also our info sheet **Fridges and Freezers**.