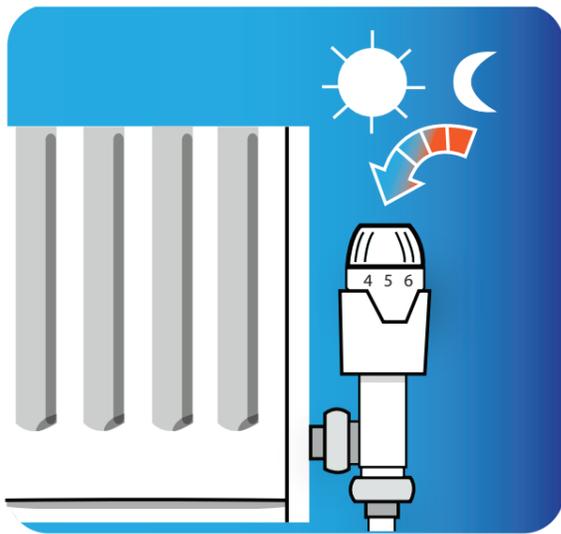


ENERGY SAVING TIPS

Try and follow these 23 suggestions as often as you can and see how much energy you can save in one year!



1| Only heat rooms that people regularly use

The advantage of central heating is that it can heat several rooms at the same time. However, it is not necessary to heat rooms which are only used once in a while, like bathrooms, halls or spare rooms.

2| Turn the thermostat to 15° C at night

15° C is a good temperature for when you are sleeping. At a higher temperature the heating uses a lot of needless energy; at a lower temperature, a lot of energy is used to increase the heat in the morning.

3| Turn down the heating

In general, a temperature of 20° C is high enough during the day. When you are physically active you can turn down the heating even more. For every degree that you turn down the heating you will save on your energy consumption.



4| Take fewer baths and shorter showers

Combined with heating rooms, heating water takes the most energy in households. You can easily save energy by taking a shower instead of a bath. Taking a bath uses around twice as much energy and water as taking a shower.

Shorter showers also help. Reducing your shower time by one minute saves around 6 to 8 litres of hot water.

Another good way to save energy is to install a water-efficient showerhead.



5| Ventilate fast with wide open windows

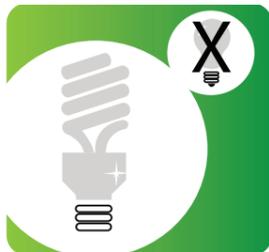
To let in fresh air, turn off the heater and open the window widely. The air is exchanged while the walls stay warm. Don't leave windows open while the heating is on.



6| Insulation

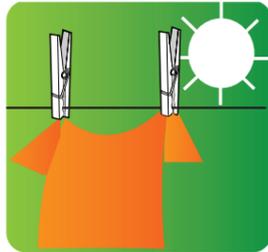
Around half the heat lost in a typical home escapes through the walls and the roof. Installing good insulation in your walls, attic and cellar is a very effective way to save energy. New, double glazed windows will help you save substantially on home heating costs as well.

Another way to save energy is to attach insulating boards or foils behind your heaters.



7| Replace regular light bulbs with energy saving light bulbs

They use up to 80% less electricity than a standard bulb, but produce the same amount of light. Technology has moved on a lot since energy saving light bulbs were first invented and so has the way they look: you can buy ones that look similar to old-style bulbs and give out the same coloured light. Energy efficient bulbs are now widely available at low prices, including in supermarkets.



8| Line drying

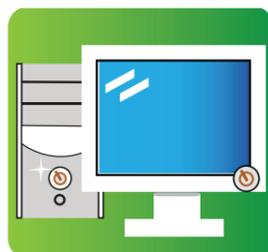
You can save a lot of energy by line drying and only use the dryer if you don't have other options, for instance when it is raining or if you can't dry the laundry inside.



9| Replace white goods with energy saving recommended appliances

Before buying new appliances like washing machines and refrigerators take a look at energy saving alternatives, www.topten.info offers a list of the most efficient washing machines, dishwashers and refrigerators.

Energy use between different models of refrigerators and freezers energy varies substantially. The most efficient are labeled as "A++".



10| Don't put appliances like the television or DVD players on stand-by

About 30% of the energy use of audio equipment is caused by stand-by usage. So be sure it is switched 'off' at the wall or unplugged, not just on stand-by.

11| Turn off the monitor when you turn off the computer

When you turn off the computer, the monitor usually goes into stand-by mode. The monitor then still uses power. You can turn off the monitor by pushing the power button on the monitor.

12| Turn off the computer when not in use

It can be tempting to leave the computer on when you aren't using it, but a computer still uses approximately 70% of its energy even when it's not in use. So turn it off even when taking breaks.

13| Unplug the computer and appliances like printers and modems

The transformer in your computer uses power, even when the computer is off. If you want to prevent this you can unplug your computer. This does not have any consequences for your computer. For instance, the clock will keep working.



14| Replace meat by other types of food

Producing, transporting and consuming food is responsible for nearly a third of individuals' contribution to climate change. Meat especially is a very energy-intensive type of food. By eating less meat you can save a lot of energy: beef in particular, requires a lot of energy per kilo to produce.



15| Fill up the washing machine

Some washing machines use slightly less water and energy for smaller loads, but these savings are small in comparison to doing laundry in big loads. The same is true for the 'half full' button.

16| Wash at lower temperatures: 60° C instead of 90° C and 30° C instead of 60° C

Detergents have improved significantly over the past few years. Laundry now will get clean at lower temperatures and washing at these lower temperatures will only take half as much energy.



17| Turn off light in unoccupied rooms

You can save energy by turning off lights in unoccupied rooms. This counts for all types of lighting, including energy efficient light bulbs and strip lights.



18| Regional and seasonal food consumption

Long distance transport by planes, ships or trucks can waste a lot of energy. As a result, regional food usually requires less energy, if the means of transportation and production are energy efficient. On average, flown in vegetables and fruits use up to 48 times more fuel than regional ones! So take a look at where the products you buy come from.

Eating seasonal fruit and vegetable can also help tackle climate change: growing vegetables in green houses uses a lot more energy. Seasonal food is mostly regional, so it doesn't have to be transported over long distances.



19| Avoid travelling by airplane

Every flight emits a significant amount of greenhouse gases. Flying long distances in many cases causes more air pollution than a whole year of driving a car. Try to avoid flying and use the car, coach or train instead.

20| Compensate for your flight

If there is no feasible alternative to flying, you can compensate for the CO₂ emissions: approved organizations like [atmosfair](http://www.atmosfair.com) allow you to calculate the quantity of greenhouse gases caused by your flights and how much it costs to save these emissions by investing in climate protection projects.



21| Use the bike instead of the car

As nearly a quarter of all car journeys are under 2km, walking or cycling is often a practical alternative to driving: with a bike 2km should only take you about 15 minutes.



22| Adopt an energy efficient driving style

An energy efficient driving style means that you shift to a higher gear as soon as possible, keep to the maximum speed limit, accelerate slowly and brake carefully. You can save a lot on your fuel when you adopt this driving style. It also helps to pump up your tyres: under-inflated tyres create more resistance when your car is moving.



23| Travel by train or coach instead of travelling by car on your own

The train emits approximately one third of the CO₂ emissions that a car emits per km. For longer trips another alternative are coaches. They need even less petrol per person than the train.