

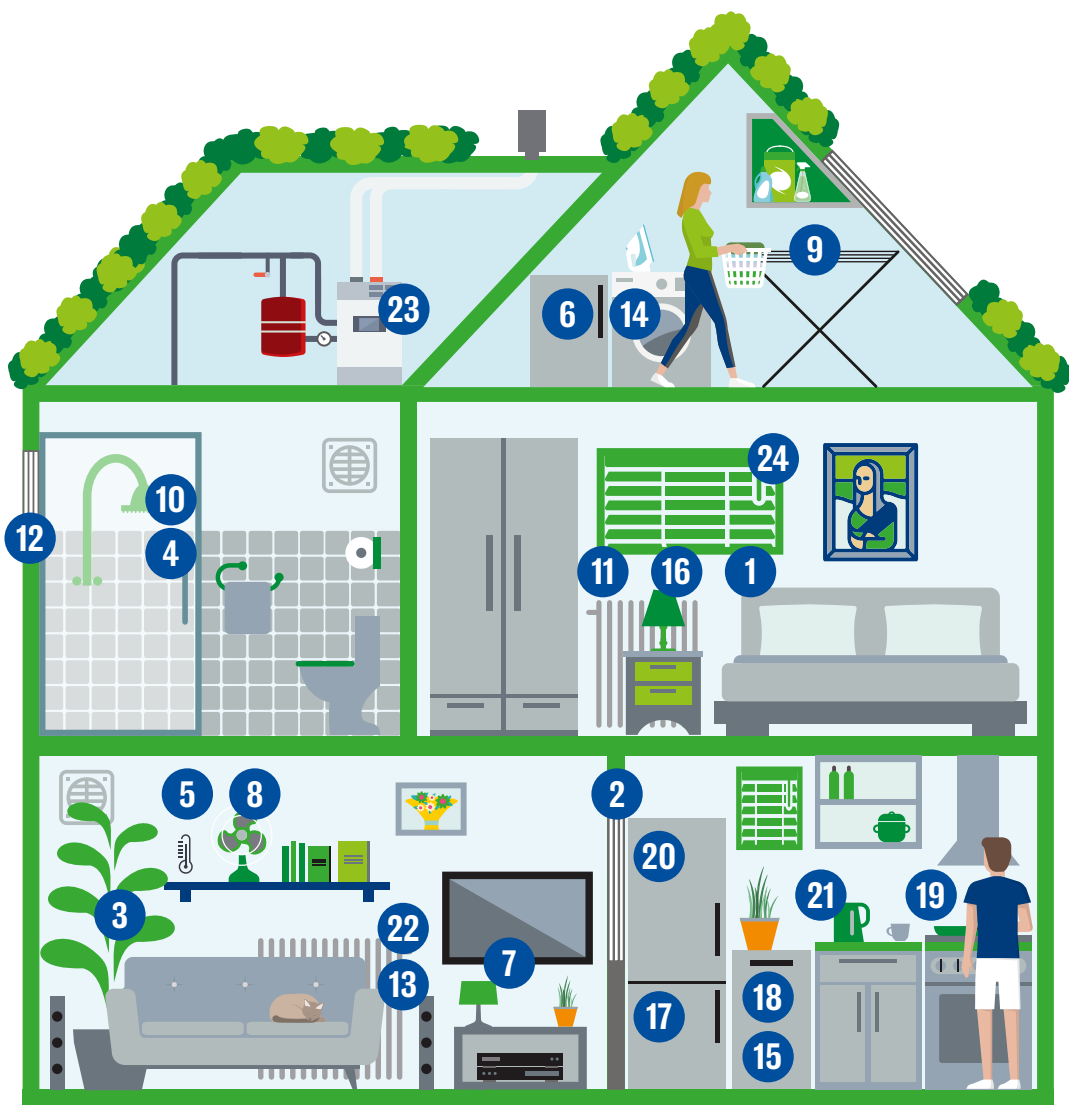
# 24 TIPS



European Parliament

Keen on green!  
*A more sustainable house*

AMBASSADOR SCHOOL



# 24 TIPS

to save on your energy bill

The more you save the more you cash in!

1

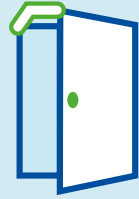
## Heat fewer rooms in the house



Heat only the room in which you are present. And close the curtains in the evening. **Tip:** install a radiator thermostat in rooms that you do not use often.

2

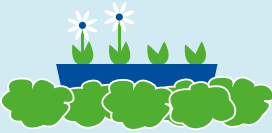
## Close your doors at home



Closing interior doors makes it easier to keep the house cool in the summer and warmer in the winter. **Tip:** Install (mini) door closers

3

## Adapt your house to the climate



In wet climates, cover your house with plants and other greens. This keeps a house cooler in summer. In dry climates, have light coloured walls, as this helps reflect the sun.

4

## Keep showers to a maximum of 5 minutes



Shorter showers do not only save on water use, but also on gas, because less water needs to be heated. **Tip:** install a (fun) shower timer.

5

## Lower the thermostat



Lower the thermostat by 1°C. **Tips:** wear a warm sweater, use a small blanket on the couch and set the thermostat to night mode an hour before you go to bed.

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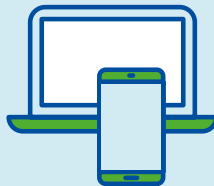
## Get rid of the second fridge or freezer



Second fridge/freezers are often old and consume a lot of electricity. Replace the fridge/freezer with an energy-efficient one.

7

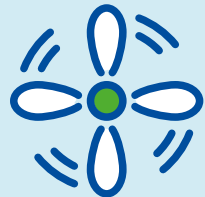
## Turn off devices (instead of putting them on stand-by)



Do not leave electrical devices on stand-by, just turn them off altogether. **Tip:** use multiple sockets which have a switch on them.

8

## Use a fan instead of the air conditioning



Using the air conditioning consumes a lot of electricity. A fan is more energy-efficient and thus a more environmentally-friendly option.

**Every step counts towards a better environment!**

9

### Hang your washing on the line



Hang your washing on the line (instead of putting it in the dryer). If you don't have much space, try to hang half of the washing.

10

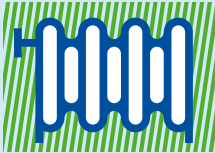
### Install a water-saving shower head



This way you use up to 20 percent less water and energy! On an average shower of 9 minutes, this means 14 liters of water.

11

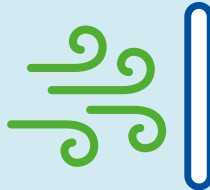
### Put radiator foil behind your radiators



Put radiator foil on radiators placed against a non-insulated external wall.

12

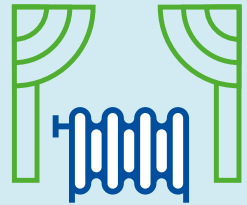
### Install draught strips



Place draught strips on doors and windows (and a draught excluder on the letter box). **Tip:** insulate the hatch of your crawl space as well!

13

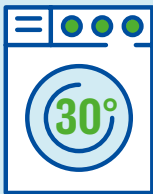
### Keep radiators free (of dust)



Do not hang curtains in front of radiators and make sure there is no furniture obstructing them (especially in winter). Dust them regularly.

14

### Wash at a low temperature



Wash between 20-40 degrees. Check your detergent. For the sake of hygiene, only dishcloths, etc. should really be washed at a higher temperature.

15

### Set the dishwasher to eco-mode



If you do use a dishwasher, set it to eco-mode. This usually washes well and is much more economical.

16

### Use LED lights



Replace lamps with LED ones. A LED lamp is 90% more efficient than an incandescent lamp and 85% more efficient than a halogen lamp.

**Useful extra tips  
for small savings  
and/or more comfort!**

17

**Set your freezer at a maximum of -18 °C**



Think about whether you really need a freezer at all. If you do need one, set it at a maximum of -18 °C.

18

**Do not turn on the dishwasher until it's full**



Not using the dishwasher at all is the best way to save. If you do use one, use it only when it is full. The same applies for the washing machine.

19

**Choose the right heat and put lids on pans**



Ensure that the gas flame remains below the pan. Always put lids on pans. Food cooks quicker that way and is ready sooner, which saves gas.

20

**Cool economically (and defrost the fridge regularly)**



Defrost items from the freezer in your fridge. Also, defrost the fridge and freezer regularly. **Tip:** Place both appliances 10 cm from the wall.

21

**Use the kettle economically**



Using the kettle economically pays off. **Tip:** do not heat more water than necessary. Do not make water hotter than necessary.

22

**Bleed radiators regularly**



When there is too much air in the pipes, the heating system does not work optimally. This costs extra energy. **Tip:** top up the central heating boiler.

23

**Set your central heating boiler**



Adjust the boiler temperature to reflect the outside temperature (boilers are often set to 90°C, while 60°C is already enough).

24

**Keep the sun out during summer**



Lower sunscreens and close windows and doors on warm days. Cool rooms by opening windows in the morning or evening.

**Checklist** Look first at what you can do already or easily. Keep track of what you have done already so you do not forget anything!

Put a cross in one of the circles:  I already have/do  Still to do

**1**

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**2**

**Close doors within the house**

**3**

**Adapt your house to the climate**

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**Lower the thermostat**

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**Get rid of the second fridge or freezer**

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**Put radiator foil behind your radiators**

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**Install draught strips**

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## You(th) in Charge

This folder is part of the You(th) in Charge sustainability module of the European Parliament Ambassador School Program. This module challenges youth to take action for the climate in several parts of their daily lives: Food & Water, Clothes & Personal Possessions, Transport, and the Home.

Youth may use this folder to talk with their parents, caretakers or housemates about greening their house and the way in which they live. Together, small changes can have a big impact.



**For more information about saving energy:**

Scan the QR-code!



Every tip included in this folder not only helps the environment due to a reduction of CO<sup>2</sup>-emissions but also saves money in the long term because of lower gas, water, and electricity bills. It is difficult to estimate the exact savings, because of strong price differences and the great differences between family make-up and types of homes.

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