

**INFORMATION**

**SAVING ENERGY EVERYDAY**



In collaboration with Energie Schweiz  
and other advice centres

**Apleona Switzerland Ltd.**

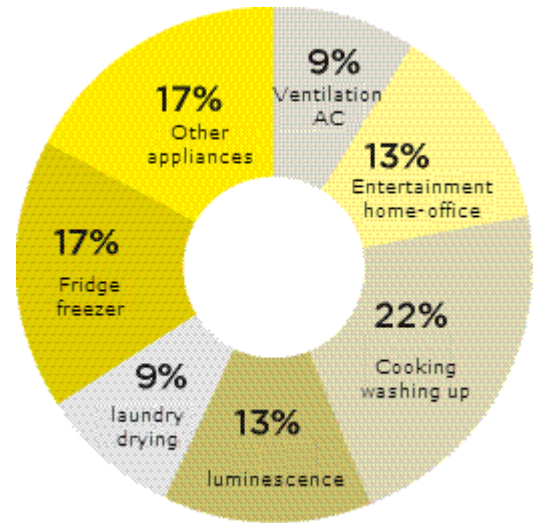
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# SAVING ENERGY

Studies show, that there are 50 to 100 electric appliances operating in every household. A typical household can save up to incredible 50 percent - completely without any loss of comfort.



## TIP 1



### Completely turn off appliances

Most appliances only really get used for one or two hours a day. The amount of energy used often is less than the energy used during the rest of the day in stand-by-modus. Modems, routers, printers, computers and nearly all other appliances can be completely separated from the grid by a plug bar.

## TIP 3



### Check the fridge and the freezer

Adjust the storage temperature. Temperature in the fridge: 5-7°C. This can already be level 1 depending on the location. Temperature in the freezer: -18°C. Use a special ice and fridge thermometer for checking purposes.

## TIP 2



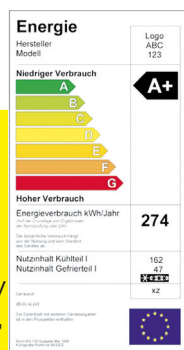
### LED instead of lightbulbs

New LED and energy-saving lamps only need a fraction of the energy that older lamps need. Ask a professional if you're not sure which LED fit into your lamps.

## TIP 4

### Pay attention to energy labels

These days almost all electronic appliances are characterised with energy labels. Thanks to the scale from green to red, you immediately know if your coffee machines, TV's, lamps or vacuum cleaners really are economical. The topmost class is always the most economical, no matter if it is A or A+++. If possible only buy economical kitchen and entertainment appliances. Since even if two appliances seem similar, the difference in consumption can be enormous. For example, a class A+++ freezer needs less than half of the energy that class A freezer needs. You can find additional information at: [www.energieschweiz.ch/energie-etikette](http://www.energieschweiz.ch/energie-etikette)



## TIP 5



### Economical entertainment appliances

Energy Star is a label for economical electrical appliances like computers, modems or printers. So before your next purchase, look for the cachet «Energy Star», it helps, to identify and chose economical appliances.

## TIP 6



### Is a repair worth it?

The decision whether a repair or a new acquisition is more worth it, depends on different factors. With private household appliances the recommendation is: defective appliances, that are older than twelve years, usually have a high energy consumption and should be disposed. With younger appliances, a repair is mostly worth it.



# Saving water

In Switzerland on average a person needs 50 litres of warm water a day. This hot water demand is mostly provided by conventional energy sources like gas, oil or electricity. All in all, 15 percent of a household's energy demand is used for the hot water demand. With these few easy Tipp's you can save water and energy.

Full bath



5 min shower



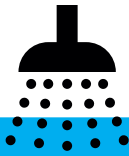
5 min shower with a water saving showerhead



Water consumption of a bath and a shower (L)

Quelle: <http://www.wasser-verbrauch.com/>

## TIP 1



### Take a shower rather than a bath.

Showering is considerably more economical than taking a bath: a full bath tub needs five kWh energy. On an electric bicycle you could use that energy to ride from Basel to Paris<sup>1</sup>.

## TIP 2



### Use a clever shower head

With energy efficient shower heads (at least class B) it is possible to save up to 50 percent water compared to conventional shower heads - whilst not losing any comfort.

## TIP 3



### Avoid running taps

By avoiding running taps, you can save water. For example, dishes, vegetables or fruits can be washed in a basin. During tooth brushing it is important to turn off the water.

## TIP 4



### Realise the consumption rate

Start to realise how much water you are consuming. E.g. Compare the current year with the previous one in terms of water consumption. That's how you build up your «continuous monitoring». This can also be useful with your heating energy consumption, as well as your electricity consumption.

1: [http://www.energieschweiz.ch/media/278812/energie\\_sparen\\_im\\_alltag\\_d.pdf](http://www.energieschweiz.ch/media/278812/energie_sparen_im_alltag_d.pdf)



# Waste reduction

In 2012 the 30 waste incinerators, that are operating in Switzerland, burnt 3,8 million tons of waste. The associated amount of greenhouse gas emissions was 2,35 million tons CO<sub>2</sub> -equivalent, which is 5% of the total emitted greenhouse gas of Switzerland. Over the past few years the emissions of waste incinerators have increased, especially due to changed consumer habits and the demographic and economic growth in Switzerland<sup>1</sup>.

Furthermore, waste disposal is associated with noise and high costs. Here too, a reduction is desired.

## TIP 1

### Waste separation

If possible, separate your waste. Following recyclables can be separated and disposed of without charge.



glas



tins



alu capsules



aluminium



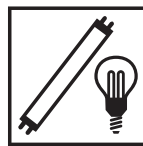
pet-bottles



batteries



electric waste



illuminant



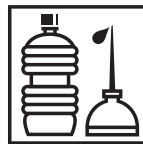
textiles/shoes



paper/cardboard



green waste



oil



plastic

Quelle: swissrecycling.ch

## TIP 2



### Package reduced purchasing

During your daily shopping, you can reduce your personal waste amount by being mindful about how items are packed considering their size and if they're recyclable or if fresh products must be packed separately. Furthermore, it is recommended you use reusable bags instead of one-way plastic bags.

## TIP 3



### Consumer friendly packaging

Many internet shopping portals already today offer consumer friendly packaging. These don't only have the benefit of being particularly easy to open, but also easy to dispose of.

## TIP 4



### Use reusable products

For many items, that are used in daily life, there are reusable alternatives. So there are fabric bags instead of plastic bags, or reusable bottles instead of PET bottles.

## TIP 5



### Professional service providers

Anyone who does not want to deal with the subject of proper disposal and waste separation has the opportunity to engage a professional service provider. They collect all disposable items from your home and ensure proper disposal. Under the term „recycling pickup“ various providers will appear in an Internet search.

1: <http://www.bafu.admin.ch/dokumentation/medieninformation/00962/index.html?lang=de&msg-id=54175>



# Heating

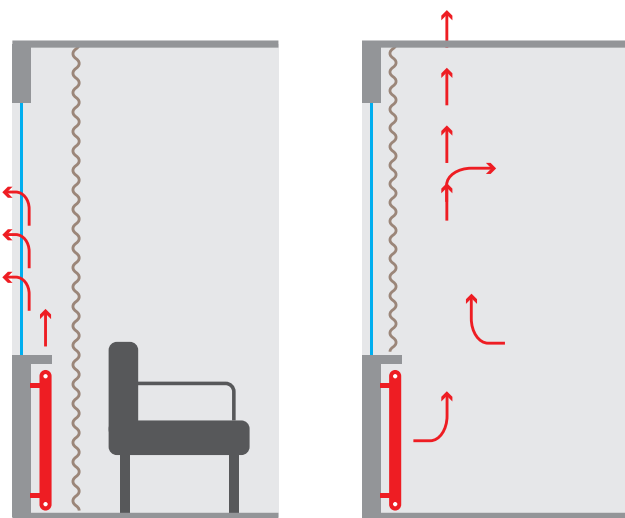
Up to two thirds of the household's total energy needs are used for heating. If you heat efficiently, you do not only save energy, but also money: Each degree less room temperature, saves you six percent of heating costs.

## TIP 2

### Use all the heat (in case you're heating with radiators)

The warm air should be able to circulate freely in the rooms. Therefore, you should not cover the radiators with furniture or curtains. So less heat leaves the rooms during the night, it is recommended to close the shutters, provided you have any.

If a window is kept open in the bedroom during the night in winter, try not to heat unnecessarily. In this case, please note the instructions in chapter „Ventilation“.



not ideal

ideal

## TIP 1



### Set the correct temperature

It isn't necessary to have the same temperature in all rooms: Measure the temperatures in the different rooms of your apartment.

Room type	Temperature	Thermostat-valve
Living room	20-22°	ca. position 3
Bedroom	18-19°	ca. position 2

## TIP 3

### When absent, reduce the temperature level

Do not heat unused rooms, position the thermostat valve to position \* (star). In case of prolonged absence, especially in winter, you should lower the temperature in all rooms.



# Ventilation

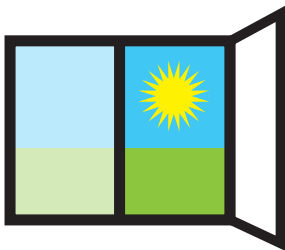
Too hot, too cold, too moist; An optimal room climate strongly depends on one's own feelings. With a few simple tips you can get rooms effectively and efficiently ventilated and cool.

## TIP 2

### The right way to cool in summer

Airy well at night and in the morning, and if possible, shade the rooms during the day with shutters or sun blinds.

#### Proper airing in summer



when  
how long  
how often  
important

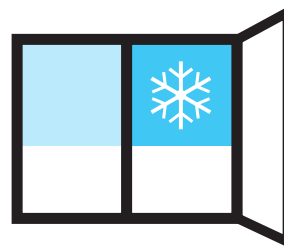
**Jun / Jul / Aug**  
**25 Minutes**  
**2-3 times a day**  
**Fully open windows**

## TIP 1

### Ventilate vigorously during winter

Ventilate briefly and vigorously; That is, 3 to 4 times per day for about 5 minutes. Open at the same time as many windows as possible. Especially effective is the short cross-ventilation (draft). Always avoid open tilt windows because that way much heat escapes from the rooms, without a lot of fresh air coming in.

#### Proper airing in winter



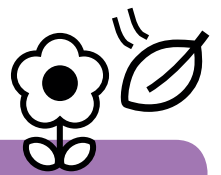
when  
how long  
how often  
important

**Dez / Jan / Feb**  
**5 Minutes**  
**2-3 times a day**  
**Fully open windows**

## TIP 3

### Proper airing in the spring and autumn

Because the temperature difference between living space and outside air is relatively low, a generally slower air exchange must be expected. Therefore, it is recommended to air daily 3-4 times spread throughout the day for min. 10-15 minutes.



## TIP 4

### Proper airing in the spring and autumn

Avoid leaving windows tilted for long time periods during the heating season. The use of the tilt-and-slide fastener is totally suitable for the summer months. This helps to improve the air quality in the rooms. However, this is not a substitute for the proper airing, which should also be exercised in summer from time to time.



## TIP 5

### Ventilation in Minergie buildings correctly

During normal operation it is sufficient to set the ventilation to the lowest level. For longer absences, for example vacation, you should turn of the ventilation system. In Minergie buildings you may open the windows at any time, however ideally you should turn off the ventilation as long as the windows are open. In any case, it is recommended to act accordingly to the operations manual.

