

# Behaviour matters!

Every **public building** is used by many people each day: visitors, workers, service persons, etc.

Studies and common practice are unanimous in saying that user behaviour matters a lot when it comes to improving energy efficiency and reducing the building's carbon footprint. Even the technical-only measures one can adopt (such as a building's retrofitting) are less effective or more expensive if carried out in isolation.

**What follows is a collection of tips** to improve your own energy efficient behaviour when visiting or working in a public building.

**Are you a building owner?** Then you may want to hang this set of cards in a visible area of your building. **Are you a building user?** Then feel free to read, comment, and share the following contents with your peers.

We hope you will enjoy, at least some of, these tips and take stock of them to achieve real behavioural change!



If you can, don't print me!

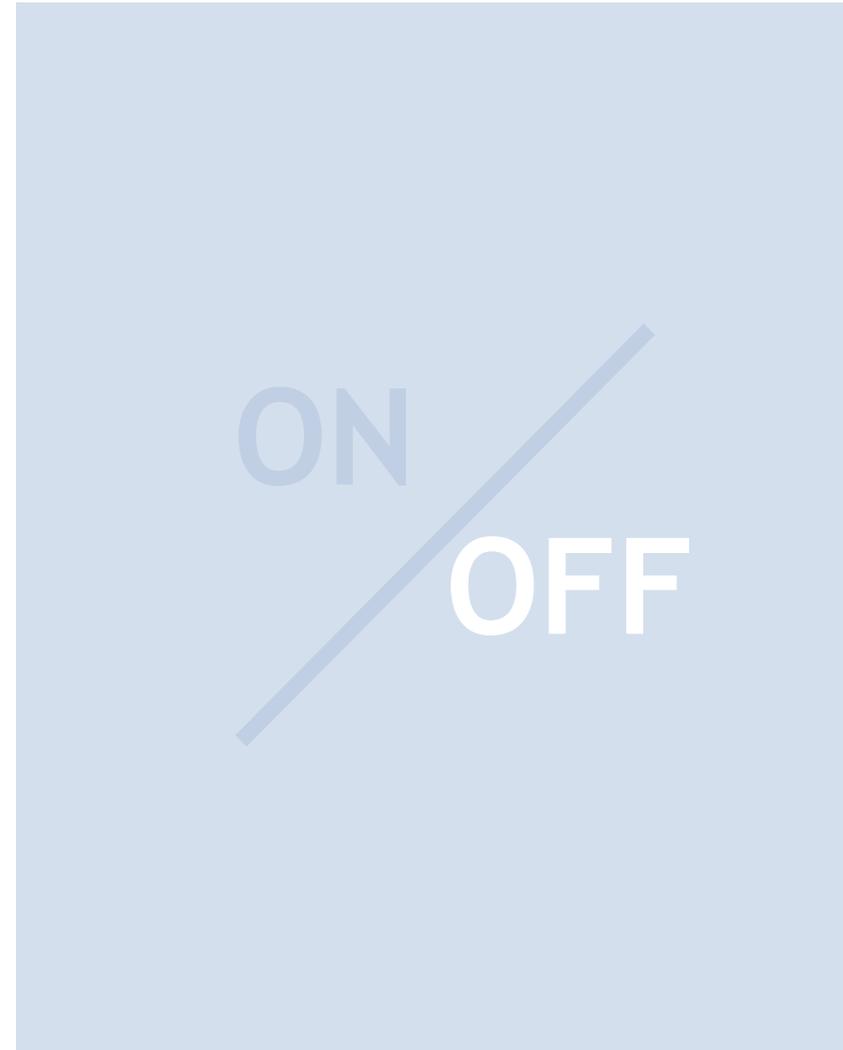
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# Electric devices

- Decalcify (e.g. with vinegar or citric acid) the dishwasher, washing machine & other appliances.
- Dry your hair naturally or with a towel instead of using hair dryer.
- Defrost food naturally instead of using the microwave oven.
- Disconnect the fridge in case it is not working for long times.
- Iron efficiently: first, accumulate large batches of clothes, start by those needing cooler temperatures, then iron clothes needing higher temperatures and finally turn off the iron and use the stored heat energy to complete the ironing. Remember to turn off the iron if ironing is stopped.
- When cooking on the range, use pot lids to help food cook faster.
- Clean the backside of the fridge once a year.
- Use the washing machine with cold water or in energy saving mode.

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- If you have a balcony use it for cooling down hot food (particularly in case of large portions).
- In winter cool it first to room temperature inside the apartment and then take it out to the balcony. In summer cool it first to outdoor temperature on the balcony and then put it into the fridge.
- When you boil water, use a covered kettle or pot. Even better, boil water with an electric kettle instead of using an electric or gas cooker.
- Cover liquids and wrap foods stored in the refrigerator to reduce the release of vapors that add to the compressor workload.
- Regularly defrost manual defrost refrigerators and freezers.
- Air dry clothes instead of using the washing machine's drying cycle.
- Turn off the oven or electric cooker before finishing the cook of a meal.
- Air dry dishes instead of using the dishwasher's drying cycle.
- Wash only full loads of dishes and clothes.
- Turn off all stand-alone electronic devices at the end of the day.
- Use a toaster oven or microwave instead of the oven.
- Use pressure cookers for daily cooking.
- Use a dishwasher instead of washing dishes by hand if the domestic hot water system is electric
- Unplug battery chargers when their use is not required.
- Set appropriate temperatures for the refrigerator and freezer.
- Adjust the brightness of the TV or monitor screen to a medium level.
- Set the economic program of the electric oven.

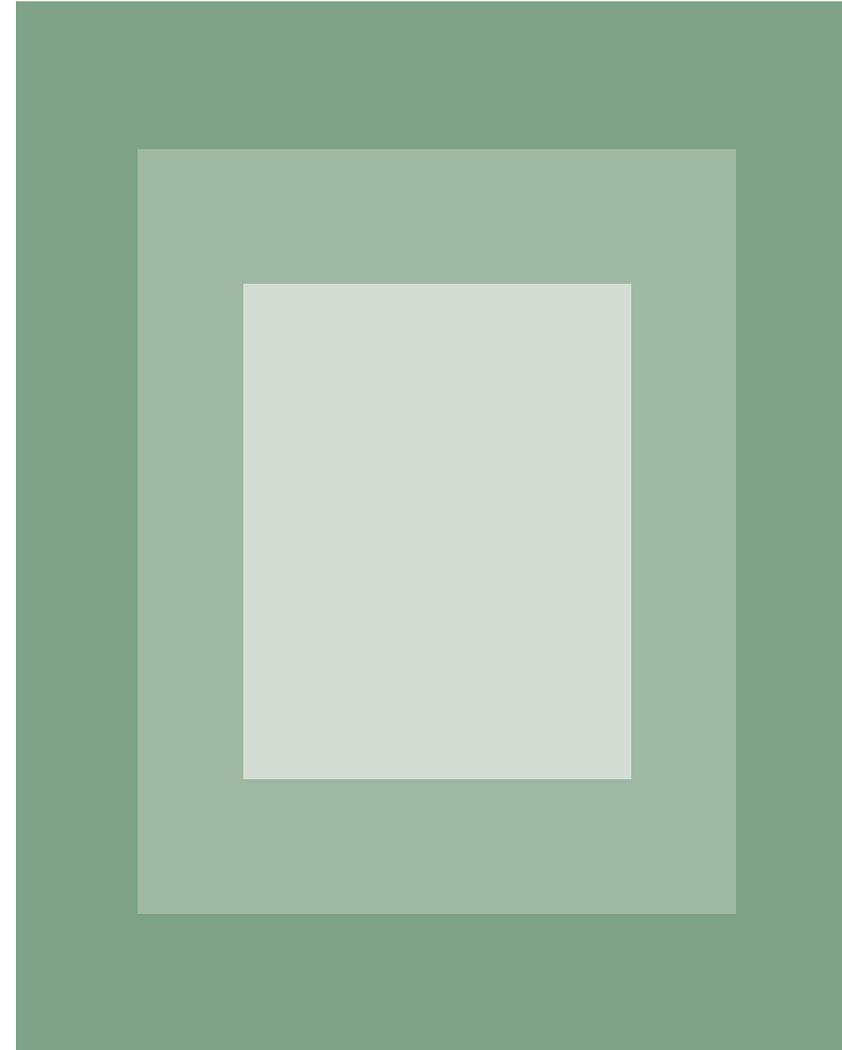


- Set the economic program of the dishwasher.
- Set the economic program of the washing machine.
- Turn off TV, radio, computers and other appliances if nobody uses them.
- Turn off the screen of the monitor.
- Set the energy saving mode of the electrical equipment.
- In summer, instead of leaving the tap on in order to cool water, keep a bottle of drinking water in the fridge.



# Heating, airing and cooling

- Match the size of the pan to the heating element.
- Avoid using personal heaters in air-conditioned spaces.
- Close windows and doors when heating, ventilation and air conditioning systems are operating.
- Manage properly the opening of windows and doors for natural ventilation. In winter open windows 3 times a day for 2-5 minutes. In summer keep windows open when it is colder outside than inside (at night), otherwise keep them closed.
- Turn off kitchen and bath fans immediately after use.



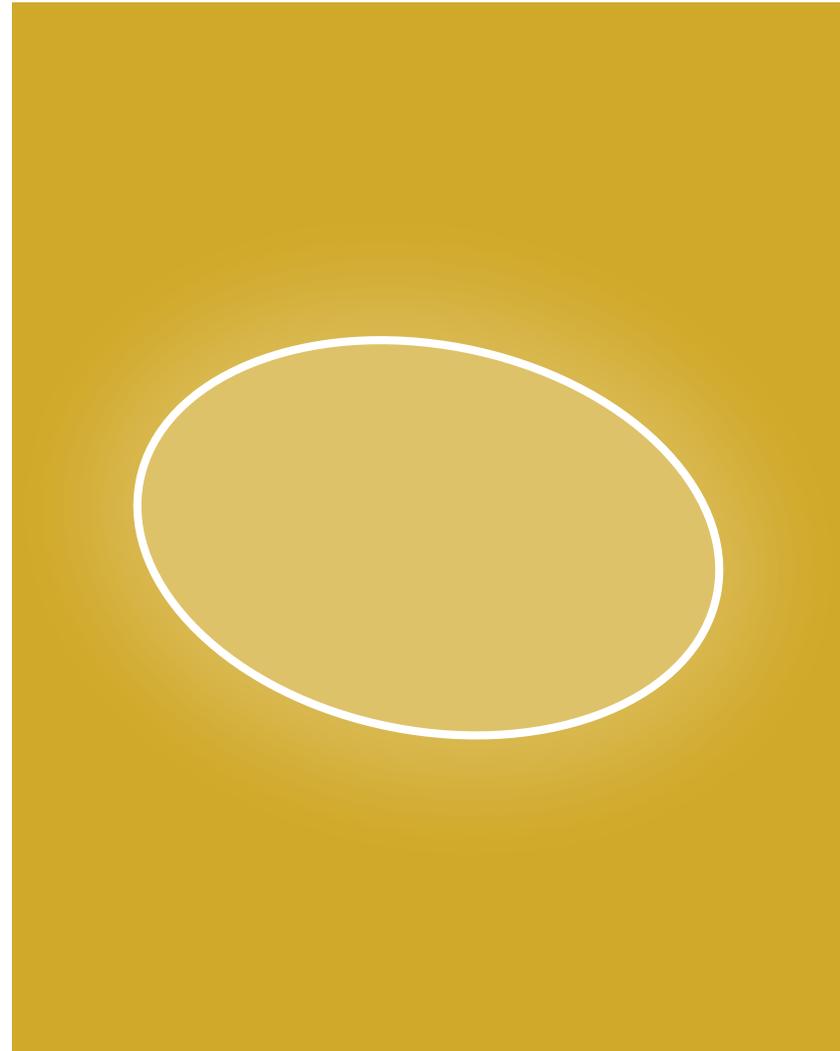
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# Lighting

- Turn off the luminaires close to windows when there is enough daylighting.
- Use external solar shading correctly. Use solar shading in summer when window is exposed to the sun, but in winter avoid its usage during the day. At winter nights use shutters.
- Use internal solar shading correctly.



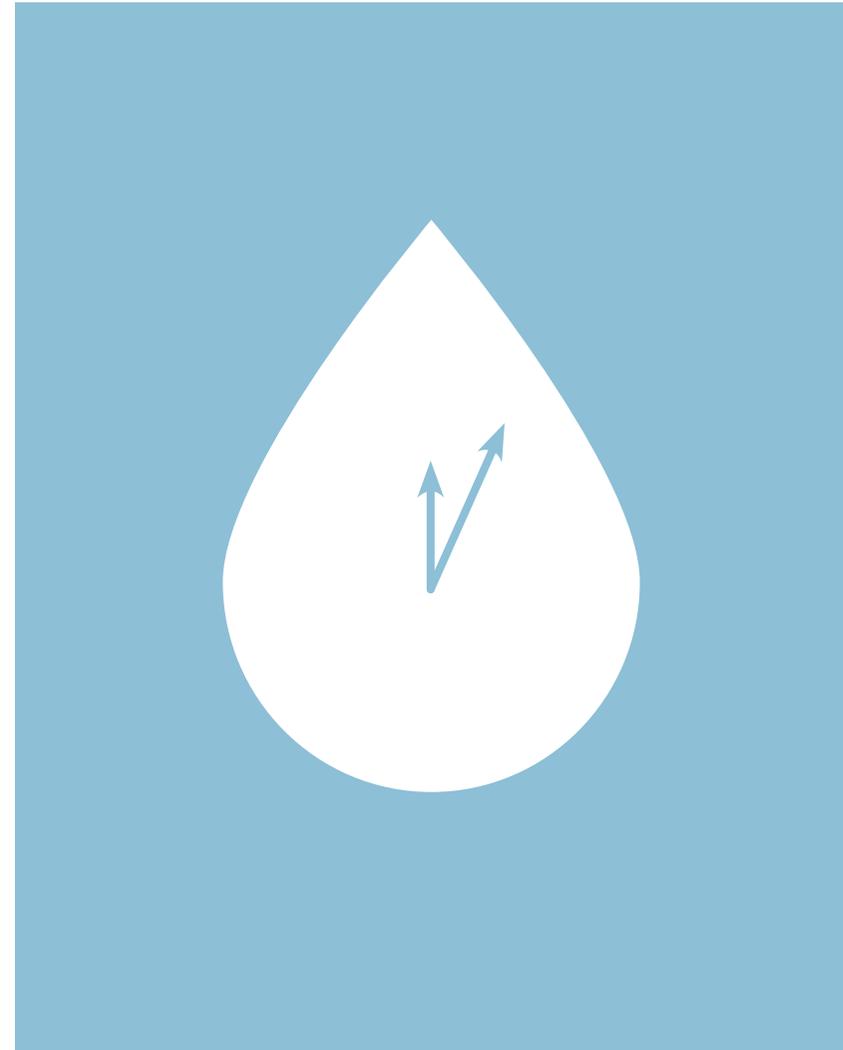
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# Water

- Wash hands with cold water instead of warm water.
- Limit shower length to 5-7 minutes.
- Use shower instead of bath.
- When washing dishes by hand, don't leave the water running for rinsing.
- Use your dishwasher and clothes washer for only full loads.
- Turn off the water after you wet your toothbrush.
- Insulate your water pipes.
- Install water-saving shower heads and low-flow faucet aerators.
- Use your water meter to check for hidden water leaks.
- Check your toilets for leaks.
- Don't use the toilet as an ashtray or wastebasket.
- Check faucets and pipes for leaks.



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# About the project

The purpose of this leaflet is to familiarize the buildings' end- users with efficient use of buildings, especially when they inhabit them. In fact university campuses, dormitories and boarding schools are also public buildings where there is a close relationship between the facility and the user.

The publication was co-funded by the INTERREG TOGETHER project. The project aims at increasing the energy efficiency of public buildings and encouraging the use of renewable energy sources. Complex (technological, financial, and managerial) solutions are being developed and tested, which need no or minimal investment, and try to save energy (and money) by changing attitudes. The project will result in an innovative energy management approach based on international experience and the involvement and commitment of the operators, users, and tenants of public buildings (i.e. parties having a vested interest in the maintenance of the infrastructure). Seven Central European countries collaborate in the project: Italy, The Czech Republic, Slovenia, Croatia, Poland, Hungary, and Slovakia. Representatives of various sectors, such as municipalities, scientific institutions, and energy authorities cooperate for the success of implementation.



[www.interreg-central.eu/together](http://www.interreg-central.eu/together)

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