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HOW CAN I SAVE MORE ENERGY AS AN INDIVIDUAL?

Approximately 80% of the energy consumed in household sector is used for heating rooms and apartments, washing, heating of utility water (hot baths) and preparing meals.
About 20% of energy consumed in households is used for lighting and electrical appliances.

To save the energy, some easy decisions could be enough!

● **Lighting**
- I will be using energy - saving bulbs
- I will always turn off the light when I leave the room
- I will install an intelligent lighting control system and adjust the power of the bulb to the needs of the room

● **TV, Computer**
- I will not leave the devices in "stand by" mode. Stand-by mode = constant energy consumption
- I will replace my appliances with more modern, energy - saving acquirements with the appropriate A +++ class
- I will turn off the computer before longer breaks - turning it on and off has no significant effect on the life of the device.

● **Kitchen**
- I will only boil as much water as needed
- I will remember to clean the hobs to increase the heating efficiency
- I will set the right temperature - it should not be lower than + 6 ° C in the fridge, and -19 ° C in the freezer
- I won't leave the refrigerator door open
- I won't put hot food in the fridge or freezer
- I will defrost the food in the refrigerator to absorb the heat and let less energy be consumed
- I will turn off the oven a few minutes before the recommended time
- I will run my dishwasher with a full load only

● **Bathroom**
- I will always wait until the washing machine is fully loaded before putting on a wash, preferably with the "eco" function.
- I will cap the washing machine load capacity provided for the washing option, preferably the "eco" function
- I will wash at the lowest possible temperature and use better quality detergents
- I will turn off the water while brushing my teeth and use a mouthwash cup for rinsing

> **I will remember that ...**
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> - Lowering the room temperature by only one degree Celsius can save about 5-6% in heat consumption!
> - Reducing water consumption also saves energy!
> - When showering, we use about half of the water needed for bathing in a bathtub!
> - Setting a screen saver on the monitor significantly reduces energy consumption!