

# Everyday ways to save energy





“Why are you wearing a pullover?”

“So we can save 20 per cent of our heating costs!”



Whenever you reduce the room temperature by one degree centigrade, you save six per cent of your heating costs.

# Heat the right way

Heating accounts for two-thirds of a household's entire energy demand. If you heat efficiently, you'll not only save energy – but money as well! So much, in fact, that you can heat for free one year in six.

## Tip 1: Set the right temperature

The same temperature isn't necessary in every room: 20 degrees in the living room (position 3 on the thermostat valve) and 17 degrees in the bedroom (position 2) are pleasant.

## Tip 2: Make full use of heat

Warm air must be able to circulate freely in rooms. So you shouldn't obstruct radiators with furniture or curtains. It's also advisable to close roller shutters and window shutters at night so that rooms cool down less. If you don't want to sleep without an open window in your bedroom at night, it's best to turn the heating off.

## Tip 3: Reduce the temperature during absences

Do not heat unused rooms; instead, set the thermostat valve to the \* (star) position. If you go away on holiday in winter or spend a weekend away from home, you should also reduce the temperature in all rooms. Integrated heating controls can help to regulate temperatures in individual rooms. These devices can also be adjusted conveniently with a smart phone and an app. Thanks to these smart systems, you can cut your consumption of heating energy by 30 to 60 per cent.

## Do the test!



Ancillary heating costs of several hundred million francs could be saved every year in Switzerland. You can take the heating cost test to assess your ancillary heating costs in just a few minutes. The result will show whether your costs are low, average or high as compared to people living in similar accommodation. As condominium owners

or tenants, you can play a key part in cutting energy consumption – and in return, you yourselves will benefit directly from lower costs.



"It's very stuffy in this room."

"Then try airing it for three minutes!"



Pleasant climate – in summer too? A fan is enough.

# Always “keep a cool head”

Too hot! Too cold! Too humid! An optimal indoor climate depends very much on how you yourself perceive it. A few simple tips can help you to ventilate and cool rooms sensibly – and you’ll protect the environment as well.

## **Tip 1: In winter, ventilate in short, sharp bursts**


When you ventilate, do it in short, sharp bursts – three times a day for five to ten minutes. And open as many windows as you can at the same time. Don’t leave tilting windows permanently open, because a lot of heat will escape from rooms – but not enough fresh air will actually come in. The lower the outdoor temperature, the less time you need to ventilate.

## **Tip 2: Cool the right way in summer**

Simple steps help to keep your home at a pleasant temperature in summer: ventilate thoroughly at night and in the morning, and use roller shutters or sunblinds to keep the room in shade throughout the day. As a general rule, residential buildings do not need any extra air conditioning (using room air conditioners, for example).

## **Tip 3: Set the ventilation correctly in Minergie buildings**

In most cases, it’s sufficient to set the ventilation to the lowest level. In case of longer absences (during holidays, for instance), it’s best to turn the ventilation off. In Minergie buildings, you may open the windows at any time. However, this is not necessary to ensure a good quality of air in the rooms.



“A quick shower and a cup of orange blossom tea would have done just as well.”

“There’s nothing like a relaxing bath to soothe you.”



A family of four can save almost 300 francs per year by using efficient sanitary products.

# Less is more

In Switzerland, one person uses an average of about 50 litres of hot water every day. Most of this demand is met by conventional energy carriers such as gas, oil or electricity, equivalent to almost 15 per cent of our household energy consumption. Some very simple tips will help you to save lots of water – which also means lots of energy.

## **Tip 1: Take a shower instead of a bath**

A short shower is far more economical than taking a bath: a bathtub full of hot water requires five kilowatt hours of energy. You could use that energy to ride from Basel to Paris on an electric bike.

## **Tip 2: Use smart shower heads**

Energy-efficient shower heads (with energy efficiency class B or better) can save up to 50 per cent of water as compared to fittings in other classes – but with no compromises on comfort. Especially in multi-family buildings, it's worth informing the building manager when you switch from old taps and fittings to newer and more energy-efficient models.


## **Tip 3: Use eco taps or water-saving taps**

In the kitchen and bathroom, use taps, shower heads and similar fittings with efficiency class A – and you'll save up to 50 per cent of your water consumption. It's easy to fit modern screw-in flow controllers in your taps instead of the old spray-type controllers, and the water jet is still pleasant.



“Just 13 minutes more until the pasta is perfectly al dente.”

“Or 11 minutes if you put the lid on the pan.”

 Many appliances – and power units themselves – guzzle power when they are merely plugged in, but not operating at all.



# Flip the switch

Over 30 per cent of all power is used in households. A huge amount of energy is lost when appliances are in standby mode. In Swiss households, an estimated two billion kilowatt hours – or ten per cent of the power – vanishes without being used.

## Tip 1: Switch devices off completely

Most devices are only in active use for one or two hours each day. And during that active period, they often use less power than they consume in standby mode during the rest of the time. Modems, routers, printers, computers and almost all other devices can be disconnected completely from the power supply with a connector strip (also called a powerstrip).

## Tip 2: Switch over to LED lamps

Both in your own four walls, and on the road: LED lamps are the only way to achieve efficient lighting. LED technology is setting new standards for energy efficiency, quality and service life. What's more: LED lamps protect the environment – and the contents of your own wallet. With only a few exceptions, there is an LED solution for every household lighting application.



At Energybox 2.0, you can discover how much energy your electronic devices consume in standby mode. A test with your hand can also help: if an electronic device is warm while it's in standby mode, it is using unnecessary power.

## Tip 3: Watch out: power guzzlers!

There are power guzzlers lurking in your home as well: fan heaters, aquariums, air humidifiers, room air conditioners or dehumidifiers are all large-scale consumers on the quiet. With a smart power socket, you'll not only get wise to these power guzzlers: you'll also be able to programme their operating times.



“How will my football shirt get clean again?”

“At 30 degrees instead of 60 degrees – and we actually save half the energy.”



Laundry still gets clean at 30 degrees – with less than half the energy.

# Be in the know!

As a tenant, you can't usually replace your refrigerator or washing machine with a new energy-saving appliance. But it's still possible to use older appliances efficiently – provided you take the right action. And even if you have the most modern appliances, you can save even more by using them intelligently.


## **Tip 1: Smart cooking and washing**

Our grandparents already knew that countless small actions can save lots of power. Here's a selection of tips, both old and new:

- With an electric kettle, it takes 50 per cent less electricity to boil water.
- Always use the dishwasher with a full load.
- Cooking with the lid on the pan requires 30 per cent less energy.
- Don't put any pots or pans in the refrigerator while they are still warm.
- Instead of using the tumble-dryer, dry laundry in the sun – the method that needs no power at all!
- Cakes and bread are just as successful without pre-heating the oven – and that saves about 20 per cent of the energy.

## **Tip 2: Choose green electricity**

All of us can choose which type of power we want from our electricity providers. So choose green electricity with the “naturemade star” label. The “naturemade star” quality label stands for energy from particularly green production.



“See you later, I’m dashing off to training.”

“Why not go on your bike – then you’ll already be warmed up!”



Whenever possible, turn off the engine and the air conditioning.

# Smart mobility

Swiss people travel almost 37 kilometres in their home country each day. Mobility accounts for over 37 per cent of Switzerland's total energy consumption. Saving energy on mobility is not all that difficult – and it pays huge dividends.

## Tip 1: Choose the right means of transport, and combine them in the right way

Not every means of transport is suitable for every purpose. Cycles are often the most suitable choice for short distances. Or why not combine several means of transport? Cycle to the rail station, for example, then take the train to your destination and use a bikeshare cycle for the last stretch. Do you still need a car to go here and there? How about car sharing?

## Tip 2: New car and new tyres: choose category A



When you're buying a new car or new tyres, the energy label is an important source of help. It tells you about a vehicle's fuel consumption, CO<sub>2</sub> emissions and efficiency. The tyre label gives you information about rolling resistance, wet grip and rolling noise. Lower rolling resistance means lower fuel consumption and CO<sub>2</sub> emissions. In the

consumption catalogue from SwissEnergy and TCS, you'll find energy-efficient cars with low emission levels.

## Tip 3: Follow the EcoDrive rules



Save up to 15 per cent of fuel without slowing down? Yes you can – by following the EcoDrive rules. Drive with foresight, maintain an even speed and always use the highest possible gear. Get rid of unnecessary baggage and ski or luggage carriers that you don't need. Check the tyre pressure regularly, and increase it by up to 0,5 bar as

compared to the manufacturer's specifications. You can find all the tips at EcoDrive.

# They really matter!

They're everywhere: appliances, machines and technical devices. There are as many as 100 devices operating in a Swiss household, and all of them need power. You can already start as you mean to go on when you buy these items, because their energy consumption differs enormously depending on the model and brand.

## **Tip 1: Pay attention to the energy label**

Nearly every device carries an energy label nowadays. A scale from green to red tells you immediately which coffee machines, TV sets, lamps or dishwashers really are economical. You can find the currently valid efficiency classes for appliances and equipment here:

[www.energieschweiz.ch/haushalt](http://www.energieschweiz.ch/haushalt)

## **Tip 2: Energy-saving office electronics**

The "Energy Star" label for ICT (information and communication technology equipment such as computers, printers, copiers and scanners) is the equivalent of the energy label for household appliances. This label is awarded to power-saving office equipment. So when you're shopping, look out for the "Energy Star" quality label. It will help you to identify and select energy-efficient equipment when you make your purchases.

## **Tip 3: A repair is often worthwhile**

The coffee machine isn't working. Various factors determine whether it's worth repairing it or buying a new machine. Rule of thumb: faulty appliances that are more than twelve years old usually consume a lot of power, so you should replace and dispose of them. A repair is usually worthwhile on newer appliances.

# An approach that pays off

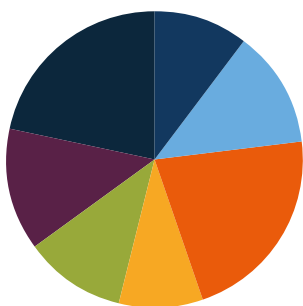
Households account for over one quarter of Switzerland's total energy consumption. And that calculation doesn't even include all the energy used for transport. These figures clearly show that plenty of energy can also be saved in private households.

## Where can you save energy?

In terms of quantity, you can save most where you consume most. This is a highly individual matter, and it depends very much on your living circumstances and habits. For example: consumption by the tenant of a large urban apartment in an old building will differ greatly from that of the owner of a Minergie house in a rural area. Rural homeowners can only save a little more on heating, but power consumption is a more important factor for them. On the other hand, tenants in urban areas can achieve a lot with heating and power. Those who have no cars are already very efficient when it comes to mobility.

## What do we use power for in our households?

Swiss people consume 19,1 billion kilowatt hours of electricity – which is more than the combined production of the Gösigen and Leibstadt nuclear power plants. The chart shows how much power is consumed, and where. So you can save power almost everywhere.



- 6,8% Air conditioning, ventilation and building services
- 8,3% Entertainment, information and communication
- 14% Cooking and washing dishes
- 5,9% Lighting
- 7,3% Washing and drying
- 8,7% Cooling and freezing
- 13,9% Other electrical appliances

Illustration: SFOE – analysis of Swiss energy consumption according to purposes of use in 2019, excluding room heat and hot water

# Want to learn more?

SwissEnergy is the Federal government's central platform for awareness raising, information, advice, training and education at all levels, and also quality assurance with regard to energy efficiency and renewable energies.

SwissEnergy is a programme operated by the Federal Office of Energy in support of voluntary measures to implement Swiss energy policy, as a complement to Switzerland's Energy Strategy 2050. According to its statutory mandate, SwissEnergy promotes knowledge of and expertise on energy issues, and at the same time it provides a vehicle for testing out innovative ideas in the market.

At [www.energieschweiz.ch](http://www.energieschweiz.ch), you'll find:

- Information about subsidies and funding in your municipality
- Plenty of additional information and brochures on individual energy topics
- Useful tools and calculators to analyse your energy consumption
- Professional, individual advice on renewable energies and economical use of energy

This brochure contains links to additional material and QR codes for content that are not available in English.

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