



Easy Energy

Easy Energy shows municipalities and SMEs how they can save energy with simple measures - and qualifies specialists for low-tech solutions.

Implementation:

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Supported by: Interreg Baltic Sea Region



HANSE-PARLAMENT
Network for Small and Medium Enterprises



**Pomorska Izba
Rzemieślnicza**
MAŁYCH I ŚREDNICH PRZEDSIĘBIORSTW



Tartu Regionaalne Energiaagentuur
Tartu Regional Energy Agency



RĪGAS
PLĀNOŠANAS
REĢIONS



PANEVŽIO PREKYBOS,
PRAMONĖS IR AMATŲ
RŪMAI



Vesthimmerlands
Kommune



● słowarzyszenie

podkrakowska

samk



The Easy Energy project co-funded by the Interreg Baltic Sea Region Programme 2021-2027 helps drive the Energy Transition.

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Behavioural and Social Campaign

1. Assignment of responsibility
2. Checking radiators
3. Condition of electrical devices
4. Efficient use of space
5. Making coffee #1
6. Checking the Consumption of stand-by mode
7. Lighting
8. Taking control of the air conditioning
9. Using the dishwasher #1
10. Using the dishwasher #2
11. Adjusting the Brightness
12. Using the dishwasher #3
13. Unplugging the chargers
14. Using the refrigerator and freezer #1
15. Using the refrigerator and freezer #2
16. Boiling
17. Saving warm water #1
18. Saving warm water #2
19. Using the refrigerator and freezer #3
20. Ventilate properly and energy efficiently
21. Decreasing the room temperature
22. Do not cover the thermostats
23. Saving warm water #3
24. Saving warm water #4
25. Saving warm water #5
26. Lightning
27. Making Coffee #2
28. No need for preheat
29. Opening the oven door
30. Saving warm water #6
31. Utilising the preheat

Assignment of responsibility/responsible persons

Brief description

Personnel-orientated awareness and responsibility as an energy-saving measure. In most cases, there is hardly any awareness of energy-saving issues in sports clubs, as there is a different focus and perspective on the facilities. It could be helpful to have a responsible person(s) in the form of a staff member or volunteer. This person sometimes has the task or responsibility of ensuring that windows are closed again after ventilation, etc. Due to the short period of use, users have no "domestic" awareness of the buildings/systems (like at home or in the office). As a result, they do not think about possible energy consumption. For example, windows are not closed again after ventilation or lighting systems are not switched on economically. There is a lack of awareness and responsible persons.

#EnergyEfficiency ⚡ #SustainableSports 🌿 #AwarenessMatters 💡

Thematic allocation

- ☐ Insulation ☐ Electricity production
- ☒ Energy/ heating system ☒ Lighting
- ☐ Water heating supply

Building categories

- ☒ Administrative ☒ Educational or social institution
- ☒ Commercial ☒ Residential housing
- ☒ Industrial construction

Implementation time

- ☒ Quick to implement (within a few days)
- ☐ Short term (within 12 weeks)
- ☐ Medium term (within 6 months)
- ☐ Long term (longer than 12 months)

Saving potential

- ☒ Energy ☐ Costs
- ☐ CO₂
- ☒ Other positive effect
- Motivation of the assigned person and increased awareness of sustainable energy use.*

Orientation

- ☒ Behaviour
- ☐ Technical
- ☐ Construction

Priority level

- ☒ Low
- ☐ Medium
- ☐ High

Qualification level

- ☒ DIY / own work
- ☐ Specialist company
- ☐ Expert

Special safety

- ☒ Not necessary
- ☐ Advisable
- ☐ Mandatory

Implementation requirements

Investment costs	Return of investment
Minimal to no costs, as implementation can be carried out by existing staff or volunteers.	Immediately, as conscious behaviour directly saves energy.
Possible subsidies and programmes	Availability of the material or technology
Can vary by country.	No material or technology required.
Special requirements, safety precautions, challenges or conditions	
No special requirements. Challenge: Ensure acceptance and consistent implementation by all users.	

Responsibilities/Actors

Mandatory actors and required competencies
Association management/facility manager for coordination.
Voluntary/helpful actors and competencies
Club members, athletes, coaches for practical implementation.
Possible implementation partners
Municipal energy advisory offices. Sports federations.

Implementation process

First steps to initiate the measure: preparatory actions	Installation instructions and guidelines, how to's, open-source initiatives
1. Determine the person responsible (e.g. caretaker, trainer, club member). 2. Define tasks (e.g. closing windows, switching off lights). 3. Provide information material (posters, notices, emails).	
Realisation of the main part	Accompanying communication
1. The person responsible passes on the instructions. 2. Start communication measures (e.g. 'Save energy in the organisation'). 3. Regular monitoring and adjustment if necessary.	Events: Training for association members. Campaigns: Posters and social media posts. User information: Notices in changing rooms and club rooms.
After installation of the measure: maintenance/operation routine	Further comments/links
1. Regular checks by the person responsible. 2. Maintaining awareness for new members. 3. Adaptation of measures if necessary.	

Photos if available
<i>Picture</i>

Check the radiators

Brief description

Check the functioning of the radiators regularly.

#RadiatorMaintenance #EnergyEfficiency #HeatingTips

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Saving potential

- ☐ Energy
 ☒ Costs
 ☐ CO₂
☐ Other positive effect

Orientation

- ☒ Behaviour
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 ☐ Construction

Priority level

- ☐ Low
 ☒ Medium
 ☐ High

Qualification level

- ☒ DIY / own work
 ☐ Specialist company
 ☐ Expert

Special safety

- ☒ Not necessary
 ☐ Advisable
 ☐ Mandatory

Implementation requirements

Investment costs	Return of investment
Low, especially for simple maintenance measures such as bleeding or minor repairs.	The savings in energy and heating costs offer rapid amortisation of the measures.
Possible subsidies and programmes	Availability of the material or technology
Can vary by country.	Tools such as bleed spanners or seals are widely used.
Special requirements, safety precautions, challenges or conditions	
No special requirements, unless special heating systems requiring specialised knowledge are involved.	

Responsibilities/Actors

Mandatory actors and required competencies
The household owner or building manager is responsible for the regular maintenance of the radiators.
Voluntary/helpful actors and competencies
A specialist can be called in if major repairs are necessary.
Possible implementation partners
Heating engineers or providers of maintenance services can act as implementation partners.

Implementation process

First steps to initiate the measure: preparatory actions	Installation instructions and guidelines, how to's, open-source initiatives
1. Check the functionality and condition of the radiators. 2. Bleed the radiators if air bubbles are obstructing the flow of heat. 3. Identify possible leaks or wearing parts.	Instructions for radiator maintenance can usually be found in the manual for the heating system or in online resources.
Realisation of the main part	Accompanying communication
1. Bleed radiators and check that they are working properly. 2. Repair or replace defective parts (such as thermostats or valves). 3. Check that the heating circuit is working properly. 4. Train users to use the heating system correctly. 5. Draw up a maintenance schedule for regular checks.	Events or information campaigns on energy efficiency can help to raise awareness.
After installation of the measure: maintenance/operation routine	Further comments/links
1. Bleed radiators regularly and check their functionality. 2. Adhere to the maintenance schedule and carry out any necessary repairs. 3. Efficient use of the heating system by users.	Further resources on heating maintenance and energy efficiency can often be found on the websites of heating system manufacturers or from authorities promoting energy efficiency.

Photos if available
<i>Picture</i>

Condition of electrical devices

Brief description

Take care of the condition and maintenance of electrical devices. Renew equipment on time. Remember to clean the air heat pump filters so that the air flows efficiently. Cleaning can have a very large effect on electricity consumption.

Check the pump thermostats and correct settings. If the room is hot in the summer despite the air heat pump, check the settings and operation of the pump. Old consumer electronics can consume a lot of electricity. If you rarely use the devices, remember to turn off the devices when they are not in use. If you watch a lot of TV, changing your tube or plasma TV to a modern LED TV can be financially justified.

#EnergyEfficiency #SmartHome #SustainableLiving

Thematic allocation	Building categories
☐ Insulation ☐ Electricity production	☒ Administrative ☒ Educational or social institution
☒ Energy/ heating system ☐ Lighting	☒ Commercial ☒ Residential housing
☐ Water heating supply	☒ Industrial construction

Implementation time	Saving potential
☒ Quick to implement (within a few days) ☒ Short term (within 12 weeks) ☐ Medium term (within 6 months) ☐ Long term (longer than 12 months)	☒ Energy ☒ Costs 15% to 30% ☒ CO ₂ ☒ Other positive effect <i>In addition to energy savings, better indoor air quality can be achieved with clean filters.</i>

Orientation	Priority level	Qualification level	Special safety
☒ Behaviour ☒ Technical ☒ Construction	☐ Low ☒ Medium ☐ High	☒ DIY / own work ☒ Specialist company ☐ Expert	☒ Not necessary ☐ Advisable ☐ Mandatory

Implementation requirements

Investment costs	Return of investment
Low to medium, depending on replacement requirements (e.g. costs for new devices).	The return of investment depends on the existing appliances. Modern appliances are often more energy efficient, which results in long-term cost savings.
Possible subsidies and programmes	Availability of the material or technology
May vary depending on the country, e.g. subsidy programmes for energy-efficient household appliances.	Devices are widely available, but waiting times may occur depending on the region.
Special requirements, safety precautions, challenges or conditions	
No special requirements.	

Responsibilities/Actors

Mandatory actors and required competencies
If appliances are replaced, electricians or specialist dealers may be required.
Voluntary/helpful actors and competencies
Residents or household members for regular maintenance and operation.
Possible implementation partners
Specialist retailers or manufacturers of energy-efficient appliances.

Implementation process

First steps to initiate the measure: preparatory actions	Installation instructions and guidelines, how to's, open-source initiatives
1. Identification of inefficient or outdated appliances. 2. Planning maintenance (e.g. regular filter cleaning). 3. Checking the heat pump settings.	Manufacturer's manuals or instructions for device maintenance.
Realisation of the main part	Accompanying communication
1. Carry out filter cleaning regularly. 2. Check pump thermostats for optimum settings. 3. Identify and replace old, inefficient appliances. 4. Encourage users to switch off unused appliances. 5. Obtain advice on energy-efficient appliances.	Information campaigns on maintenance and saving electricity for households.
After installation of the measure: maintenance/operation routine	Further comments/links
1. Regular cleaning of the filters. 2. Checking the heat pump settings in the event of temperature problems. 3. Raising awareness among consumers about the responsible use of energy.	Consumer advice centres or energy service providers often offer advice on energy savings and funding opportunities.

Photos if available
<i>Picture</i>

Efficient use of space/increased density

Brief description

Office buildings are no longer being used to their full extent, at least since the establishment of remote working. It should therefore be questioned whether the space can be reduced or 'desk sharing' could be useful. Furthermore, it's not always necessary to expand the space when a company grows. With a smaller amount of space and increased density in a company, this will of course reduce energy consumption and costs.

#EnergyEfficiency #SmartOffice #SustainableWorkspaces

Thematic allocation	Building categories
☐ Insulation ☐ Electricity production	☒ Administrative ☐ Educational or social institution
☒ Energy/ heating system ☐ Lighting	☒ Commercial ☐ Residential housing
☐ Water heating supply	☒ Industrial construction

Implementation time	Saving potential
☒ Quick to implement (within a few days) ☐ Short term (within 12 weeks) ☐ Medium term (within 6 months) ☐ Long term (longer than 12 months)	☒ Energy ☐ Costs ☒ CO ₂ ☒ Other positive effect <i>Cost savings for companies and more efficient use of space.</i>

Orientation	Priority level	Qualification level	Special safety
☒ Behaviour ☐ Technical ☐ Construction	☐ Low ☒ Medium ☐ High	☒ DIY / own work ☐ Specialist company ☐ Expert	☒ Not necessary ☐ Advisable ☐ Mandatory

Implementation requirements

Investment costs	Return of investment
Low to no costs, as it is mainly an organisational measure.	Immediate savings through less used space and reduced energy costs.
Possible subsidies and programmes	Availability of the material or technology
Can vary by country.	No materials required.
Special requirements, safety precautions, challenges or conditions	
Challenge: Possible resistance from employees who are attached to their on-site jobs. Solution: Communication measures and gradual introduction to promote acceptance.	

Responsibilities/Actors

Mandatory actors and required competencies
Company management for the decision and implementation. Facility management for the reorganisation of the space.
Voluntary/helpful actors and competencies
Employees to adapt to new ways of working.
Possible implementation partners
Real estate companies for the re-letting of unused space.

Implementation process

First steps to initiate the measure: preparatory actions	Installation instructions and guidelines, how to's, open-source initiatives
1. Analysing the current space requirements and possible reductions. 2. Communication with the workforce about changes. 3. Creation of a new workplace concept (desk sharing, flexible offices).	
Realisation of the main part	Accompanying communication
1. Reallocate workstations. 2. Identify superfluous areas. 3. Measure energy savings. 4. Sublet vacant space if necessary.	Workshops on the introduction of desk sharing. Information campaigns for employees.
After installation of the measure: maintenance/operation routine	Further comments/links
1. Review of space utilisation. 2. Obtain feedback from employees. 3. Adapt the regulations as required.	

Photos if available
<i>Picture</i>

Making a coffee #1

Brief description

Wash the coffee machine regularly, because limescale accumulated in the water slows down the preparation of coffee and increases electricity consumption.

#EnergySaving #SustainableLiving #EcoFriendlyCoffee

Thematic allocation	Building categories
☐ Insulation ☐ Electricity production	☒ Administrative ☒ Educational or social institution
☒ Energy/ heating system ☐ Lighting	☒ Commercial ☒ Residential housing
☐ Water heating supply	☒ Industrial construction

Implementation time	Saving potential
☒ Quick to implement (within a few days) ☐ Short term (within 12 weeks) ☐ Medium term (within 6 months) ☐ Long term (longer than 12 months)	☒ Energy ☒ Costs ☒ CO ₂ ☒ Other positive effect <i>A clean coffee machine also ensures a longer service life for the appliance.</i>

Orientation	Priority level	Qualification level	Special safety
☒ Behaviour ☒ Technical ☐ Construction	☐ Low ☒ Medium ☐ High	☒ DIY / own work ☐ Specialist company ☐ Expert	☒ Not necessary ☐ Advisable ☐ Mandatory



Implementation requirements

Investment costs	Return of investment
Low, mainly for descaling agents.	Energy savings and longer service life of the coffee machine offer rapid amortisation.
Possible subsidies and programmes	Availability of the material or technology
Can vary by country.	Descaling agents and cleaning products are widely used.
Special requirements, safety precautions, challenges or conditions	
No special requirements.	

Responsibilities/Actors

Mandatory actors and required competencies
The person using the coffee machine is responsible for regular maintenance.
Voluntary/helpful actors and competencies
In larger facilities, cleaning staff or technical specialists could also help.
Possible implementation partners
Coffee machine manufacturer for maintenance recommendations.

Implementation process

First steps to initiate the measure: preparatory actions	Installation instructions and guidelines, how to's, open-source initiatives
1. Identification of deposits and limescale in the coffee machine. 2. Purchase of descaling agents or natural cleaning methods. 3. Establishment of a regular maintenance schedule.	Operating instructions from the coffee machine manufacturer or online instructions for descaling.
Realisation of the main part	Accompanying communication
1. Switch off and descale the coffee machine. 2. Schedule regular maintenance (e.g. every 3 months). 3. Use descaling agents or natural alternatives (e.g. vinegar). 4. Rinse the coffee machine thoroughly after cleaning. 5. Follow tips to minimise limescale deposits (e.g. use soft water).	Raise user awareness of the importance of maintenance by addressing them directly.
After installation of the measure: maintenance/operation routine	Further comments/links
1. Regular cleaning of the coffee machine. 2. Descaling the machine every few months. 3. Optimise use (e.g. use soft water).	Additional tips on reducing energy consumption and the longevity of the coffee machine can be found online.

Photos if available
<i>Picture</i>

Check the consumption of the standby mode

Brief description

Do not keep devices in standby mode. You can use an electricity consumption meter to check the consumption of transformers and standby mode of old electrical equipment. An older electrical device may have a standby consumption of more than 20 W. Keeping such a device always in standby mode can cost up to €20 per year. If there are, say, 10 devices, the sum will be €200 per year. You can borrow an electricity consumption meter from the energy advisor in your area. Switch off your devices fully.

#EnergySaving #StandbyPower #SmartConsumption

Thematic allocation	Building categories
☐ Insulation ☐ Energy/ heating system ☐ Water heating supply	☒ Administrative ☒ Commercial ☒ Industrial construction
☐ Electricity production ☐ Lighting ☒ Electricity consumption reduction	☒ Educational or social institution ☒ Residential housing ☐

Implementation time	Saving potential
☒ Quick to implement (within a few days) ☐ Short term (within 12 weeks) ☐ Medium term (within 6 months) ☐ Long term (longer than 12 months)	☒ Energy ☒ CO ₂ ☐ Other positive effect
	☒ Costs

Orientation	Priority level	Qualification level	Special safety
☒ Behaviour ☐ Technical ☐ Construction	☐ Low ☒ Medium ☐ High	☒ DIY / own work ☐ Specialist company ☐ Expert	☒ Not necessary ☐ Advisable ☐ Mandatory



Implementation requirements

Investment costs	Return of investment
Approx. 20€ for an electricity meter or nothing if you can borrow one or simply switch off the device.	The 20€ that the device costs can be amortised in a few months.
Possible subsidies and programmes	Availability of the material or technology
Can vary by country.	Electricity meters are readily available and inexpensive.
Special requirements, safety precautions, challenges or conditions	
No special requirements. The only important thing is consistent implementation by all users in the household or company.	

Responsibilities/Actors

Mandatory actors and required competencies
Residents or employees switching off devices.
Voluntary/helpful actors and competencies
Energy consultants, electricians or experienced people in the area who can help with measurement and analysis.
Possible implementation partners
Electricity suppliers or environmental organisations that provide information on how to save energy.

Implementation process

First steps to initiate the measure: preparatory actions	Installation instructions and guidelines, how to's, open-source initiatives
1. Identify devices that consume power in standby mode. 2. Check power consumption with a measuring device. 3. Switch off appliances or equip them with switchable power strips.	
Realisation of the main part	Accompanying communication
1. Use an electricity meter. 2. Document consumption and calculate potential savings. 3. Raise awareness among all those involved. 4. Use alternatives such as timers or smart sockets. 5. Regularly check whether devices are running unnecessarily on standby.	Awareness-raising campaigns for employees/tenants. Information material on energy savings through standby switch-off.
After installation of the measure: maintenance/operation routine	Further comments/links
1. Regular monitoring of electricity consumption. 2. Maintain awareness. 3. Add further measures if necessary (e.g. use energy-efficient appliances).	

Photos if available
<i>Picture</i>

Lighting

Brief description

Clean the lamps regularly. Old lamps and a layer of dust can dim the light output by up to 50%. Furthermore, dust causes a risk of fire.

#LightingEfficiency #FireSafety #EnergySaving

Thematic allocation	Building categories
☐ Insulation ☐ Electricity production ☐ Energy/ heating system ☒ Lighting ☐ Water heating supply	☒ Administrative ☒ Educational or social institution ☒ Commercial ☒ Residential housing ☒ Industrial construction

Implementation time	Saving potential
☒ Quick to implement (within a few days) ☐ Short term (within 12 weeks) ☐ Medium term (within 6 months) ☐ Long term (longer than 12 months)	☒ Energy ☒ Costs ☒ CO ₂ ☒ Other positive effect <i>Fire safety.</i>

Orientation	Priority level	Qualification level	Special safety
☒ Behaviour ☐ Technical ☐ Construction	☒ Low ☐ Medium ☐ High	☒ DIY / own work ☐ Specialist company ☐ Expert	☒ Not necessary ☐ Advisable ☐ Mandatory

Implementation requirements

Investment costs	Return of investment
No to very low costs (cleaning agents, possibly conductors).	Immediate improvement in luminous efficacy and energy savings without major investment.
Possible subsidies and programmes	Availability of the material or technology
Unlikely, as this is a simple measure.	Standard household cleaning agents are always available.
Special requirements, safety precautions, challenges or conditions	
• A ladder or special cleaning tools may be required for high ceilings or lamps that are difficult to reach. • Observe electrical safety: Only clean with the lights switched off.	

Responsibilities/Actors

Mandatory actors and required competencies
Building manager or caretaker for regular cleaning in public and commercial buildings.
Voluntary/helpful actors and competencies
Employees or residents can clean lamps in their own areas.
Possible implementation partners
Cleaning companies or facility management companies for larger buildings.

Implementation process

First steps to initiate the measure: preparatory actions	Installation instructions and guidelines, how to's, open-source initiatives
1. Identify the dustiest lamps. 2. Plan a regular cleaning interval. 3. Provision of suitable cleaning agents and tools.	
Realisation of the main part	Accompanying communication
1. Switch off the lamps before cleaning. 2. Remove dust and dirt with a soft cloth or brush. 3. If necessary, damp clean with a mild detergent. 4. Check the lamps for damage or inefficient light sources. 5. Document and repeat cleaning at regular intervals.	Educating staff or residents about the importance of clean lamps for energy saving and fire protection. Reminders or notices for regular cleaning.
After installation of the measure: maintenance/operation routine	Further comments/links
1. Regularly check the dust level on the lamps. 2. Adjust the cleaning frequency if necessary. 3. Replace obsolete or inefficient lamps.	

Photos if available
<i>Picture</i>

Taking the control of the air conditioning

Brief description

There are different types of air conditioning machines, but what they have common is that they are usually always on. Thus, the settings of controlling units and ways to use air conditioning have a big impact on costs they cause. In the most modern machines, the intake and exhaust air are mechanically controlled. There is also a heat recovery and/or heat exchanger in the system. The machines usually have ventilation power control, and most of them also have supply air post-heating control. There are several opportunities to save energy, e.g., adjusting the machine to winter or summer position depending on the season. In the summer, turn the heat exchange cell to the summer position and turn off the supply air heating. Adjust the heating of the supply air in winter as low as possible, but still warm enough so that you don't feel a draft. If the heating of the supply air is set too high, a new machine can consume a lot of energy: the incoming air is heated, for example, during summer nights, and then the heat is pumped out with an air heat pump that has begun to cool. Roof exhaust fans installed in the 1980s and 2000s have power control. The power control is often integrated into the range hood, but the control can also be located in the technical space. Check the power settings. The oldest machines from 1970's or earlier, are roof exhaust fans, which may not have any power adjustment at all. The machine's own consumption can be up to €1,000 per year if it is always on. Check the power of the device and compare it with the recommendations - these machines are usually not intended to be kept on continuously.

#EnergyEfficiency #HVACOptimisation #SustainableCooling

Thematic allocation		Building categories	
☐ Insulation	☐ Electricity production	☒ Administrative	☒ Educational or social institution
☒ Energy/ heating system	☐ Lighting	☒ Commercial	☒ Residential housing
☐ Water heating supply		☒ Industrial construction	

Implementation time	Saving potential
☒ Quick to implement (within a few days)	☒ Energy ☒ Costs
☒ Short term (within 12 weeks)	☒ CO ₂
☐ Medium term (within 6 months)	☐ Other positive effect
☐ Long term (longer than 12 months)	

Orientation	Priority level	Qualification level	Special safety
☒ Behaviour	☐ Low	☒ DIY / own work	☒ Not necessary
☒ Technical	☒ Medium	☒ Specialist company	☐ Advisable
☒ Construction	☐ High	☐ Expert	☐ Mandatory

Implementation requirements

Investment costs	Return of investment
No to low costs for adapting the settings. Higher investments if appliances are replaced or modernised.	Savings of up to 1000€ per year are possible, meaning that measures often pay for themselves quickly.
Possible subsidies and programmes	Availability of the material or technology
Can vary by country.	Modern control systems are widespread and available.
Special requirements, safety precautions, challenges or conditions	
Older buildings or systems may have restrictions on retrofitting. Users should be made aware of optimal settings.	

Responsibilities/Actors

Mandatory actors and required competencies
Building managers or technical managers (private individuals, for example) to check the systems.
Voluntary/helpful actors and competencies
Energy consultants or specialists for heating, ventilation and air conditioning technology.
Possible implementation partners
Manufacturers of HVAC systems, energy advice centres.

Implementation process

First steps to initiate the measure: preparatory actions	Installation instructions and guidelines, how to's, open-source initiatives
1. Checking the current settings and performance values. 2. Adapt the control system to the respective seasons. 3. Check the power consumption of older systems and compare with current recommendations.	
Realisation of the main part	Accompanying communication
1. Adjustment of the heating/cooling control. 2. Check the ventilation output and reduce if necessary. 3. Switch off unnecessary heating for supply air in the summer months. 4. Raise user awareness of the correct use of the systems. 5. Long-term monitoring of consumption and optimisation.	Training or information material for users on correct settings and use. Internal campaigns to promote energy-efficient behaviour.
After installation of the measure: maintenance/operation routine	Further comments/links
1. Regular checking of the control settings. 2. Checking energy consumption and readjustment. 3. Replacement of inefficient systems if necessary.	

Photos if available
<i>Picture</i>

Using the dishwasher #1

Brief description

Get to know the machines' ECO programmes. They often save energy.

#EcoDishwashing #EnergySaving #SustainableLiving

Thematic allocation

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Building categories

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Implementation time

- ☒ Quick to implement (within a few days)
 ☐ Short term (within 12 weeks)
 ☐ Medium term (within 6 months)
 ☐ Long term (longer than 12 months)

Saving potential

- ☒ Energy
 ☒ Costs
 ☒ CO₂
☒ Other positive effect
 Reduce water consumption.

Orientation

- ☒ Behaviour
 ☐ Technical
 ☐ Construction

Priority level

- ☐ Low
 ☒ Medium
 ☐ High

Qualification level

- ☒ DIY / own work
 ☐ Specialist company
 ☐ Expert

Special safety

- ☐ Not necessary
 ☐ Advisable
 ☐ Mandatory



Implementation requirements

Investment costs	Return of investment
No additional costs.	Immediate energy savings with no investment.
Possible subsidies and programmes	Availability of the material or technology
	Most modern dishwashers have an ECO programme.
Special requirements, safety precautions, challenges or conditions	
Users must be aware that ECO programmes often run for longer but still save energy.	

Responsibilities/Actors

Mandatory actors and required competencies
Voluntary/helpful actors and competencies
Facility management or sustainability officers can promote the topic.
Possible implementation partners
Manufacturer of dishwashers for awareness campaigns.

Implementation process

First steps to initiate the measure: preparatory actions	Installation instructions and guidelines, how to's, open-source initiatives
Check whether the existing dishwasher has an ECO programme.	
Realisation of the main part	Accompanying communication
Activate the ECO programme for each wash cycle.	Posters or e-mail campaigns on the use of the ECO programme.
After installation of the measure: maintenance/operation routine	Further comments/links
Regular reminder to use the ECO programme.	

Photos if available
Picture

Using the dishwasher #2

Brief description

Keep the filters of the dishwasher and washing machine clean to get a clean result in one wash.

#EfficientCleaning #SaveEnergy #ApplianceCare

Thematic allocation

- ☐ Insulation ☐ Electricity production
- ☐ Energy/ heating system ☐ Lighting
- ☒ Water heating supply

Building categories

- ☒ Administrative ☒ Educational or social institution
- ☒ Commercial ☒ Residential housing
- ☒ Industrial construction

Implementation time

- ☒ Quick to implement (within a few days)
- ☐ Short term (within 12 weeks)
- ☐ Medium term (within 6 months)
- ☐ Long term (longer than 12 months)

Saving potential

- ☒ Energy ☒ Costs
- ☒ CO₂
- ☒ Other positive effect
- Less water consumption.*

Orientation

- ☒ Behaviour
- ☐ Technical
- ☐ Construction

Priority level

- ☐ Low
- ☒ Medium
- ☐ High

Qualification level

- ☒ DIY / own work
- ☐ Specialist company
- ☐ Expert

Special safety

- ☒ Not necessary
- ☐ Advisable
- ☐ Mandatory



Implementation requirements

Investment costs	Return of investment
None, except possibly a brush or cleaning tablets.	No direct investment, but immediate savings through more efficient operation.
Possible subsidies and programmes	Availability of the material or technology
Unlikely, as this is a maintenance measure.	Filters are available in every machine and can be replaced if necessary.
Special requirements, safety precautions, challenges or conditions	
Users must be reminded to clean the filters regularly to avoid blockages.	

Responsibilities/Actors

Mandatory actors and required competencies
Voluntary/helpful actors and competencies
Manufacturers can indicate cleaning intervals.
Possible implementation partners
Manufacturer of dishwashers and washing machines for maintenance recommendations.



Implementation process

First steps to initiate the measure: preparatory actions	Installation instructions and guidelines, how to's, open-source initiatives
1. Review the operating instructions for cleaning the filter. 2. Inform users about the importance of a clean filter unit. 3. Set up reminders for regular maintenance (e.g. monthly).	
Realisation of the main part	Accompanying communication
1. Remove the filter from the appliance. 2. Clean with water and a brush or cleaning agent if necessary. 3. Reinsert and check for correct fit.	Reminder system (e.g. stickers or digital reminders).
After installation of the measure: maintenance/operation routine	Further comments/links
1. Regular inspection of the filters by the user or caretaker. 2. Replacement of filters if necessary. 3. Documentation of maintenance for larger buildings with several devices.	

Photos if available
<i>Picture</i>

Adjusting the brightness

Brief description

Adjusting the brightness of the screens. When you reduce the brightness of the TV, tablet or mobile screen, the battery lasts longer and consumes less electricity.

#EnergyEfficiency #ScreenBrightness #SaveElectricity

Thematic allocation

- ☐ Insulation ☐ Electricity production
- ☐ Energy/ heating system ☒ Lighting
- ☐ Water heating supply

Building categories

- ☒ Administrative ☒ Educational or social institution
- ☒ Commercial ☒ Residential housing
- ☒ Industrial construction

Implementation time

- ☒ Quick to implement (within a few days)
- ☐ Short term (within 12 weeks)
- ☐ Medium term (within 6 months)
- ☐ Long term (longer than 12 months)

Saving potential

- ☒ Energy ☒ Costs
- ☒ CO₂
- ☒ Other positive effect
Longer battery life, less eye strain.

Orientation

- ☒ Behaviour
- ☐ Technical
- ☐ Construction

Priority level

- ☐ Low
- ☒ Medium
- ☐ High

Qualification level

- ☒ DIY / own work
- ☐ Specialist company
- ☐ Expert

Special safety

- ☒ Not necessary
- ☐ Advisable
- ☐ Mandatory



Implementation requirements

Investment costs	Return of investment
No additional investment costs.	Immediate savings without financial investment.
Possible subsidies and programmes	Availability of the material or technology
	Available as a setting in all modern appliances.
Special requirements, safety precautions, challenges or conditions	
Very low brightness can impair readability in daylight.	

Responsibilities/Actors

Mandatory actors and required competencies
Users must adjust the settings on the device.
Voluntary/helpful actors and competencies
IT departments in companies can make centralised adjustments.
Possible implementation partners
Energy consultants or environmental initiatives can incorporate this measure into energy-saving campaigns.

Implementation process

First steps to initiate the measure: preparatory actions	Installation instructions and guidelines, how to's, open-source initiatives
1. Check the brightness settings on your own device. 2. Activate automatic adjustments (e.g. night mode). 3. Companies can raise awareness among employees by providing guidelines.	
Realisation of the main part	Accompanying communication
1. Reduce the brightness to a comfortable but energy-saving level. 2. Activate automatic brightness control if available. 3. Use night mode or blue light filter for additional eye comfort. 4. In companies: Consider centralised adjustments by IT departments. 5. Inform users about long-term benefits.	Inform users about the long-term benefits of energy saving campaigns by reducing screen brightness. Provide information in companies or public buildings on optimal settings.
After installation of the measure: maintenance/operation routine	Further comments/links
1. Regularly check the brightness settings. 2. Adjust according to the time of day and usage situation. 3. In companies: IT-supported guidelines for energy-saving settings.	

Photos if available

Picture

Using the dishwasher#3

Brief description

Turn off the drying function of the dishwasher and let the dishes dry by themselves with the help of air.

#EnergySaving #EcoFriendlyLiving #DishwasherTips

Thematic allocation

- | | |
|--|---|
| ☐ Insulation | ☐ Electricity production |
| ☐ Energy/ heating system | ☐ Lighting |
| ☒ Water heating supply | |

Building categories

- | | |
|---|---|
| ☒ Administrative | ☒ Educational or social institution |
| ☒ Commercial | ☒ Residential housing |
| ☒ Industrial construction | |

Implementation time

- ☒ Quick to implement (within a few days)
- ☐ Short term (within 12 weeks)
- ☐ Medium term (within 6 months)
- ☐ Long term (longer than 12 months)

Saving potential

- | | |
|---|---|
| ☒ Energy | ☒ Costs |
| ☒ CO ₂ | |
| ☒ Other positive effect | |
- Less wear on the machine, gentler drying.*

Orientation

- ☒ Behaviour
- ☐ Technical
- ☐ Construction

Priority level

- ☐ Low
- ☒ Medium
- ☐ High

Qualification level

- ☒ DIY / own work
- ☐ Specialist company
- ☐ Expert

Special safety

- ☒ Not necessary
- ☐ Advisable
- ☐ Mandatory



Implementation requirements

Investment costs	Return of investment
No investment costs.	No direct investment, but immediate energy savings.
Possible subsidies and programmes	Availability of the material or technology
	Function is available in almost all modern dishwashers.
Special requirements, safety precautions, challenges or conditions	
If the water is very hard, it may be necessary to dry the crockery by hand to avoid limescale stains.	

Responsibilities/Actors

Mandatory actors and required competencies
Users must adjust the setting on their dishwasher.
Voluntary/helpful actors and competencies
Manufacturers can refer to this option in their operating instructions.
Possible implementation partners
Energy advice centres and environmental initiatives could include the measure in campaigns.

Implementation process

First steps to initiate the measure: preparatory actions	Installation instructions and guidelines, how to's, open-source initiatives
1. Check the operating instructions for the dishwasher to deactivate the drying function. 2. Inform users about the benefits of switching off. 3. Introduce reminder systems (e.g. stickers, digital notifications).	
Realisation of the main part	Accompanying communication
1. Change the setting on the dishwasher. 2. Open the door slightly after the wash cycle to allow the dishes to air dry. 3. If the water is very hard: Have towels ready and wipe the dishes. 4. Regularly check whether the measure is effective. 5. If necessary, use water softener or rinse aid to minimise limescale deposits.	Awareness campaigns on energy saving. Tips for avoiding limescale stains.
After installation of the measure: maintenance/operation routine	Further comments/links
1. Regular monitoring of the results. 2. Adjustment of the measure depending on water hardness. 3. Raise awareness among household members or employees.	

Photos if available
<i>Picture</i>

Unplugging the chargers

Brief description

Unplug the charging cords from the mains when not in use.

#EnergySaving #FireSafety #UnplugChargers

Thematic allocation

- ☐ Insulation
 ☐ Electricity production
☒ Energy/ heating system
 ☐ Lighting
☐ Water heating supply

Building categories

- ☒ Administrative
 ☒ Educational or social institution
☒ Commercial
 ☒ Residential housing
☒ Industrial construction

Implementation time

- ☒ Quick to implement (within a few days)
☐ Short term (within 12 weeks)
☐ Medium term (within 6 months)
☐ Long term (longer than 12 months)

Saving potential

- ☒ Energy
 ☒ Costs
☒ CO₂
☒ Other positive effect
Reduction of the risk of fire.

Orientation

- ☒ Behaviour
☐ Technical
☐ Construction

Priority level

- ☐ Low
☒ Medium
☐ High

Qualification level

- ☒ DIY / own work
☐ Specialist company
☐ Expert

Special safety

- ☒ Not necessary
☐ Advisable
☐ Mandatory



Implementation requirements

Investment costs	Return of investment
No additional costs.	Immediate savings without financial investment.
Possible subsidies and programmes	Availability of the material or technology
	No additional material required.
Special requirements, safety precautions, challenges or conditions	
Chargers with poor-quality cables or cheap no-name models increase the risk of fire.	

Responsibilities/Actors

Mandatory actors and required competencies
Every user must remind themselves to unplug chargers.
Voluntary/helpful actors and competencies
Employers or landlords can launch awareness campaigns.
Possible implementation partners
Fire protection experts or energy consultants could incorporate the topic into training courses.

Implementation process

First steps to initiate the measure: preparatory actions	Installation instructions and guidelines, how to's, open-source initiatives
1. Inform employees or household members about the issue. 2. Place stickers or reminders near power sockets. 3. Use alternative solutions such as socket strips with switches.	
Realisation of the main part	Accompanying communication
1. Always unplug chargers after charging. 2. Remove unnecessary chargers from the home or office. 3. Switch to timers or smart sockets for permanently installed devices. 4. In companies: IT departments can equip devices with automatic switch-off systems. 5. Use regular reminders by email or notices in offices.	Regularly discuss energy-saving measures in the company or household. Safety campaigns to prevent fires caused by overheated chargers.
After installation of the measure: maintenance/operation routine	Further comments/links
1. Regularly check whether chargers remain plugged in. 2. Remind employees or family members of the rule. 3. If necessary, switch to smart sockets or timers.	
Photos if available	
<i>Picture</i>	

Using the refrigerator and freezer #1

Brief description

When there is a 1 cm thick layer of frost in the freezer, it is time to defrost the freezer. A thick layer of frost increases electricity consumption.

#EnergyEfficiency #DefrostYourFreezer #SaveElectricity

Thematic allocation

- | | |
|--|---|
| ☐ Insulation | ☐ Electricity production |
| ☒ Energy/ heating system | ☐ Lighting |
| ☐ Water heating supply | |

Building categories

- | | |
|---|--|
| ☐ Administrative | ☐ Educational or social institution |
| ☒ Commercial | ☒ Residential housing |
| ☒ Industrial construction | |

Implementation time

- ☒ Quick to implement (within a few days)
- ☐ Short term (within 12 weeks)
- ☐ Medium term (within 6 months)
- ☐ Long term (longer than 12 months)

Saving potential

- ☒ Energy ☒ Costs
- ☒ CO₂
- ☒ Other positive effect
- Extending the service life of the device.*

Orientation

- ☒ Behaviour
- ☐ Technical
- ☐ Construction

Priority level

- ☐ Low
- ☒ Medium
- ☐ High

Qualification level

- ☒ DIY / own work
- ☐ Specialist company
- ☐ Expert

Special safety

- ☒ Not necessary
- ☐ Advisable
- ☐ Mandatory

Implementation requirements

Investment costs	Return of investment
Very low costs to no costs (e.g. towels, bowls for de-icing water).	Electricity cost savings due to reduced compressor running time.
Possible subsidies and programmes	Availability of the material or technology
	No additional material required.
Special requirements, safety precautions, challenges or conditions	
Prepare for water absorption to prevent damage. Store refrigerated goods safely during defrosting.	

Responsibilities/Actors

Mandatory actors and required competencies
Owner or user of the freezer.
Voluntary/helpful actors and competencies
Energy consultants or environmental organisations can provide information on potential savings.
Possible implementation partners
Manufacturer of energy-efficient freezers.

Implementation process

First steps to initiate the measure: preparatory actions	Installation instructions and guidelines, how to's, open-source initiatives
1. Empty the freezer compartment and store food temporarily. 2. Switch off the appliance and open the door. 3. Collect water with towels or containers.	
Realisation of the main part	Accompanying communication
1. Carefully remove thick layers of ice with warm water or a scraper. 2. Clean and dry the interior. 3. Switch the appliance back on and put the food back. 4. Check the optimum temperature setting (-18 °C). 5. Check regularly to minimise the formation of new ice.	Tips in companies or apartment blocks on how to save energy with cooling appliances. Awareness campaigns on the efficiency of modern, self-defrosting appliances.
After installation of the measure: maintenance/operation routine	Further comments/links
1. Check the frost status every few months. 2. Arrange food so that air can circulate in the freezer. 3. Check door seals to avoid unnecessary loss of cold.	

Photos if available
<i>Picture</i>

Using the refrigerator and freezer#2

Brief description

Clean the refrigerator coils. The coils located at the back of the refrigerator collect dirt and dust, which reduce their efficiency. At the same time, you will extend the life of your refrigerator.

#EnergyEfficiency #CleanFridgeCoils #SaveElectricity

Thematic allocation

- ☐ Insulation ☐ Electricity production
- ☒ Energy/ heating system ☐ Lighting
- ☐ Water heating supply

Building categories

- ☐ Administrative ☐ Educational or social institution
- ☒ Commercial ☒ Residential housing
- ☒ Industrial construction

Implementation time

- ☒ Quick to implement (within a few days)
- ☐ Short term (within 12 weeks)
- ☐ Medium term (within 6 months)
- ☐ Long term (longer than 12 months)

Saving potential

- ☒ Energy ☒ Costs
- ☒ CO₂
- ☒ Other positive effect
Extending the service life of the device.

Orientation

- ☒ Behaviour
- ☒ Technical
- ☒ Construction

Priority level

- ☐ Low
- ☒ Medium
- ☐ High

Qualification level

- ☒ DIY / own work
- ☐ Specialist company
- ☐ Expert

Special safety

- ☒ Not necessary
- ☐ Advisable
- ☐ Mandatory

Implementation requirements

Investment costs	Return of investment
Very low costs to no costs (e.g. brush, Hoover).	Reduced electricity costs due to more efficient operation.
Possible subsidies and programmes	Availability of the material or technology
	No special material required.
Special requirements, safety precautions, challenges or conditions	
Always switch off the appliance before cleaning. Dust accumulation can affect allergy sufferers, so clean carefully.	

Responsibilities/Actors

Mandatory actors and required competencies
Owner or user of the refrigerator.
Voluntary/helpful actors and competencies
Energy consultants or household appliance manufacturers can make recommendations.
Possible implementation partners
Manufacturers of household appliances or energy efficiency organisations.

Implementation process

First steps to initiate the measure: preparatory actions	Installation instructions and guidelines, how to's, open-source initiatives
1. Switch off the refrigerator and disconnect it from the power supply. 2. Provide access to the coils (usually at the back or bottom of the appliance). 3. Remove dust and dirt with a brush or Hoover.	
Realisation of the main part	Accompanying communication
1. Clean with a brush or a special coil cleaner. 2. Vacuum up dust with a Hoover. 3. Ensure that no objects are obstructing the air circulation. 4. Reconnect the appliance and check the temperature. 5. Repeat the process regularly (at least once a year).	Information for households and businesses on potential energy savings through the maintenance of refrigeration appliances. Tips for rented flats or businesses on how to keep refrigerators running efficiently.
After installation of the measure: maintenance/operation routine	Further comments/links
1. Regular cleaning (at least once a year). 2. Check for dust accumulation or blocked air circulation. 3. For old appliances, consider whether it makes sense to replace them with a more energy-efficient model.	

Photos if available
<i>Picture</i>

Boiling

Brief description

Boil only as much water as you need. A smaller amount of water boils faster and reduces electricity consumption.

#Hashtags

Thematic allocation

- ☐ Insulation
 ☐ Electricity production
☒ Energy/ heating system
 ☐ Lighting
☒ Water heating supply

Building categories

- ☐ Administrative
 ☐ Educational or social institution
☐ Commercial
 ☒ Residential housing
☐ Industrial construction

Implementation time

- ☒ Quick to implement (within a few days)
☐ Short term (within 12 weeks)
☐ Medium term (within 6 months)
☐ Long term (longer than 12 months)

Saving potential

- ☒ Energy
 ☒ Costs
☒ CO₂
☐ Other positive effect

Orientation

- ☒ Behaviour
☐ Technical
☐ Construction

Priority level

- ☒ Low
☐ Medium
☐ High

Qualification level

- ☒ DIY / own work
☐ Specialist company
☐ Expert

Special safety

- ☒ Not necessary
☐ Advisable
☐ Mandatory



Implementation requirements

Investment costs	Return of investment
No additional costs.	Immediate savings due to reduced energy consumption.
Possible subsidies and programmes	Availability of the material or technology
Special requirements, safety precautions, challenges or conditions	
Users should not boil too little water to avoid damaging the appliance (e.g. kettle).	

Responsibilities/Actors

Mandatory actors and required competencies
Household users.
Voluntary/helpful actors and competencies
Possible implementation partners

Implementation process

First steps to initiate the measure: preparatory actions	Installation instructions and guidelines, how to's, open-source initiatives
1. Raise awareness of electricity consumption when boiling water. 2. Encourage users to only heat the amount of water they need. 3. Provide information on energy-efficient appliances.	
Realisation of the main part	Accompanying communication
1. Measure the water into a cup or measuring jug before heating. 2. Use a lid when heating to minimise heat loss. 3. If available, use a kettle with variable temperature control. 4. Consider alternative methods, e.g. cooking with residual heat on the hob. 5. Regular reminders about energy-efficient behaviour.	Information campaigns on sustainable energy consumption in households.
After installation of the measure: maintenance/operation routine	Further comments/links
1. Regularly check your own water boiling behaviour. 2. If available, favour energy-efficient appliances. 3. Discuss potential savings with others.	

Photos if available
<i>Picture</i>

Saving warm water #1

Brief description

Only wash full dishwashers and arrange the dishes in such a way that they are cleaned at once. Make sure the shower arms of the dish machine can rotate free.

#WaterSaving #EnergyEfficiency #SmartDishwashing

Thematic allocation	Building categories
☐ Insulation ☐ Electricity production	☐ Administrative ☐ Educational or social institution
☒ Energy/ heating system ☐ Lighting	☒ Commercial ☒ Residential housing
☒ Water heating supply	☐ Industrial construction

Implementation time	Saving potential
☒ Quick to implement (within a few days)	☒ Energy ☒ Costs
☐ Short term (within 12 weeks)	☒ CO ₂
☐ Medium term (within 6 months)	☐ Other positive effect
☐ Long term (longer than 12 months)	

Orientation	Priority level	Qualification level	Special safety
☒ Behaviour	☐ Low	☒ DIY / own work	☒ Not necessary
☐ Technical	☒ Medium	☐ Specialist company	☐ Advisable
☐ Construction	☐ High	☐ Expert	☐ Mandatory



Implementation requirements

Investment costs	Return of investment
No additional costs.	Immediate savings through reduced water and energy consumption.
Possible subsidies and programmes	Availability of the material or technology
	Standard dishwasher, no special requirements.
Special requirements, safety precautions, challenges or conditions	
Ensure that the dishwasher spray arms are not blocked to ensure effective cleaning.	

Responsibilities/Actors

Mandatory actors and required competencies
Household users, catering businesses, office kitchen managers.
Voluntary/helpful actors and competencies
Energy consultancies or consumer organisations that provide information on water-saving measures.
Possible implementation partners
Manufacturers of dishwashers who provide efficient usage instructions.

Implementation process

First steps to initiate the measure: preparatory actions	Installation instructions and guidelines, how to's, open-source initiatives
1. Inform users about how to load the dishwasher efficiently. 2. Raise awareness of energy and water consumption. 3. If necessary, read the operating instructions for optimum loading.	
Realisation of the main part	Accompanying communication
1. Only start a fully loaded dishwasher. 2. Arrange the crockery so that water jets reach all surfaces. 3. Regularly check that spray arms can rotate freely. 4. Favour eco programmes as they consume less energy and water. 5. If available, dispense with the prewash programme and run the rinse cycle directly.	Information on efficient use in households, canteens or office kitchens.
After installation of the measure: maintenance/operation routine	Further comments/links
1. Regular cleaning of the dishwasher to ensure optimum efficiency. 2. Check spray arms for blockages. 3. Continue to raise awareness of water-saving measures.	

Photos if available
<i>Picture</i>

Saving warm water #2

Brief description

Avoid pre-rinsing the dishes.

#WaterConservation #EnergyEfficiency #SmartCleaning

Thematic allocation

- | | |
|--|---|
| ☐ Insulation | ☐ Electricity production |
| ☒ Energy/ heating system | ☐ Lighting |
| ☒ Water heating supply | |

Building categories

- | | |
|--|--|
| ☐ Administrative | ☐ Educational or social institution |
| ☒ Commercial | ☒ Residential housing |
| ☐ Industrial construction | |

Implementation time

- ☒ Quick to implement (within a few days)
- ☐ Short term (within 12 weeks)
- ☐ Medium term (within 6 months)
- ☐ Long term (longer than 12 months)

Saving potential

- | | |
|---|---|
| ☒ Energy | ☒ Costs |
| ☒ CO ₂ | |
| ☐ Other positive effect | |

Orientation

- ☒ Behaviour
- ☐ Technical
- ☐ Construction

Priority level

- ☒ Low
- ☐ Medium
- ☐ High

Qualification level

- ☒ DIY / own work
- ☐ Specialist company
- ☐ Expert

Special safety

- ☒ Not necessary
- ☐ Advisable
- ☐ Mandatory



Implementation requirements

Investment costs	Return of investment
No additional costs.	Immediate savings through reduced water and energy consumption.
Possible subsidies and programmes	Availability of the material or technology
	No special requirements as no technical modifications are necessary.
Special requirements, safety precautions, challenges or conditions	
Pre-washing may be necessary in catering establishments or if the dishes have been standing for a long time in order to minimise hygiene risks.	

Responsibilities/Actors

Mandatory actors and required competencies
Households, catering businesses, canteen operators.
Voluntary/helpful actors and competencies
Environmental organisations and consumer centres to raise awareness.
Possible implementation partners
Manufacturer of dishwashers and detergents to provide instructions for use.

Implementation process

First steps to initiate the measure: preparatory actions	Installation instructions and guidelines, how to's, open-source initiatives
1. Provide information on water and energy consumption during pre-rinsing. 2. Sensitise users to the benefits of efficient washing behaviour. 3. Communicate recommendations for hygienically sensible exceptions.	
Realisation of the main part	Accompanying communication
1. Load dishes directly into the dishwasher without pre-cleaning under water. 2. Remove coarse food residues with a spoon instead of rinsing. 3. If necessary, use the dishwasher's soak option instead of pre-rinsing. 4. Use eco programmes as they use water and energy more sparingly. 5. Observe hygiene rules in catering establishments.	Stickers or information sheets in office kitchens, canteens or households to raise awareness.
After installation of the measure: maintenance/operation routine	Further comments/links
1. Regularly check the dishwasher for deposits. 2. Use the right detergent to ensure optimum cleaning performance. 3. Continue to promote awareness of energy-saving utilisation methods.	

Photos if available
<i>Picture</i>

Using the refrigerator and freezer #3

Brief description

Overfilling the refrigerator and constantly opening the door can increase electricity consumption by up to half.

##EnergySaving #EfficientCooling #SmartFridgeUse

Thematic allocation

- ☐ Insulation ☐ Electricity production
- ☒ Energy/ heating system ☐ Lighting
- ☐ Water heating supply

Building categories

- ☒ Administrative ☒ Educational or social institution
- ☒ Commercial ☒ Residential housing
- ☒ Industrial construction

Implementation time

- ☒ Quick to implement (within a few days)
- ☐ Short term (within 12 weeks)
- ☐ Medium term (within 6 months)
- ☐ Long term (longer than 12 months)

Saving potential

- ☒ Energy ☒ Costs
- ☒ CO₂
- ☒ Other positive effect
- Lower noise development, longer service life.*

Orientation

- ☒ Behaviour
- ☐ Technical
- ☐ Construction

Priority level

- ☐ Low
- ☒ Medium
- ☐ High

Qualification level

- ☒ DIY / own work
- ☐ Specialist company
- ☐ Expert

Special safety

- ☒ Not necessary
- ☐ Advisable
- ☐ Mandatory



Implementation requirements

Investment costs	Return of investment
No additional costs.	Direct savings on the electricity bill.
Possible subsidies and programmes	Availability of the material or technology
	No special materials required.
Special requirements, safety precautions, challenges or conditions	
No special challenges or safety risks. If the appliance is overfilled, air circulation may be restricted, which will impair cooling performance.	

Responsibilities/Actors

Mandatory actors and required competencies
Users of the refrigerator (households, companies, businesses).
Voluntary/helpful actors and competencies
Energy advisors can point out conscious refrigerator use.
Possible implementation partners
Manufacturers of household appliances or environmental organisations.

Implementation process

First steps to initiate the measure: preparatory actions	Installation instructions and guidelines, how to's, open-source initiatives
1. Make a conscious effort not to overfill the fridge. 2. Arrange food strategically to minimise search times. 3. Only open the door when necessary and close it again quickly.	
Realisation of the main part	Accompanying communication
1. Regularly check the fridge load. 2. Organise the food so that it can be removed quickly. 3. If necessary, use a refrigerator with a more efficient storage solution. 4. Check and adjust the temperature regularly. 5. Sensitise family members or colleagues.	Information campaigns in households, companies and canteens on the efficient use of refrigeration appliances.
After installation of the measure: maintenance/operation routine	Further comments/links
1. Regularly check the arrangement of the food. 2. Check temperature and adjust if necessary. 3. Raise awareness of energy-saving use.	

Photos if available
<i>Picture</i>

Ventilate properly and energy-efficiently

Brief description

If you always keep the window open, the costs may be increased by more than €100 per year on the electricity bill.

If you want to ventilate effectively during the heating season, open ventilation hatches and windows located at different heights from different sides. Open the doors upstairs and downstairs for a few minutes, and you can change the air in the house quickly without cooling the structures. If it's below 15 degrees outside and you want to keep the windows open, make sure all heat-producing devices are turned off. In summer, you can keep the windows open for cooling purposes.

#EnergyEfficiency #ProperVentilation #LowerHeatingCosts

Thematic allocation	Building categories
☐ Insulation ☐ Electricity production	☒ Administrative ☒ Educational or social institution
☒ Energy/ heating system ☐ Lighting	☒ Commercial ☒ Residential housing
☐ Water heating supply ☐	☒ Industrial construction ☐

Implementation time	Saving potential
☒ Quick to implement (within a few days) ☐ Short term (within 12 weeks) ☐ Medium term (within 6 months) ☐ Long term (longer than 12 months)	☒ Energy ☒ Costs ☒ CO ₂ ☒ Other positive effect <i>Improvement of air quality, prevention of mould formation.</i>

Orientation	Priority level	Qualification level	Special safety
☒ Behaviour ☐ Technical ☐ Construction	☐ Low ☒ Medium ☐ High	☒ DIY / own work ☐ Specialist company ☐ Expert	☒ Not necessary ☐ Advisable ☐ Mandatory



Implementation requirements

Investment costs	Return of investment
No direct costs.	Immediate savings on heating costs.
Possible subsidies and programmes	Availability of the material or technology
	Not required.
Special requirements, safety precautions, challenges or conditions	
Windows and ventilation flaps should be checked regularly for proper function. In very cold regions, incorrect ventilation can lead to damage to the building fabric.	

Responsibilities/Actors

Mandatory actors and required competencies
Building users (residents, employees, tenants).
Voluntary/helpful actors and competencies
Energy consultants and property managers can provide tips on correct ventilation.
Possible implementation partners
Environmental organisations or municipal utilities with energy-saving programmes.

Implementation process

First steps to initiate the measure: preparatory actions	Installation instructions and guidelines, how to's, open-source initiatives
1. Find out when and how best to ventilate. 2. Adjust heating utilisation during ventilation. 3. Open doors and windows strategically.	
Realisation of the main part	Accompanying communication
1. Cross-ventilate through opposite windows. 2. Only ventilate briefly during the heating period. 3. Switch off the heat generator during ventilation. 4. Use night ventilation in hot summer months. 5. Regular reminders about correct ventilation.	Notices in buildings, information campaigns for employees and tenants.
After installation of the measure: maintenance/operation routine	Further comments/links
1. Regular monitoring of ventilation behaviour. 2. Adaptation of the heating control to the ventilation behaviour. 3. Raising awareness through training or information material.	

Photos if available
<i>Picture</i>

Decreasing the room temperature

Brief description

Decreasing the room temperature during the heating periods by one degree will decrease the energy consumption by 5 %.

#EnergySaving #SmartHeating #ThermostatControl

Thematic allocation	Building categories
☐ Insulation ☐ Electricity production ☒ Energy/ heating system ☐ Lighting ☐ Water heating supply	☒ Administrative ☒ Educational or social institution ☒ Commercial ☒ Residential housing ☒ Industrial construction

Implementation time	Saving potential
☒ Quick to implement (within a few days) ☐ Short term (within 12 weeks) ☐ Medium term (within 6 months) ☐ Long term (longer than 12 months)	☒ Energy ☒ Costs ☒ CO ₂ ☐ Other positive effect

Orientation	Priority level	Qualification level	Special safety
☒ Behaviour ☐ Technical ☐ Construction	☐ Low ☒ Medium ☐ High	☒ DIY / own work ☐ Specialist company ☐ Expert	☒ Not necessary ☐ Advisable ☐ Mandatory

Implementation requirements

Investment costs	Return of investment
Low (manual temperature reduction free of charge, smart thermostats from approx. 20-100 € per unit).	Very quickly, as heating costs are reduced immediately.
Possible subsidies and programmes	Availability of the material or technology
	Thermostats are widely used and immediately available.
Special requirements, safety precautions, challenges or conditions	
In rented flats, tenants must ensure that they do not make any structural alterations that require authorisation.	

Responsibilities/Actors

Mandatory actors and required competencies
Residents or building managers to control the temperature.
Voluntary/helpful actors and competencies
Energy consultant for the optimal utilisation of heating systems.
Possible implementation partners
Providers of smart home solutions or heating technology.

Implementation process

First steps to initiate the measure: preparatory actions	Installation instructions and guidelines, how to's, open-source initiatives
1. Raise awareness of potential savings (e.g. through information campaigns). 2. Adjust temperature control and adapt it to users' comfort limits. 3. If appropriate, use smart thermostats for automation.	
Realisation of the main part	Accompanying communication
1. Reduce the room temperature by 1-2 °C in a targeted manner. 2. If available, programme thermostats according to heating requirements. 3. Keep rooms cooler at night or when you are away. 4. Regularly check the temperature using thermometers or heating bills. 5. Motivate users to regulate the temperature consistently.	Raising awareness through campaigns or notices in buildings. Provide information on potential savings for residents and employees.
After installation of the measure: maintenance/operation routine	Further comments/links
1. Regular control of the room temperature. 2. Adjustment of thermostats to seasonal conditions. 3. Replacing thermostats in the event of defects or technological advances.	

Photos if available
<i>Picture</i>

Do not cover the thermostats

Brief description

Do not cover the thermostats of the radiators with any clothes, furniture or anything. Covered thermostat do not recognise the temperature in the room correctly. In case of electric radiators, covering the thermostat or radiator may cause a risk of fire.

#EfficientHeating #ThermostatCare #FireSafety

Thematic allocation	Building categories
☐ Insulation ☐ Electricity production	☒ Administrative ☒ Educational or social institution
☒ Energy/ heating system ☐ Lighting	☒ Commercial ☒ Residential housing
☐ Water heating supply	☒ Industrial construction

Implementation time	Saving potential
☒ Quick to implement (within a few days)	☒ Energy ☒ Costs
☐ Short term (within 12 weeks)	☒ CO ₂
☐ Medium term (within 6 months)	☒ Other positive effect
☐ Long term (longer than 12 months)	<i>Fire safety.</i>

Orientation	Priority level	Qualification level	Special safety
☐ Behaviour	☐ Low	☒ DIY / own work	☒ Not necessary
☐ Technical	☐ Medium	☐ Specialist company	☐ Advisable
☐ Construction	☒ High	☐ Expert	☐ Mandatory

Implementation requirements

Investment costs	Return of investment
None.	Direct savings through more efficient heating output.
Possible subsidies and programmes	Availability of the material or technology
	Not needed.
Special requirements, safety precautions, challenges or conditions	
None.	

Responsibilities/Actors

Mandatory actors and required competencies
Residents or building managers to ensure implementation.
Voluntary/helpful actors and competencies
Energy consultant for optimisation of heating systems.
Possible implementation partners
Fire protection experts for electric heating systems.

Implementation process

First steps to initiate the measure: preparatory actions	Installation instructions and guidelines, how to's, open-source initiatives
1. Raise awareness of the problem. 2. Provide information in buildings. 3. Educate residents or users.	
Realisation of the main part	Accompanying communication
1. Check that thermostats are not covered. 2. Adjust furniture so that air circulation is guaranteed. 3. For electric heaters, ensure that there are no flammable materials in the vicinity. 4. Regularly check radiators in public buildings. 5. If necessary, affix markings or signs.	Information campaigns or notices in buildings. Reminders in tenancy agreements or housing brochures.
After installation of the measure: maintenance/operation routine	Further comments/links
1. Regular checks in occupied rooms. 2. Inform users continuously. 3. With new heating systems, check directly for open thermostats.	

Photos if available
<i>Picture</i>

Saving warm water #3

Brief description

Turn off the faucet while soaping your hands.

#WaterConservation #EnergyEfficiency #SustainableLiving

Thematic allocation

- ☐ Insulation ☐ Electricity production
- ☒ Energy/ heating system ☐ Lighting
- ☒ Water heating supply

Building categories

- ☒ Administrative ☒ Educational or social institution
- ☒ Commercial ☒ Residential housing
- ☒ Industrial construction

Implementation time

- ☒ Quick to implement (within a few days)
- ☐ Short term (within 12 weeks)
- ☐ Medium term (within 6 months)
- ☐ Long term (longer than 12 months)

Saving potential

- ☒ Energy ☒ Costs
- ☒ CO₂
- ☒ Other positive effect
- Saves resources.

Orientation

- ☒ Behaviour
- ☐ Technical
- ☐ Construction

Priority level

- ☐ Low
- ☒ Medium
- ☐ High

Qualification level

- ☒ DIY / own work
- ☐ Specialist company
- ☐ Expert

Special safety

- ☒ Not necessary
- ☐ Advisable
- ☐ Mandatory



Implementation requirements

Investment costs	Return of investment
None.	Immediate savings thanks to lower water and energy consumption.
Possible subsidies and programmes	Availability of the material or technology
	No special requirements as no technical modifications are necessary.
Special requirements, safety precautions, challenges or conditions	
No special challenges, as this is purely a change in behaviour.	

Responsibilities/Actors

Mandatory actors and required competencies
All users of washbasins.
Voluntary/helpful actors and competencies
Environmental organisations and educational institutions to raise awareness.
Possible implementation partners
Employers and public organisations for water conservation campaigns.

Implementation process

First steps to initiate the measure: preparatory actions	Installation instructions and guidelines, how to's, open-source initiatives
1. Raise awareness of water consumption. 2. Place information material in washrooms. 3. Raise awareness among employees or residents.	
Realisation of the main part	Accompanying communication
1. When washing your hands, switch off the water while soaping up. 2. Put up signs or stickers in public buildings. 3. Consider automatic taps (optional). 4. Reduce water flow to a necessary minimum. 5. Organise training courses or short information events in schools and companies.	Place posters or digital notices in washrooms. Organise water-saving challenges in companies or schools.
After installation of the measure: maintenance/operation routine	Further comments/links
1. Regular reminders with stickers or notices. 2. Collect and optimise feedback. 3. Inform new employees or residents about the measure.	

Photos if available
<i>Picture</i>

Saving warm water #4

Brief description

Spend as little time in the shower as possible - aim for a shower of less than five minutes. For example, a quarter-hour shower consumes the same amount of energy as one sauna session.

#SaveWater #EnergyEfficiency #EcoFriendlyLiving

Thematic allocation	Building categories
☐ Insulation ☐ Electricity production	☐ Administrative ☐ Educational or social institution
☒ Energy/ heating system ☐ Lighting	☐ Commercial ☒ Residential housing
☒ Water heating supply	☐ Industrial construction

Implementation time	Saving potential
☒ Quick to implement (within a few days)	☒ Energy ☒ Costs
☐ Short term (within 12 weeks)	☒ CO ₂
☐ Medium term (within 6 months)	☒ Other positive effect
☐ Long term (longer than 12 months)	<i>Saves water.</i>

Orientation	Priority level	Qualification level	Special safety
☒ Behaviour	☐ Low	☒ DIY / own work	☒ Not necessary
☐ Technical	☒ Medium	☐ Specialist company	☒ Advisable
☐ Construction	☐ High	☐ Expert	☐ Mandatory

Implementation requirements

Investment costs	Return of investment
None.	Immediate savings thanks to lower water and energy consumption.
Possible subsidies and programmes	Availability of the material or technology
	None.
Special requirements, safety precautions, challenges or conditions	
No special challenges, as this is purely a change in behaviour.	

Responsibilities/Actors

Mandatory actors and required competencies
Residents or users of showers.
Voluntary/helpful actors and competencies
Environmental organisations and educational institutions to raise awareness.
Possible implementation partners
Water suppliers or energy companies for information campaigns.

Implementation process

First steps to initiate the measure: preparatory actions	Installation instructions and guidelines, how to's, open-source initiatives
1. Raise awareness of the high energy consumption caused by long showers. 2. Provide tips and information material for shorter shower times. 3. Motivate users with small challenges (e.g. shower timers).	
Realisation of the main part	Accompanying communication
1. Deliberately reduce the shower time to less than five minutes. 2. Use a stopwatch or waterproof timer as an aid. 3. Consider 'eco mode' or water-saving shower heads (optional). 4. Use music or fixed sequences as a time limit. 5. Organise water-saving campaigns in apartment blocks or halls of residence.	Put up posters or digital notices in bathrooms. Launch awareness campaigns in schools and companies.
After installation of the measure: maintenance/operation routine	Further comments/links
1. Regular reminders through tips or challenges. 2. Collect and adapt feedback. 3. Inform new residents or tenants.	

Photos if available

Saving warm water #5

Brief description

If you wash by hand, wash the dishes in the sink instead of running water.

#WaterSaving #EcoFriendlyLiving #ReduceWaste

Thematic allocation

- ☐ Insulation ☐ Electricity production
- ☐ Energy/ heating system ☐ Lighting
- ☒ Water heating supply

Building categories

- ☒ Administrative ☒ Educational or social institution
- ☒ Commercial ☒ Residential housing
- ☒ Industrial construction

Implementation time

- ☐ Quick to implement (within a few days)
- ☐ Short term (within 12 weeks)
- ☐ Medium term (within 6 months)
- ☐ Long term (longer than 12 months)

Saving potential

- ☒ Energy ☒ Costs
- ☒ CO₂
- ☒ Other positive effect
- Saves water.*

Orientation

- ☒ Behaviour
- ☐ Technical
- ☐ Construction

Priority level

- ☐ Low
- ☒ Medium
- ☐ High

Qualification level

- ☒ DIY / own work
- ☐ Specialist company
- ☐ Expert

Special safety

- ☒ Not necessary
- ☐ Advisable
- ☐ Mandatory

Implementation requirements

Investment costs	Return of investment
None.	Immediate savings through reduced water and energy consumption.
Possible subsidies and programmes	Availability of the material or technology
	No additional materials required.
Special requirements, safety precautions, challenges or conditions	
No particular challenges other than raising user awareness.	

Responsibilities/Actors

Mandatory actors and required competencies
Residents or users who adapt their behaviour.
Voluntary/helpful actors and competencies
Sustainability consultant for information campaigns.
Possible implementation partners
Environmental organisations or water suppliers for information material.

Implementation process

First steps to initiate the measure: preparatory actions	Installation instructions and guidelines, how to's, open-source initiatives
1. Inform users about water consumption and potential savings. 2. Display information material in kitchens or communal areas. 3. Raise awareness through campaigns or training courses.	
Realisation of the main part	Accompanying communication
1. Wash up in a basin filled with water. 2. Only use running water for rinsing. 3. If available, use a dishwasher efficiently. 4. Raise awareness through regular reminders or posters. 5. Motivate households and businesses to adopt sustainable habits.	Posters or digital campaigns to save water. Training courses or workshops for employees or tenants.
After installation of the measure: maintenance/operation routine	Further comments/links
1. Regular evaluation of water consumption. 2. Obtain user feedback and adapt measures if necessary. 3. Establish sustainable behaviour in the long term.	

Photos if available
<i>Picture</i>

Lighting

Brief description

Turn off the lights in rooms where no one is staying.

#EnergySaving #SustainableLiving #SmartLighting

Thematic allocation

- ☐ Insulation
 ☐ Electricity production
 ☐ Energy/ heating system
 ☒ Lighting
 ☐ Water heating supply

Building categories

- ☒ Administrative
 ☒ Educational or social institution
 ☒ Commercial
 ☒ Residential housing
 ☒ Industrial construction

Implementation time

- ☒ Quick to implement (within a few days)
 ☐ Short term (within 12 weeks)
 ☐ Medium term (within 6 months)
 ☐ Long term (longer than 12 months)

Saving potential

- ☒ Energy
 ☒ Costs
 ☒ CO₂
☐ Other positive effect

Orientation

- ☒ Behaviour
 ☐ Technical
 ☐ Construction

Priority level

- ☐ Low
 ☒ Medium
 ☐ High

Qualification level

- ☒ DIY / own work
 ☐ Specialist company
 ☐ Expert

Special safety

- ☒ Not necessary
 ☐ Advisable
 ☐ Mandatory



Implementation requirements

Investment costs	Return of investment
None.	Immediate savings through reduced electricity consumption.
Possible subsidies and programmes	Availability of the material or technology
	No technical measures required.
Special requirements, safety precautions, challenges or conditions	
Awareness must be raised in order to achieve a lasting change in behaviour.	

Responsibilities/Actors

Mandatory actors and required competencies
All building users (employees, residents, pupils, etc.).
Voluntary/helpful actors and competencies
Energy consultants, facility managers, environmental initiatives.
Possible implementation partners
Organisations for sustainability and energy saving.

Implementation process

First steps to initiate the measure: preparatory actions	Installation instructions and guidelines, how to's, open-source initiatives
1. Raise user awareness through information campaigns. 2. Reminders (e.g. stickers on light switches). 3. Introduction of rules or incentives in companies or households.	
Realisation of the main part	Accompanying communication
1. Always switch off the light when leaving a room. 2. Consider using motion detectors or timers. 3. Train employees or family members. 4. Control the changeover through regular checks. 5. Adjust the lighting to actual requirements.	Awareness campaigns in schools, businesses and households. Posters, reminders in digital communication channels.
After installation of the measure: maintenance/operation routine	Further comments/links
1. Regular reminders and readjustment of measures. 2. Obtain feedback and optimise further. 3. Long-term integration into everyday life.	

Photos if available
<i>Picture</i>

Making coffee #2

Brief description

Make coffee less often and turn off the power as soon as possible. If the coffee takes longer, prefer a vacuum flask. Making coffee several times a day throughout the year consumes almost as much energy as a medium-sized refrigerator in a year.

#EnergySaving #SustainableLiving #SmartCoffee

Thematic allocation

- ☐ Insulation ☐ Electricity production
- ☒ Energy/ heating system ☐ Lighting
- ☐ Water heating supply

Building categories

- ☒ Administrative ☒ Educational or social institution
- ☒ Commercial ☒ Residential housing
- ☒ Industrial construction

Implementation time

- ☒ Quick to implement (within a few days)
- ☐ Short term (within 12 weeks)
- ☐ Medium term (within 6 months)
- ☐ Long term (longer than 12 months)

Saving potential

- ☒ Energy ☒ Costs
- ☒ CO₂
- ☐ Other positive effect

Orientation

- ☒ Behaviour
- ☐ Technical
- ☐ Construction

Priority level

- ☐ Low
- ☒ Medium
- ☐ High

Qualification level

- ☒ DIY / own work
- ☐ Specialist company
- ☐ Expert

Special safety

- ☒ Not necessary
- ☐ Advisable
- ☐ Mandatory



Implementation requirements

Investment costs	Return of investment
Low to no costs, possibly for a thermos flask.	Immediate savings through reduced power consumption.
Possible subsidies and programmes	Availability of the material or technology
	Thermos flasks are readily available.
Special requirements, safety precautions, challenges or conditions	
No special challenges, except to raise user awareness.	

Responsibilities/Actors

Mandatory actors and required competencies
Users who adapt their behaviour.
Voluntary/helpful actors and competencies
Sustainability initiatives or energy-saving programmes that raise awareness.
Possible implementation partners
Companies that provide energy-efficient appliances or thermos flasks.

Implementation process

First steps to initiate the measure: preparatory actions	Installation instructions and guidelines, how to's, open-source initiatives
1. Inform users about the high energy consumption caused by frequent coffee brewing. 2. Recommend the use of a thermos flask. 3. Raise awareness through information campaigns or reminders.	
Realisation of the main part	Accompanying communication
1. Make coffee in larger quantities, but less often. 2. Use a thermos flask to keep coffee warm. 3. Switch off the coffee machine immediately after brewing. 4. If possible, use energy-efficient coffee machines. 5. Establish conscious user behaviour in the long term.	Posters or digital campaigns on energy savings. Training courses or workshops for employees or households.
After installation of the measure: maintenance/operation routine	Further comments/links
1. Regular review of energy consumption. 2. Obtain user feedback and adapt measures if necessary. 3. Promote sustainable behaviour in the long term.	

Photos if available
<i>Picture</i>

No need for preheat

Brief description

The convection oven does not need to be preheated, and food can be baked, warmed on two levels at the same time.

#EnergyEfficiency #SmartCooking #SaveElectricity

Thematic allocation

- ☐ Insulation ☐ Electricity production
- ☒ Energy/ heating system ☐ Lighting
- ☐ Water heating supply

Building categories

- ☐ Administrative ☐ Educational or social institution
- ☒ Commercial ☒ Residential housing
- ☒ Industrial construction

Implementation time

- ☒ Quick to implement (within a few days)
- ☐ Short term (within 12 weeks)
- ☐ Medium term (within 6 months)
- ☐ Long term (longer than 12 months)

Saving potential

- ☒ Energy ☒ Costs
- ☒ CO₂
- ☐ Other positive effect

Orientation

- ☒ Behaviour
- ☐ Technical
- ☐ Construction

Priority level

- ☐ Low
- ☒ Medium
- ☐ High

Qualification level

- ☒ DIY / own work
- ☐ Specialist company
- ☐ Expert

Special safety

- ☒ Not necessary
- ☐ Advisable
- ☐ Mandatory



Implementation requirements

Investment costs	Return of investment
None.	Immediate savings through reduced energy consumption.
Possible subsidies and programmes	Availability of the material or technology
Special requirements, safety precautions, challenges or conditions	
Users must be aware that certain recipes may still require preheating.	

Responsibilities/Actors

Mandatory actors and required competencies
Households, restaurants, bakeries.
Voluntary/helpful actors and competencies
Energy consultants and consumer organisations.
Possible implementation partners
Manufacturer of energy-efficient ovens and cooking accessories.

Implementation process

First steps to initiate the measure: preparatory actions	Installation instructions and guidelines, how to's, open-source initiatives
1. Provide information on energy-saving baking. 2. Raise awareness among users through cookery courses or instructions. 3. Clarify which dishes can be prepared without preheating.	
Realisation of the main part	Accompanying communication
1. Use of convection mode without preheating. 2. Bake on several levels simultaneously to increase efficiency. 3. Adjustment of recipe times if necessary. 4. Promote the changeover through information campaigns. 5. Establish the method as the standard in the long term.	Information in cookery books or on oven control panels. Campaigns to raise awareness about energy-efficient cooking.
After installation of the measure: maintenance/operation routine	Further comments/links
1. Regularly review your own cooking habits. 2. Obtain user feedback and adapt measures if necessary. 3. Promote sustainable behaviour in the long term.	

Photos if available
<i>Picture</i>

Opening the oven door

Brief description

Avoid opening the oven door unnecessarily.

#EnergySaving #EfficientCooking #SustainableKitchen

Thematic allocation

- | | |
|--|---|
| ☐ Insulation | ☐ Electricity production |
| ☒ Energy/ heating system | ☐ Lighting |
| ☐ Water heating supply | |

Building categories

- | | |
|---|--|
| ☐ Administrative | ☐ Educational or social institution |
| ☒ Commercial | ☒ Residential housing |
| ☒ Industrial construction | |

Implementation time

- ☒ Quick to implement (within a few days)
- ☐ Short term (within 12 weeks)
- ☐ Medium term (within 6 months)
- ☐ Long term (longer than 12 months)

Saving potential

- | | |
|---|---|
| ☒ Energy | ☒ Costs |
| ☒ CO ₂ | |
| ☐ Other positive effect | |

Orientation

- ☒ Behaviour
- ☐ Technical
- ☐ Construction

Priority level

- ☐ Low
- ☒ Medium
- ☐ High

Qualification level

- ☒ DIY / own work
- ☐ Specialist company
- ☐ Expert

Special safety

- ☒ Not necessary
- ☐ Advisable
- ☐ Mandatory



Implementation requirements

Investment costs	Return of investment
None.	Immediate savings through reduced energy consumption.
Possible subsidies and programmes	Availability of the material or technology
Special requirements, safety precautions, challenges or conditions	
No special challenges, only awareness-raising is required.	

Responsibilities/Actors

Mandatory actors and required competencies
Households, catering, bakeries.
Voluntary/helpful actors and competencies
Environmental initiatives that provide information about energy-saving cooking.
Possible implementation partners
Manufacturer of energy-efficient ovens and cooking accessories.

Implementation process

First steps to initiate the measure: preparatory actions	Installation instructions and guidelines, how to's, open-source initiatives
1. Inform users about energy losses during baking. 2. Recommend using oven windows or timers. 3. Raise awareness through information campaigns.	
Realisation of the main part	Accompanying communication
1. Only open the oven door if absolutely necessary. 2. Use the interior lighting for visual inspection. 3. Optimise cooking and baking processes (e.g. cook several dishes at the same time). 4. Utilise residual heat instead of reheating the oven prematurely. 5. Establish a long-term change of habit.	Information in cookery books or on oven control panels. Campaigns or posters in the kitchens of restaurants and households.
After installation of the measure: maintenance/operation routine	Further comments/links
1. Regularly review your own cooking habits. 2. Obtain user feedback and adapt measures if necessary. 3. Promote sustainable behaviour in the long term.	

Photos if available
<i>Picture</i>

Saving warm water #6

Brief description

Only wash full loads in the washing machine and prefer airing the clothes and cooler washing programmes.

#WaterSaving #EnergyEfficiency #SustainableLaundry

Thematic allocation

- ☐ Insulation
 ☐ Electricity production
☒ Energy/ heating system
 ☐ Lighting
☐ Water heating supply

Building categories

- ☐ Administrative
 ☒ Educational or social institution
☒ Commercial
 ☒ Residential housing
☒ Industrial construction

Implementation time

- ☒ Quick to implement (within a few days)
☐ Short term (within 12 weeks)
☐ Medium term (within 6 months)
☐ Long term (longer than 12 months)

Saving potential

- ☒ Energy
 ☒ Costs
☒ CO₂
☐ Other positive effect

Orientation

- ☒ Behaviour
☐ Technical
☐ Construction

Priority level

- ☐ Low
☒ Medium
☐ High

Qualification level

- ☒ DIY / own work
☐ Specialist company
☐ Expert

Special safety

- ☒ Not necessary
☐ Advisable
☐ Mandatory



Implementation requirements

Investment costs	Return of investment
None.	Immediate savings on water and electricity costs.
Possible subsidies and programmes	Availability of the material or technology
	Washing machines are widely used, no special requirements.
Special requirements, safety precautions, challenges or conditions	
No special challenges, except to raise user awareness.	

Responsibilities/Actors

Mandatory actors and required competencies
Households, companies and institutions that use washing machines.
Voluntary/helpful actors and competencies
Environmental organisations that provide information about saving water and energy-efficient washing.
Possible implementation partners
Manufacturer of detergents and energy-efficient washing machines.

Implementation process

First steps to initiate the measure: preparatory actions	Installation instructions and guidelines, how to's, open-source initiatives
1. Inform users about the potential savings. 2. Recommend energy-efficient washing programmes and how to fill the machine. 3. Raise awareness through information campaigns or reminders.	
Realisation of the main part	Accompanying communication
1. Only start the washing machine when it is fully loaded. 2. Prefer low washing temperatures. 3. If possible, use energy-efficient detergents. 4. Air out clothes more often to avoid unnecessary washing. 5. Establish conscious user behaviour in the long term.	Campaigns or posters on energy-efficient washing. Training courses or workshops for households or organisations.
After installation of the measure: maintenance/operation routine	Further comments/links
1. Regular review of washing behaviour. 2. Obtain user feedback and adapt measures if necessary. 3. Promote sustainable behaviour in the long term.	

Photos if available
<i>Picture</i>

Utilising the preheat

Brief description

Make use of the oven's preheat, because many foods can be put in a cold oven. The food heats up at the same time as the oven.

#EnergyEfficiency #SmartCooking #SaveElectricity

Thematic allocation	Building categories
☐ Insulation ☐ Electricity production	☐ Administrative ☐ Educational or social institution
☒ Energy/ heating system ☐ Lighting	☒ Commercial ☒ Residential housing
☐ Water heating supply	☒ Industrial construction

Implementation time	Saving potential
☒ Quick to implement (within a few days)	☒ Energy ☒ Costs
☐ Short term (within 12 weeks)	☐ CO ₂
☐ Medium term (within 6 months)	☐ Other positive effect
☐ Long term (longer than 12 months)	

Orientation	Priority level	Qualification level	Special safety
☒ Behaviour	☐ Low	☒ DIY / own work	☒ Not necessary
☐ Technical	☒ Medium	☐ Specialist company	☐ Advisable
☐ Construction	☐ High	☐ Expert	☐ Mandatory



Implementation requirements

Investment costs	Return of investment
None.	Immediate savings through reduced energy consumption.
Possible subsidies and programmes	Availability of the material or technology
	Available by default as it requires a change in behaviour and no new technology.
Special requirements, safety precautions, challenges or conditions	
Some dishes may require preheating, so careful use is important.	

Responsibilities/Actors

Mandatory actors and required competencies
Households, restaurants, bakeries.
Voluntary/helpful actors and competencies
Energy consultants, consumer organisations.
Possible implementation partners
Manufacturer of energy-efficient ovens.

Implementation process

First steps to initiate the measure: preparatory actions	Installation instructions and guidelines, how to's, open-source initiatives
1. Disseminate information about the possibility of baking without preheating. 2. Raise awareness among users through instructions or cooking courses. 3. Identify recipes that are suitable for this method.	
Realisation of the main part	Accompanying communication
1. Place the food directly in the cold oven. 2. Adjust the cooking time if necessary. 3. Bake several dishes at the same time to increase efficiency. 4. Raise awareness through communication and training. 5. Establish long-term use of this method in households and catering establishments.	Notes on recipes or oven control panels. Campaigns to promote energy-efficient cooking.
After installation of the measure: maintenance/operation routine	Further comments/links
1. Regular review and adjustment of cooking habits. 2. Exchange with other users to share experiences. 3. Ongoing information campaigns to increase efficiency.	

Photos if available
<i>Picture</i>