



- Avoid changing the preset room temperatures.
- Keep windows and doors closed to prevent heat loss, especially in winter. Ventilate quickly using cross-draught.
- ✓ In summer, cool the rooms wisely: keep doors, windows, and curtains closed during the day, use the cooler night air for ventilation and avoid using heat-producing appliances.
- ✓ Use the fireplace for heating during winter and enjoy the ambiance. Close the damper when the fire has completely burned out and the fireplace is not in use.
- ✓ Heat the sauna once for the whole group and enter when the sauna reaches the optimal temperature of 70–80°C.
- Use water sparingly: opt for short showers and avoid wasting water when washing dishes by hand.
- Only run the dishwasher and washing machine with full loads and use shorter and energy-saving programs with lower washing temperatures. Use the tumble dryer or drying cabinet only when necessary.
- Use the stove and oven efficiently by utilizing preheat and residual heat. Keep the range hood on only as needed. Use the microwave for heating and cooking small food portions.
- Keep lighting to a minimum and turn off lights in rooms not in use. Also, switch off electrical devices when not in use and unplug chargers after charging is complete.
- ✓ Preheat your car only for the necessary amount of time (even in temperatures below -20°C, a maximum of 2 hours). Charge electric vehicles only at designated charging stations.