



Practical energy efficiency
Do you know how to save energy?



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1

Do you think 1 kWh is sufficient enough to adequately complete any of the following tasks?

Internet surfing

Watching TV

Dishwashing (with machine)

Lighting an appartement

Using the air conditioning

EcoAgeing

DISCUSS YOUR ANSWERS!

1

One kilowatt hour corresponds to the used energy from an electrical appliance with a capacity of one kilowatt (=1000W) for one hour. With it:

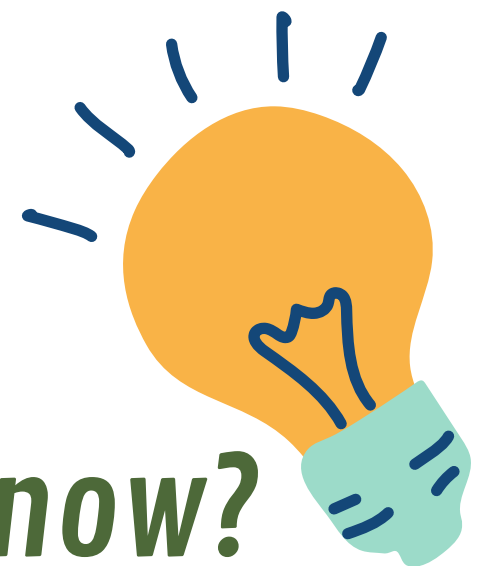
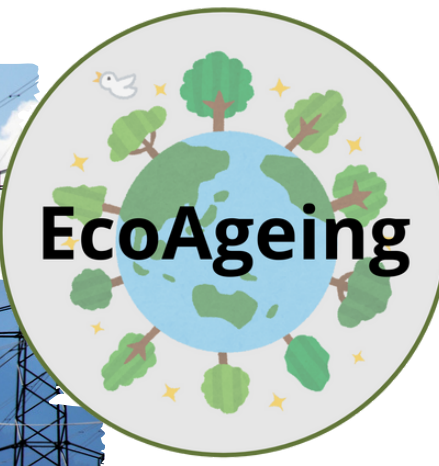
You can surf the Internet on your home computer an average of 6 hours;

You can watch 4 hours TV on a large plasma, flat screen

You can wash the dishes with an effective dishwasher

You can use a 100W lightbulb for 10 hours or an energy saving one of 20W for 50 hours

You can turn on a household air conditioner for 1 hour



Did you know?

2

Do you use energy-saving light bulbs? What are its advantages?



DISCUSS YOUR ANSWERS!

2

Use energy saving or LED bulbs

Energy saving light bulbs consume 4 times less energy than conventional light bulbs (incandescent). They last up to 5 times longer and emit significantly less heat than other bulbs.

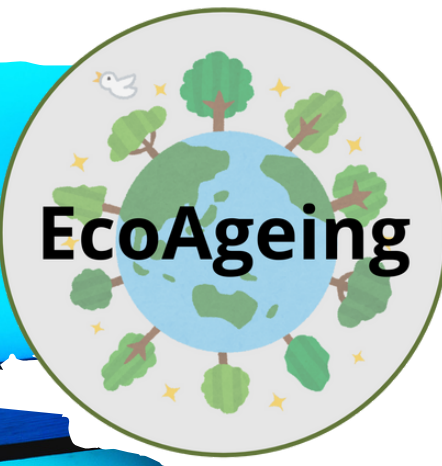
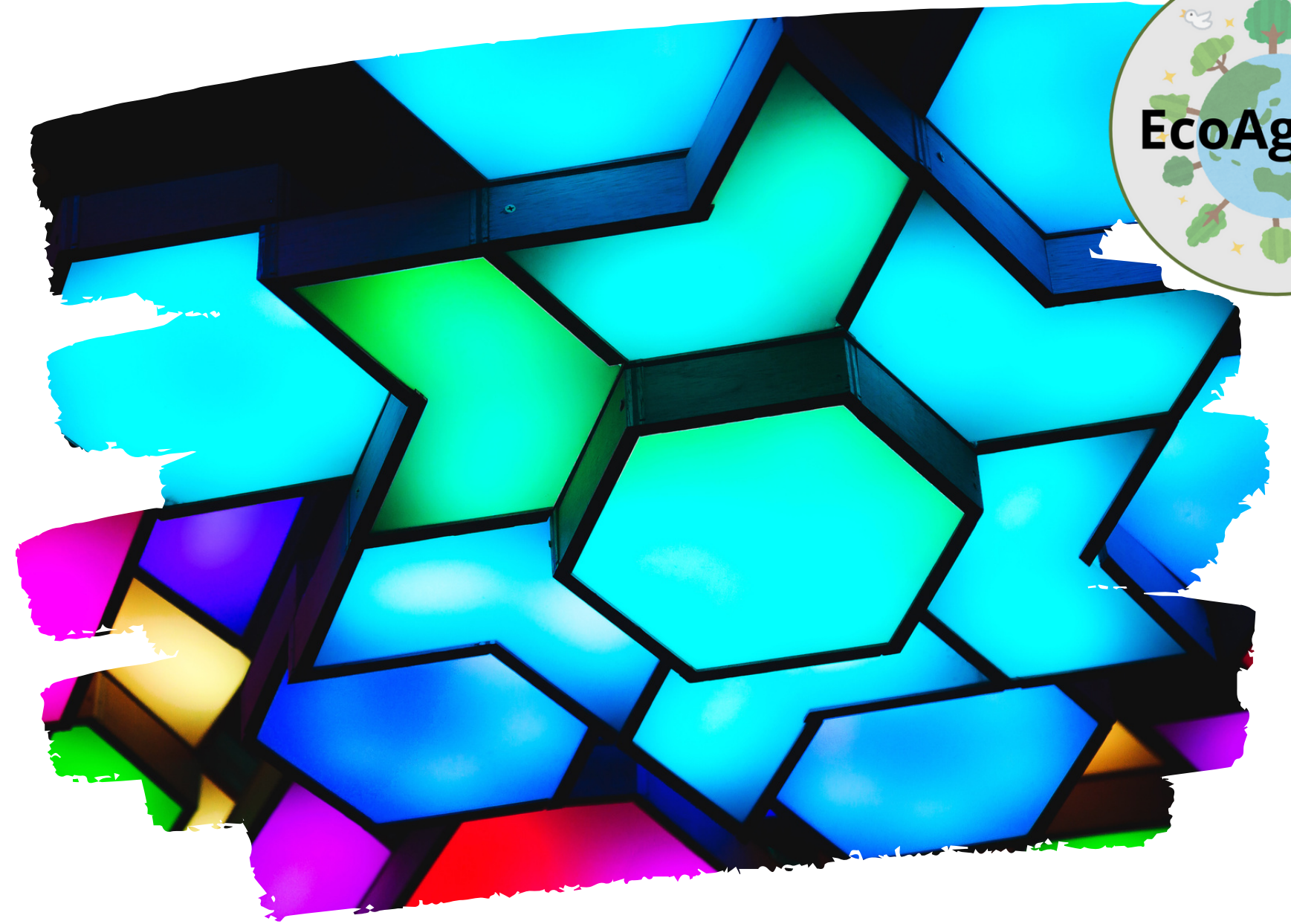
LED bulbs are a rapidly evolving technology and become increasingly available on the market. They consume up to 10 times less than conventional light bulbs, and their life lasts 10–15 times longer. Energy saving LED bulbs should be placed especially in rooms where they will be used for a longer time. This will not only increase your savings cost and bulb life, but also reduce heat dissipation.



Did you know?

3

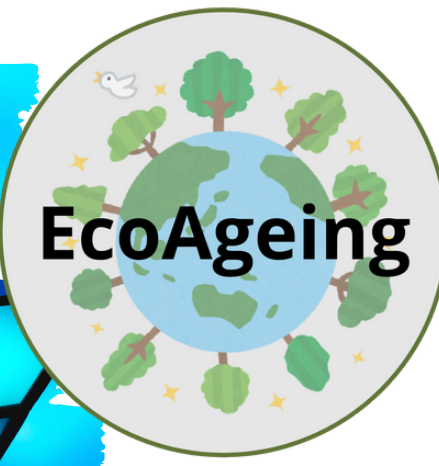
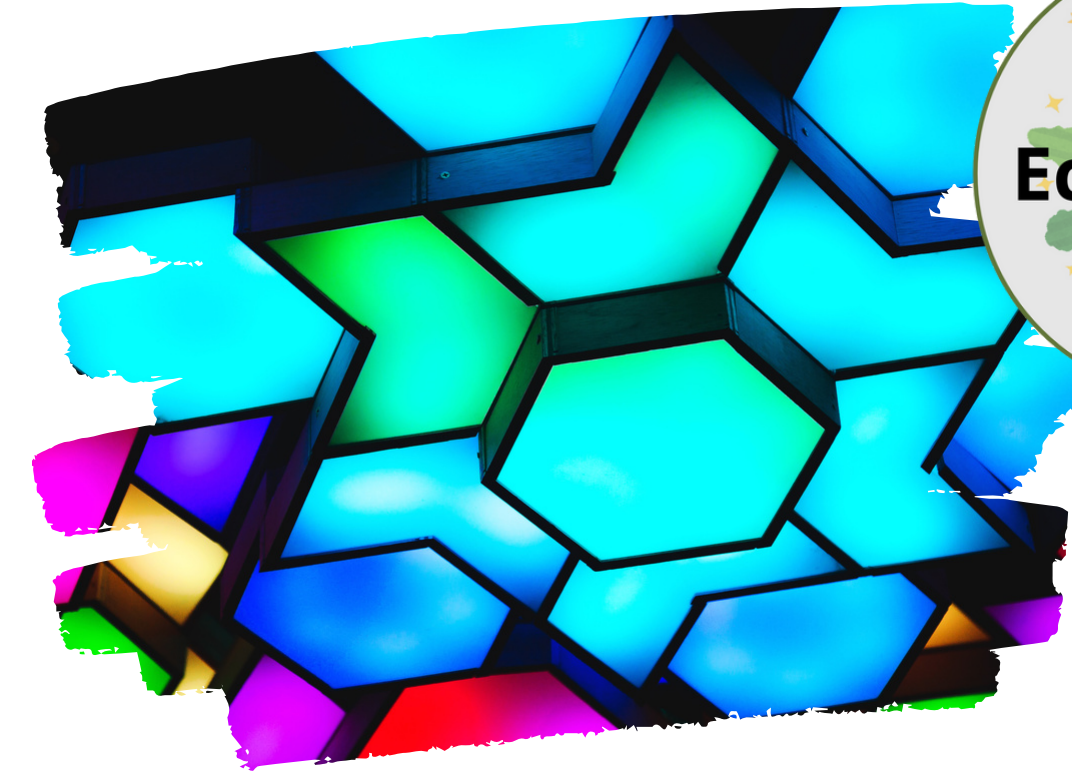
Do you use indirect lighting in any of the areas of your home?



DISCUSS YOUR ANSWERS!

3

Illuminate directly



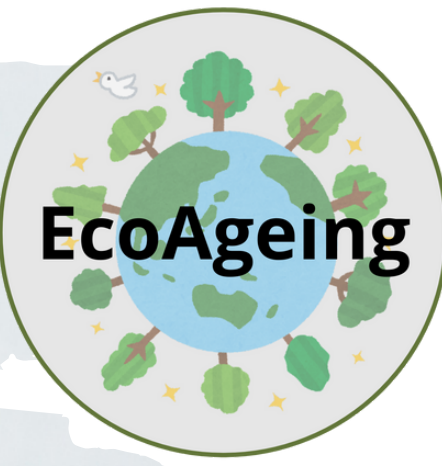
Place light sources in larger rooms in such a way that every area in the room can be illuminated locally, avoiding indirect illumination. This saves electricity and reduces the amount of heat released.



Did you know?

4

Do you make sure to stop the power supply to appliances when they are not going to be used?



DISCUSS YOUR ANSWERS!

4

Disconnect the power to unnecessary appliances



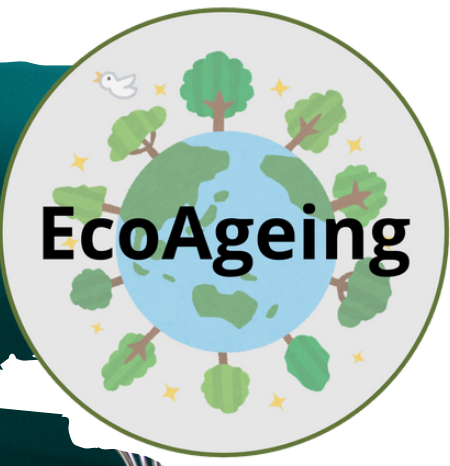
Use a power strip with a button to turn off power supply in order to make sure the electrical appliances do not consume electricity when turned off. Be careful when interrupting appliances where unsaved data may be lost, as can be the case with video recorders.



Did you know?

5

***Do you clean your
electrical appliances
from scale/ incrustation?***



DISCUSS YOUR ANSWERS!

5

Prevent and reduce scale formation



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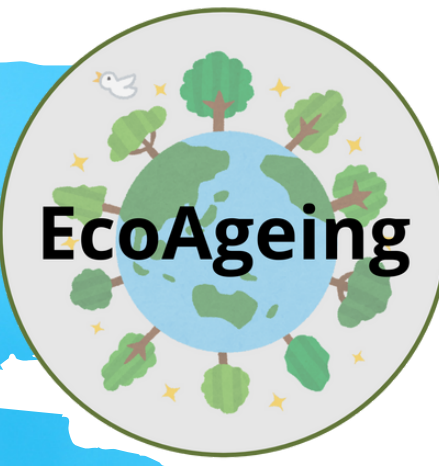
Appliances covered with scale consume more energy and are less effective. In addition, the scale creates conditions for the development of bacteria and is a common cause of Legionnaires' disease. Clean appliances regularly to increase their efficiency, and for the benefit of your health.



Did you know?

6

Do you often set the temperature on your washing machine above 60 °C when washing your clothes?



DISCUSS YOUR ANSWERS!

6

Do not wash with too hot water



It is seldom necessary to wash fabrics at 95° C. In most cases, due to the use of modern detergents to wash cotton or other fabrics, 60° C and often 40° C are a sufficient washing temperature. This way you can save about a third of energy consumption, and reduce the wear of tissues.



Did you know?

7

Do you use a dishwashing machine?

If yes, do you fill it up to its full capacity before you run it?



DISCUSS YOUR ANSWERS!

7

Use dishwashers fully loaded



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Dishwashers help us save energy and water. Modern dishwashers from Class A require about 1 kWh of electricity and 10 liters water for washing one charge. To wash the same amount of dishes so efficiently by hand, you will consume around one third more energy and 5-10 times more water, for which you will also need extra time.

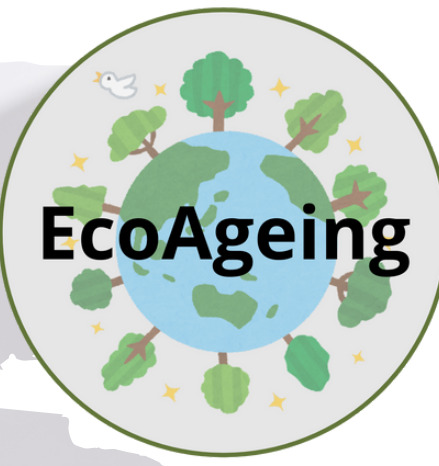
Make sure you take full advantage of your dishwasher by turning it on only when fully loaded.



Did you know?

8

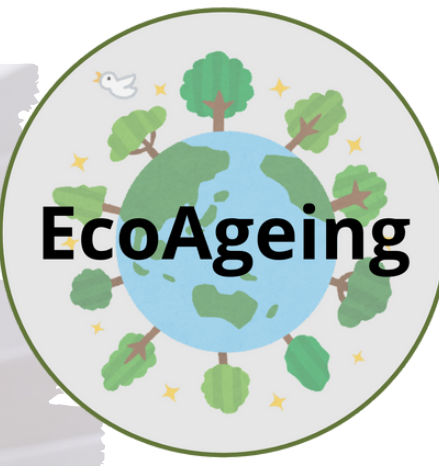
***Do you find yourself
leaving the tap on while
brushing your teeth or
shaving?***



DISCUSS YOUR ANSWERS!

8

Stop the flow of water



When brushing or shaving, avoid letting the water run. This, at first glance insignificant-flax daily ritual, may end with the expenditure of surprising amount of energy and water.



Did you know?

9

Do you often run your washing machine on a pre-wash mode?



DISCUSS YOUR ANSWERS!

9

Do not run the washing machine with pre-wash mode



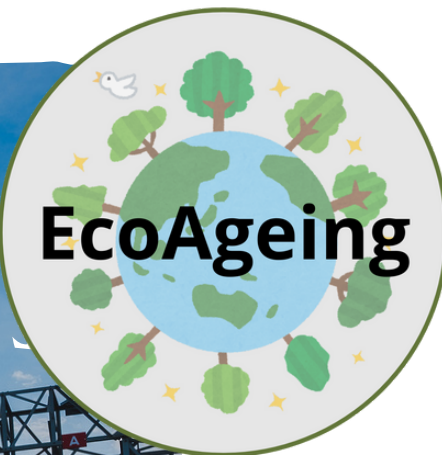
It is necessary to start the washing machine with pre-washing only for heavily soiled fabrics. Avoid using prewash for little soiled laundry. This way you will save both energy and water.



Did you know?

A

Additional tips for saving power



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Install dimmer switches to control your lights

Install motion sensors in your exterior, which turn your lights on only when something or someone is moving

Hang dry your laundry instead of using the dryer

Keep fridge and freezer at ideal temperature

Defrost your freezer regularly

Use the “economy mode” setting on appliances

When purchasing a new electronic device, get a model that is “energy star” certified

Look up energy saving hacks and apply them at home

A

Additional tips for saving water

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Monitor your water bill for unusually high use

Take shorter showers

Switch off the hose while washing your car or use a bucket and sponge

If you install a new toilet, make sure it has a dual-flush system

Water your outdoor plants during the cool parts of the days

Fix any leaky faucet, check your toilet for leaks

Install water-saving shower head or flow restrictors

Use filtered tap water for drinking rather than energy and water-intensive bottled water

Collect rainwater or water from the sink for watering plants

Put a layer of mulch around your plants/trees in the garden to slow down the evaporation of moisture



***How many did you get
correctly?***



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