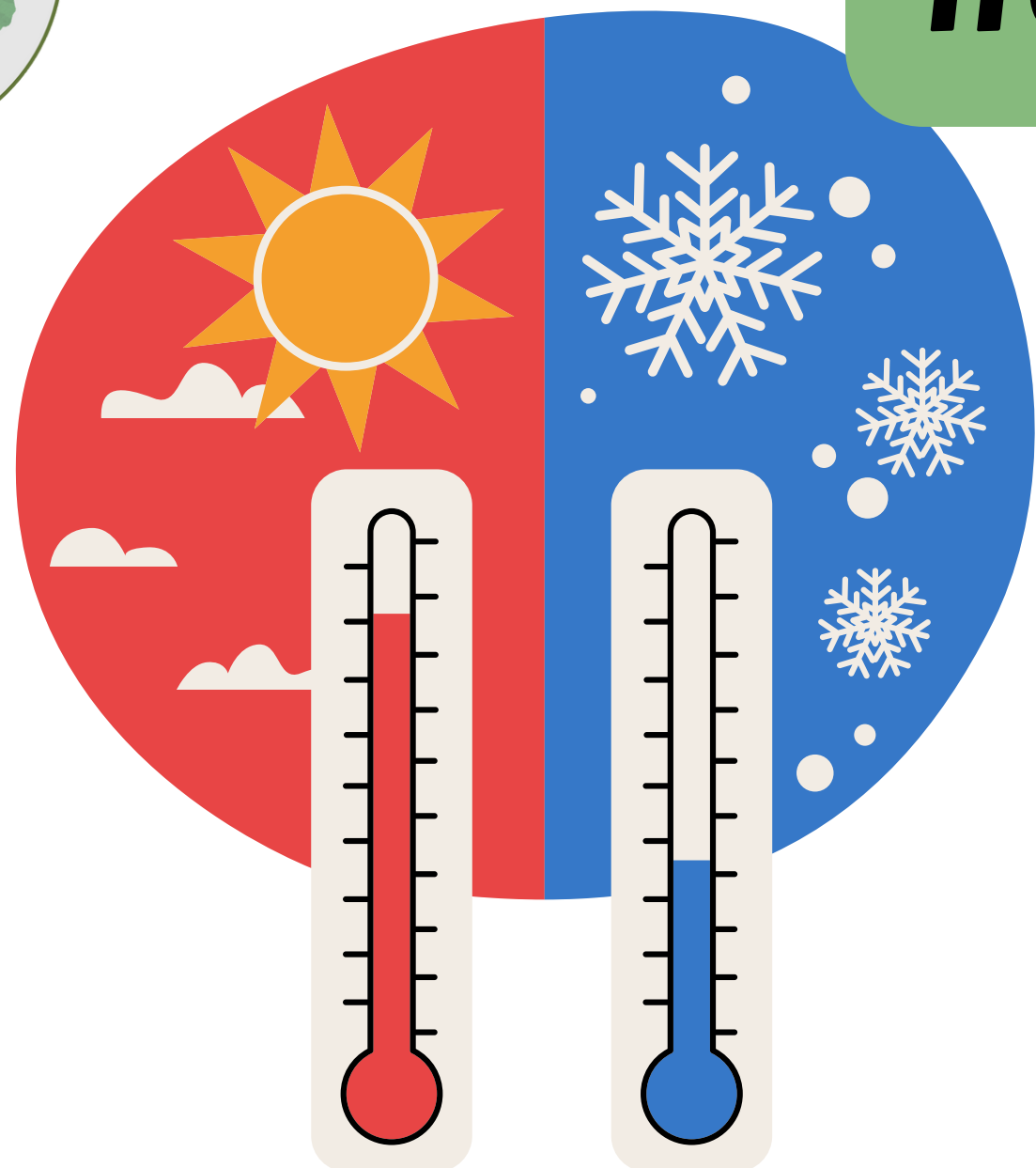




***Heating routine efficiency -
Do you know how to
sustainably heat/ cool
your environment?***



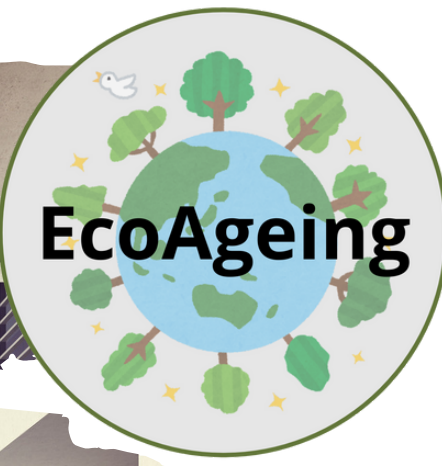
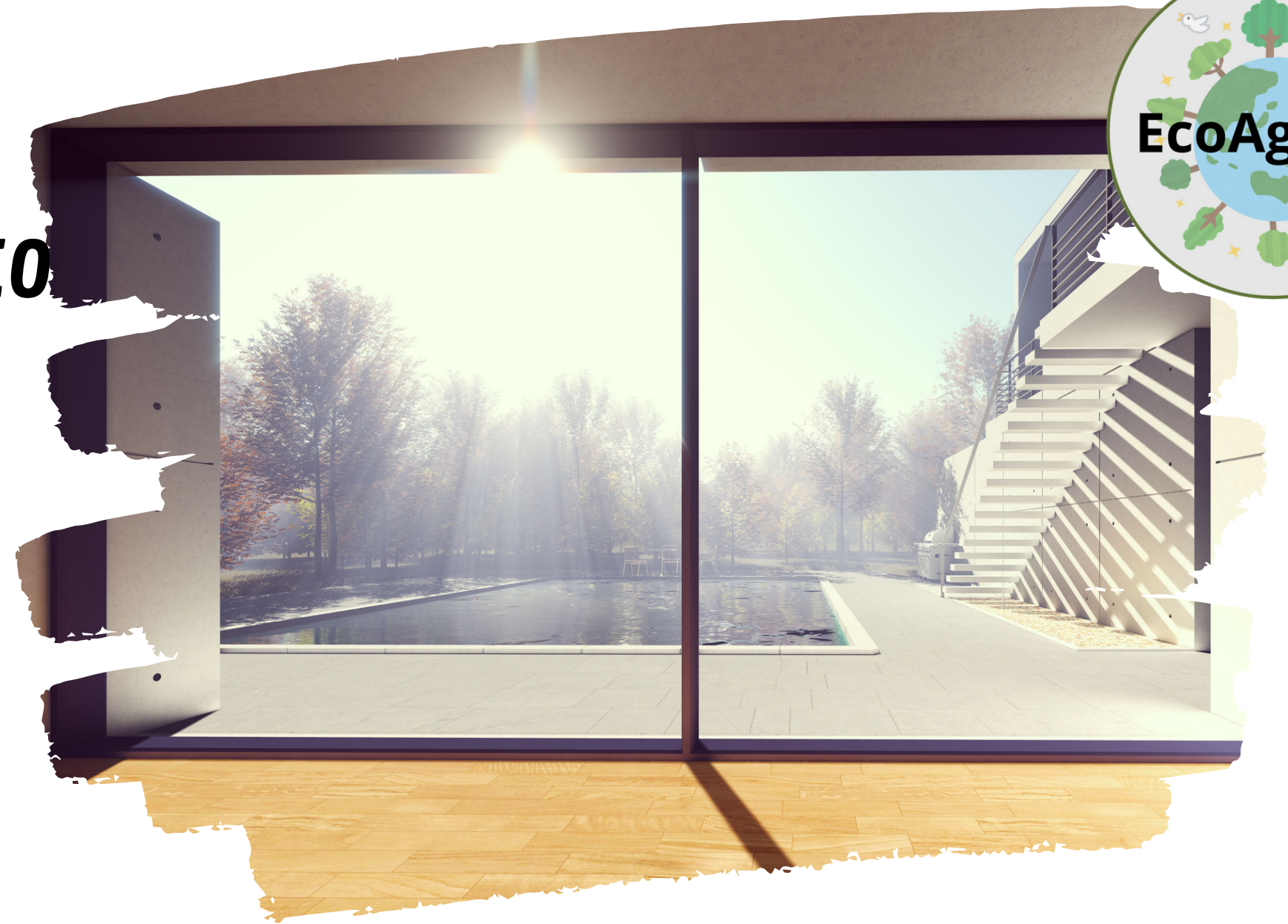
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1

Do you use any methods to control the amount of sunlight reaching inside your home?



DISCUSS YOUR ANSWERS!

1

Let the sun shine according to your wishes



EcoAgeing

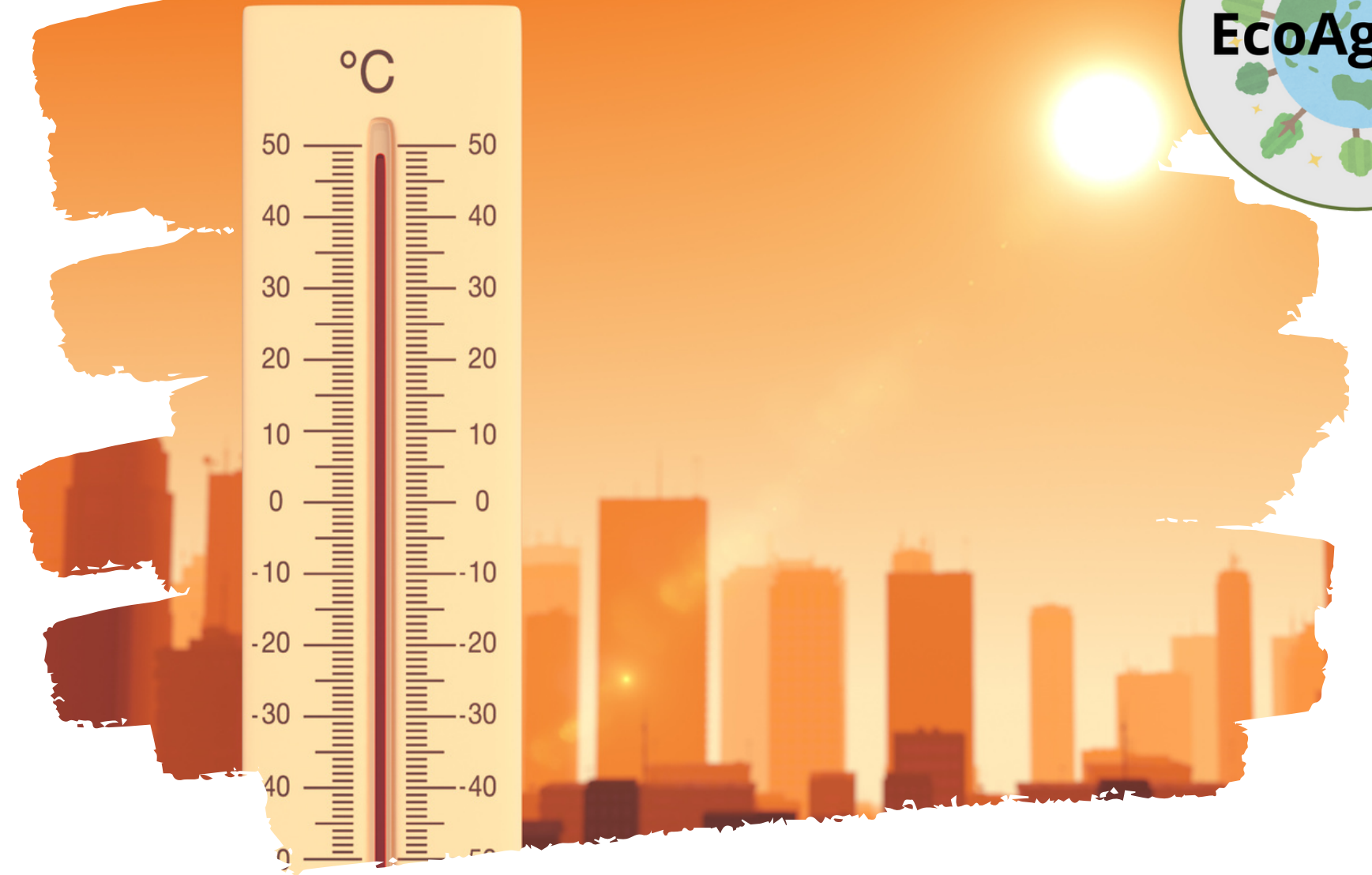
Use external blinds. In this way you will reduce heating costs by both using the lower winter sun for some extraheating, and spend less on cooling your home by limiting the sun during the summer. Another way to achieve such an effect is to plant a deciduous tree on the south side of the building. It will provide shade and relief from the heat during the summer. In the winter, due to the lack of leaves, the sun will pass almost unimpeded through the tree and into the building.



Did you know?

2

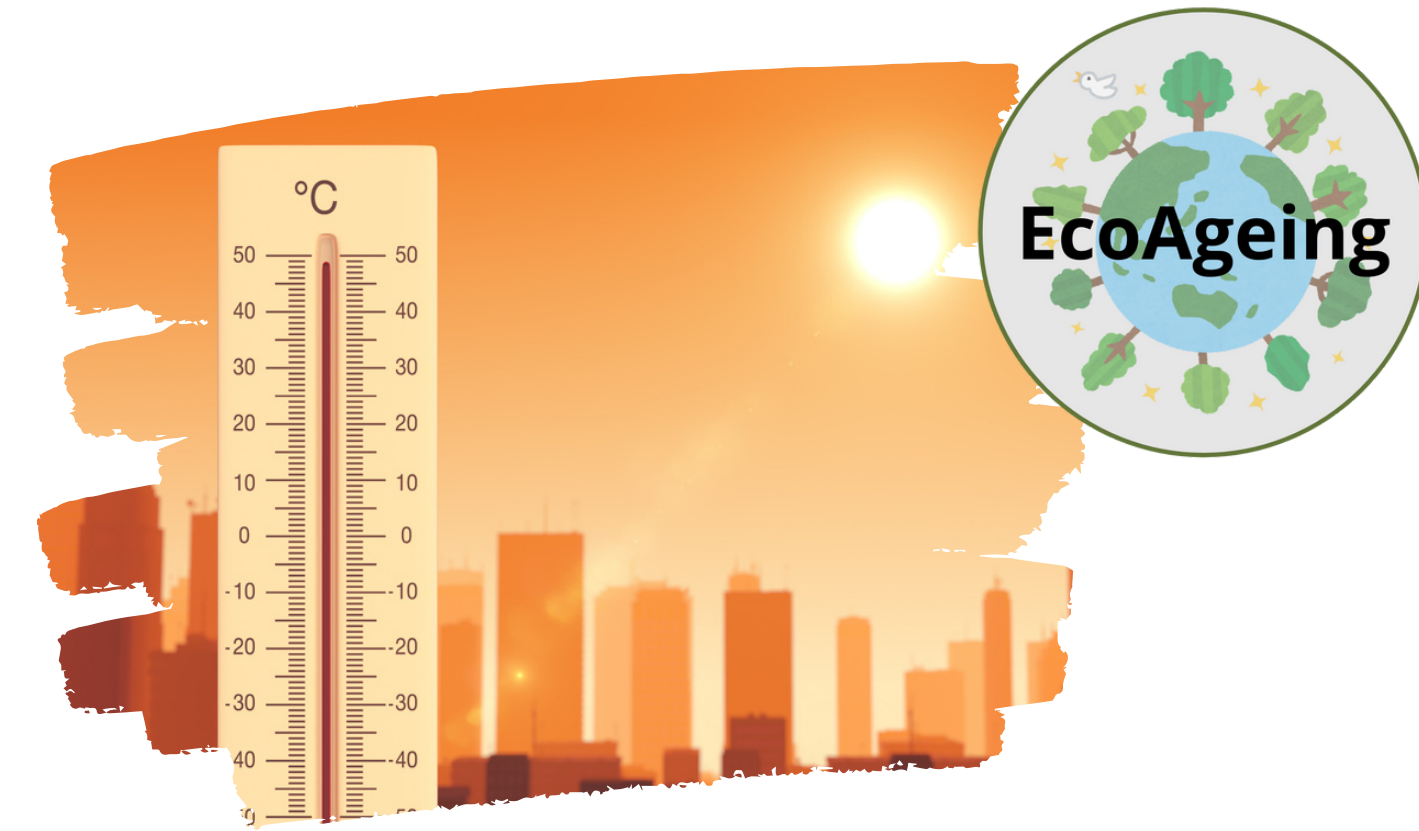
***Do you track your home
building temperature?***



DISCUSS YOUR ANSWERS!

2

No warmer/ colder than necessary



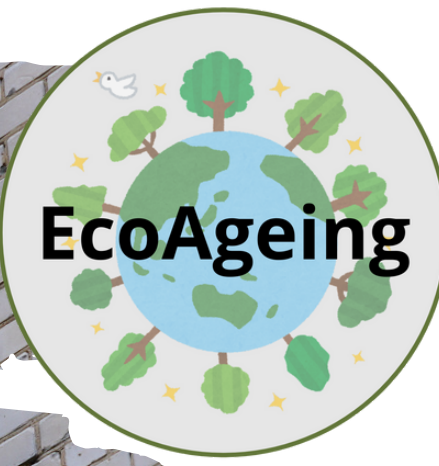
In many homes it is often warmer than necessary. Check this for yourself without the help of a thermometer. At what temperature do you feel comfortable? Usually, this temperature is lower than the one set by us. Reducing the room temperature by only one degree Celsius can save up to 6% on heating costs!



Did you know?

3

***Do you use thermal
isolation in your home?***



DISCUSS YOUR ANSWERS!

3

Proper construction and home renovation



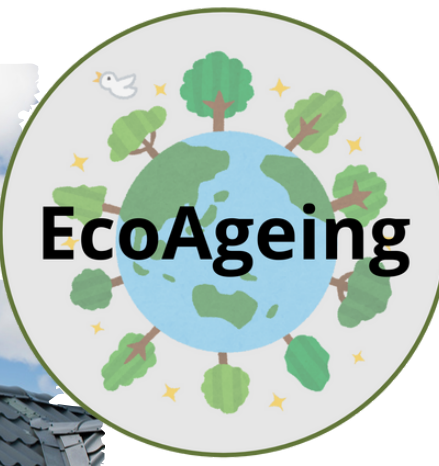
If you are planning to renovate your home, consider adding thermal insulation. In this case, additional costs are usually lower than expected, but you will benefit significantly from this since the insulation of the building has the greatest impact on heating energy consumption. In addition to the significant reduction to heating costs, the level of indoor comfort in the lower temperatures during the winter season will increase thanks to the warmer surfaces of insulated building elements.



Did you know?

3

Good insulation comes from above



It is usually relatively easy to isolate ceilings on the top floor, even in buildings with facades in bad condition. The investments pay off quickly as most heat is proven to be lost through the roof.



Did you know?

3

Be careful with ‘thermal bridges’



EcoAgeing

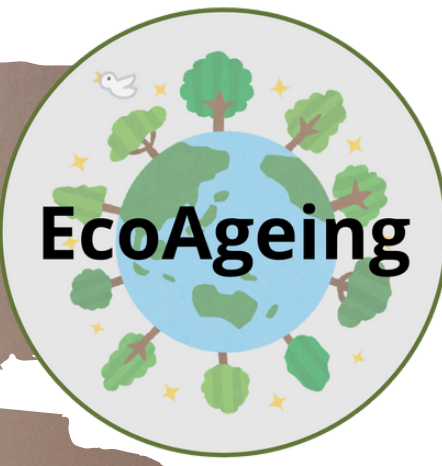
Good thermal insulation should not have any voids or areas filled with non-thermal insulation material, as are the so-called “thermal bridges”. They will increase energy consumption. To provide effective insulation, it must be installed from the outside of the walls of your building.



Did you know?

4

***Do you use a thermostat?
If so, did you consider where
it is placed?***



DISCUSS YOUR ANSWERS!

4

Take care where you place your thermostat

Modern central heating systems require a modern control system. It leads to reduction of energy consumption, especially when a timer is used. Make sure that the thermostat is not exposed directly to sunlight or that it is not affected by other sources of heat, such as electrical appliances.

Furthermore, thermostatic radiator valves allow for the setting of different temperatures for the radiators in your home so that you can adjust the temperature in individual premises. This reduces energy consumption and improves comfort. To ensure the longer life of appliances, do not close the valves in the summer.

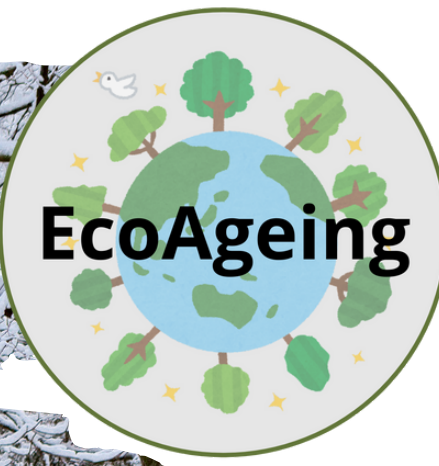
In single-family homes, the thermostatic radiator valve does not need to be installed in a room where there is a room thermostat to control the heating system. If that is still the case, the valve must always be fully open.



Did you know?

5

***During the winter, do you
find yourself turning off
your heating completely?***



DISCUSS YOUR ANSWERS!

5

Do not switch off the heating completely



EcoAgeing

For single-family houses: Never turn off the heating completely during the winter months.

For apartment blocks: When you are at work during the day or absent for one–two days in the winter months, do not leave the radiator-valves completely off. Leave them on at a lower degree so that the premises do not cool down completely.

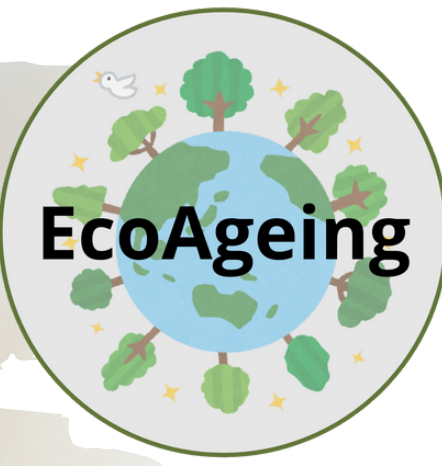
When you close them completely after they have been switched on, radiators will consume additional time and energy to heat the already fully cooled room.



Did you know?

6

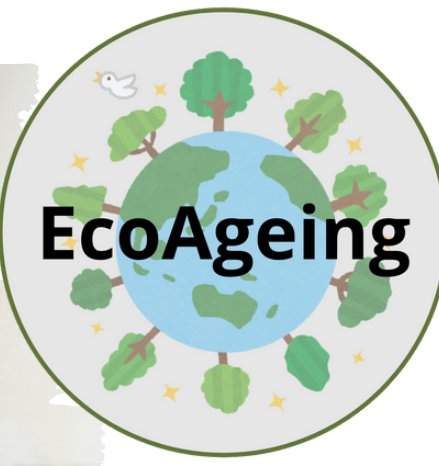
***Do you use condensing
gas boilers?***



DISCUSS YOUR ANSWERS!

6

Heating with condensing gas boilers



Modern gas boilers, the so-called 'condensing-gas-type boilers', operate in an exclusively efficient and energy saving way. Compared to new conventional gas appliances, modern condensing gas boilers can save about 15% energy consumption. These savings quickly exceeded 30% when compared to obsolete gas boilers with a pilot flame.



Did you know?

7

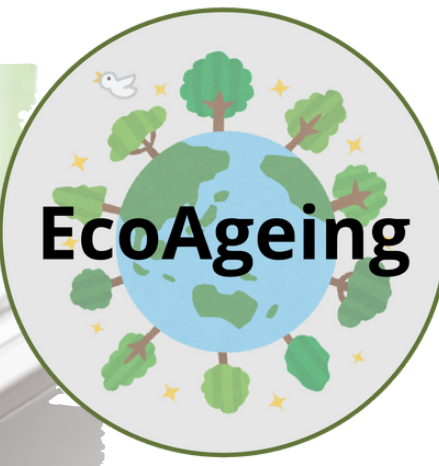
During the winter, do you often ventilate your home by leaving your windows slightly open for long periods of time?



DISCUSS YOUR ANSWERS!

7

***Ventilate your premises regularly
and for short periods of time***



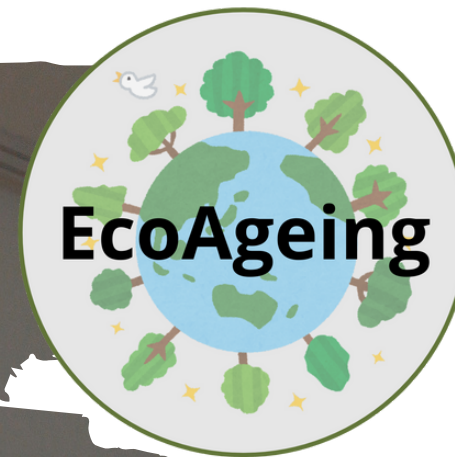
Ventilate your home by opening your windows fully for a few minutes every three hours during winter. For maximum effect, open the windows and the doors which are facing each other. This will improve the air quality in your home and reduce heating costs as opposed to ventilating with tilted windows. Do not leave windows partially opened constantly.



Did you know?

8

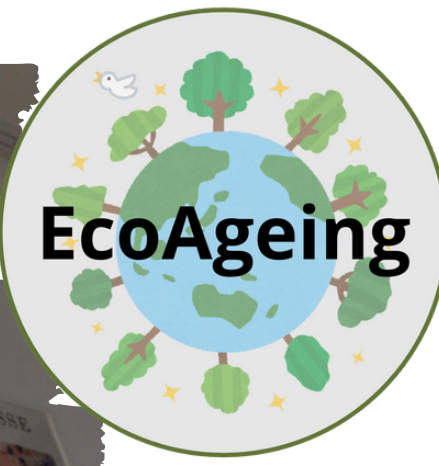
***During the summer, do
you often vent your home
during the day?***



DISCUSS YOUR ANSWERS!

8

Summer night's dream



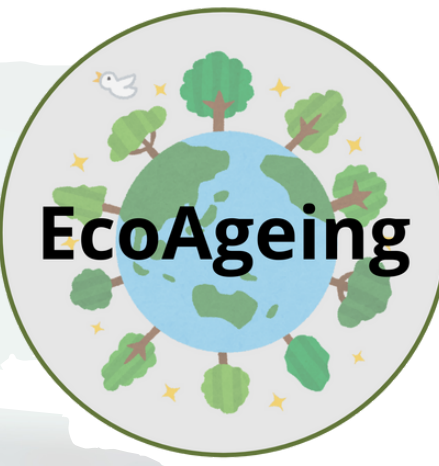
In the summer, keep your windows closed through the day when the temperatures outside are high. Instead, open the windows when it gets dark to take advantage of from the cooler and drier outside air. This usually prevents the warming of your home, creating a pleasant environment without the need for air conditioning.



Did you know?

9

***Do you sometimes heat
your bathroom using your
boiler?***



DISCUSS YOUR ANSWERS!

9

Do not heat the bathroom through the boiler



Do not increase the temperature of your boiler unnecessarily.

Keep the minimum temperature sufficient for your needs, but no lower than 60° C. This will save energy. Temperatures below 60° C provide conditions for the development of pathogenic bacteria.



Did you know?

A

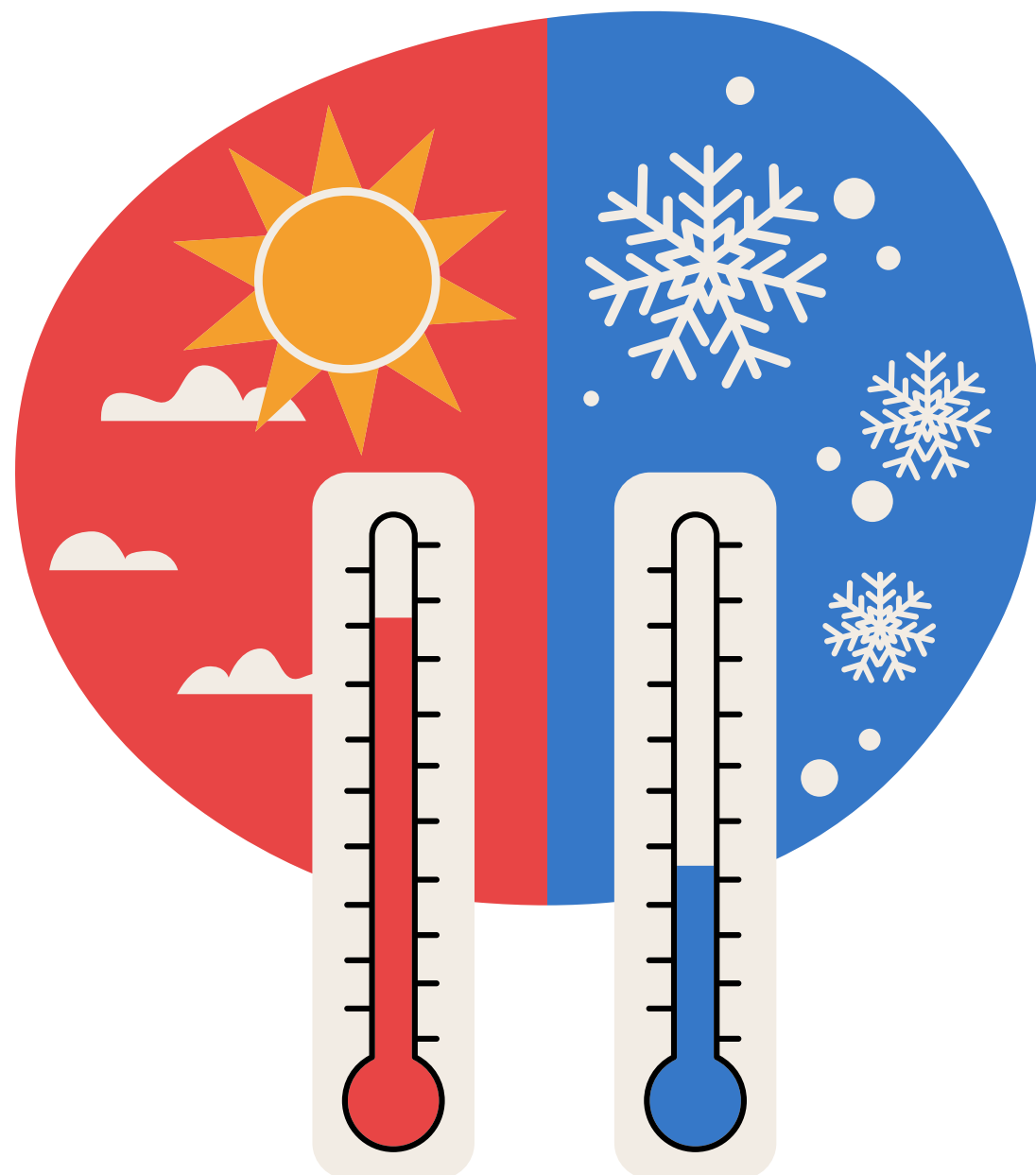
Additional tips for saving on heating

Choose an energy-efficient method for heating

Use window coverings wisely – against sun to keep your house cool / against cold to make sure the heat is kept in the room and is not wasted so quickly through (poorly insulated) windows

Apply reflective coating on window glass to reduce the amount of heat entering your home





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



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