



JOIN AND SAVE ENERGY

GENERAL ENERGY-SAVING TIPS

Plug out & switch off

Unplug chargers when you're done charging. And turn off and disconnect devices if possible (not just stand-by).

Turn the lights off

Whether in your room, in the bathroom or in the kitchen: Where there's no one left lights out!

No electric heaters

Even using them on the lowest level, consumes a lot of energy and they're not allowed in the dorm!

Properly airing room & kitchen

Don't tilt the window for a long time while the heating is on. Instead turn the heating off and open the window shortly.

TIPS FOR COOKING & BAKING

Put a lid on every pot

Cooking with a lid on the pot saves half the energy and time.

Bake with the fan setting on

The mode fan oven 160° is as effective as the top-and-bottom heat 200°, without pre-heating, even with two trays.

Use the fridge effectively

Allow warm food to cool down first. Think about what you need from it beforehand and only open it for a few seconds.

Use a kettle instead of a pot

It not only heats water for tea or coffee but also for cooking faster and efficiently.

Everyone a little, together a lot!

BAUVEREIN
KATHOLISCHE
STUDENTENHEIME

