

## ENERGY EFFICIENCY AT HOME

Energy consumption is the **second largest expense** for households after food. It is not only overloading our budgets, but also exploiting our environment, since burning for heating and the production of electricity are the most significant **sources of greenhouse gas emissions, deteriorating air quality and contributing to climate change**. We cannot expect a miracle without a significant investment, but we can start doing something today:

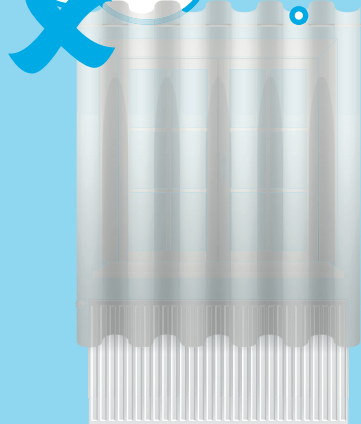
Ventilate wisely: open the windows fully, but for a short time only so that the temperature of the walls and furniture does not drop

2 Min

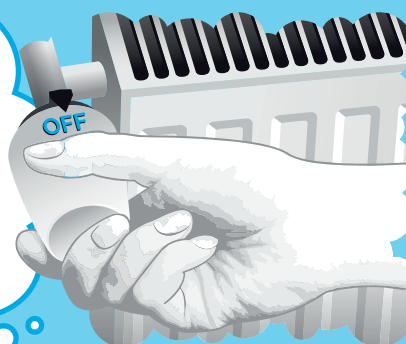


For efficient heating, avoid pushing furniture against the radiator...

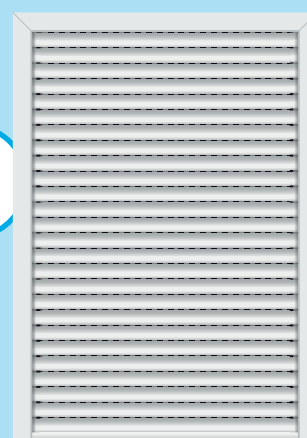
...and do not hang curtains in front of it



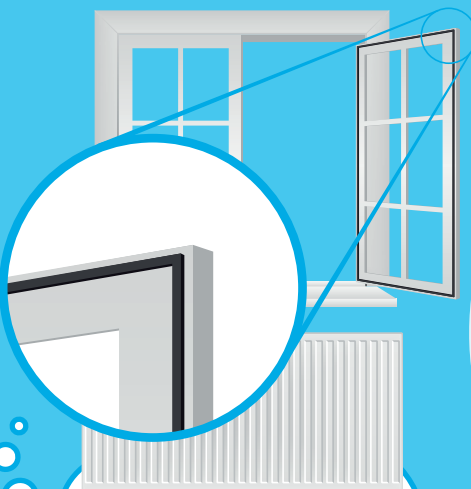
Turn off the heating during the day in rooms that are rarely used



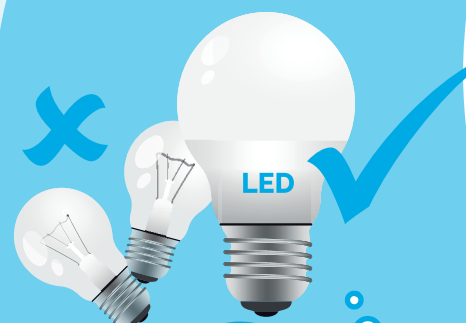
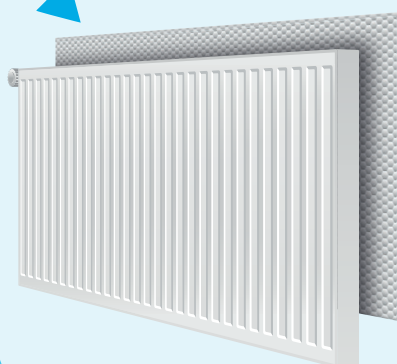
Close the blinds when it gets dark or before leaving home - this means extra insulation



Place a thermal mirror behind the radiator



If changing the doors and windows are not an option, we can also insulate them to reduce heat leaking. /An adhesive insulating strip or the so-called groove are good choices./



Use LED bulbs instead of traditional ones



Keep monitoring the energy consumption of the household and pay attention to the actual level of our consumption