

Learn more

Did you already read the illustration's tips & tricks? Below you will find additional information and further links to energy conservation and sustainable living. With this, you can reduce your ecological footprint and contribute to a 2000Watt Society.

www.2000watt.ch

http://www.wwf.ch/de/aktiv/besser_leben/footprint/

Heating & Comfortable Living Climate

A 1°C lower room temperature saves a whopping 6% heating energy. So if it is cold outside, you should wear warm clothes in the apartment as well and cross ventilate the apartment quickly (no tilted windows). For a healthy and deep sleep, the bedroom should be heated to 17°C only. Furthermore, your skin will not dry out like it will with higher temperatures.

Bathroom & Water

Showering consumes 3x less water and energy than taking a bath. Shower only when necessary, daily hot showers are harmful to skin and hair. Use soap and shampoo in small amounts and turn off the water while lathering. Go easy on your hair and forgo blow drying.

Lightning & Appliances

Turn off all electrical appliances when not in use. This can be easily done with a single click of a power-strip. Throughout the year, the refrigerator uses a lot of electricity. Therefore, never fill it with hot food or drinks and open it as little as possible.

www.topten.ch

Kitchen & Nutrition

Never cook without a lid and use the residual heat of the stove and oven by turning it off early. Please use the oven wisely, it requires a lot of energy just to heat it up. Seasonal and regional produce is healthier and more ecological.

Laundry room & drying

Wear clothes a couple of times before washing. Always put a full load in the machine. A small amount of today's washing detergent is enough to clean your clothes in a water temperature of 30 to 40 °C. Use the clothesline to dry, the tumbler uses a lot of energy.

Waste & Recycling

Recycling is free, be it compost, paper, plastic, glass, batteries, electronic devices, etc. The production of aluminum requires a lot of energy. By recycling aluminum, the originally applied energy can be saved for up to 95%. So please, don't throw aluminum cans in the trash.

www.sauberes-zuerich-app.ch