



Energy Saving Guide for Guests



Water Consumption

Dear Guests,

We hope you have a comfortable and enjoyable stay.

As you may know, many countries face significant energy and climate challenges. With this in mind, we kindly ask for your cooperation in conserving energy during your visit.

Thank you for helping us save energy and care for our planet—we genuinely appreciate your support!

Your Hosts

Your comfort is our top priority, and we sincerely appreciate any efforts to conserve water during your stay.

Take short showers instead of baths when possible.

Limit your shower time—every minute consumes around 10 liters of water.

Turn off the shower while applying soap or shampoo.

Turn off the tap when brushing your teeth.

Thank you for helping conserve water!



Cooking

Cover pots when cooking—you can save up to 30% energy.

Let hot food cool down before placing it in the fridge.

Heat water in the kettle for pasta, potatoes, or tea—it's quicker and saves energy.

Only fill the kettle with as much water as you need.

When using the oven, select the fan (circulating air) function instead of top and bottom heat.

Use the microwave to reheat small portions—it's quicker and uses less energy than the oven or stove.



Electronic Devices

Recommended kitchen appliance temperatures: Refrigerator 7 °C (45 °F); Freezer -18 °C (0 °F).

After using electronic devices, turn them off completely (avoid standby mode).

If power strips are available, switch them off after use.

Unplug chargers when not in use—they consume energy even without devices attached.

Unplug all appliances after use or when checking out of the accommodation.



Heating and Air Conditioning

Recommended room temperatures:

- Living room: 19–22°C (66–72°F)
- Kitchen: 18°C (64°F)
- Bedrooms: 16–18°C (61–64°F)

Every degree lower saves about 6% of energy.

Turn off the heating overnight and in unused rooms.

Close curtains or shutters at night to keep rooms warm.

Please keep doors closed between heated areas (such as the living room and bathroom) and cooler rooms (like the bedrooms) to maintain warmth efficiently.

Avoid leaving windows tilted open all day. Instead, air rooms intensively for 5-10 minutes.

Turn off the heating/air conditioning or open windows whenever you leave the accommodation.

Use extra blankets provided by your hosts if needed.

Dress in layers to stay comfortable at various temperatures.



Lighting

Make use of natural daylight—open curtains or blinds during the day.

Turn on lights only when necessary.

Whenever possible, use smaller lamps instead of leading lights.

Use a desk or reading lamps for specific tasks instead of overhead lights.

Multiple small lights save more energy than one large central light.

Make sure the lights are turned off when you leave the accommodation

Use dimmers to adjust brightness—lower light levels save energy. (if applicable)

Switch off outdoor lights during daylight hours or when not needed. (if applicable)

Please inform your host immediately if you notice any lights or bulbs not functioning correctly.

Thank you for saving energy!



Washing Machine and Dishwasher

Use the washing machine and dishwasher only when fully loaded.

Wash clothes at lower temperatures (e.g., 30°C / 86°F).

Choose the Eco program—it runs longer but uses less energy and water.

Avoid short or quick-wash cycles; they use more water and electricity.

Hang your laundry to dry instead of using the dryer. Dryers consume up to three times more electricity than washing machines.

Use the recommended amount of detergent—excessive detergent doesn't improve cleaning and can pollute water.

If available, use the dishwasher rather than washing dishes by hand. Dishwashers typically use less water.



Notes From Your Host

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