



## Water Consumption

To save water, take short showers (ideally up to 5 minutes), turn off the water when soaping or shampooing, and close the tap when brushing your teeth—each shower minute uses about 10 liters of water.



## Cooking

To save energy in the kitchen, cover pots when cooking, let food cool before refrigerating, heat only the required amount of water in the kettle, and use a microwave for small portions.



## Electronic Devices

Switch off electronics fully (avoid standby), unplug chargers when unused, and disconnect all appliances after use or upon checking out to save energy.



## Heating and Air Conditioning

Maintain recommended room temperatures (e.g., living room 19–22°C), turn off heating/AC when leaving or opening windows, reduce heating at night and in unused rooms, and close curtains and shutters to retain warmth.



## Lighting

Use natural daylight, choose smaller lamps rather than one central light, switch off unnecessary indoor and outdoor lighting, and promptly report faulty bulbs to save energy.



## Washing Machine and Dishwasher

Run washing machines and dishwashers fully loaded on eco cycles at lower temperatures (30°C), air-dry laundry, use recommended detergent amounts, and prefer dishwashers over handwashing to save water and energy.

