



BE A HERO,
SAVE ENERGY

ENERGY EFFICIENT KOAS HOME

Savings level 1: Get the basics right

- Turn off all devices you are not using
Remember e.g. to turn off your laptop (not just close the lid).
- Disconnect chargers from the socket after charging.
- Get used to shorter showers
A lot of energy is used to warming the shower water. Make a mental note to check how long you shower and to try shortening the showering time.
- Be smart when doing the dishes
Get a separate wash tub or use a plug in the sink to wash several dishes at once. Washing dishes under running water means wasting water and energy
- Dress warmly at home
In autumn, winter and spring it is cooler at home than in summer. Remember to dress accordingly! Wear long-legged and long-sleeved clothes and warmer socks at home.
- Get a thermometer and be indoor-temperature smart
Get your own thermometer from Koas office. With the meter, you can monitor the temperature of your home and learn to understand what temperature is good for you and when it is necessary to notify maintenance about too low temperatures.
- Measure the temperature in the middle of the room, about a meter above the floor.
- Ventilate quickly and efficiently. Close windows when you are away from home.
- Give the radiator enough time and space
Furniture or curtains in front of the radiator prevent the thermostat from functioning properly. When touching it, the radiator may feel cool even though heat is circulating in the radiator. Remember that your hand is about 36 degrees celcius!
- Wash more clothes at once
You save energy when you use laundry machines less often, but as many clothes as possible at every time. NB. Leave room for the spinning of the clothes.
- Clean the fridge and freezer
Defrost your fridge and freezer, clean the seals and vacuum the back of the appliances at least once for more energy efficiency.
- Switch old light bulbs to LED lights
- Report a leaking toilet or faucet
Even a small leak increases water consumption considerably - report it immediately to [the maintenance of your housing location!](#)



BE A HERO,
SAVE ENERGY

ENERGY EFFICIENT KOAS HOME

Savings level 2: Small actions, big impact

Shorten your showers

Only stay in the shower for the time you need for washing, and close the shower while soaping.

For example, a 5-minute warm shower consumes 60 liters, aka 60 buckets of water (flow 12 l/min). In a year, it makes almost 800 kWh of energy. Imagine what 10 or 30-min showers make?

Take advantage of common sauna time slots

If common sauna slots, the so called jogging saunas, are available, use them instead of private turns.

Dry the laundry on a rack

Drying laundry on a rack indoors or outdoors does not consume energy, unlike a dryer.

Check window seals and draft

If a window seal leaks, report to maintenance.

Turn down the heating when you're away

If you are away from home for several days, turn the radiator down a notch or two and turn off the underfloor heating if you have one.

Adjust the underfloor heating in the bathroom (if applicable)

If your bathroom has underfloor heating, it's enough that the floor feels just slightly warm to your feet, not hot. The low temperature saves electricity and still keeps the bathroom dry.

Use the pre and residual heat of your oven.

You can often warm the food in the oven already while the oven is heating up, so you don't have to keep the oven on for so long.

Also remember the residual heat, i.e. the time when the oven is still warm, but has already been turned off.

Keep electricity use to a minimum between 8am and 10am and between 4pm and 6pm.

The risk of power outages is smaller when the use of electricity is distributed instead of everyone using energy at the same times of the day.



BE A HERO,
SAVE ENERGY

ENERGY EFFICIENT KOAS HOME

Saving level 3: Winning-level energy saving

Lower the room temperature

When the heating in your Koas home is working normally, the temperature should stay at around 21 degrees celcius. If you like a cooler temperature, adjust your radiator to lower degrees.

A lower temperature in the bedroom is recommended, as it is considered to improve the quality of sleep. The target temperature is 18-20 degrees.

Take cooler and shorter showers

Wash your hair less often to reduce the consumption of warm water

Go to sauna with your neighbour

Suggest booking a joint sauna slot with your neighbours, so that several people can bathe in one shift.

Combine laundry with your roommate

Washing machines can be filled more when you combine laundry. For example, there are usually less clothes that need a gentle wash, but when you combine, you get a fuller machine. NB. Remember to leave room for the spin.

BONUS: Save energy elsewhere, too!

Make use of nearby services where you can walk or bike

Carpool to hobbies, school or work

Remember public transport like [Linkki in Jyväskylä](#)

When driving, lower your speed for using less gasoline.

Use the AC in your car only if needed.

Consider what you buy: All products and services require energy at some point of their lifecycle.

Put a "No advertisement" sign on your door to save paper and avoid getting hooked to buying useless stuff.

Sort your household waste according to the instructions in Koas Booking. Recycling enables materials to be reused.

Minimize food waste to save energy and money. E.g. by throwing one cup of coffee away a day makes 365 cups a year which adds up to six packages of ground coffee wasted.





OLE SANKARI,
SÄÄSTÄ ENERGIAA!

LÄHTEET / LUE LISÄÄ
REFERENCES / MORE INFO

Lue lisää / Vinkkilistassa käytetyt lähteet

More info via the links below (in Finnish)

<https://www.astettaalemmas.fi/saastovinkit/kerrostalokoti>

https://www.motiva.fi/koti_ja_asuminen/energiansaasto_on_varautumista

<https://yle.fi/uutiset/3-12578415>

https://www.motiva.fi/koti_ja_asuminen/hyva_arki_kotona/hallitse_huonelampotiloja