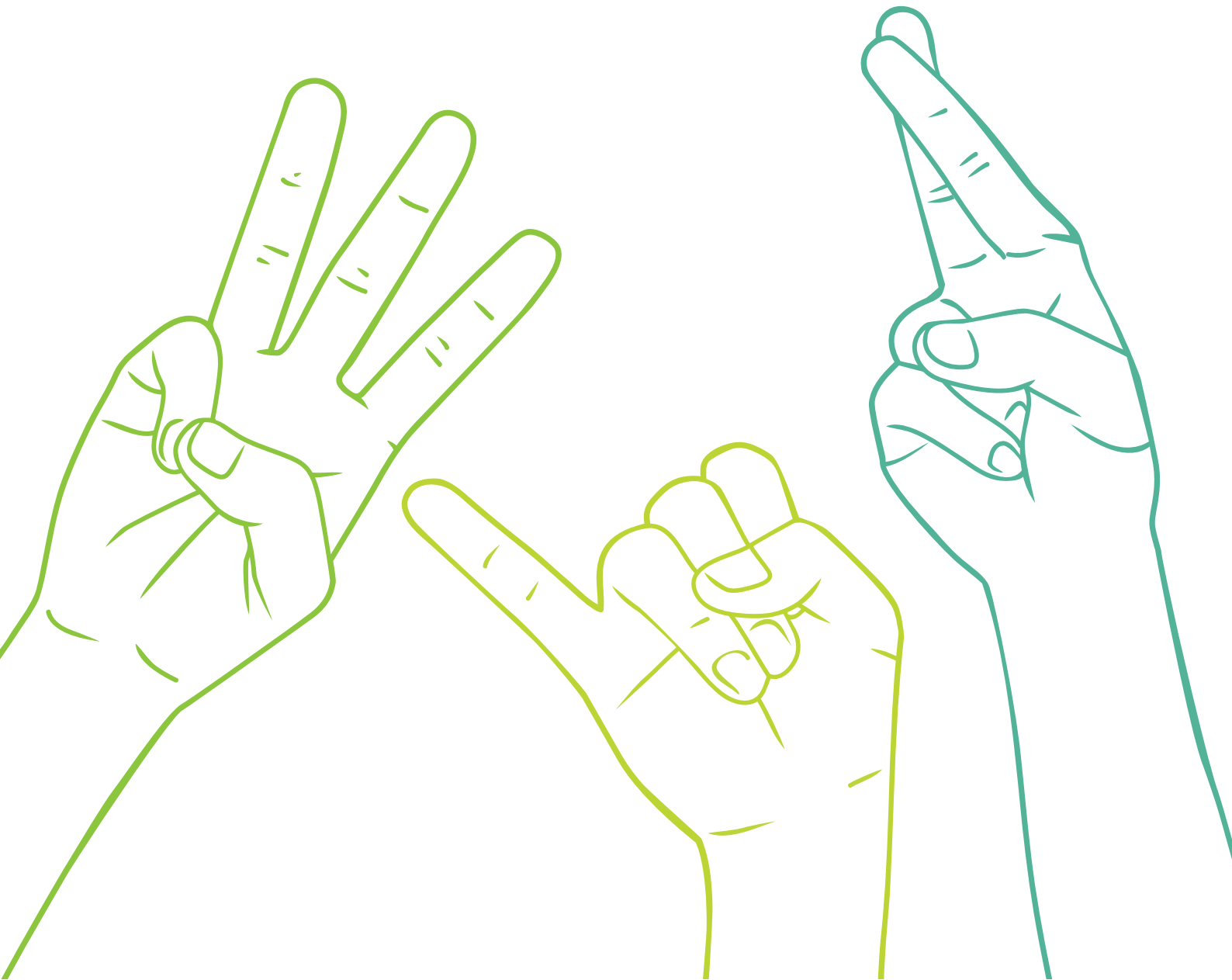


Winter 2023/24

# We Act Together – Conserving Energy to Protect the Climate

To ensure in person lectures and university operations can continue as usual, WE ALL have to actively counter rising energy costs.



## CHECK LIST ENERGY CONSERVATION – BREAK ROOM



- Made some coffee? Keep it hot in a thermos.
- Feel like having a cup of tea? Only heat the amount of water necessary.
- The dishwasher is full? Use the eco mode.
- You are done using the kitchen appliances? Disconnect them from the power circuit (e.g. using a power strip with an off button).
- Multiple fridges? Double check if one would suffice and set the temperature to 7°C.
- Last one to leave? Turn off the lights.



# CHECK LIST ENERGY CONSERVATION – OFFICE



- Taking a break? Let your screen rest as well and turn it off.
- Use eco mode on your devices.
- Feeling like fresh air? Open the windows fully for short periods of time while turning the radiators down to antifreeze, the lowest setting possible.
- Set your radiators to 3 and – if possible – make sure there is no furniture blocking the air flow.
- Done recharging your phone? Disconnect it from the power grid.
- Taking a break during a video call? Turn off your camera or leave the call.
- Turn off standby mode or pull the plug.
- Selective printing.
- The sun is shining? Use natural light.
- Want to improve your athleticism? Take the stairs instead of the elevator ;-).
- Done with work? Turn off all devices, close the blinds and turn off the radiators.
- Last one to leave? Turn off the lights.



# CHECK LIST ENERGY CONSERVATION – AUDITORIUMS, CLASSROOMS, AND CONFERENCE ROOMS



- Turn off standby mode or pull the plug.
- Set your radiators to 3.
- Feel like fresh air? Always open the windows fully for short periods of time while turning the radiators down to antifreeze, the lowest setting possible.
- Last one to leave? Turn off the lights.

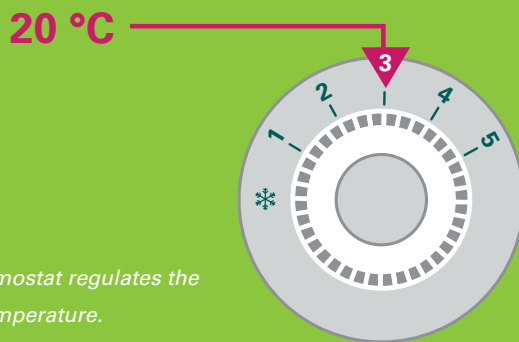
*Information:* In some buildings the windows cannot be opened. Instead, central air systems supply fresh air.

*Information for auditoriums:* Some, like the ones in the campus center, are heated through a central heating system, which also supplies fresh air automatically.



## CONSERVING HEAT

WE ALL have to focus more on heating efficiently and saving energy. Decreasing the room temperature has a huge effect on energy conservation, as 1°C less saves 6% of energy. Therefore, new room temperature guidelines were implemented throughout Germany. In offices, for examples, **20°C** are recommended. Using thermostats appropriately is a key factor in efficient heating strategies.



The thermostat regulates the target temperature.

So, it is in OUR hands! If you are at the office, use the thermostat to set the radiators to 3 and decrease to 1 before you leave the office. If you are gone for longer periods, e.g. working in home office or through the weekend, set the thermostat to antifreeze, the lowest setting possible.



### Heating Guidelines for Energy Conservation in Hessen:

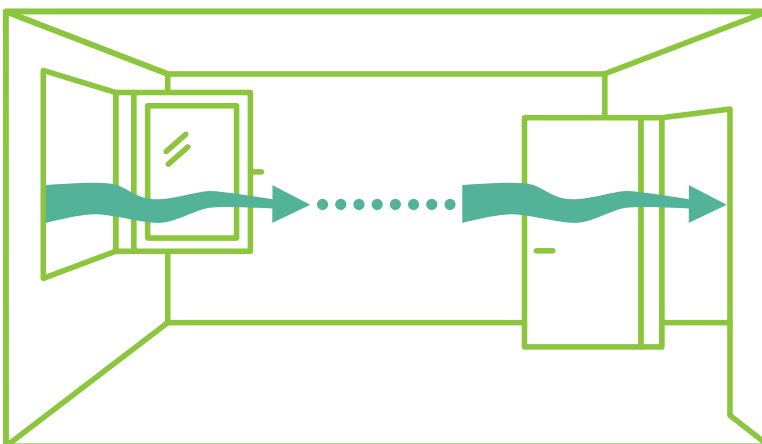
**Energy used for heating: 15% savings** through e.g.

- Starting the heating period at or after October 1, 2023
- Setting the room temperature in offices to 20°C, thermostats to 3
- No heating in staircases, hallways, and entrance halls

## AIRING OUT ROOMS EFFICIENTLY

It is most efficient to air out the whole room at once with widely open windows and turned off radiators. With this technique, a few minutes are sufficient for full air replacement.

After cross airing, close the office doors connecting to the hallway, as the latter is not being heated.



### Cross airing:

winter	2–4 minutes
spring/fall	4–10 minutes
summer	12–20 minutes

# IT IS IN OUR HANDS!

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WE ALL can actively do our share to conserve energy, become more independent from fossil fuels and at the same time protect the climate. In the past years, a lot of technical and structural improvements have been made at the University of Kassel, and even more investments and measures are in planning. In addition to that, about 10% of energy can be conserved through individual, sustainable and conscious behavior changes. This equals 5.800 MWh in energy conservation at the University of Kassel. With small changes, we can make a big difference. [Are you on board?](#)

## Electricity Guidelines for Energy Conservation in Hessen:

**Electricity:** 5% savings through e.g.

- Using daylight when possible and switching off lights when leaving the office
- Turning off devices while they are not being used

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## THE GREEN OFFICE

The Green Office is coordinating sustainability efforts at the University of Kassel. We are supporting and promoting sustainability efforts as well as connecting the various initiatives and groups. In all of that, we closely collaborate with the different departments responsible for implementing sustainability measures. You have an idea for a project? [Get in touch with us!](#)

You notice a window that is not airtight or a radiator that needs to be vented? Please contact the Service Desk:  
ServiceDesk@uni-kassel.de  
Tel. -7777

You have ideas about energy conservation or other sustainability issues? Write to  
greenoffice@uni-kassel.de  
or use the idea line: -3737



[www.uni-kassel.de/go/energie-sparen](http://www.uni-kassel.de/go/energie-sparen)