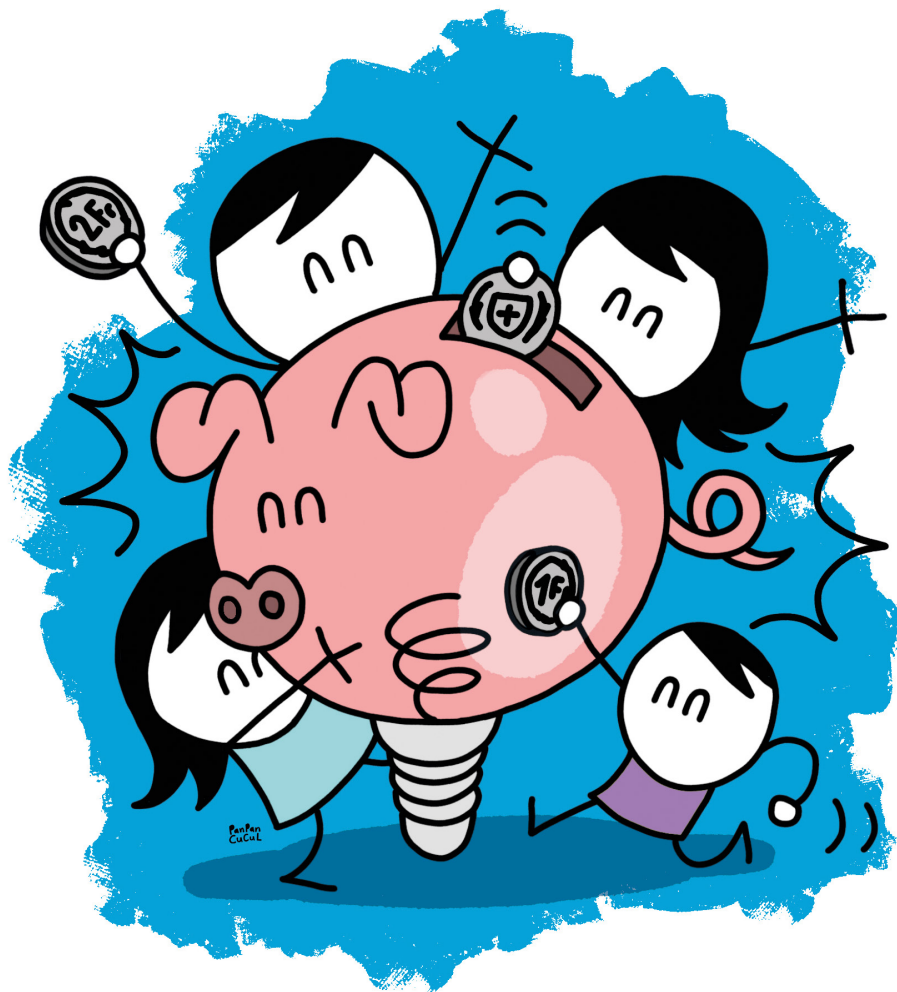


GUIDE FOR TENANTS

# YOUR APARTMENT

## DO LITTLE THINGS EVERY DAY TO MAKE BIG SAVINGS

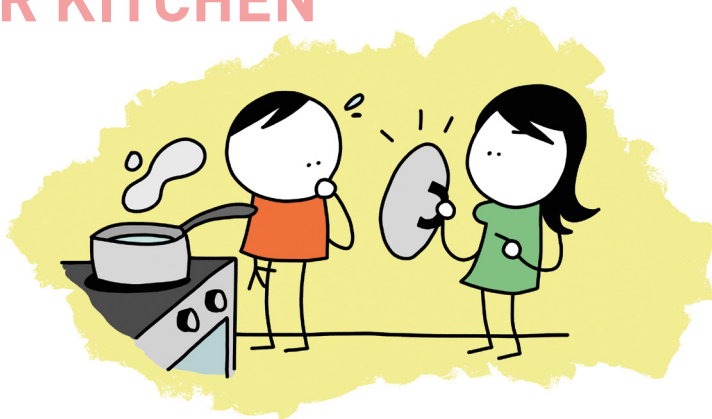


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Ville de Lancy



# IN YOUR KITCHEN



## CLEVER COOKING TIPS!

- **Putting a lid on a saucepan** saves up to 25% of energy, by saving heat.
- **Heating the water in a kettle** rather than a saucepan uses less energy for the same quantity of water.
- **Switch the oven or hob off a little earlier than you need to** (2-3 minutes for short cooking times, 5-10 minutes for long cooking times). The residual heat will be sufficient to complete the cooking.
- **Avoid pre-heating the oven** when you expect to be cooking for a long period. And don't open the door unless you need to.

## A COFFEE?

**Remember to switch the coffee machine off after using it**, unless it has an "energy-saving" function. When switched on, it goes on using electricity to maintain its temperature.

## USING THE DISHWASHER IN "ENERGY-SAVING" MODE

**Only start the dishwasher running when it's full and choose the "Economy" cycle.** Do not mix this up with the rapid (or express) cycle which uses more energy. The "Economy" cycle extends the washing time, but the amount of electricity used is lower (the same applies to the washing machine, see page 4).

## WATER – A RESOURCE TO BE SAVED

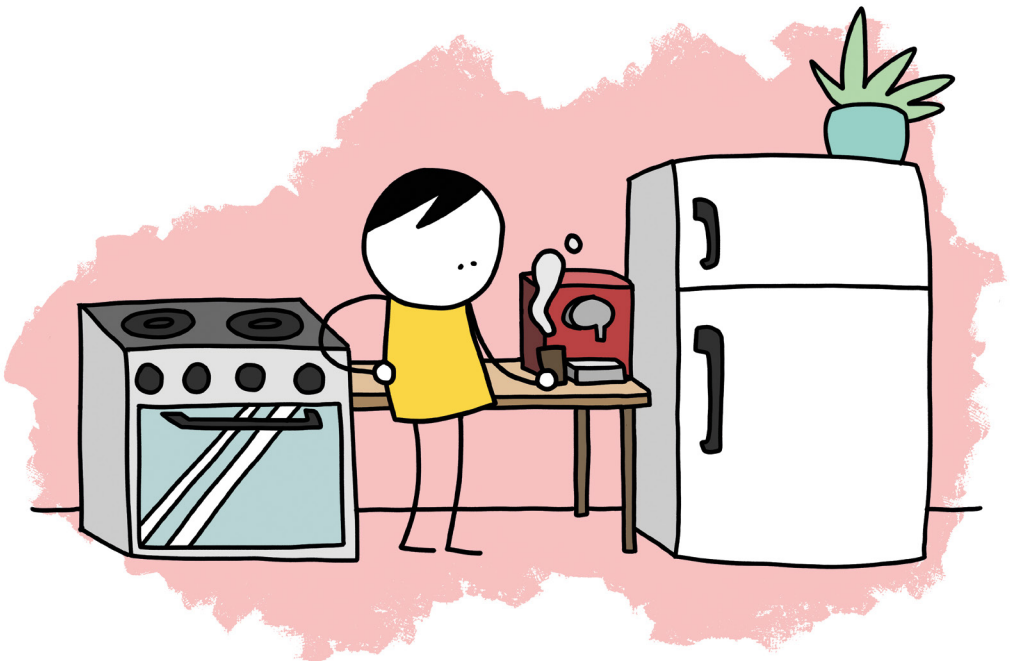
See tips on saving water on page 4.

## FRIDGE AND FREEZER: 24 HOURS A DAY

Fridges and freezers work round the clock. This means they account for a significant slice of your spending on energy.

- **Start by positioning your fridge in the right place:** keep it away from sources of heat, avoid direct sunlight and comply with the manufacturer's recommended distance between the appliance and the wall to allow the fridge's cooling system to vent away hot air.
- **Check the door seal is completely airtight** (the door should offer slight resistance when opened).
- **Set the fridge temperature at 5°C and the freezer temperature at -18°C** (no lower).
- **Leave food to cool down before putting it in the fridge.**
- **Empty and defrost your fridge and freezer regularly** (for example, before you go on holiday). The build-up of ice and frost in appliances leads to using too much electricity and results in the equipment wearing out more quickly.

See recommendations on choosing your appliance on page 6.



# IN YOUR BATHROOM

## AIM: TO SAVE WATER

- **If you have a single-lever mixer tap, get into the habit of moving this lever to the right (the cold water side) when you lower it.** This will avoid you needlessly running hot water next time you lift the lever without thinking.
- **Turn the tap off when brushing your teeth** or shaving. This saves 5 to 10 litres of water a minute.
- **Have a shower**, as long as it's a quick one, because spending 10 minutes taking a shower usually uses less water than a bath.
- **Check the taps are turned off properly:** one drip each second means 18 litres wasted every day.
- **Fitting a jet-breaker** to your tap saves up to 50% of water while still making it easy to use.

## IS IT LAUNDRY DAY?

- As with your dishwasher (see page 2), **use the "Eco" function** if your washing machine has this option. The cycle often lasts longer, but uses less water and electricity. "Eco" mode should not be confused with the quick-wash (or express) cycle.
- **Avoid using a pre-wash** (unless what you're washing is especially dirty).
- **Only run the machine when it is full.**
- Tumble dryers really eat up electricity. And they also wear out household linen and clothes. **If you can, hang your washing on a clothes-drying ailer or rack, in both summer and winter.**
- **Cleaning your tumble dryer's filter regularly** allows the air to circulate.

See recommendations on choosing your appliance on page 6.



# WITH YOUR ELECTRICAL APPLIANCES

## HOW TO CHOOSE THE RIGHT ELECTRICAL APPLIANCES?

**The choice of electrical appliances and how they are used can have a big impact on electricity consumption.**

- Generally, look at the energy label when buying electrical equipment and **choose appliances in the highest possible energy efficiency category.**
- Interestingly, **the size of an LED television** is also a factor worth considering: doubling the screen size, measured diagonally, is equivalent to multiplying electricity consumption for a single energy efficiency class by 4!
- A 15-to-17-inch laptop consumes around 57% less than a desktop computer with a 19-inch screen.

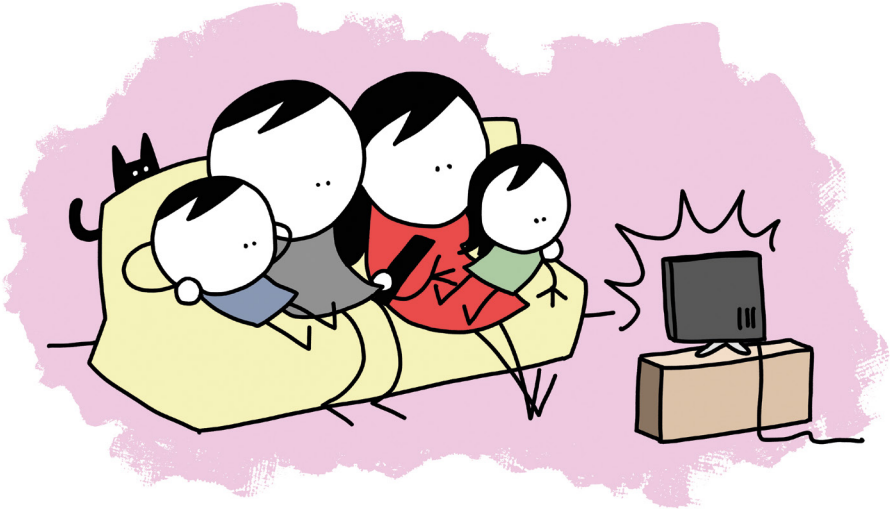
## TIPS FOR FISH TANK LOVERS

**With its lights switched on for 10 hours a day, a water filter, air pump and water heater running constantly, a fish tank can become the highest energy-consuming appliance in the house!**

If you like something, you tend not to think about the cost! But to optimise consumption and save yourself money, you can set the water at the ideal temperature for the fish (and no higher), opt for LED lighting suited to plants and animals, choose a suitable place for your fish tank, leaving a gap of at least 2cm from the wall to allow the air to circulate, and clean the filter regularly.

## SPOTLIGHT ON LED LAMPS

With the arrival of LED, the share of how much electricity is used by lighting in households has fallen significantly. However, there are still many halogen lamps in homes which consume 6 to 8 more times energy. But just because we have LED lamps, we shouldn't leave them on for no reason or have too many lighting sources. **When you leave a room, always remember to switch the lights off.**

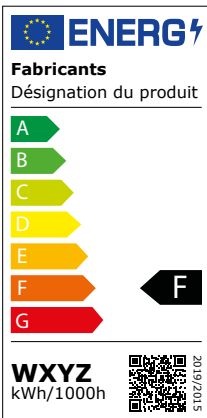


## ON/OFF

To avoid wasting energy, **group together devices that consume energy in standby mode and plug them into a multi-plug extension socket fitted with a switch**. This stops your devices needlessly consuming energy in standby mode and prevents them wearing out.

## UNPLUG THEM!

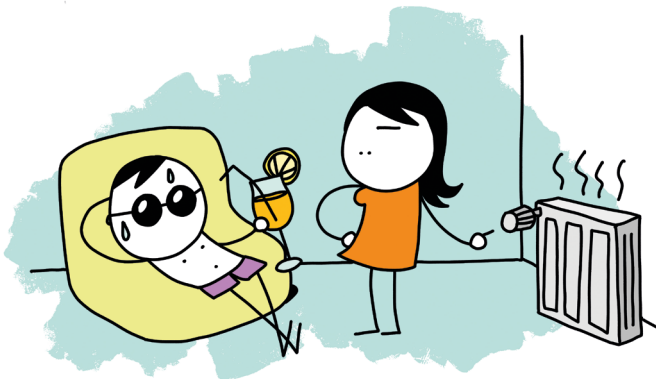
Most chargers (for smart phones, tablets, radios, etc.) keep using electricity when the battery is fully charged or when the device connected to them is switched off. **To cut consumption to zero, unplug these devices.**



The new energy labels display even more information on the products, so making comparisons is even easier.

**To find out more**  
[www.newlabel.ch/fr](http://www.newlabel.ch/fr)

# COSY IN WINTER



## RADIATOR HEATING

### How does a thermostat work?

A thermostatic valve allows the temperature of a room to be maintained automatically (figure 1). The mechanism inside the rotating knob expands and contracts depending on the ambient temperature, allowing hot water to enter the radiator or preventing it from doing so. It is important for the thermostatic valve to be in contact with the ambient air. **Avoid hiding the radiator behind a curtain or item of furniture or putting anything in front of or on top** of the radiator, so that it can heat the room properly.

## UNDERFLOOR HEATING

### An eco-friendly solution

If your apartment is fitted with underfloor heating, you should avoid rugs that are too thick or unsuitable carpets. Also avoid large furniture or beds which reach down to the floor with no space below them.

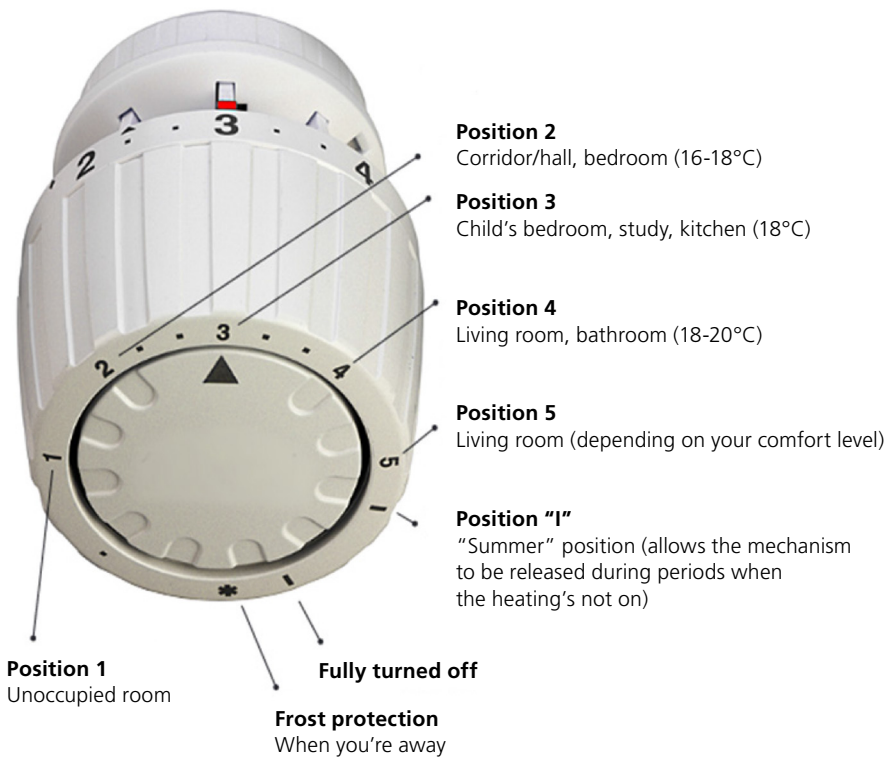
## TIPS

- In winter, when the heating is working, do not leave any windows open all the time: **ventilate for 5 minutes; 3 times a day is enough.**
- **When night falls, to avoid wasting the heating, close shutters or blinds.** They create a buffer zone (insulation) between the glazing and the air outside.



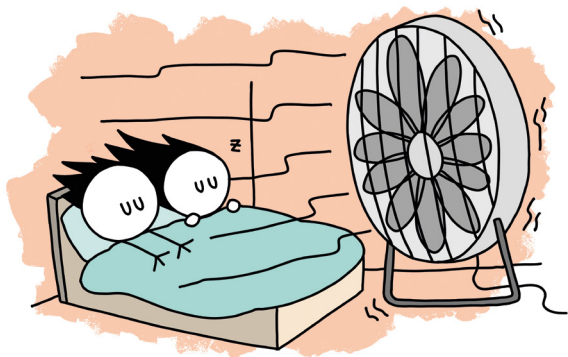
# WHAT'S THE CORRECT WAY TO USE THERMOSTATIC VALVES?

Figure 1 — The values below are only suggestions and depend on the heating settings and the accommodation.



# KEEPING COOL IN SUMMER

Air exchange occurs thanks to a mechanical ventilation system usually located in the bathroom, toilets and kitchen. In a MINERGIE building, fresh air arrives through inlet vents and used air is removed by extraction vents. In all cases, it is essential not to obstruct these passages for air.



## ALTERNATIVES TO AIR CONDITIONING

- It can be tempting to get a mobile air-conditioning unit. But these appliances use a lot of electricity, especially during heat waves, and can run up hefty electricity costs. For example, a small mobile air-conditioning unit with power of 2kW operating for a half-day can cost up to as much as 200 francs a month.
- For this reason, **a licence for air-conditioning units, including mobile units, is required in Geneva.**
- **Choose a fan** which has far lower energy consumption and is often cheaper to buy.

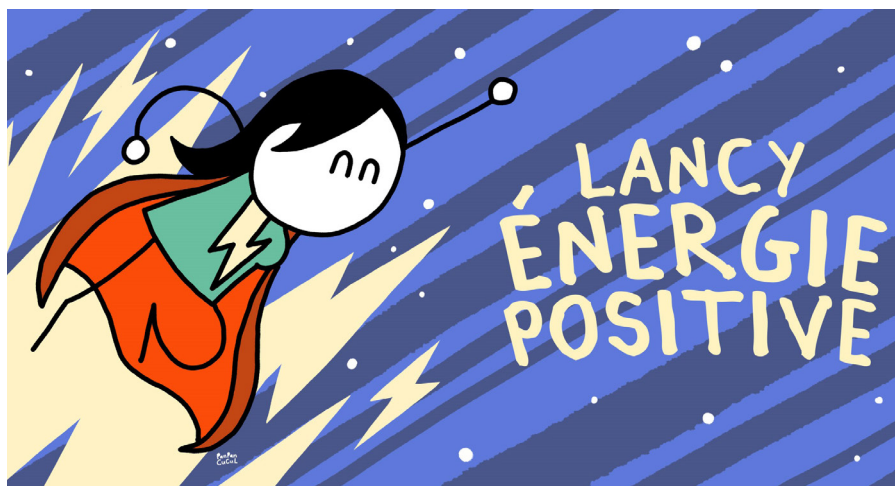
## BEWARE OF THERMAL SHOCK

- New forms of glazing are highly insulating. When exposed to strong sunlight, the glazing may crack if a dark-coloured object, such as an item of furniture or a sofa, is located less than 30cm from the window.

# HOW CAN YOU PROTECT YOURSELF AGAINST HEAT WITHOUT USING AIR CONDITIONING?

## ONCE THE WEATHER GETS HOTTER, TAKE A FEW SIMPLE STEPS AND USE COMMON SENSE

- **During the day, close windows as well as shutters and blinds.** This is because if the sun is shining, it will certainly be warmer outside than inside. But this does not mean you have to plunge your apartment into darkness: you just need to avoid the impact of direct light from the sun.
- At night, between 10pm and 6am, the aim is to remove the heat by drawing in cooler air. The idea is to create air currents, for instance by opening windows on both sides of an apartment that spans the building.
- **Wait as long as possible to ventilate the room and shut your windows early in the morning,** because the coolest time is just before sunrise. It is essential to open windows wide at that time. The aim is not only to replace warm air with cool air, but also to cool down the mass of walls, floors, ceilings and furniture. So, shutting your windows early in the morning allows the coolness to be retained during the day.
- **Avoid unnecessary sources of heat** by switching off lamps and electrical appliances that you're not using.
- **Find your "comfort zones" depending on the seasons.** There are always rooms in your home where it's a little warmer in winter or cooler in summer. So when temperatures rise, it's a good idea to set up a "cool corner" for yourself in the most pleasant and least exposed area.



Ville de Lancy local authority is strongly committed to a sustainable development strategy which it incorporates into all its initiatives, adopting a responsible approach to environmental, economic and social matters.

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COLLECTIVITÉ ENGAGÉE 2021



## PUBLICATION DETAILS

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Illustrations: PanpanCucul

Printing: ATAR Roto Presse SA

August 2021