

Memo for a Thrifty Student (and not only!)

Rational Use of Resources – It's Simple!

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Electricity: Switch on Your Brain!

- Light: Turn off the lights when you leave a room. Use task lighting (e.g., a desk lamp) instead of overhead lights.
- Electronics: Don't leave chargers plugged into the socket. "Standby" mode is a hidden energy drain. Unplug them!
- Bulbs: Replace incandescent bulbs with LEDs. They last longer and save up to 80% more energy.
- Refrigerator: Don't place it next to a stove or radiator. Never put hot food inside, and defrost it regularly.
- Kettle: Only boil as much water as you need right now.



- Brushing Teeth: Use a glass of water for rinsing instead of letting the tap run.
- Showering: Shorten your shower time by just 1-2 minutes. Turn off the water while you are soaping up.
- Faucets: Check that your taps and toilet cistern aren't leaking. One drip per second wastes thousands of liters a year!
- Washing Dishes: Don't wash dishes under a continuously running tap. Use a bowl or a plugged sink.
- Laundry: Only run the washing machine with a full load.



Heating: Keep the Coziness In!

- Radiators: Don't block them with furniture or cover them with long curtains. Warm air should circulate freely into the room.
- Ventilation: Don't leave a window on a micro-ventilation setting all day. It's better to open it wide for 5-7 minutes – this is more effective and won't cool down the room.
- Insulation: In winter, check for drafts around windows and doors. Simple weatherstripping can significantly reduce heat loss.



Other Resources: Think Ahead!

- Recycling: Sort your waste (paper, plastic, glass) whenever possible. Recycle these materials.
 - Reusable over Disposable: Use a reusable water bottle, a travel mug for coffee, and a fabric shopping bag.
 - Paper: Print on both sides of the paper, use scrap paper for notes, and switch to digital documents and tickets.
- Remember: Saving resources isn't about giving up comfort; it's about smart consumption. It's profitable for your wallet, beneficial for your country, and vital for our planet.

Share this memo with your friends and family! Make your contribution to the common cause!