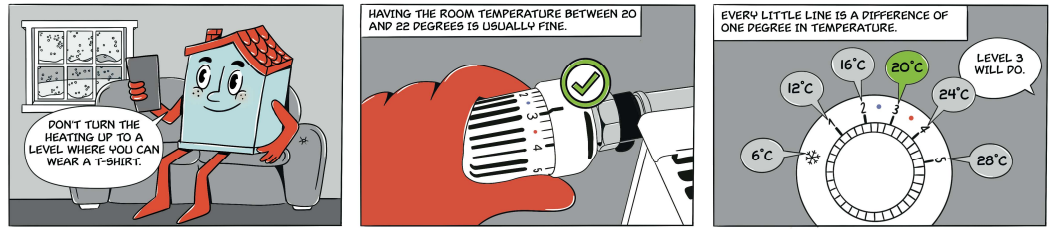
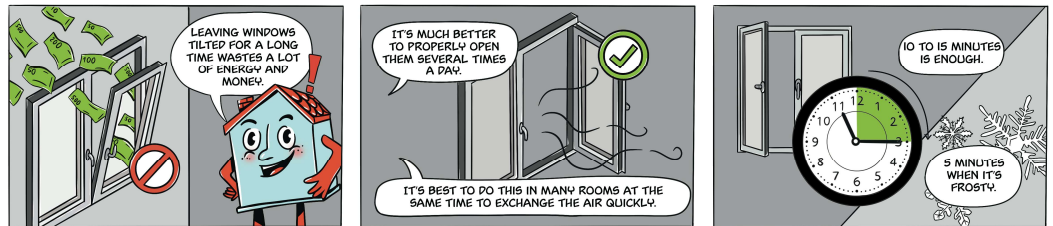


# The top 7 tips for saving energy

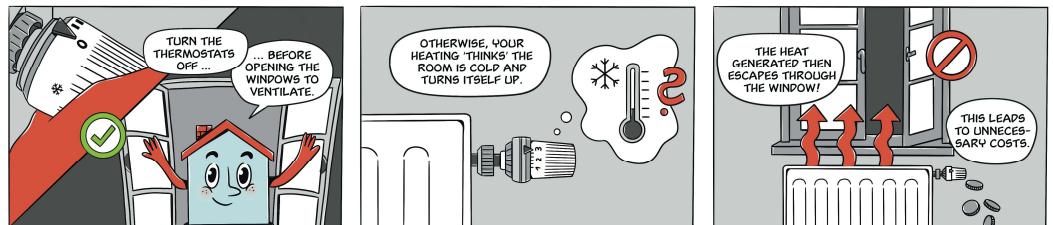
## 1. 20 to 22 degrees is enough



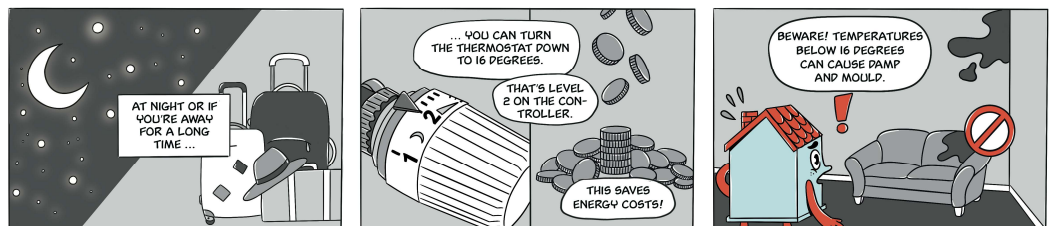
## 2. Regularly open the windows properly instead of tilting them



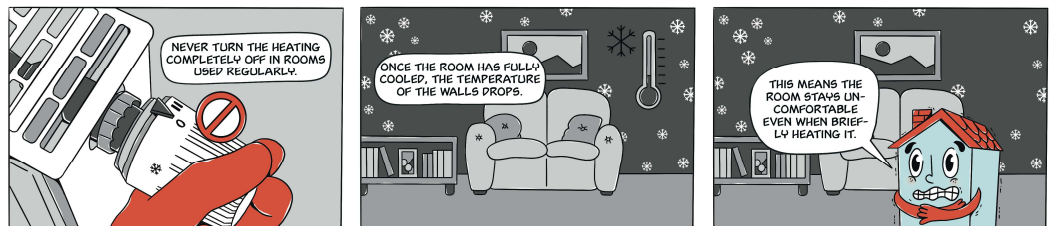
## 3. Turn the heating off before ventilating



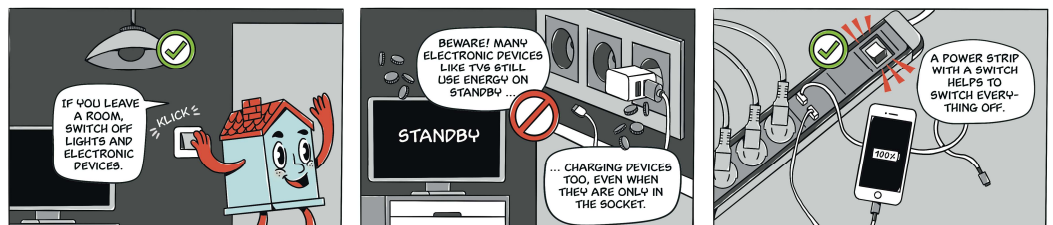
## 4. Turn the heating down at the right moment



## 5. Never set radiators permanently to 0



## 6. Switch off lights and devices



## 7. Know which appliances use a lot of energy

