

# Protection of the environment and of resources

Tips for residents in the student halls of residence

Save water and energy

Avoid waste

Reduce overheads



*...to make studying successful!*

STUDIERENDENWERK  
HAMBURG

## Save energy on heating...

### Heating 2 degrees lower ..... does the trick



For a pleasant room temperature of approx. 21 degrees, the medium heat setting, 2-3, should suffice, even if the outside temperature fluctuates. 2 degrees less means 12 % lower heating costs. Prices are rising, raw material reserves are falling and nuclear power?... Saving is a chance.

- If you're away over the weekend or longer, then turn the heating off or down to 1 in winter.
- The Studierendenwerk will continue to improve the heaters' effectivity and to adapt night-time temperature reduction.

### Use fresh air for saving .....

- Open the windows wide for 5 minutes (complete change of air, while turning off the heating).
- Keeping the window on tilt wastes heating energy and does not give a sufficient change of air. Always close the windows when you leave the building.

### Anti-mould airing .....

Humid air, caused by cooking, showering or overnight, must be let out!

- Always get rid of humid air. Change the air completely and keep the ventilation shafts in the showers free and clean. In this way, you avoid high renovation costs, unsightly patches and health concerns.

## Avoid waste...

- Buy products that don't have too much packaging. Leave packaging behind in the supermarket.
- Use cotton shopping bags instead of plastic bags.
- Avoid mini-portions, one-off products, aluminium packages and -foils.
- Try to use returnable bottles.

### Recycling .....

- Paper, glass and packaging belong in separate containers.



Speak to your flatmates about how best to organise waste separation and collect recyclables. This helps keep valuable raw materials and you reduce the amount of waste as well as costs.

### Special refuse .....

- Oil, paint, old electrical appliances and furniture etc. must be disposed of at recycling centres and bulk waste centres.

Speak to your student self-administration about collections, our house administration will help you, too.

- Medicines can be returned to any pharmacy.
- Batteries can be returned to shops.

## Save electricity...

### Stand-by uses up electricity .....

- Switch off your television, video-recorder or stereo at the set when not using them.
- Use your computer's energy saver.

### Give it a break ... ..

- Switch off your computer and screen, if possible using an outlet strip.



### Light and dark .....

- Switch on the lights in the common rooms and corridors only when necessary.

### Energy saving lamps .....

- You should also use energy saving lamps in your rooms.

### Cooking and cooling .....

- Regular defrosting and cleaning of the freezing compartment saves a lot of electricity. How to defrost? Information from the house administration.
- Use pots and pans of the same size as the hot plates and keep the lid on when boiling water.
- Turn the heat down in time.
- Do not pre-heat the oven for too long and do not forget to switch it off.
- Use electric kettles, as they boil water fast and are economical.

## Less water, lower costs

### In the bathroom .....

- Long showers are expensive and use up drinking water. 3 minutes of showering uses 30 to 40 litres.
- Use a beaker for brushing your teeth. Do not let the tap run while washing your hands.
- Save water when using the toilet by using the appropriate flush.



The tap is dripping? The toilet flush does not stop? Please help us, and inform your house administration.

### In the kitchen .....

- Use a bowl or fill the sink for washing up, do not wash up under a running tap.
- Do not use too much water for cooking, use the lid.

### Doing the laundry .....

- Hot wash and pre-wash programmes are only necessary for extremely dirty laundry.
- Even a temperature of 60 degrees will get your laundry clean; look after your clothes and save electricity.
- Curtains and bed linen can be washed at 30 degrees.
- Do your washing with a full washing machine without adding softener.
- It is better to use compact washing powders (coloureds and delicates) or three-component washing detergents than all-purpose detergents.
- Do not use more washing powder than necessary.

### Thank you for your cooperation!

For questions or comments on saving energy and water, please contact your residence council, the environment tutor in your home or the Housing department, Von-Melle-Park 2, 20146 Hamburg, Phone: 040 / 41 902 - 262, Fax -265, [wohnen@studierendenwerk-hamburg.de](mailto:wohnen@studierendenwerk-hamburg.de).

Linking economy and environmental protection is our aim and best serves the interests of our residents.



We are an  
**Ökoprofit-institution**  
2002/03, 2004, 2006, 2008

We provide social services for all colleges with a focus on the following areas:

## Catering

Places to eat and meet on the campus: 13 cafeterias and 13 cafés/bistros with up to 20,000 guests per day.

## Student Housing

21 halls of residence with 3,700 living and working spaces for German and international students.

## Education assistance – BAföG

BAföG: approx. 53 million euros spent on grants annually.

## Social & International Affairs

Social Counselling, including emergency fund, studying internationally, studying with handicap, studying with child(ren), including three nurseries

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