



Dear Student,

Today's e-mail focuses on methods for improving the thermal conditions in your home during the hot months of the year as well as on energy-saving methods for cooling.

- 1 Shade all the windows. Choose the appropriate shading system depending on the orientation of the window.
- 2 Place / Plant plants / trees preferably deciduous to shade your home, but also to create a more favorable "microclimate" wherever possible.
- 3 Choose open colors on the outer walls, ceilings and awnings.
- 4 Reduce the internal heat sources. Install low power lamps and devices. Do not use energy-intensive devices that simultaneously heat up the room (eg electric cooker, iron) when it is hot outside.
- 5 On hot days, air your accommodation during the nighttime!
- 6 Skylights, openings over stairs, ventilation chimneys, coupled with some openings at low points of the building can create effective vertical ventilation without having to open all the windows.
- 7 If the outside conditions and the openings of your building do not provide the necessary ventilation, install air intake devices and exhaust fans.
- 8 Place ceiling fans in the rooms. The ceiling fan will cool your room while consuming little amounts of energy (as much as an ordinary light bulb). You will feel cool, even at relatively high temperatures and thus you can get rid of the need to install air conditioning. Alternatively, use a floor fan.

If you decide to use / buy an air conditioner:

1. Be aware of its energy consumption as it will increase your bill, especially in the summer months.
2. Make sure that it is suitable for your space. Take advice from a qualified engineer rather than mere sellers before choosing one.

3. Set the air conditioner using a good wall thermometer and do not aim for a temperature lower than 26 ° C in the summer.
4. Make sure the windows are closed when the air conditioning system is operating so that no valuable energy is lost.
5. Apply faithfully the manufacturer's instructions for installing and maintaining the air conditioner - regular cleaning of filters is also required for health reasons.

For more information, please visit [www.studentswitchoff.gr](http://www.studentswitchoff.gr) and our facebook page: [Student Switch Off+ Greece](#). You can also watch the relevant Student Switch Off + [video](#).

Yours sincerely,

**Sender's signature**



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