

Important information on heating and ventilating

The following regulations for heating and ventilating apply for both, winter and summer months. By adequate heating without wasting any heat you live in a comfortable accommodation and you can save heating costs.

Preventing mould formation

1. Ventilating with windows wide open on a frequent basis is essential in order to prevent mould formation. Because only in this way the humid air can escape.
2. In particular after taking a shower or a bath the bathroom should be ventilated extensively, because using hot water creates steam which settles on the walls and thus can result in mould formation. At best, during the summer months the window can already be opened while taking the shower so that the humid air can escape immediately.
3. Shampoo and shower gel rests should be removed of the tiles immediately after showering. Then, splash water should be removed with a squeegee because otherwise the joints can easily get mouldy.
4. In case of mildew or even for prevention joints can frequently be rubbed dry with acetone or 70% alcohol (available in the pharmacy for little money).
5. The shower curtain gets really wet at every time you shower. Therefore, it is important to wash it frequently, about every four weeks. In case of severe black discoloration of the curtain it must be disposed and replaced by a new one.
6. Furniture should not be pushed completely against the wall. They should stand in a distance of about 10 - 15 cm to the wall in order to allow the air to circulate and thus, to prevent mould formation

Heating

1. **During the cold months** the heating always has to be switched on even when you are not present. Once the flat/ room is cooled down it is difficult to heat it up again, especially when outside temperatures are low. Furthermore, the cooling down of the walls causes a condensation of the humid air. Thus, mould can be formed.
2. Switching off the heating does not save heating costs since warming up all rooms is far more costly than permanently keeping the temperature of the room/ flat at a constant level.
3. It is not necessary to heat the room/ flat up to 28 degrees during the winter months. It is also advisable to wrap oneself up a bit during winter ;-). The optimum average room temperature is 20 degrees.
4. The temperature of the room is important, not the temperature of the heating. If the heating feels cold or lukewarm it is no indication for having to turn the heating higher. This would cause a waste of energy. A thermostat works as follows: The desired temperature of the room can be regulated on the thermostat. The numbers on the thermostat represent approximately the following temperatures: Level 1: approx. 18°C, Level 2: approx. 20°C, Level

3: approx. 22°C. Has the room achieved the desired temperature the thermostat keeps this temperature on a constant level in the room.

5. Keep heaters clear. Do not place any furniture or curtains in front of the heaters. The heat cannot fill the room if heaters are not kept clear.

Ventilating

1. Permanent ventilation, such as by tilting the windows, causes a permanent escape of the air that was heated up in the room. This results a waste of energy costs.
2. **Ventilating with windows wide open** is more effective. Here, you open all windows completely and let them open for about 5-10 minutes until the room/ flat is filled with fresh air. It should be done minimum twice a day (in the morning and in the evening). This also prevents mould formation.
3. Ventilation order:
 - switch heaters off
 - open windows completely for 5-10 minutes
 - close windows
 - turn heaters on
4. Also **during summer months** heaters should not be switched off but turned down. Even in summer there are cool days and nights. The switched on heating prevents mould formation also during the warm season.

Saving energy

1. The refrigerator and the freezer compartment should frequently be defrosted and cleaned. If a thick layer of ice has already been built the consumption of electricity increases. A layer of 5mm of ice already increases the consumption of electricity by 30 percent.
2. The door of the refrigerator should be closed as soon as possible after opening it. By opening the door for too long too much cold can escape. It needs a lot of energy to compensate this again.
3. Unused devices such as TVs or PCs should not only put into standby mode but shut down completely. Thus, much electricity can be saved in the long run.

Thank you very much for your contribution!

Your Housing Lüneburg Team