

## WELCOME ON THE TRACK TO ENERGY SAVING

Within **Eurostar Group** we are already well on our way to big energy savings. By following the tips on this track, we can each save energy and cut CO<sub>2</sub>eq emissions in our daily lives too.



### LIVING ROOM 1

Put some extra feathers on, and you won't even feel it.

- Turn off the heat when you're gone for more than 2 days.
- Lower the heating by 1°C and save 7% of electricity consumption.
- Turn off standby appliances; it can save 10% of your energy use.

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### BATHROOM

- Wash your laundry at 30°C and use up to 3 times less energy.
- Get your boiler serviced every year, it saves you 10-12% of energy.

You will be just as pretty and clean as you are now.

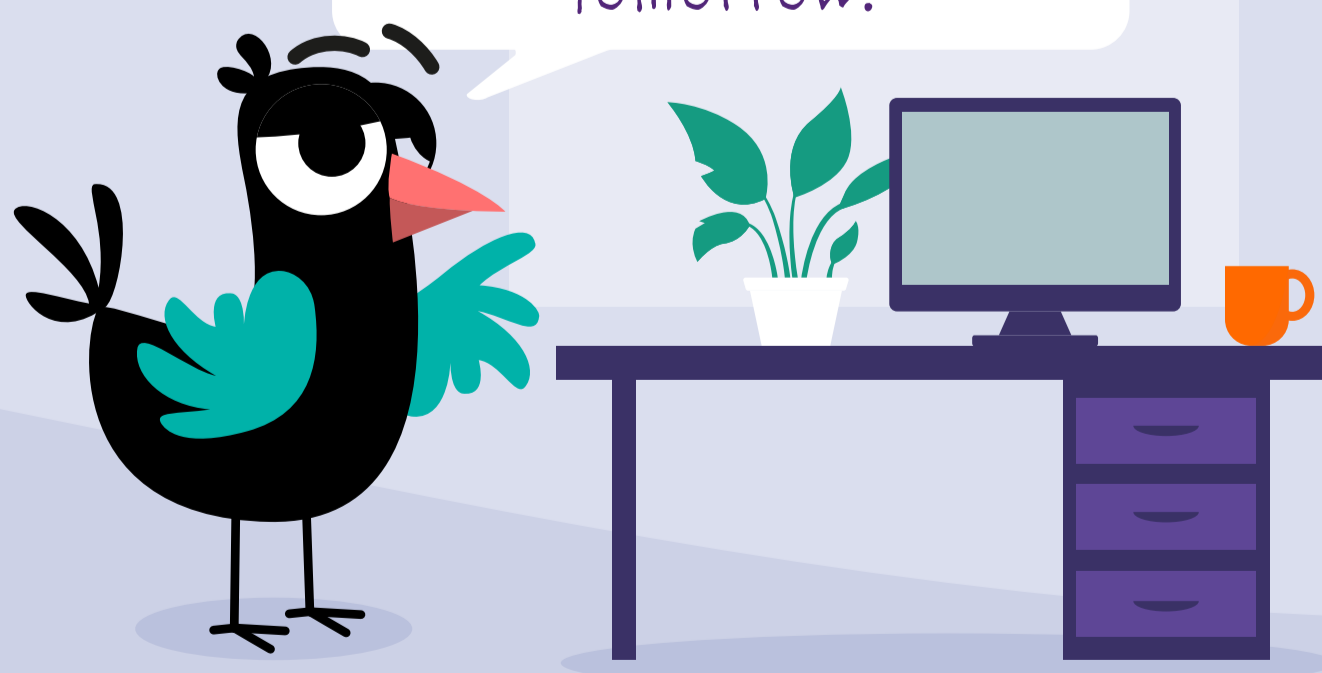


- Set your boiler temperature to between 55°C and 60°C.
- Avoid using dryers and dry your washing outdoors, if you can.

### HOME OFFICE 4

- Activate energy-saving modes on digital appliances.
- Choose a well-lit workstation to reduce the brightness of your screens.
- Turn off appliances in the evening or at night.

Not your alarm clock! Or you will be late tomorrow.



- Select energy-efficient household appliances with ratings from A+ to A+++, which use up to 50% less energy.
- Cover pots while cooking or boiling water, it uses 4 times less electricity or gas.
- Regularly defrost the freezer and refrigerator to reduce energy consumption.
- Use "Eco" mode for dishwashers.

### KITCHEN 3

And stop cooking poultry. Haha ... sorry, joke.



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### DRIVING

- If your role allows it, work from home for part of the week to reduce travel.
- Use eco-friendly driving techniques: don't speed, avoid sudden stops, cut the engine each time you stop, avoid turning the heating or air-conditioning on too much.
- Choose the train for your leisure travel.
- Check your tyre pressure: tyres that are underinflated by 0.5 use an additional 2.5% of fuel. (Extra tip: fuel efficient tyres can save up to 5%.)
- Explore new ways of getting to work like cycling, taking public transport, walking or carpooling.

Carpooling? So be smart... Ask the nicest colleague first!

