

# TENANTS' GUIDE

- for the use of your home



**Good habits create a healthy indoor climate and a resource-conscious everyday life**

## Introduction

It is important that both the landlord, occupant, and tenant contribute to reducing energy consumption and the use of Earth's resources. This guide provides an overview of how you, as a resident, can contribute both to your own finances, health, and the entire community.

Here is a collection of helpful advice and recommendations on how to establish good habits for a healthy indoor climate, avoid moisture in your home, and tips for saving water and electricity.

The guide reserves the right for individual differences per apartment.

Enjoy your reading!

Developed by DEAS A/S on behalf of



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# **THE GLOBAL GOALS**

For Sustainable Development

## What are the UN's 17 Global Goals?

UN's Global Goals aim to set the course towards 2030 – towards sustainable development for both people and the entire planet.

The DGNB certification supports the UN Sustainable Development Goals by providing a framework that enables the construction industry to contribute actively and purposefully to their realization.

In the Buildings in Operation manual, nine specific goals are identified that the certification particularly supports and aims to promote.

Properties must be energy-efficient, healthy, and safe, while also providing conditions that allow residents, other users, and the surrounding community to thrive and develop to their fullest potential.



## **Tips for better indoor climate**

Most Danes spend more than 90% of their day indoors. Therefore, a good indoor climate is crucial for your well-being.

Fortunately, you have a significant influence on the indoor climate, and you can go long way with the good habits.

### **Air out**

Ensure good ventilation both in summer and winter. Air out efficiently for short periods. Create drafts in your home for 5 minutes 2-3 times a day. The outdoor air contains more moisture than the air inside your home. Therefore, you can positively influence the humidity through proper ventilation.

### **In the bedroom**

- Turn down the heat in the evening if you prefer to sleep in a cool room. Optionally, crack open a window at night.
- Ensure good ventilation before going to bed and when you wake up.

### **In the kitchen**

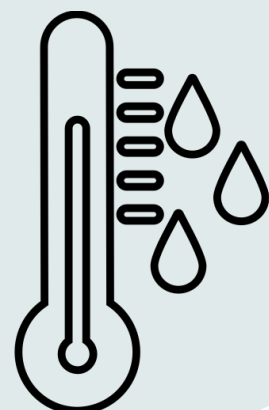
- Put a lid on pots when cooking, then turn down the heat.
- Regularly check that pipe installations under the kitchen sink are not leaking, as it can create conditions for mold.
- Clean the extractor hood and filter every 3 months, as cooking releases many harmful particles, so it's important to clean food odors through the extractor hood.

### **In the bathroom**

- Scrape water and moisture off walls and floor after showering.
- Open a window, vent, or similar after showering.

### **Generally for all rooms**

- If there's condensation on double-glazed or energy-efficient windows, you should ventilate more.
- Avoid drying clothes inside if humidity is high.
- Draw curtains and lift blinds to prevent stagnant air from condensing on windows.
- Houseplants that tolerate frequent watering positively affect humidity.
- Using cleaning products that are eco-labeled positively impacts indoor climate and is environmentally friendly as they don't contain harmful chemicals.
- The most important advice is to "keep clean" rather than "clean." This way, you can minimize the use of cleaning agents.
- During the heating season, ensure to ventilate with full drafts for about 5 minutes to replace the air.



## **Better air quality in the home**

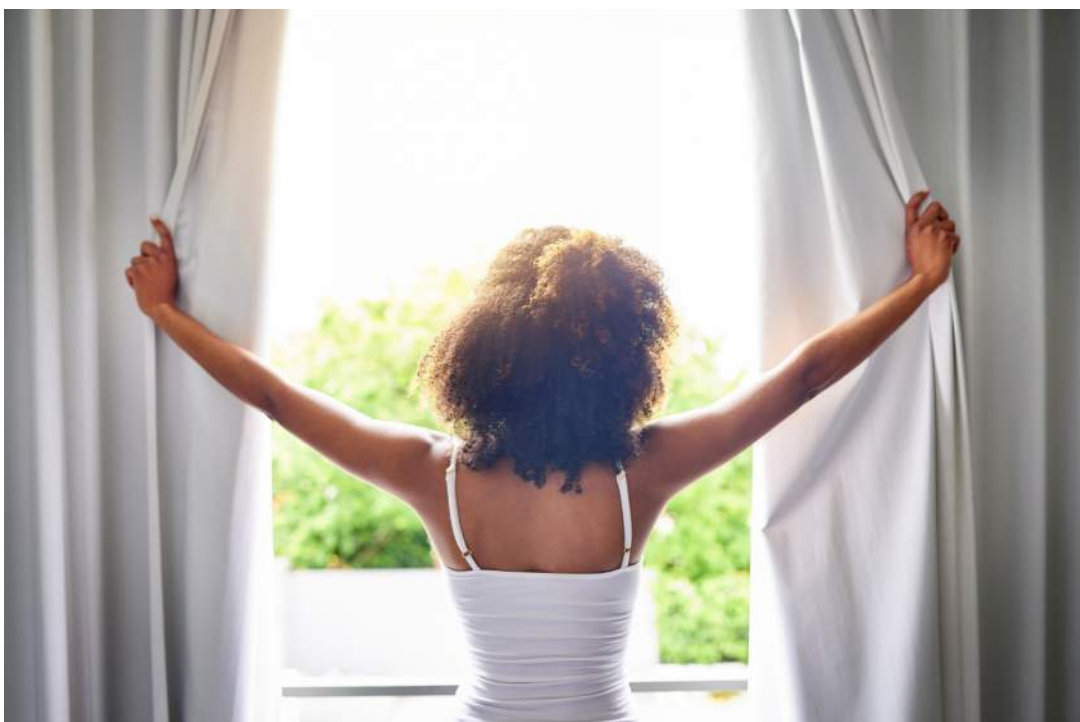
If the home feels warm in the summer, curtains can be drawn to block the sun's heat when it hits the window.

In the home, there is a heat recovery system that, during the winter months, transfers the heat energy from the air extracted from the house to the fresh, cool air blown into the house from outside. This way, the system doesn't use as much energy to heat the air, while also ventilating the home with fresh air, improving indoor climate.

## **Tips for saving on heating**

Lower the heat in your home during winter. The optimal temperature for a home in winter is around 20-21 degrees, so put on a warm sweater and a pair of slippers. However, you should never lower the temperature below 18 degrees. Remember, for every degree you lower the heat, you save 5%.

By saving on heating, you also contribute to reducing CO2 emissions.





## What you can do yourself

- ✓ **Keep radiators clear of furniture and curtains.**  
Furniture and curtains in front of the radiator have an insulating effect. As a result, energy is consumed, and the room still doesn't heat up properly.
  
- ✓ **Regularly vent your radiators so that the water in the heating system can circulate freely. Please contact your local contact person to learn more about this.**  
Only regular venting of the radiators ensures optimal energy utilization. If your radiator makes strange noises, you should release the air that has accumulated in the heating pipes.
  
- ✓ **Check the room temperature and humidity.**  
Humidity should not be too high. Excessive moisture can cause mold.
  
- ✓ **Close curtains, roller blinds, or shutters in the evening.**  
In the evening, you should close windows with curtains, roller blinds, or shutters to reduce heat loss.
  
- ✓ **Turn down the heat when you're not at home.**  
When you're not in the apartment, turn down the thermostatic valves by 1-2 degrees. Never turn off the heat completely. It costs a lot of energy to reheat a room that has been cooled down.



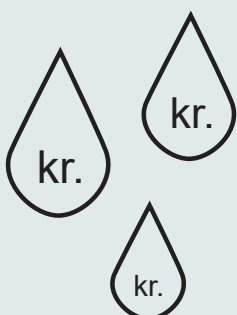
## Tips for saving water

Currently, there is no fundamental water quantity issue in Denmark. However, access to clean drinking water is limited. Since most of our drinking water comes from groundwater, the groundwater level can drop due to intensive water extraction.

Furthermore, we produce a lot of wastewater when showering, using the washing machine, or simply turning on the tap. The water is then purified at treatment plants so it can be reintroduced into the water cycle. This process is very expensive and energy-intensive.

Also, remember that drinking water is valuable and is essentially only available in limited quantities. Even though 71% of the Earth is covered by water, only about 3.5% of it is freshwater. Therefore, we should be mindful of appropriate water consumption.

- You can reduce your water consumption by taking shorter showers and remembering to turn off the tap when you're not using it, for example when brushing your teeth.
- Your toilet is equipped with a small and a large flush. Make sure to only use the large flush when necessary. The small flush uses half as much water.
- Be aware if your toilet is running and quickly notify the caretaker if it is. A running toilet can waste up to 100 m<sup>3</sup> of water per year.
- Only start the dishwasher and washing machine when they are full.



## Tips for saving electricity

- Monitor your electricity consumption by reading it once a week or month. It heightens your awareness of your consumption.
- Turn off devices on standby. Even if you're not using your TV, stereo, or PC, they still consume power in the background. Consider unplugging your charger when you're not using it.
- Use LED bulbs. You can save money by replacing your incandescent bulbs with energy-saving bulbs.
- Turn off lights when you're not using them. Utilize daylight by arranging your space closer to natural light sources. Then you can turn on the lights later.
- Set the refrigerator to 5 degrees and the freezer to -18 degrees, this minimizes energy consumption.
- Put a lid on when cooking and warm rolls in the toaster instead of the oven.
- Wash your clothes in the coldest water possible to save energy used for heating the water.



## Waste sorting

Over time, all citizens in Denmark will sort waste into 10 fractions. Your waste is sorted in apartments into the same fractions as the waste bins found in the courtyards. The better the waste is sorted, the more waste can be recycled for other purposes.

Check the guide on waste sorting provided by the municipality. It gives you an overview and suggestions on how to make waste management easier and more manageable through your interior design.

Waste is the resource of the future, and therefore, it's important that we break the "buy and throw away" culture and adopt healthy habits to recycle and reuse as much as possible to extract resources.



## Arrange your waste sorting

It can be challenging to find space to sort waste into multiple fractions when space is limited in the apartment. Therefore, here's some inspiration for arranging your waste sorting so it becomes an integrated part of everyday life. Sorting waste should be easy; otherwise, we won't do it, and the potential for recycling resources is wasted.

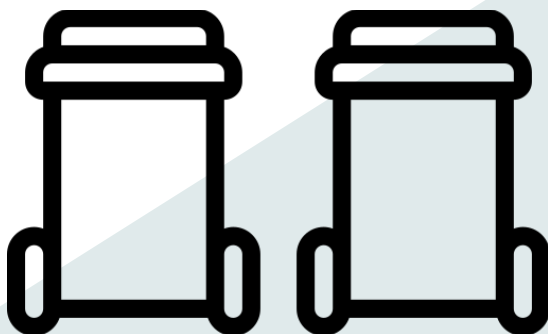
- Make sorting fun - be creative. For example, you can use decorative labels, play with colors on the bins, or find some attractive boxes, shelves, or hooks.
- You can insert bins for sorting and dividing waste into cabinets and/or drawers.
- If you don't have space in the kitchen, consider sorting waste into mesh bags or nets that can hang behind a door or on a coat rack.
- Place your waste system where it's easily accessible for you and easy to empty.



## 5 environmental benefits of sorting waste

1. Food waste turns into biogas, fertilizer, and electricity.
2. For every kg of plastic waste that is recycled- rather than being sent for incineration, we save energy equivalent to the average household's electrical standby consumption for 14 days.
3. By sorting 8 aluminum foil trays for recycling instead of sending them for incineration, the environment is saved from CO2 emissions equivalent to a laundry wash.
4. When sorting 10 kg of 'dry' waste such as plastic, glass, cardboard, paper, and metal, it's possible to recycle almost 9 kg for the production of new products.
5. When sorting 12 kg of 'wet' waste like food waste and other organic waste, it's possible to recycle it into biogas with the same energy content as 1 liter of crude oil.

Source: Miljøstyrelsen, *Affald & jord*



## Minimize your waste

Follow the municipality's guidelines for sorting to ensure that waste is handled correctly. Avoid throwing away recyclable items.

### Packaging

Save on single-use packaging. Instead, use reusable containers, trays, and similar items that can be washed and used again.

### Food waste

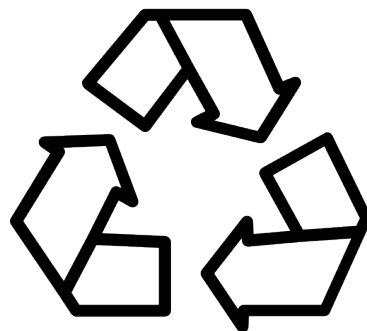
You can both care for the climate and your wallet by being more conscious about your food waste. By making meal plans, shopping lists, and using leftovers, you can minimize your food waste.

### ***"No to advertising"***

You can save the environment from a lot of pollution by signing up for "no to advertising" and getting your sales catalogs digitally through: [etilbudsavis.dk](http://etilbudsavis.dk) or similar, if you prefer.

### Recycling is gold!

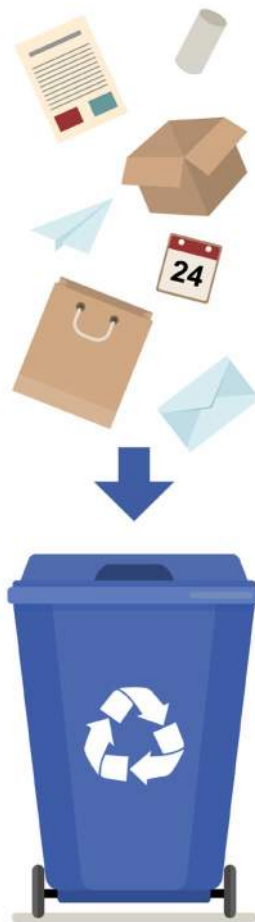
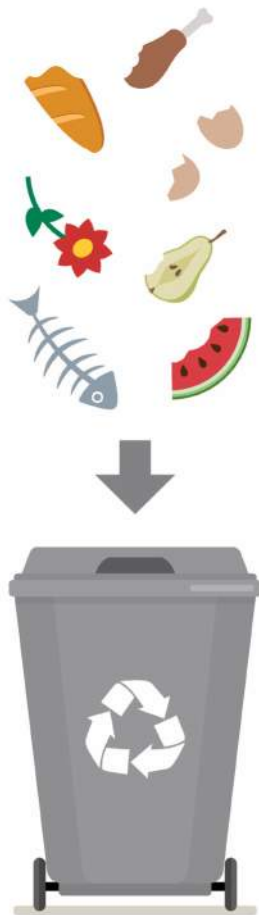
As part of recycling waste, the best solution is to sell your used items or drop them off at your local recycling center. Alternatively, with a bit of creativity, you can "upcycle" your things and give them a new life.







Did you know that waste prevention is one of the best things we can do for the environment? It results in minimal resource waste and CO2 emissions, and increases the opportunity to recycle waste into new products.



**THANK YOU FOR YOUR GREEN EFFORTS AND  
CONSIDERATION FOR THE ENVIRONMENT!**