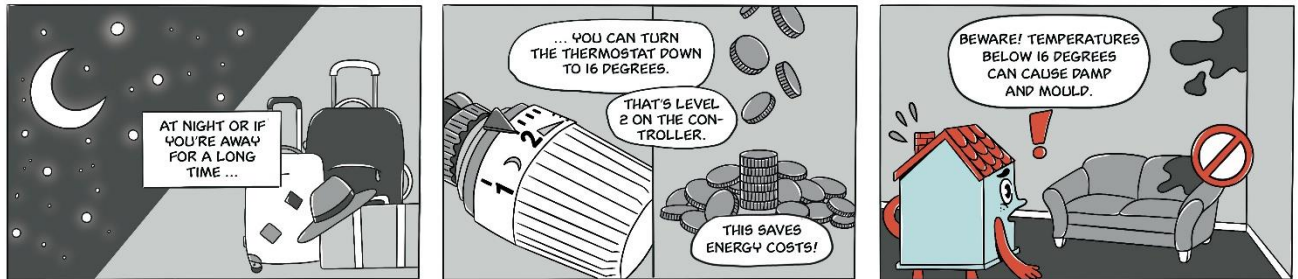
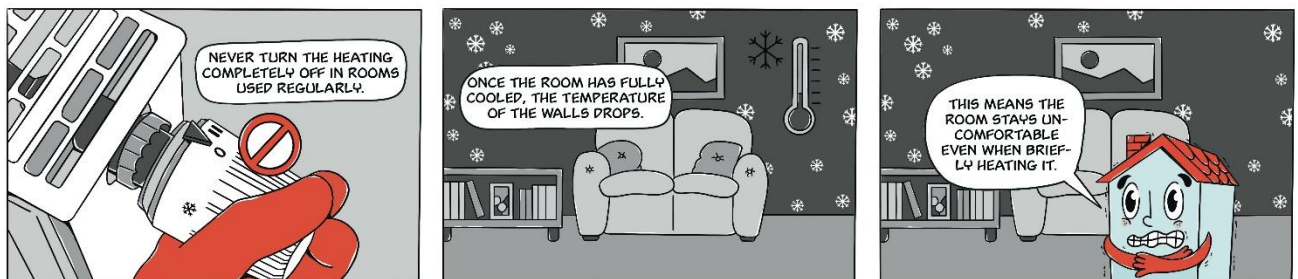


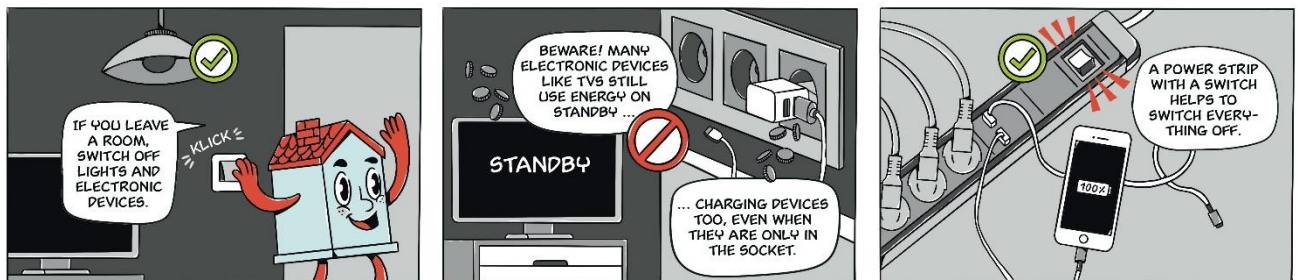
4. Turn the heating down at the right moment



5. Never set the radiators permanently to 0



6. Switch off lights and devices



7. Know which appliances use a lot of energy

