

Stay warm in winter and cool in summer!

Everyone wants to keep warm in winter and cool in summer **including your students**. All Homestay families are required to provide adequate heating and cooling in bedrooms.

The average student will reside in their bedrooms on average from 5pm – 8 am next morning. Therefore as a guideline we would expect the rooms to be heated from **5pm – 11pm and 6am – 8am (8 hours per day)**

This covers study periods for the average student and for getting ready to start the day in the mornings.

Additional Charges Only Apply To Supplementary Heating Or Cooling Beyond The Average Hours Required

Listed below is a table that estimates how much your electric appliance costs each hour it is on. For more detailed costs call the manufacturer of the appliance, who should be able to guide you further

Appliance	Average watts	Estimated hourly cost
Oil filled column heater	1000	\$0.12
	1500	\$0.18
	2000	\$0.24
	2400	\$0.29
Radiator/Portable fan	600	\$0.07
	1000	\$0.12
	1200	\$0.14
	1500	\$0.18
Space heating	2400	\$0.29
	3600	\$0.43
	4500	\$0.54
	6000	\$0.72
	7000	\$0.84

Websites of Interest in regards to Energy Savers

http://www.countryenergy.com.au/internet/cwebpub.nsf/Content/h_eff_winter+advice

<http://www.originenergy.com.au/efficiency/wholesite.html>

<http://www1.sedo.energy.wa.gov.au/pages/simple.asp>

<http://www.choice.com.au>

Our top 10 energy saving tips are:

1. **Insulation:** heat entry and exit in your home can be greatly reduced by installing appropriate "R" value insulation in the ceilings and external walls (if possible). This will result in a lower need for heating and cooling.
2. **Thermostats:** set any heating and cooling thermostat temperatures as low as you feel comfortable with during winter (suggest 19-20°C) and as high as you feel comfortable with during summer (suggest 25-26°C). Each 1°C above during winter and below during summer will increase energy use by around 10%.
3. **Shading:** shade all windows, other than those that face south, with fixed shading devices e.g. awnings and pergolas. An unshaded square metre of glass will let in almost as much heat as a one-bar radiator.
4. **Fans:** are relatively inexpensive to run at around **2c/hr**. While they do not cool the air they can reduce the need to switch on other higher energy consuming appliances and systems.
5. **Water Efficient Shower Heads:** install AAA rated shower heads which dispense water at 9litres/minute compared to 20-25litres/minute in a more traditional shower head. The less water needed the less energy required to heat.
6. **Solar Hot Water:** consider installing a solar hot water system. If you live in Adelaide the sun can contribute 60-70% of your hot water. This will significantly reduce the need to heat water using electricity or gas.
7. **Refrigerators:** try and get by with only one fridge/freezer. If you have a second fridge and/or freezer only turn it on when required, or better still dispose of it.
8. **Fluorescent Lighting:** replace incandescent lighting in frequently lit rooms with fluorescent lighting, either tubes or compact fluorescent globes. This lighting uses approx one fifth the energy of incandescent globes and can last up to 10 times longer. Compact fluorescent globes are available at most supermarkets.
9. **Standby Power:** this is energy used by an appliance/item while plugged in but not performing it's primary function e.g. the red standby light on your TV/VCR. If an appliance has a standby mode, where and when appropriate switch off these appliances at the power point when not in use or when you are going away for a few days or more.
10. **Energy (Star) Ratings:** where applicable use appliance Energy (Star) Ratings to select energy efficient appliances. The more stars the more efficient.

The Benefits of Saving Energy In the Home

Heating/Cooling

Around one quarter of home energy use is associated with general heating and cooling. Consider your heating and cooling needs together, as the most efficient and effective use of both needs to be evaluated at the same time.

- Heat entry and exit in your home can be greatly reduced by the installation of the appropriate "R" value level of insulation in the ceilings and external walls. For the Adelaide plains, the recommendation is R3.0 for the roof and R1.5 for the walls
- Sealing gaps and draughts can save around 15% of heating and cooling energy needed. Close off chimneys when they are not being used, either permanently or with a damper.
- Where applicable use appliance Energy Ratings to select efficient heating and cooling appliances and systems _ the more stars the more energy efficient.

Heating

- Where possible zone your home by closing doors and windows to the areas being heated, and close curtains at night to help keep the heat inside.
- Use a correctly sized heater. Don't expect a small heater to heat a large area. It is unlikely to reach a comfortable temperature, making running costs unnecessarily high without providing adequate heat. Similarly, try not to use a large heater when only a small area needs heating.
- Set any thermostat temperature as low as possible. You should still feel warm enough at around 18°C. Each 1°C decrease of the thermostat setting will save around 10% of heating energy needed.
- The use of a fan on a heater results in better heat distribution. Therefore using a fan on your heater will allow you to set a lower heat setting, whilst maintaining comfort levels and using less energy.
- Maintain your heater. Keep reflectors shiny and dust free, and clean air filters regularly. Service all heaters according to the manufacturers instructions.

Cooling

- For insulation to be effective in summer, it must be used in conjunction with good window shading. Consider veranda's, pergolas and fixed shade/awning treatments. Ideally these shading devices should be designed to allow sun entry into north facing windows in winter, and totally shade all windows in summer.
- Delay switching on your air conditioner on a hot day by keeping all windows and doors shut, closing curtains/blinds and closing off rooms likely to become overheated eg. sun rooms and sleep outs
- Fans are relatively inexpensive. They generally have low running costs, and while they do not cool the air they can reduce the need to switch on other higher energy consuming appliances and systems.
- Set any thermostat temperature as high as possible. You should still feel cool enough at around 25°C. Each 1°C increase of the thermostat setting will save around 10% of cooling energy needed.
- The low speed fan setting should be sufficient to cool your home. Only use the high setting in extreme conditions.
- Regularly clean cooling appliances and systems, keeping filters, coils and fans free of dust