

# TANDBERG

See: **green**



# 20 Tips to Save Energy

Global warming is now one of the primary causes of natural disasters such as glaciers melting, the more frequent occurrences of typhoons, droughts and floods, and the extinction of some species of plants and animals. The excessive burning of fossil fuel to produce energy is resulting in increased emissions of carbon dioxide, which greatly contributes to global warming.

Saving 1kWh of electricity is equivalent to saving 0.4kg of coal and 0.4 litres of pure water, and reducing emission of 1kg of carbon dioxide and 0.03kg of sulphur dioxide.

Our environment is changing for the worse. More and more, fossil fuels are burnt to keep up with the world's increasing energy requirement. However, this situation can be improved if everyone makes a little effort. In this booklet, you will find some practical energy-saving tips.

When the computer is not in use, on what mode should it be left to conserve energy?

1. Normal mode
2. Sleep mode



## Tip 1

### Use computers wisely to save electricity

Shorten the interval for the monitor to enter the sleep mode. After shutting down the computer, remember to unplug the machine to prevent energy wastage.

A paperless office is \_\_\_\_\_  
at saving energy when compared  
to the traditional office.

1. better
2. just as good



## Tip 2

**A paperless office conserves energy and is environment-friendly**

Instead of relying on facsimiles and printers, use communication tools such as emails, instant messaging (IM) and videoconferencing.

An energy-saving air-conditioner consumes \_\_\_\_\_ electricity than a regular one.

1. more
2. less



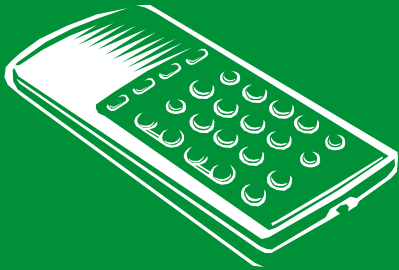
## Tip 3

**Choose an energy-saving air-conditioner to save electricity**

An energy-efficient air-conditioner can achieve the same cooling effect while consuming less power.

By increasing the temperature settings of air-conditioners in summer, \_\_\_\_\_ energy is consumed.

1. more
2. less



## Tip 4

**Increasing the temperature setting of an air-conditioner by 1 degree will decrease electricity consumption by 7%**

Setting an extremely low temperature for an air-conditioner in summer or extremely high temperature in winter wastes energy and weakens your body's ability to regulate its own temperature.

What kind of bulb should we choose?

1. Normal
2. Energy-efficient



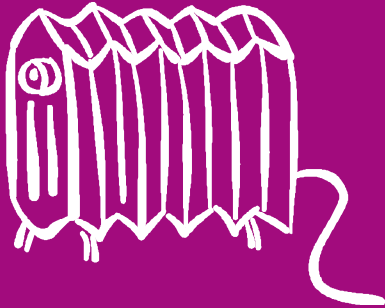
## Tip 5

### Use an energy-saving bulb

The lighting effect of an 11W energy-saving bulb is the same as a traditional 60W bulb but consumes 80% less electricity.

Compared to the traditional central heating system, is the individual household heating metering system more economical?

1. Yes
2. No



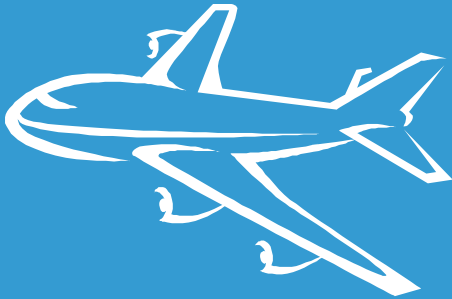
## Tip 6

### **Adopt a household-based heating system to save power and money**

By installing temperature-sensitive sensor valves in heaters, you will be able to control and adjust indoor temperatures according to your individual needs. Or simply switch off the heater when you leave the room. This alone will shave 15% off the heating bill as compared to using traditional centralized heating and more than 30% compared to individual heating systems.

Business travel has a \_\_\_\_\_  
impact on the environment.

1. positive
2. negative



## Tip 7

### **Reduce unnecessary business travel**

Each time you take a flight, board a train or drive a car, there is a negative impact on the environment, not to mention your pocketbook and productivity. Leverage communication technologies such as videoconferencing, web conferencing and other collaboration tools to replace unnecessary business travel.

Which activity reduces greenhouse emission?

1. Telecommuting
2. Commuting to the office



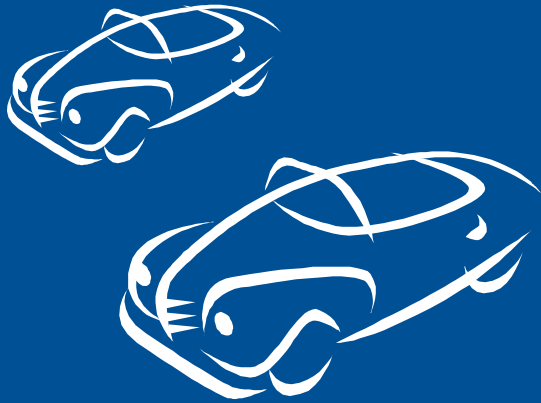
## Tip 8

### Encourage telecommuting

- Telecommuting is one of the most effective means to reduce carbon emission because it eliminates the need to travel.
- Technological advances such as high-speed internet, VoIP, and collaboration tools such as e-mail, IM, web- and videoconferencing make it possible for an employee to stay connected without physically being in the office.

Small-displacement cars consume \_\_\_\_\_ as/than big-displacement cars.

1. the same quantity of fuel
2. less fuel



## Tip 9

**Small-displacement cars save more energy**

- As small-displacement cars are fuel-efficient, competitively-priced and environment-friendly compared to fancy sports cars or petrol-intensive SUVs, they will become more popular.
- Plus, small cars provide more flexibility when it comes to locating parking lots in congested cities.

Since public buses are able to transport more passengers, they \_\_\_\_\_ more energy compared to cars.

1. save
2. waste



## Tip 10

**Take public transportation to reduce emission of greenhouse gases**

- With more cars on the roads, traffic congestion is bound to worsen. Take public transportation to avoid getting stuck in traffic jams and conserve energy at the same time.
- Transporting 100 passengers by public buses occupies only 1/10 of total roads (length-wise), consumes 1/6 of fuel and emits 1/16 of noxious gases, as compared to transporting them by cars.

Will the proficiency of driving skills make an impact on the car's petrol-consumption?

1. Yes
2. No



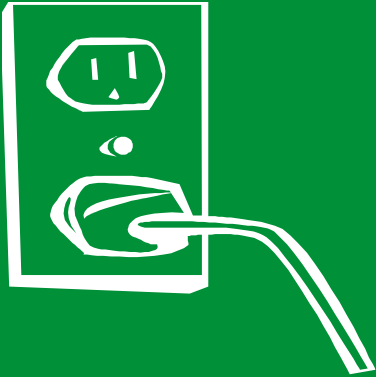
## Tip 11

### **Proficient drivers conserve more energy**

- Keep vehicular speed within reasonable limits; avoid abrupt acceleration or deceleration.
- Avoid driving before car has warmed up.
- Reduce idle time while engine is running.
- Drive in the right gear.
- Pick low viscosity motor lubricants and change it regularly.
- Avoid opening windows while driving at high speeds.
- Maintain suitable tire pressure.

Will unplugging electrical appliances reduce energy consumption?

1. Yes
2. No



## Tip 12

**Unplugging electrical appliances after use will save power**

Electrical appliances, such as TVs and DVD players, still consume energy when they are in stand-by mode. When not in use, these appliances should be unplugged to prevent energy wastage.

Between a very bright and a slightly dimmer television screen, which one saves more energy?

1. TV with a very bright screen
2. TV with a slightly dimmer screen



## Tip 13

**Save power and protect your eyesight by decreasing the level of brightness of your TV screen**

When the level of brightness of a TV screen is too high, more electricity is consumed. The lifespan of the TV is also shortened. Lowering the level of brightness of your TV screen will reduce energy consumption and is more gentle on the eyes, especially for children.

Do energy-saving refrigerators save more energy compared to traditional models?

1. Yes
2. No



## Tip 14

**Choose an energy-saving refrigerator to save electricity and money**

- The advantage of the energy-saving refrigerator lies in its enhanced refrigerating capacity, which reduces power consumption.

Are there ways to reduce energy-consumption of a traditional refrigerator?

1. Yes
2. No



## Tip 15

**Use your refrigerator wisely to save power**

Even if you are using a traditional refrigerator, you can still save more than 20kWh of power per year by following the recommendations below:

- Defrost regularly.
- Avoid opening the refrigerator door frequently.
- Frozen food from the freezer can be defrosted in the refrigerator. This will help lower the temperature in the refrigerator.

A microwave consumes \_\_\_\_\_ power than a gas stove.

1. more
2. less



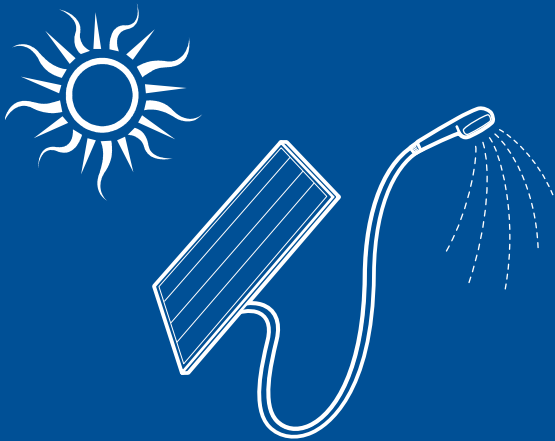
## Tip 16

### **Cooking with a microwave is convenient and saves power**

- Microwaves only heat up water and fat content present in food. Since no energy is wasted on heating up air or utensils, the process of heating is hastened with less heat loss compared to traditional cooking appliances.
- Studies have shown that when it comes to heating the same amount of food, the microwave is 65% and 40% more efficient compared to an electric and gas stove respectively.

Which appliance saves more energy  
– a solar or electric water heater?

1. Solar water heater
2. Electric water heater



## Tip 17

**Use solar water heaters to conserve electricity and gas**

A 2-sqm solar water heater can meet 70% of a household's hot water needs.

Which option conserves more water?

1. Single flush
2. Dual flush



## Tip 18

**Dual flush toilet systems are water-efficient and convenient**

Compared to the traditional single flush, a dual flush will help a family reduce their water consumption by 50%. A 9L single flush toilet utilizes approximately 3,240L of water a month, while a 3L/6L dual flush toilet only utilizes 1,350L of water. Besides saving 1,890L of water, the quantity of sewage is reduced as well. Since sewage treatment is an energy-intensive activity, having good water conservation practices will contribute positively towards saving energy.

While using the same amount of water, an energy-saving washing machine can wash \_\_\_\_\_ amount of clothes compared to a traditional washing machine.

1. the same
2. twice the



## Tip 19

**Choosing an energy-efficient washing machine will allow you to save water and power**

- Before purchasing a washing machine, read its power-efficiency label. By selecting a highly-efficient and energy-saving washing machine, you can reduce your water and electricity consumption by at least 50%.
- This means with the same quantity of water and electricity, an energy-saving washing machine can wash twice the amount of clothes compared to the traditional washing machine.

Since clean water is precious, how should we use it?

1. One-time use
2. Recycle when possible



## Tip 20

### Innovative water conservation tips

Water used for washing your face can be re-used to wash your feet. Leftover water from doing the laundry or cleaning vegetables can be collected and re-used to flush the toilet. By practising these tips regularly, a family of three can save more than one ton of water per month.

# About TANDBERG

TANDBERG is a leading global provider of telepresence, high-definition videoconferencing and mobile video products and services with dual headquarters in New York and Norway. TANDBERG designs, develops, and markets systems and software for video, voice and data. The company provides sales, support and value-added services in more than 90 countries worldwide. TANDBERG is publicly traded on the Oslo Stock Exchange under the ticker TAA.OL. Please visit [www.tandberg.com](http://www.tandberg.com) for more information.

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