

Save Energy!

- **Switch off the screen** whenever you take short breaks from work: The screen is the part of the computer that consumes the most energy (70-80%), which is why it is recommended that it should be switched off.
- When you go for lunch, **use the stand by mode**. This option helps save time, as it does not take much time to turn the computer off and on. When you are going to be away for more than two hours, you should shut down your computer.
- **Adjust the brightness of the screen**: If the brightness is set at a medium level, it can save up to 20% energy and if it is set at a low level, it saves 40%.
- **Put dark background images on the screen**, as they save more energy. On average, a bright picture needs 74W to be edited, while a dark one needs 59W, which is equivalent to a 25% energy saving.
- **Use a dark screen saver**, as it consumes less energy compared to a bright screen saver. It is recommended that **screen savers should be set to become active after the computer has been idle for 10 minutes**.

http://ec.europa.eu/environment/climat/campaign/powersaver/index_en.htm

(Energy Efficiency is one of the policies for mitigating climate change and building sustainable societies, which is associated with the development of renewable energy and a transport policy which has a less aggressive impact on the environment. Its objective consists of providing the same energy-related goods and services at a lower price than that currently charged, using less resources, maintaining or improving standards of living, reducing pollution, extending the lifespan of the referred to resources and reducing social conflicts. Energy efficiency will help reduce environmental impacts and CO₂ emissions, slowing down climate change and its consequences. Moreover, it helps companies to make significant savings, contributing to their improved management.)