


# ENERGY SAVING GUIDE

Whether it is for electricity, transportation, cooking, or for countless other purposes, we consume energy every day and everywhere. A huge tip for sustainable energy use is to be conscious about how much and what kind of energy you are using.

## SAVING ENERGY, SAVING THE ENVIRONMENT

### How to check your carbon footprint?

If you have reduced your energy consumption, you have likely reduced your carbon footprint, which is a measure of the greenhouse gases emitted because of your lifestyle. Here are some great services and websites to measure your carbon footprint:



Services	Description
<a href="#">Carbon Footprint</a>	Calculates your CO2 emissions from food consumption, home energy usage, transportation, and waste.
<a href="#">MyClimate</a>	Calculates your CO2 emissions from food consumption, home energy usage, and more. It will also give you tips on how to reduce your carbon footprint.
<a href="#">WWF Carbon Calculator</a>	Powered by World Wildlife Fund (WWF), it estimates your CO2 emissions from home energy usage, food, transportation, and more.
<a href="#">ClimateCare</a>	This website also provides carbon offsetting options that allow you to invest in projects that reduce CO2 emissions.
<a href="#">The Nature Conservancy</a>	Estimate your CO2 emissions from sources such as home energy usage, transportation, and food consumption. It also gives you tips and support for your conservation efforts.

### WHAT CAN THE SYSTEM DO FOR YOU TO SAVE ENERGY?

**This is the responsibility of the landlord:**

- Installing insulating glass;
- Insulating the floor, roof or walls;
- Installing solar panels;
- Installing a heat pump.

### WHAT CAN YOU DO AS A RENTER TO SAVE ENERGY?\*

**Things you can do yourself:**

- Sealing up gaps and cracks in your home;
- Applying insulating radiator foil;
- Installing an water saving shower head;
- Installing a radiator ventilator;
- Discussing energy saving measures with your landlord.

\*Check out the section "**Practical Tips**"!





## YOUR RIGHT TO PROPOSE ENERGY SAVING MEASURES

You have the right to ask your landlord to take energy-saving measures, such as insulating glass (HR++ or triple glass), floor insulation, wall insulation, roof insulation and replacing the heating boiler. You must make this request in writing. You must also be prepared to accept a reasonable rent increase. You can download a model letter from the website of the [Woonbond](#).

## PAYING YOUR ENERGY BILL

Each month you pay an advance based on your expected total yearly consumption. We call this the 'termijnbedrag' in Dutch. At the end of the year, the balance is drawn up. You get money back, or you have to pay extra based on what your real usage was for the year.

### Avoid surprises: keep track of your energy use!

An energy monitor, such as an app or a display, can help you with this. You can borrow an energy display for free at Green Office Wageningen / Energieloket.

### Rent Increase:

- Until July 1, 2024, your landlord can increase the base rent by up to 3.1%.
- From July 1, 2024, your landlord can raise the rent for your room, mobile home, or pitch by a maximum of 5.8%.

### Did you know?

All landlords face new energy efficiency requirements. Housing corporations and private landlords will not be able to rent out property with a low energy label (E, F or G) from 2030.

## GETTING YOUR LANDLORD TO ADDRESS POOR MAINTENANCE

Do you suffer from drafts, moisture problems, leaks or mold. First report poor maintenance to your landlord. Send an email or write a letter listing the defects. In it, ask your landlord to repair these defects within 6 weeks. Keep a copy for yourself. Is the problem urgent? Then ask your landlord for urgency.

Does your landlord not repair the defects in your rental property? Or does he not respond to your email or letter? In case of serious defects you can contact the [Huurcommissie](#). In the [Gebrekencheck](#) (Defects Check) you can see whether the overdue maintenance is serious enough to call in the Huurcommissie.

## HOW MUCH CAN A LANDLORD CHARGE?

### Rent Price Check:

In this check, you answer questions about the size of the spaces and other amenities in your home. The result of the rent price check is a points total, which determines the maximum base rent. This check is only available in Dutch, so try to complete it with someone who reads Dutch.

### Rent price check:

[Self-contained living spaces](#)  
[Non-self-contained living spaces](#)

## AVAILABLE HELP DESKS

### Energieloket

The Energieloket is Wageningen's energy helpdesk. Any questions you have related to energy, you can pose there. More information is available [here](#). You can contact the Energieloket by mail via [vraag@energieloket-wageningen.nl](mailto:vraag@energieloket-wageningen.nl) or by calling [0317 49 28 01](tel:0317492801). There are weekly walk-in hours at Thuis Wageningen (Stationsstraat 32), on Wednesday 12:00 -16:00, and on Friday 10:00 -12:00.

### Startpunt

You can go to the Startpunt with questions related to housing, money and energy. [Here](#) you can find more information. Startpunt is situated on the Rooseveltweg 408A. You can go there during weekdays from 9:00-13:00 hrs.

# HANDLING SERVICE CHARGES AND ANNUAL STATEMENTS FOR RENTERS

When you pay rent that includes service charges, you are making an advance payment on those costs. At the end of your rental contract, you may receive a final statement. That means that you have to pay more if you used more than you paid for, or receive money if you used less than you paid for. You can also request your annual energy consumption details from your landlord.

## Receiving Your Annual Statement

Your landlord is required to provide you with an annual statement of service charges by July 1st for the previous year. If you haven't received this statement by July 1st, you should first request it in writing from your landlord.

- **If you do not receive the annual statement within three weeks of your request, you can involve the Huurcommissie.**
- **If you receive the annual statement but disagree with the charges, you should first ask your landlord to revise it.**

## 1. REVISION OF THE ANNUAL STATEMENT

To ask your landlord to adjust the annual statement of service charges:

1. Send an email or letter to your landlord.
2. Specify which charges on the annual statement you dispute.

## 4. THE HUURCOMMISSIE PROCESS

The Huurcommissie will:

- Request information from the landlord about the disputed charges and the rental agreement.
- The landlord has three weeks to provide the information, with an optional extension of another three weeks if needed.

If the landlord fails to respond or provides incorrect information, the Huurcommissie will determine the appropriate amount.

## 5. THE HUURCOMMISSIE DECISION

Once the Huurcommissie has calculated the correct service charges, both you and your landlord will receive a decision. Both parties must comply with this decision.

- **If the statement is correct, you must pay the stated amount.**
- **If the statement is incorrect, the Huurcommissie will determine the correct amount, and the decision will specify the reduction in the service charges.**

## 2. WHAT HAPPENS AFTER YOU SEND YOUR REQUEST

Your landlord has three weeks to respond. They might provide an explanation or agree to adjust the statement. If you cannot reach an agreement or if your landlord does not respond, you can contact the Huurcommissie.

## 3. INVOLVING THE HUURCOMMISSIE

To involve the Huurcommissie:

1. Log in to MijnHuurcommissie
2. Fill out the "Service Charges Settlement (tenant)" form to request the Rent Committee to assess the annual statement.

If you have trouble filling out the online form, contact the Huurcommissie at 088 - 1 600 300 or via the contact form.



### Requesting a Refund

If the decision of the Huurcommissie indicates that you overpaid, you will need to request a refund from your landlord yourself. If the landlord refuses to refund the amount, contact the Legal Aid Desk (Juridisch Loket), as the Huurcommissie cannot assist with this issue.

# PRACTICAL TIPS

If you aspire to use energy more sustainably, here's our list of practical tips. See what you can do in different situations!

## LIVING QUARTERS

### Make sure your room is well-insulated

Are your windows tightly shut? Can you feel drafts sweeping in your room? Make sure your room is well-insulated so that it does not lose heat so easily. Consider weatherstripping or purchasing insulated curtains.

### Wear warm clothes and use less heater

While it does feel quite nice to indulge yourself in a well-heated room, it comes at a cost. So, let's try using the heater less and instead bundle up with warm clothes and soft blankets! There's no shame in even wearing gloves and scarves inside—that's a real sign of planetary love :) You can find warm clothes and blankets at second hand stores.

## COOKING & HOUSEHOLD

### Use induction heating or electric stove

Induction heating or electric stove are much more energy-efficient than gas stoves. As we burn less gas, you can reduce your carbon footprint!

### Make sure to only heat as much water as necessary

Using electric kettles? Make use of the lines and only warm as much water as you need to prevent wasting energy!

### Avoid using clothes drying machines

Does your corridor have clothes dryers? Although it can be very convenient, it is generally energy inefficient. Remember, using more energy also costs more money! You can always dry your clothes by hanging them on racks!

### Be time-smart: use the cooking appliances together with your roommate

Do you like to bake or make oven dishes? Be careful with that pre-heating next time so that you can put your food in the oven right as the oven is pre-heated. Also, consider batch cooking for yourself and your roommates to cut the energy!

### Use energy-efficient dishwasher (if you have one)

Dishwasher can be generally more energy-efficient than handwashing. It is also better in terms of water usage and detergent usage.

### Only start your laundry machine and dishwasher when you have full load

Also check your laundry settings; use eco mode if they have one!

### Cook for yourself more; rely less on pre-packaged meals

How about cooking for yourself during the week, and only eating out on the weekends? Try making your own meals more often, since restaurant dining may use energy for transportation, packaging, and preparation. If possible, go one step further and cook yourself some plant-based meals with locally sourced ingredients. That way you can reduce your carbon footprint even more!

### Shorten your shower time.

Showers account for 70% of the campus residential building water heating costs. By being mindful of showering a bit shorter, you can lower your energy bill and footprint significantly.

### Use an air fryer instead of conventional frying with oil (if you have one)

Air fryers are better in terms of energy usage and oil consumption. You can get tasty fried foods by using less oil which is not only more sustainable, but also better for your health and for your wallet!

### Vacuum less frequently

Clean your room frequently so that you don't collect dust (which you have to put more effort to clean later). Vacuum cleaning is unnecessary and unsustainable, especially when you have hard floors. In that case, sweeping your floor or mopping can be enough!

### Do (some of) your chores at night

You can do your chores like washing clothes and washing dishes at night so that you can avoid burdening electrical grid. At off-peak hours, you may be using more renewable energy.

### Unplug your TVs and game consoles

Did you know that electrical appliances can consume electricity, even when they are not in use? This is especially true for devices that have a stand-by mode, such as TVs and game consoles (clock displays, screen savers, slide shows, etc). This so-called "phantom energy" can be a big chunk of energy that we waste (source), so unplug them when you are not using them (for example, when you are away!)



# TRAVELLING AND RECREATION

## Take train or carpool for longer journeys

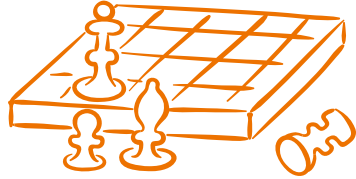
If you are heading out of Wageningen to other cities, consider taking the train instead of buses or cars. The Dutch railway, Nederlandse Spoorwegen (NS), aims to run all of its trains on 100% non-fossil energy by 2040 ([source](#)). Carpooling is another good option; services like [BlaBlaCar](#) can help you find someone who's willing to share a ride with you!

## Cycle or walk more

No need to start the engine of your car if you're just travelling within Wageningen! Considering cycling or even walking to your destination. Need to move heavy or many things around? How about renting a buckfiets (cargobike)?

## Try out some board games or card games

Netflix, social media, video games... things that keeps us entertained nowadays heavily rely on power sources. How about we give good ol' board games a try?



# WORKING AND STUDYING

## Study in public places

Try working in the library or other public areas rather than booking a room for yourself. By doing so, you help reduce energy consumption, as there won't be an additional need for heating or air conditioning solely for one room.

## Print less!

Unless they are important forms that must be on paper, try printing fewer documents. Instead, store them as digital files. Printers can be very energy inefficient and reducing paper usage is also beneficial for our planet.

## Clean your email inbox often!

Your emails are stored in databases, which means more electricity is used to maintain them. Depending on your email provider, the host can store your data for long time, even if you have deleted them on your side. So, it's best to avoid receiving junk mails (unsubscribe from mailing lists) in the first place! ([source](#)).

## Make your own coffee

Can't start your day without a coffee? We feel you... But instead of queuing up for a cup at the machine or the cafe, make one yourself at home! This way, you have a freedom of choosing sustainably grown coffee. Don't forget to use your own reusable cup if you do buy one at the cafe.

## SUPPORT SERVICES AND GATHERING MORE INFORMATION

### Websites that provide information in English:

- <https://www.expatica.com/nl/housing/renting/renting-a-property-in-the-netherlands-102925/>
- <https://www.wooninfo.nl/english/> (focused on Amsterdam, but also provides basic information about the system in The Netherlands)

**If you have any questions regarding your rights as a tenant, please contact the municipality:**

**If you would like to learn more about the practicalities of saving energy, or would like to contribute to a more sustainable university, feel free to reach out to [Green Office Wageningen](#)!**



idealis



gemeente  
**Wageningen**