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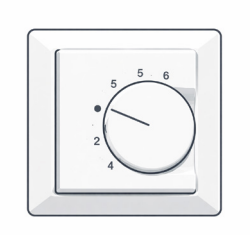
HEATING AND VENTILATING CORRECTLY

In your flat, modern underfloor heating ensures even warmth. To keep things cosy and avoid a hefty additional bill at the end of the semester, there are a few simple rules:

THE 'GOLDEN MEAN': 20 DEGREES IS IDEAL

It's best to set your thermostat to a constant 20 °C (which corresponds to level 3 on many controls). This is the perfect comfortable temperature for living and studying.



- Money-saving tip: Every extra degree costs you around 6% more in heating energy.

PATIENCE PAYS OFF

Unlike traditional radiators, underfloor heating reacts much more slowly. It needs a certain amount of time to warm up the floor and the entire room.
It is therefore pointless to turn the thermostat up to the highest setting for a short time: this will not warm the flat any faster, but will simply cause it to overheat a few hours later. The most efficient and cost-effective way to heat is to select a constant comfortable temperature and let the system run evenly. This way, you avoid unnecessary energy spikes and enjoy a pleasant indoor climate throughout.

Keep walls warm – prevent mould

It is important that the walls in your room never cool down completely. Cold walls feel uncomfortable and cause moisture to condense, which can lead to mould.

AT NIGHT: TURN IT DOWN RATHER THAN SWITCH IT OFF

Simply leave the heating running on a low setting at night or when you're at uni. Turning it off completely is usually more expensive, as heating a freezing cold floor consumes a lot of energy.

- **Good to know:** Our housing complex often has an automatic night-time temperature reduc tion. The system then centrally adjusts the heat down a notch – in this case, you don't need to change anything on your thermostat and you'll save money automatically!

FURNISHING TIP: To ensure the heat from the floor can rise effectively into the room, avoid laying huge, thick carpets or placing furniture without legs directly on the heating panels.

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PROPER VENTILATION: FRESH AIR WITHOUT ENERGY LOSS

As well as the right temperature, humidity plays a major role in a healthy indoor climate. Proper ventilation prevents mould and saves on heating costs at the same time.

A HIGHLIGHT IN YOUR FLAT: YOUR OWN VENTILATION SYSTEM

Your flat is equipped with a modern, decentralised ventilation system. This provides fresh air fully automatically – even when the windows remain closed.

- **Automatic air exchange:** The system continuously transports stale air and moisture outside**.**
- **Save energy through heat recovery:** The system extracts heat from the outgoing indoor air and uses it to pre-heat the fresh outdoor air. This keeps your flat warm without wasting expensive heating energy when you open the windows.
- **Important:** Please never cover the ventilation openings in your wall with tape or block them with furniture.

KEEPING AN EYE ON HUMIDITY

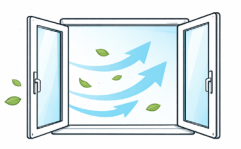
In living spaces, the humidity should not remain above 60% for long periods. As we constantly produce moisture through cooking, showering or even through many houseplants and aquariums, this must be regularly vented outside.

- **Important note:** Where possible, do not dry your laundry in the flat, but use the designated drying rooms in the building. Drying laundry in living rooms or bedrooms increases humidity and encourages mould to grow behind cupboards and in corners.

VENTILATE BRIEFLY ONLY WHEN NECESSARY

Thanks to your ventilation system, it is no longer necessary to keep windows open constantly in winter. Brief, intensive ventilation is only advisable during extreme 'moisture spikes' (e.g. immediately after showering or cooking):

- **No tilted windows:** Windows left tilted permanently allow the walls to cool down. This is costly and promotes mould growth.
- **Short and intense:** Open the window wide for just 2 to 3 minutes (ideally to create a draught).



SPECIAL NOTE FOR UNDERFLOOR HEATING:
Unlike with standard radiators, you d**o not need to turn down the thermostat for your underfloor heating during the brief burst of ventilation**. As the system reacts very slowly, adjusting the controls for just a few minutes would not result in any energy savings.

The big advantage of intensive airing: only the air is exchanged. As the floor and furniture store the heat and do not cool down in such a short time, the fresh air becomes pleasantly warm again immediately after closing the windows.

DID YOU KNOW? THIS IS HOW MUCH MOISTURE IS PRODUCED IN YOUR HOME
Every day, we produce litres of water vapour that needs to go somewhere. To prevent this moisture from settling on the walls, it's important to ventilate regularly. Here's how many grams of water are released into the air per hour:

Source / Activity	Moisture release (approx. grams per hour)
Ourselves (sleeping / light activity)	40 – 120 g
Ourselves (exercise / housework)	120 – 300 g
Houseplants (depending on size)	5 – 20 g
Cooking	600 – 1.500 g
Bath	approx. 700 g
Shower	approx. 2.600 g
Drying laundry (one load, 4.5 kg)	100 – 500 g
Dishwasher	approx. 100 g

WHAT THIS MEANS FOR YOU:
Huge amounts of steam are produced, particularly after showering or cooking. As underfloor heating works very evenly, it cannot simply 'heat away' these 'moisture peaks'. Therefore, make sure to use the window for a quick air change to expel the damp air directly outside!

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DON'T 'HEAT' OTHER ROOMS: KEEP THE DOORS CLOSED!

It sounds logical to let the heat from the living room flow into other rooms – but the opposite is true. Keep the doors to cooler rooms (such as the bedroom) consistently closed.

- **The problem:** Warm, humid air from the bathroom or kitchen flows into colder rooms and condenses on the outer walls. This is the main cause of mould, which often develops unnoticed behind large cupboards.

THE RIGHT TEMPERATURE IN THE BEDROOM

For a good night's sleep, 16 °C is usually perfectly adequate.

- **Setting:** You can therefore set the thermostat in the bedroom lower than in the living area. However, make sure you don't turn the heating off completely, so that the room doesn't 'freeze' and the walls retain some residual heat.

- **Special case: night-time ventilation:** If you don't have time to air the room thoroughly during the day and the window has to remain tilted open at night, please turn the heating control in the bedroom right down during this time.

FURNITURE WITH SPACE: A BREATHER FOR THE WALL

To allow air to circulate behind your furniture, the correct distance from the external walls is crucial. If a wall is significantly colder than the air in the room, condensation will quickly form there.

- **Leave 5 to 10 cm of space:** Move large cupboards or sofas at least a hand's width away from the external wall.

- **Promote air circulation:** Furniture with legs rather than closed plinths is ideal. This allows the heat from the underfloor heating to rise even beneath the cupboard and keep the wall dry.

CONCLUSION: YOUR CONTRIBUTION TO A HEALTHY INDOOR CLIMATE

Every building reacts differently – and underfloor heating requires a bit of adjustment. By following these tips, you'll not only avoid unnecessary costs but also protect yourself from the risk of mould and health hazards.

In short: heat consciously, ventilate wisely and give your furniture a bit of 'breathing space' away from the wall!