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REDUCING ENERGY CONSUMPTION: THE BEST WAYS FOR UKRAINIAN HOMES

The main ways to cut energy consumption are considered. Possible solutions for individual homes in Ukraine are suggested.

Energy consumption in Ukraine is very high. International organizations emphasize the necessity to reduce it on 55 – 75% [1]. Ukrainian government is taking measures to reduce energy consumption. One of them is increasing the average price of electricity (from UAH 0.28 per kWh in 2013 to 0.90 per kWh in 2017), which is the most stimulating way for every consumer [1]. If about 45 mln citizens of Ukraine start saving energy at home the results will be significant and beneficial for our country and our planet. This explains the relevance of our research.

The objective of the article is to develop some practical recommendations on reducing energy consumption in Ukrainian homes.

The results of our research demonstrate that in order to help the planet and pay less for electricity every Ukrainian should follow some steps. First, it is necessary to realize why the problem is relevant and what consequences we will have if energy consumption does not fall. People's awareness has to be developed by social advertising and energy saving campaigns. Schools, colleges and universities have to include this topic into their curriculum and analyze its different aspects in various courses.

Second, each of us should take practical measures to reduce electricity consumption. Here are some recommendations:

Change some of your habits. Try to make your conditions of living more natural. Be active and spend more time outside. This will not only save some electricity, but will also help you keep fit. Get used to lower temperatures inside: 18 – 20 degrees is considered the best for living. Proper insulation allows you reducing heat loss in winter and unneeded heating inside in summer [2].

Use windows and balconies wisely: blinds or curtains can help in reducing unwanted heating in summer, when it is cold open them up to let the sun shine and heat your home providing natural light.

Use more natural light instead of electric light. Remember that exposure to natural light increases happiness [3]. Take into account that small desktop lamps use less power than big overhead light.

Replace all the incandescent light bulbs with energy efficient ones (LEDs), which use up to 85% less energy [4].

Turn off all lights and electronics when they are not in use. Unplugging electric appliances helps in reducing electricity costs.

Use modern energy efficient appliances. According to experts, microwaves, multi cookers or pressure cookers, outdoor grills etc. use less electricity than electric stoves and ovens [4]. Always buy energy efficient appliances (not lower than A+ or A). Think about replacing old energy consuming devices with the new ones, which can save up to

50% of energy wastes. Read and follow instructions to make your appliances cost-efficient.

In summer use air-conditioning efficiently, the difference between outdoor and indoor temperatures should be not more than 5 degrees. Turn it off at night and never leave it switched on if you are out.

Wash dishes with warm water, don't make it too hot. Do the laundry at low temperatures and full load, use the quick cycle when possible. Dry clothes by hanging them out. The same rules are good for dishwashers [6].

Use energy during off-peak hours. Ukrainian electric companies give a 50% discount on electricity used from 11 p.m. till 7 a.m. (a dual phase electric meter is needed in this case). Wash, iron, heat water in the electric boiler, use fans, electric ovens, multi cookers and charging devices at this time.

And finally, use renewable energy. For example, solar water heaters or solar lightning systems can reduce electricity bills by 50%. Buy solar chargers and solar power banks for your gadgets.

Be creative and you will find much more ways to save energy.

The conclusion can be made that the future of the planet depends on reducing energy consumption and we have to change our behavior now in order to save energy in Ukraine. Other countries have already obtained a good experience in this field which should be studied by us.

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