

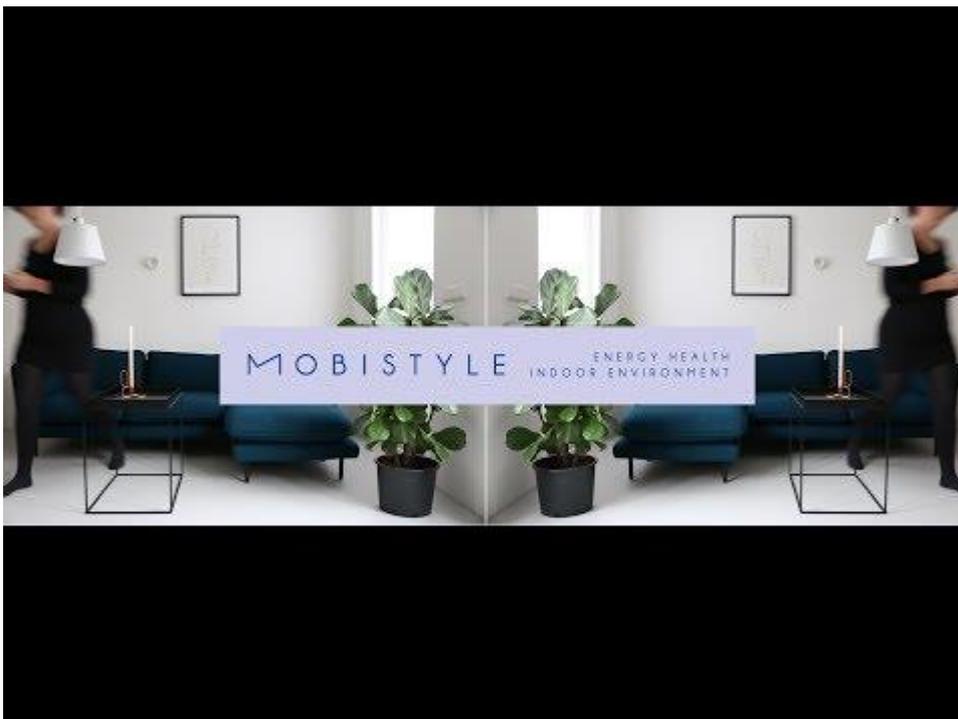


MOBISTYLE

MOBISTYLE NEWSLETTER

December 2020: In this newsletter we'll update you on how some of the MOBISTYLE solutions are used right now.

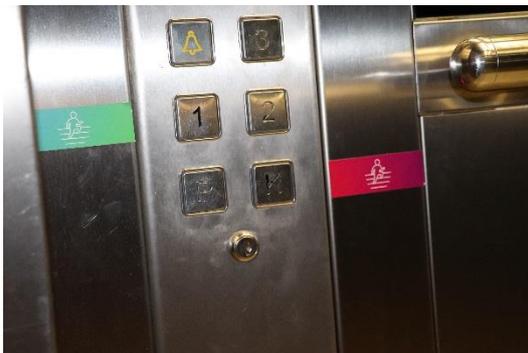
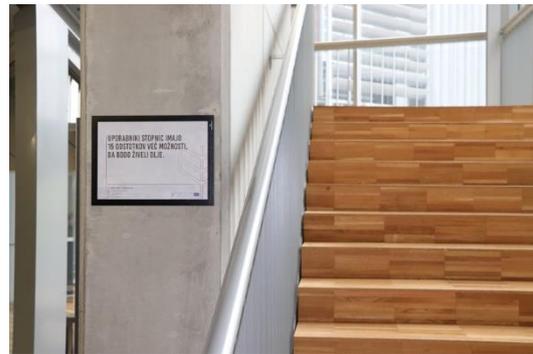
Slovenia



In this video, we see assist. prof. Klementina Zupan talking about MOBISTYLE and the insights it gave her. She has changed her behavior thanks to MOBISTYLE and feels better!

But this is not all. In Slovenia there has been a big awareness campaign sharing health and building use tips for improved IEQ and lowering energy use. At the University of

Ljubljana (UL) faculties join a campaign to promote a healthy lifestyle and reduce energy consumption. The campaign was prepared through the MOBISTYLE partner, IRI-UL, on the basis of a study analyzing satisfaction with the work environment in relation to health and energy. The first among the MOBISTYLE awareness campaigns is running at the Faculty of Arts - We use stairs, and it is upgraded to IEQ and aspects. The same started at Faculty of Economics when the second phase, promoting health at work also via indoor environment quality, has been launched in October. The campaign is ongoing at Faculty of Chemistry and Chemical technology and Faculty of Computer sciences.



Italy

In Italy, we're demonstrating MOBISTYLE in a hotel. Today we're sharing a story with you of a MOBISTYLE guest:

"My MOBISTYLE experience has begun in Turin (Northern Italy), in the beautiful frame of the Orologio Living Apartment hotel, where I booked a room for my business trip. I have learned about the European MOBISTYLE project as soon as I arrived in the hotel. The receptionist has explained to me that this project aims at reducing energy consumption, increasing the indoor environmental quality and, most interesting of all, improving the guest health. The receptionist offered me the chance to stay in one of the MOBISTYLE rooms and I accepted straight away! My room was equipped with

some devices able to provide personalized information on how my daily actions affect the indoor environment, the energy use and my health.

Once in the room, the hotel staff sent me an e-mail on how to register and start using the MOBISTYLE solutions. I logged-in and found the mobile App and the dashboard user-friendly, but then I left the room quickly to go to some business meetings. Only in the evening, after a full and busy day, while I was relaxing on the sofa, I received a first MOBISTYLE message saying: Computer: pay attention to the stand-by mode! If we assume that the PC is running for about 8 hours a day, it stays 16 hours in stand-by mode. In 24 hours, a pc in this mode consumes about 300 Wh. In a year, this energy waste would be around 120 kWh, equal to the annual consumption of a dishwasher (180 washing cycles). Honestly, I am not very familiar with the meaning of Wh and kWh, but the reference to the 180 washing cycles made me quickly to understand that I was wasting a lot of energy! I had a look at the room and saw my laptop on standby, as I always do, and I immediately switched it off!



The next day, I got the chance to learn something new and very interesting about the dishwasher. I have read, this message on the App: is it necessary to rinse the dishes before putting them in the dishwasher? False!!! Detergents need dirt to clean and, if the dishes are already clean, soap enzymes work worse. Not to mention that the operation requires unnecessary waste of water. To remove food residues, it is better to use a damp sponge or paper towels already used during the meal (which would however be thrown away). I remember that day, while I was talking with my husband

on the phone, I said: “we need to change the way in which we use our dishwasher!”.

The MOBISTYLE suggestions are so precious that I wish I could keep receiving them once at home! MOBISTYLE also notified me that keeping the room temperature too high does not allow me to sleep well. Making me thinking about the possibility of lowering the thermostat temperature at home to prevent that my daughter waking up 4 or 5 times a night!

MOBISTYLE is definitely my lifestyle!"

SAI CHE IL SOLO STAND-BY DEL TUO COMPUTER IN UN ANNO PUÒ CONSUMARE QUANTO 180 CICLI DI UNA LAVATRICE?

DO YOU KNOW THAT THE ONLY STAND-BY OF YOUR LAPTOP IN ONE YEAR CAN CONSUME AS MUCH AS 180 CYCLES OF A WASHING MACHINE?

MOBISTYLE ENERGY HEALTH INDOOR ENVIRONMENT
IN COLLABORATION WITH POLITECNICO DI TORINO

This project has received funding from European Union's Horizon 2020 research programme for research and innovation under grant agreement No. 723032

L'USO DI ELETTRICITÀ DA PARTE DELLE PERSONE È DOVUTO IN MODO SIGNIFICATIVO ALLE PICCOLE APPARECCHIATURE COME LA TV

ACCEDI ALL'APP E SCOPRI QUALI SONO I TUOI CONSUMI

PEOPLE'S ELECTRICITY USAGE IS SIGNIFICANTLY DUE TO SMALL EQUIPMENTS AS THE TV

ACCESS THE APP AND DISCOVER YOUR CONSUMPTIONS

Scan the QR CODE

MOBISTYLE ENERGY HEALTH INDOOR ENVIRONMENT
IN COLLABORATION WITH POLITECNICO DI TORINO

This project has received funding from European Union's Horizon 2020 research programme for research and innovation under grant agreement No. 723032

LO SAI CHE TEMPERATURE INTERNE TROPPO ALTE POSSONO INFLUIRE NEGATIVAMENTE SULLA TUA SALUTE? 21°C È UNA TEMPERATURA GRADEVOLE

DO YOU KNOW THAT EXCESSIVE INDOOR TEMPERATURES COULD NEGATIVELY AFFECT YOUR HEALTH? 21°C IS A PLEASANT TEMPERATURE

MOBISTYLE ENERGY HEALTH INDOOR ENVIRONMENT
IN COLLABORATION WITH POLITECNICO DI TORINO

This project has received funding from European Union's Horizon 2020 research programme for research and innovation under grant agreement No. 723032

UN ALTO LIVELLO DI CO₂ IN AMBIENTE PEGGIORA LA QUALITÀ DELL'ARIA E PUÒ ESSERE CAUSA DI MAL DI TESTA

APRIRE LA FINESTRA PER QUALCHE MINUTO PUÒ FARTI SENTIRE MEGLIO

A HIGH LEVEL OF CO₂ DETERIORATES THE INDOOR AIR QUALITY AND CAN CAUSE HEADACHES

VENTILATE THE ROOM A FEW MOMENTS CAN MAKE YOU FEEL BETTER

MOBISTYLE ENERGY HEALTH INDOOR ENVIRONMENT
IN COLLABORATION WITH POLITECNICO DI TORINO

This project has received funding from European Union's Horizon 2020 research programme for research and innovation under grant agreement No. 723032

As you can see above, MOBISTYLE is also sharing tips with the hotel employees and guests! And guess what? A second story is coming up soon! Keep an eye on our website and social media channels.

The Netherlands

We all want to be healthier and more productive in our environment right? But how? Recently we started in the office of Huygen with dynamic indoor climate applications to see how such conditions affect people's well-being, productivity and as well building's energy performance. Furthermore, we developed the MOBISTYLE Office application, which aims to improve users awareness. With its tips and information, it makes people more aware of energy efficiency and productivity in offices. The

application introduces users to the dynamic indoor conditions in a for them understandable way and makes the invisible interactions between the buildings and occupants visible to them, the building users. The application educates the users about the benefits of the dynamic conditions: improved personal health, building's energy efficiency as improved indoor quality. The testings in the Huygen office are ongoing but the building occupants experience so far is promising. We will keep you updated on the progress and relevant results coming from this demo site. For now, take a look at the demo site by watching the video below.



ExcEED

We would also like to tell you about our sister project ExcEED: The ExcEED project stands for European Energy Efficient building district Database: from data to information to knowledge and answers the need for transparency and comparability of energy performance calculations. Its platform orchestrates seamless integration of heterogeneous data related to building energy performances, and enables to raise awareness on how different kind of buildings perform in practice transforming data into information and knowledge, for enhancing energy efficient while ensuring healthy and comfortable indoor environments. The ExcEED project ended in September 2019 but its platform, changing its name to enbuibench, is still available and ready to gather buildings data. “enbuibench” stands for the “energy and comfort building performance characterization and benchmarking platform” and supports users in the building

performance characterisation and benchmarking. You can register to the platform and upload your buildings data at [this link](#).

Events

We were happy to attend a couple of events for MOBISTYLE and we have some great events still planned! See below a small photo overview of some of the events we have attended.





Follow us on [Twitter](#), [Linkedin](#) and [Instagram](#)!

Partners of MOBISTYLE



This project has received funding from the European Union's Horizon 2020 framework programme for research and innovation under grant agreement no 723032. The sole responsibility for the content lies with the authors. It does not necessarily reflect the opinion of the European Commission. The European Commission is not responsible to any user that may be made of the information contained therein.