

		Heat sources			
Season	Main strategies	Conduction	Ventilation	Radiation	Evaporation
WINTER (cold season)	Increase Heat Gain	Improve heat storage	Improve indirect gains from warm soil or sun	Improve solar gains	-
	Reduce Heat Loss	Reduce heat transfer from inside to outside through building envelope	Reduce air exchange and infiltration	-	-
SUMMER (hot season)	Reduce Heat Gain	Reduce heat transfer from outside to inside through building envelope	Reduce hot air exchange and infiltration come from external environment	Limit as possible solar gains (heating effect)	-
	Increase Heat Loss	Increase heat transfer from inside to outside through building envelope	Improve fresh air exchange and infiltration come from external environment	Increase radiant losses (cooling effect)	Use evaporative cooling

Sources	-	Atmosphere	Sun	
Sinks	Earth	Atmosphere	Sky	Atmosphere