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Saving tips for your home



Wir für das Klima

Dear Öchers,

in these times, people are asking themselves many questions about a secure energy supply. The media attention and speculation about prices and supply bottlenecks have never been as present as they are today. We can assure you that we will do everything we can to ensure that energy continues to come reliably into your home. Because in addition to short-term measures, we have also been successful for many years in terms of energy efficiency and modern heating solutions. We have also already achieved a lot: For example, with the expansion of renewable energies, which are not only an important contribution to climate protection, but also ensure greater independence. Although we are doing a lot, you can do something too. You can ease the burden on the environment and your wallet, as well as do your part to ensure security of supply. Because there are many ways to save energy in an uncomplicated way and without large investments. In this brochure you will find many tips and hints. Together we can overcome these difficult times.

Yours, Dr Christian Becker and Wilfried Ullrich



Economical heating

You save money if you set the heating correctly. The warmer the radiator, the more expensive the heating bill.



1. Tip – When airing - switch off the heating

Turn off the heating when you open the window.

2. Tip – Do not dry laundry on the heater

Do not put clothes on the heater.

3. Tip – No objects in front of the heater

Do not place furniture close to the heater. Curtains should not hang in front of the heater.



Temperature recommendations:

- ✓ **Bedroom:** Level 2–3, 16–18 °C
- ✓ **Kitchen:** Level 2–3, 18 °C
- ✓ **Bathroom:** Stage 3–4, 21–24 °C (when you are in the room)
- ✓ **Livingroom, children's bedroom, study:** Level 3–4, 20–21 °C

Save water

You can save water every day in the kitchen as well as in the bathroom. We will help you with the right tips.



1. Tip – Washing dishes

Rinse in the basin. Hot water is expensive. You don't need much water in the basin. So save money!

2. Tip – Showers

Take a shower for only 5 minutes. Short showers are cheap, bathing is expensive.

3. Tip – Shave and brush your teeth

The water should not be running when you are shaving, or brushing your teeth.



Don't throw your money out the window – 5 tips for saving money in the living room



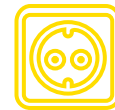
1. Tip – Energy-saving light bulbs

Even though energy-saving lamps and LEDs are more expensive to buy than other light sources, this is compensated for by their enormous energy savings and up to 10 times longer life.



2. Tip – Screensaver

Set - instead of the screen saver - an automatic standby mode after 10-15 minutes of absence. Your PC also consumes more power with colourful, moving images.



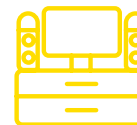
3. Tip – Switchable sockets

You can save unnecessary costs for electricity by pulling the plugs. Of course, this is more convenient with switchable sockets! When the switch is flipped, the units are disconnected from the mains.



4. Tip – Laptop

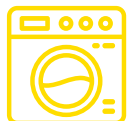
An energy-efficient laptop only needs a maximum of 15 watts. An energy-efficient PC, on the other hand, consumes around 60 watts during operating time.



5. Tip – Apparent off switch

When buying a new TV, make sure that it has a power switch. Because even when you have pressed the off switch on the set, many televisions still continue to consume electricity.

Don't throw your money in the water, here are 4 money-saving tips for the bathroom



1. Tip – No pre-wash cycle

If you save on the pre-wash cycle, you also save on costs! For very dirty laundry, it is a good idea to pre-treat or soak it before washing.



2. Tip – Wash at 60 °C

Washing machines use about two thirds of the energy to heat the water. If you wash the boiled laundry at 60 °C instead of 90 °C, you can save the most electricity.



3. Tip – Load correctly

The power consumption per wash cycle always remains the same. So if you want to save electricity, make sure you load the washing machine correctly. For information on the exact amount, refer to the manual of your washing machine.



4. Tip – Water heating

You should check your instantaneous water heater if your water heating is electric. You can reduce electricity costs by using economy fittings or retrofittable flow limiters. These help to save water when showering.

Don't waste your money 5 tips for saving money in the kitchen



1. Tip – Put the lid on

If you put the lid on the pot and pan, you save up to three quarters of the energy consumption when cooking because the heat does not escape upwards. The pot should be as big as the hotplate and should not wobble if possible.



2. Tip – Use residual heat

The residual heat from the cooker and oven makes for wonderful cooking. Switch off the oven and the hotplates about five minutes before the end of the cooking or baking time.



3. Tip – Electrical appliances

Electrical appliances in the kitchen can support the large built-in appliances in an energy-saving way. For example, you can bake bread rolls on the toaster or heat water in the kettle, so you save a lot of electricity and don't always have to use the cooker.



4. Tip – Defrosting in the refrigerator

If you defrost frozen food in the refrigerator instead of in a pot, oven or microwave, the refrigerator is additionally cooled from the inside. Hot food does not belong in the refrigerator!

5. Tip – Increase fridge temperature

A higher internal temperature in the refrigerator means less electricity consumption. As an example: If you set the temperature to 7 °C instead of 5 °C, you save about 12 % on electricity costs. PS: Regular defrosting and checking the door seals will make it easier for the refrigerator to maintain a constant temperature.

How to save money, nerves and electricity – 6 tips for saving money on the way to work



1. Tip – Car pool

Carpooling is not only good for the environment, but also pays off financially: For a five-kilometre commute, you can save around 120 euros per year. For a commute of five kilometres each way, you can avoid up to 255 kg of CO₂ by carpooling.



2. Tip – Unload luggage

Fuel consumption due to unnecessary weight or air resistance quickly increases by several litres. If you reduce the load on your car by 50 kilos, you can save 50 litres of fuel for 15,000 km a year - and avoid 120 kg of CO₂!



3. Tip – Cycle to work

Three reasons: 1. No long search for a parking space. 2. Climate-friendly transport. 3. Free fitness programme. For a journey of 5 km, you avoid 425 kg CO₂ per year.



4. Tip – Optimum tyre pressure

If the tyre pressure is 0.5 bar too low, for example, fuel consumption already increases by around five percent. In a year, this adds up to emissions of up to 140 kg CO₂. This excessive tyre wear and unnecessary fuel consumption causes additional costs of about 90 euros per year.



5. Tip – Use car sharing

If you only need a car now and then, then car sharing is just right for you! Mostly, car sharing also uses very new cars, which usually consume less fuel. This means less money for petrol and at the same time less CO₂ emissions.

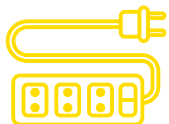


6. Tip – Ride the train

With a carbon footprint of 2,300 kg CO₂, you can barely get from Rome to New York by plane - by train, you could travel around the world. Thanks to offers, BahnCard and early bird discounts, rail travel can be unbeatably cheap.



You can save money not only within your own four walls – 6 tips for saving at the office



1. Tip – Foot switch

It makes sense to put unused appliances into stand-by mode or switch them off completely. So that you don't have to crawl under the desk, there are power strips with foot switches.



2. Tip – Combination units

With a combination device that can be shared via WLAN in the network, you can share the device with other employees. This saves space and energy because it is a printer, copier, scanner and fax all in one. Always remember to print texts in black and white mode.



3. Tip – LED lights

An LED lamp requires up to 90 % less energy than an incandescent bulb. If the daylight is sufficient for working, you can switch off the light.



4. Tip – Monitors

Adjust the brightness of your screen to the ambient light! About 25 percent darker means about 15 % less electricity - and even without loss of comfort.



5. Tip – Heating energy & water

You should make sure that doors and windows in the office are closed as soon as the heating is turned on. This way, the generated heat actually stays in the room. Remember to turn down the heating as soon as you leave your workplace for the evening.



6. Tip – Video conference

If you meet by video conference, expensive travel to and from the meeting can be avoided. This way, almost everything can be discussed in a climate-neutral way in the team!

Your money doesn't grow on trees – 5 saving tips for the garden



1. Tip – Save water

Water your flowers with collected rainwater.



2. Tip – compost instead of fertiliser

Do without chemicals and recycle your kitchen waste.



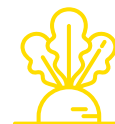
3. Tip – Bee-friendly plants

Strengthen biodiversity! Cornflowers and meadow sage are particularly suitable.



4. Tip – Sustainable potting soil

Use peat-reduced potting soil. They can be found everywhere where conventional soil is also available.



5. Tip – Grow your own fruit & vegetables

So you save waste and money and on top of that it's delicious and healthy!

7 Saving tips for a sustainable holiday



1. Tip – Avoid flights

One flight can produce more CO₂ than you would otherwise generate in the whole year. Travelling by train is an ecological and green alternative. If you still decide to take the plane: It is best to stay at the holiday destination for as long as possible.



2. Tip – Nearby destinations

Europe and Germany have a lot of beautiful places to offer where you can discover a lot. For example, if you can't do without the car in rural areas: Use carpooling or car sharing.



3. Tip – Little luggage

Heavy luggage makes for higher fuel consumption, both on the plane and when travelling by car. So it's best to pack only as much as you really need. Advantage: You have less to carry, unpack and wash!



4. Tip – Book organic

There are now almost 100 hotels in Europe in the Association of Organic Hotels. A sustainable holiday in harmony with nature is possible especially on organic farms. Especially families with children can experience a lot on an organic farm.



5. Tip – public transport or bicycles

Especially on a round trip, for example by train, you get a much better impression of the country and its people and can quickly make new contacts. Instead of renting a car, you can also use public transport or bicycles.



6. Tip – Air conditioners

Saving electricity is part of sustainable tourism! But fans and air conditioners in particular need a lot of electricity. If you really cannot avoid using it, you should always switch off the air conditioner when leaving the room or flat.



7. Tip – Save water

In southern countries, you should pay particular attention to low water consumption. This means not showering longer than necessary and not having the towels washed daily in the hotel. In this way, you reduce water consumption and the water pollution caused by detergents.



You can find further tips and information here:

Counselling institutions

www.effeff.ac effeff.ac The Efficiency Network

www.verbraucherzentrale.nrw NRW Consumer Advice Centre

www.altbauplus.info Altbau plus e.V.

You can find more concrete tips here:

www.energiewechsel.de Federal Ministry for Economic Affairs and Climate Protection: 80 million together for energy transition

Information on the current situation can be found at:

www.stawag.de/energiefragen



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