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Energieberatung

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*Baden-Württemberg*

# SAVING ENERGY

Energy-saving tips



The Energy Advice Service of the Baden-Württemberg Consumer Advice Centre (Verbraucherzentrale Baden-Württemberg e.V.) can give you advice on all your energy-related questions. Our personal advisory service is available at 13 advice centres in Baden-Württemberg. The Baden-Württemberg Consumer Advice Centre is neutral and not aligned with any particular energy provider.

**If you have any questions, you can contact the Energy Advice Service of the Baden-Württemberg Consumer Advice Centre directly:**



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# SAVING ENERGY

Energy-saving tips

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### Energy-saving tips

Simple home energy-saving tips

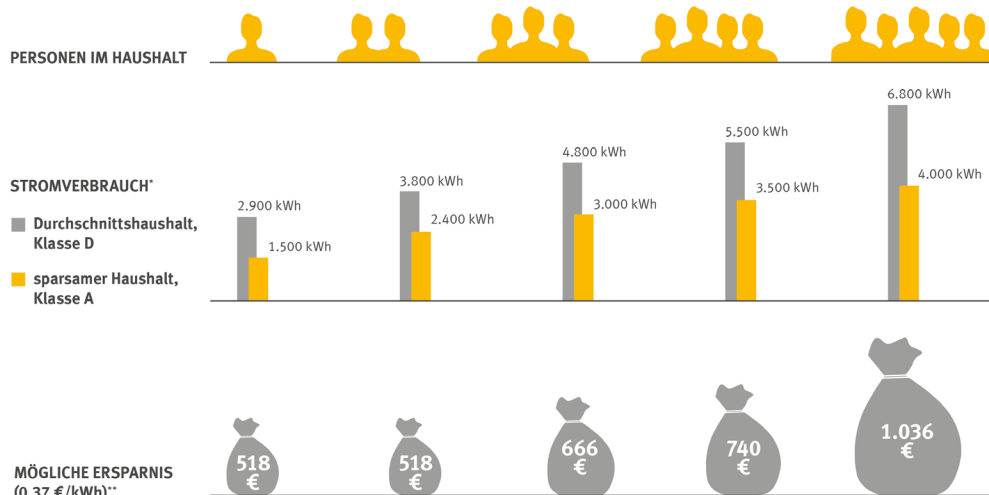
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## 4 | Electricity

Rising energy costs combined with the gas crisis mean that hot water, heating and electricity are becoming very expensive in Germany. So it pays to use less energy so that you pay less money.

## STROMVERBRAUCH Ihr jährliches Sparpotenzial

This is how much you can save if you use less energy:



\*\* Quelle: strom-report.de  
Prognose des durchschnittlichen Haushaltsstrompreises für 2023

\* Daten: Stromspiegel Deutschland 2021/22,  
Werte für Ein- und Zweifamilienhaus mit elektrischer Warmwasserbereitung (Klasse A–G)

# WHERE DOES MY ELECTRICITY ACTUALLY COME FROM?

The price of electricity is made up of three different costs:

## Procurement costs

Energy suppliers have to buy the energy, which costs money.

## Power grid fees:

These are fees that allow energy suppliers to use the power grids. Energy comes to your home through these grids.

## State

You have to pay the largest portion (more than 50%) to the state, for instance for taxes.



## 6 | Heating and water

# HOW CAN I HEAT PROPERLY?

We feel comfortable when the room temperature is between 18 and 22 degrees. Depending on which room we are in, other temperatures may be suitable. Here is a brief overview:

**Living room:** 20 degrees

**Bedroom:** 16–18 degrees

**Kitchen:** 18 degrees

**Bathroom:** 21 – 24 degrees

**Children's room,  
study:** 20 – 21 degrees

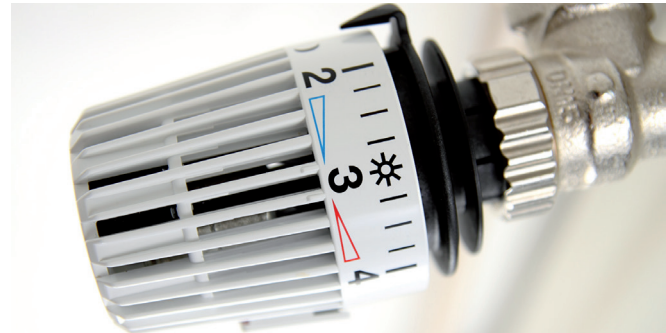
If you're not at home, you can turn the heating down to 2.



**Important: never turn the heating to 0 in winter!**

❖ **Don't place any furniture or hang curtains in front of radiators!**

❖ **Don't put clothing on radiators!**



## WHAT DOES MY HEATING COST ME?

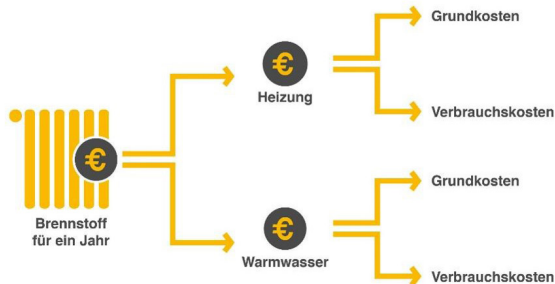
Heating with oil or gas: 991.08 € / year

Heating with electricity 2,828.28 € / year

This calculation is for a three-person household with an approximate consumption of 7,200 kWh.



Prices are changing very quickly at the moment. These figures are calculated as of 12/09/2022.



## HOW MUCH DOES HOT WATER COST ME?

Hot water is expensive because it requires energy!

…❖ Take a shower instead of a bath!

…❖ Take a shower for only five minutes!

…❖ Wash your dishes in the basin, don't leave the water running!

Water with oil or gas: 637 € / year

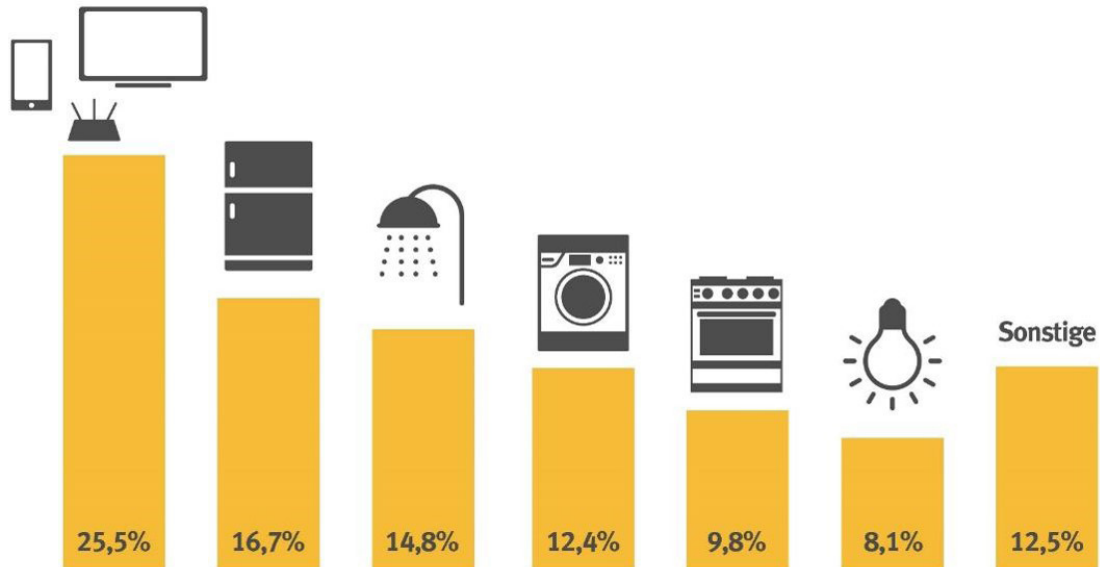
Water with electricity 1,029 € / year

This calculation is for a three-person household, including fresh water and waste water at approx. 49,275 litres per year.



Prices for hot and cold water can vary depending on where you live. Constance was used as an example here.

## WHERE IS ELECTRICITY CONSUMPTION IN THE HOUSEHOLD THE HIGHEST?





## WASHING AND DRYING

When you wash your laundry, pay attention to the temperature. For normally soiled laundry, a washing temperature of 30 degrees is sufficient. A 30 degree wash will save you money. The hotter you wash, the more expensive it will be for you!

It is best to dry your laundry on a clothesline or on a clothes horse. But if you don't want to do without your tumble dryer, spin your laundry before drying. To do so, set it to 1,200 revolutions.



## COOLING AND FREEZING

Open your refrigerator or freezer only briefly. Let your food cool down first before putting it in the refrigerator. Please don't place your appliance next to a radiator or an oven. Make sure that no thick layers of ice form in your freezer.

How do I set my fridge/freezer correctly?:

...❖ **Your fridge should be around 7 degrees. This corresponds approximately to level 2 or 3.**

...❖ **Your freezer should be around -18 degrees. Please remember to defrost it regularly.**

**A layer of ice of half a centimetre causes high additional consumption.**

You can measure both with a thermometer!

## 10 | Energy-saving tips

### COOKING AND BAKING



…❖ Use a lid for your pots and pans when cooking!

…❖ Pre-boil the water in a kettle.



**Important: your oven is not a heater. Please refrain from using it for home heating!**

### HOW DO I VENTILATE PROPERLY?

Fresh air is good! If we ventilate properly, mould can also be prevented. This is particularly important in winter.

- …❖ Open the window fully at least three times a day. You should leave the window open for 5 – 10 minutes. If you only tilt the window, you have to ventilate longer and this will increase your energy needs.
- …❖ Ventilate after cooking.
- …❖ Ventilate when drying your laundry in your flat. Sometimes in rented accommodation you're not allowed to dry in your flat. This is stated in your tenancy agreement!

## LIGHTING, COMPUTER, TV

If you're planning on buying a new appliance, you should pay attention to the energy classes. As of March 2021, there are new classifications for them!



❖ Don't leave your appliances in "standby mode"! This means that if you don't have a multiple socket with a toggle switch that you can turn off, unplug the power cable from the socket. This is because appliances also consume electricity in "standby mode".



# SAVING ENERGY IN RENTAL ACCOMMODATION



If you live in a rented flat, you usually don't have the opportunity to renovate your flat so that you can reduce your heating and hot water costs. However, you as a tenant also have the opportunity to change little things to reduce your energy costs:

❖ If you have enough space between the radiator and the wall, you can seal it with so-called "insulation boards". The boards must be well glued so that there are no gaps. Please discuss this with your landlord in advance!

❖ Seal windows and doors with sealing tapes and so-called brush seals.

Install time switches. This way, your appliances can be turned off automatically without you having to think about it.

❖ Water aerators reduce the water jet. Less water comes through the tap, so you're actively saving water.

❖ Water-saving shower heads ensure that less water is used, thus saving you money.

**This saving only works on showers and taps where there is mains pressure. If you're not sure, ask your landlord or a specialist company!**







## LEGAL NOTICE

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**verbraucherzentrale**

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