



- Always use a cover to cook: **approx. 2/3 electricity saving**



- Use an electric kettle instead of a pot



- Just heat the amount of water you need

Use the fridge just for a **short time** and be sure usually **properly closed**

Place it beside or on the fridge only cold devices (e.g. stove, dishwasher....)

Do not use warm devices like coffee machine or kettle or similar on the fridge

When purchasing, choose **energy-efficient** including **EU-Label (e.g., on fridge)**

Energy efficiency class = **A+++**



Website: www.klima-sucht-schutz.de

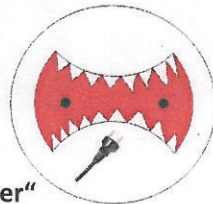


Kreisverwaltung Mainz-Bingen
Umwelt- und Energieberatungszentrum (UEBZ)
Konrad-Adenauer-Str. 3
55218 Ingelheim

INFO

UEBZ (Second floor, Zimmer 210)

You can borrow **power-saving machinery for free** and to identify your



„Power-Devourer“

For all **questions concerning the reduction of energy usage**, do not hesitate to contact us by phone to arrange an appointment. Equipment can be lent upon request by phone or by e-mail

Tel.: **06132/787-2173**

uebz@mainz-bingen.de



Save energy and money

Know how:

General energy-saving hints:



Your Knowledge and your awareness of your own consumption behaviour helps you to save money !

Energy saving guide concerning electricity



- Be sure, your devices are really switched off! Standby-modes, especially in case of older devices result in substantial energy losses!
Benefits per year : 80 €
- Use **connector strips** with power-off switches



Lights off ?!

- Use **energy-saving- or LED lamps** (these consume approx. 75 –95% less power and have approx. 10 to 25 longer lifetimes!)
- Switch **the lights off** if you do not need them!



- Load your dishwasher and washing machine fully, choose **power saving modes** when possible and clean your cloths by 30°C
- Dry your laundry with rotary dryer.
Benefits: approx. 135 €

Energy saving guide concerning the heating



- Adequate ambient temperature:
20°C in living and working space
15°C in unused rooms and at night in bedrooms
- Reduction of the ambient temperature around **1°C** saves around **6 % heating costs**
- **Keep the heater free!**
Allow air circulation in the room and do not cover radiators with furniture
- **Electric thermostat:**
costs: 20 - 40 € per thermostat
Benefits per year: approx. 135 €

Ventilation



- Turn off radiators during ventilation
- Shock ventilation or **Cross ventilation** instead off
permanently tilting the windows
- Ventilate your rooms 3 to 4 times per day for a duration of **2 to 7 minutes** (shorter during cold seasons)
- Close curtains & blinds at night and keep them closed!
- Ventilate baths and kitchens **always with the window** and never in neighbouring rooms, **keep the doors close!**

Energy saving tips to the water



- Take a shower instead of taking a bath!
- Never leave the faucet running when water is not used (e.g. at brushing the teeth, washing the hair,...)
- Wash your hands with cold water
Benefits per year: approx. 75 €
- Flow limiters/ aerators (approx. 2 € per piece) in the taps:
up to 50 % water saving



Energy saving guide concerning mobility



- Use bus, train or bicycle instead of your car whenever it is possible
- Use car pooling!
Benefits per year: up to 280 €
- Driving foresighted saves energy!
Instead of using your brakes, use your engine brake!
Benefits per year: up to 230 €
- Optimal tyre pressure
Benefits per year: up to 90 €