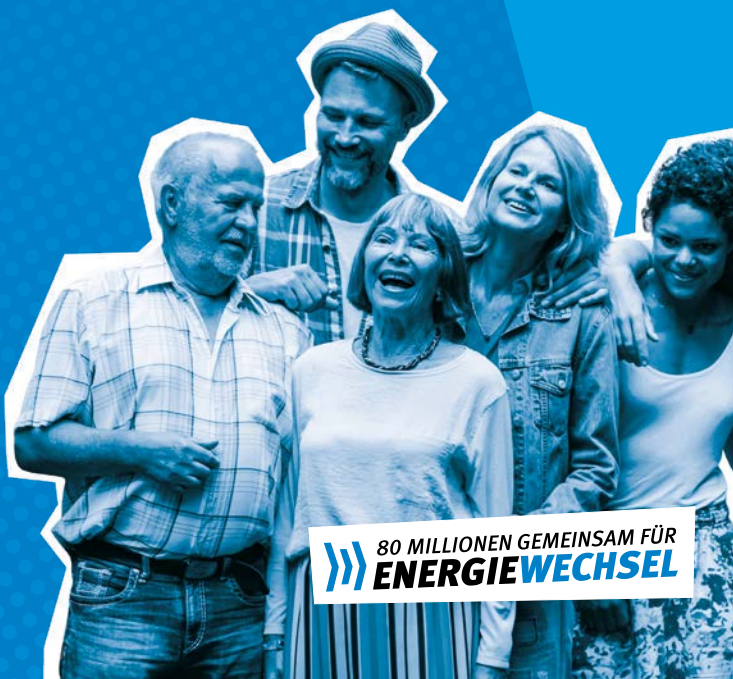




Federal Ministry
for Economic Affairs
and Climate Action

25 TIPS ON SAVING ENERGY

Let the BMWK show you how to save electricity and gas at home easily and help your wallet. Every contribution counts!



80 MILLIONEN GEMEINSAM FÜR
ENERGIEWECHSEL

10 TIPS WITH AN IMMEDIATE ENERGY SAVING EFFECT FOR HEATING AND HOT WATER



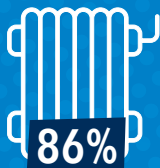
UP TO
68%

OF THE ENERGY USED FOR HEATING AND HOT WATER CAN BE SAVED WITH SOME SIMPLE MEASURES.



29%

OF THE TOTAL ENERGY CONSUMPTION IS ACCOUNTED FOR BY PRIVATE HOUSEHOLDS. BY COMPARISON, INDUSTRY AND TRANSPORT ACCOUNT FOR 28% AND 31% RESPECTIVELY.



86%

OF THE ENERGY IS USED FOR HEATING AND HOT WATER IN THE HOME.

Most energy in the home is used for heating (71 per cent) and hot water (15 per cent). Consequently, this is where the greatest savings potential is to be found.

1 ONE DEGREE LESS

You don't have to be cold to save energy on heating. Just one degree less will cut your energy consumption by as much as six per cent. Cooler temperatures are actually healthier, particularly when you sleep.

2 SMART THERMOSTATS

Smart and programmable thermostats will help you set the optimum room temperature as well as the desired heating periods. They offer an ideal combination of convenience and energy saving, and a modern thermostat is quickly installed. Simply unscrew the old head from the radiator and screw on the new model.

3 BLEED RADIATORS

Does one of your radiators make a gurgling sound? Then bleed the heating system using a radiator key. Bleeding will take an average of five minutes per radiator. This is time well spent, as regular bleeding saves heating costs.

4 DO NOT BLOCK RADIATORS

Radiators don't need air inside them – but around them: to ensure they work in an energy-saving manner, they should not be covered. No sofa, no shelf, no heavy curtain should be placed in front of them. This will cut energy consumption by as much as twelve per cent.

5 IT'S BETTER TO VENTILATE INTERMITTENTLY

When windows are tilted, heating costs are literally being thrown out of the window. Your furniture will also cool down, which means more heating energy is needed. It's far better to ventilate intermittently: turn the heating down briefly, open the windows wide, and open the doors as well – and then let in lots of fresh air. For five to ten minutes.

6 SEAL DOORS LEADING TO THE ATTIC AND BASEMENT

Elastic sealing strip for the bottom edges of doors, flexible sealing profiles and brush seals cost little – but achieve a lot. This is especially true for doors leading to unheated rooms in the home, such as the basement or attic, but also to the cold staircase. Pay particular attention to windows: there can be many unexpected complications, especially in old buildings. It is better to hire a specialist.

7 CLOSE DOORS

Up to five per cent of your heating costs can be avoided by closing the doors between rooms. Doors to the hallway, basement and attic in particular should always be kept closed, so that no heat escapes inadvertently.

8 CHANGE SHOWER HEAD & TAP

Water-saving shower heads have a built-in flow limiter. As a result, they use less water. This is a clever feature that can save up to 30 per cent in hot water costs. And in the kitchen, a water saving tap aerator will enable you to use hot water more efficiently.

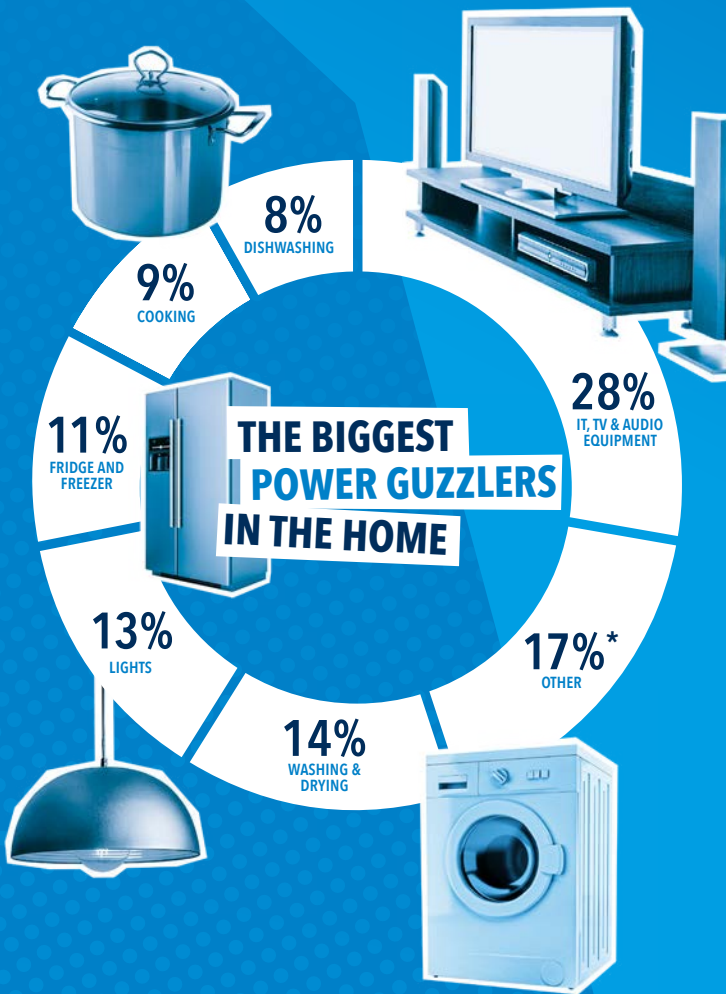
9 TAKE SHORTER SHOWERS

Hot shower water needs a lot of energy. Taking a shorter shower with a slightly lower water temperature will save water, energy, and costs. A simple tip: turn off the water when you soap yourself up.

10 WASH YOUR HANDS IN COLD WATER

Soap will remove dirt even without using hot water. This means that cold water can also be used to wash your hands.

8 TIPS TO HELP YOU SPOT POWER GUZZLERS



Large household appliances and home entertainment systems consume the most electricity in the home. Some have become more energy-efficient – others, unfortunately, more wasteful.

1 DON'T USE FAN HEATERS

Electric fan heaters are not an alternative to gas heaters, but a cost trap. The devices are not designed to be used as a constant heating source. To reduce your gas heating costs, it is better to heat only those rooms you are actually using – and to turn down the heating.

2 CHECK THE EU ENERGY LABEL

When buying new electrical appliances such as TVs, fridges or washing machines, check the energy efficiency class on the EU energy label and choose the right size for your needs. An additional tip: electrical appliances also consume electricity in stand-by mode. Switch off the appliances completely at night using a multiple socket power strip.

3 IT'S BETTER TO USE A LAPTOP

Can you use a laptop for remote working at home? It consumes less energy than a desktop computer.

4 SAVE ENERGY WHEN WASHING AND DRYING CLOTHES

Wash at 40°C instead of 60°C (cotton) or 30°C (synthetics). In addition, use economy settings and load the machine as full as possible. Then dry your washing on a clothes airer.

5 LIGHTING THAT MEETS YOUR NEEDS

Replacing old incandescent and halogen light bulbs with new LED bulbs can reduce consumption by as much as 80 per cent. Turn on lights only where they are needed. Do not use decorative lighting in the house or garden.

6 FRIDGE: SEVEN DEGREES CELSIUS IS ENOUGH

New fridges are now much more efficient, with consumption halved. However, refrigerators are often set too cold. Seven degrees is cold enough to reliably cool food and beverages, while 18 degrees is enough for the freezer compartment.

7 CLIMATE-FRIENDLY COOKING AND BAKING

When heating, put the lid on the pot, when baking, turn off the oven earlier and use the residual heat. Doing without preheating also saves electricity.

8 DISHWASHER BEATS WASHING BY HAND

The dishwasher cleans the dishes better than hand washing and uses less water. The eco program is even more energy-efficient.

* For example, additional heaters, ventilators, circulation pumps, aquariums, pools, pond pumps and garden tools.

More energy-saving tips at
[www.energiwechsel.de/
energiesparen](http://www.energiwechsel.de/energiesparen)

BMWK'S FUNDING PROGRAMMES



SAVINGS POTENTIAL BY INSTALLING NEW WINDOWS AND DOORS.



LESS ENERGY CONSUMPTION WITH A NEW HEATING PUMP.



PER RESIDENTIAL UNIT FOR ENERGY-EFFICIENT REFURBISHMENT.

This is how we fund refurbishment projects:

- If you'd like to find out more about **energy efficiency, the energy auditing services provided by the consumer advice centres** will help you get started. Whether you need information on electricity or heating costs, thermal insulation or renewable energy sources, all consultations are funded by the BMWK and in most cases, therefore, are free of charge. Advice is provided free of charge for low-income households.
- With the **Federal funding for energy advice for residential buildings**, you will receive energy advice at your home, including a roadmap for your own individual refurbishment project.
- With the **Federal funding for efficient buildings – individual measures**, you will receive funding for renovation work. Up to 60,000 euros per residential unit is available.

7 RENOVATION TIPS IF YOU OWN YOUR OWN HOME

Energy-saving tips you can carry out yourself or with the help of professionals:

1 INSULATE PIPES

Little effort, big benefits: heating and hot water pipes as well as fittings and valves can easily be insulated during renovation. This will reduce energy losses over the entire length of piping you insulate.

2 INSULATE ATTIC AND BASEMENT CEILING

The same benefits can be obtained by insulating the attic floor and basement ceiling. It is generally possible for you to install insulation material yourself.

3 HYDRAULIC BALANCING

If bleeding the radiators doesn't do the trick, hydraulic balancing carried out by specialists can distribute the heat in radiators evenly throughout the home again.

4 REPLACE THE HEAT PUMP

A heat pump not only produces heat, it also consumes electricity. Modern heating pumps use up to 80 per cent less energy. The investment will pay for itself in no time at all.

5 ENERGY-EFFICIENT WINDOWS AND DOORS

Installing energy-efficient windows and doors can reduce energy costs by up to 20 per cent. N.B.: Consider the building as a whole and coordinate all renovation stages. An energy audit can be of help in this case.

6 HEAT WITH RENEWABLE ENERGIES

With a heat pump and biomass boiler, you won't need natural gas or heating oil. And you will then be heating your home in an environmentally friendly manner.

7 SOLAR ENERGY FOR HOT WATER

A solar energy system will also cover hot water production. And if the sun doesn't shine, then you can use the hot water from your own storage tank.



More info at:
www.energiewechsel.de

In collaboration with:

verbraucherzentrale



Energieberatung

Imprint

Publisher

Federal Ministry for Economic Affairs and
Climate Action (BMWK)
Public Relations
11019 Berlin
www.bmwk.de

Status

August 2022

This publication is available for
download only.

Design

PRpetuum GmbH, 80801 München

Picture credits

getty images/Hinterhaus Productions
getty images/ULTRA.F
getty images/3alex
getty images/Ng Sok Lian (EyeEm)
getty images/Roman Milert (EyeEm)
getty images/cafortodigital

Central ordering service for publications of the Federal Government

Email: publikationen@bundesregierung.de
Tel.: +49 30 182722721
Fax: +49 30 18102722721

This report has been published by the
Federal Ministry for Economic Affairs and
Climate Action as part of its public relations
work. It is distributed free of charge and is
not intended for sale. It must not be used
by political parties or groups for purposes
of election campaigning.

