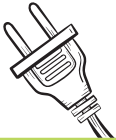


SAVING ENERGY - THE EASY WAY!



ELECTRONIC DEVICES

- Use a switchable **multi-socket outlet**. With one „CLICK“ each device is switched off.
- Turn on the **energy-saving mode** at your computer/laptop computer.
- Avoid the stand-by mode.



LIGHT/ILLUMINATION

- Only turn on the lights when really needed.
- Use LED and energy saving lamps and bulbs.



REFRIGERATING APPLIANCES

- Only open your refrigerator short-term.
- **17 degrees Celsius** is enough in your refrigerator and **-18 degrees Celsius** in your freezer.



OVEN

- Do not pre-heat the oven.
- Use air circulation instead of upper and bottom heat.
- Open the oven door as seldom as possible.



COOKING

- Close pots and pans with a suitable lid.
- Take advantage of the residual heat.
- Heat water in an electric kettle.





PERSONAL HYGIENE

- For a bath **4 times** more water is needed than for a shower.
- Turn off the water flow, while soaping/shampooing.
- A **low-flow showerhead** provides a lesser consumption of water.



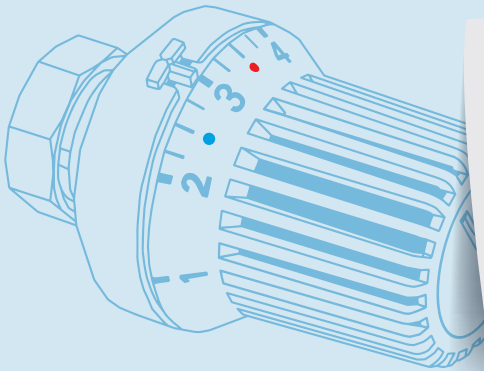
WASHING MACHINE

- Reduce the temperature (**60 instead of 90 degrees Celsius**).
- Use an energy saving programme.
- Dry your laundry outside in the fresh air.



AIRING AND HEATING

- Avoid tilted windows, air out with an entirely open window **3 times** a day for **5 minutes**.
- Keep doors closed, to maintain the warmth in the room.
- Lower the room temperature.



SET YOUR RADIATOR

- Living and children's room on **20 °C** (setting 3).
- Bedroom and kitchen on **18 °C** (setting 2-3).
- Bathroom on **20-22 °C** (setting 3-4).

With the friendly assistance of:



Diakonie
im Braunschweiger Land



MORE TIPS AND HINTS
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