



More information on how to reduce consumption and save money

Lower Saxony — Together through the energy crisis

» niedersachsen.de/energiekrise

Energy advice centres for homeowners

» klimaschutz-niedersachsen.de



Advice on energy contracts and energy saving tips

The consumer advice centre offers guidance on energy savings and (for a fee) on electricity and gas supply contracts. You can book an appointment online or call 0511 911 96-0.

» verbraucherzentrale-niedersachsen.de

Energy-saving advice for people on low incomes

In the "Electricity Savings Check", low-income households will receive free guidance on how to reduce energy consumption in their own homes as well as articles on saving power and water. Advice is also available online or by telephone.

For details of how to contact the energy advice team in your area, visit:

» stromspar-check.de/standorte

Advice in the event of financial hardship

The Lower Saxony advice centre recommends that anyone struggling with financial hardship or debt should contact an officially recognised debt advice centre as soon as possible.

You can find your local debt advice centre here:

» meine-schulden.de/beratungsstellen

Note: Advice for people in serious debt is free of charge.

Answers to frequently asked questions (FAQ) about the energy crisis

» niedersachsen.de/energiekrise/faq

Reduce energy consumption now

... and save money!



Everyday tips for saving energy

**Each kilowatt hour of energy saved
will lighten the load on your wallet and
help us all through the coming winter!**

Why we urgently need to save energy right now:

- the financial burden for every household is increasing, due to rising gas and electricity prices
- the more gas we use now, the more problematic the supply will be in the cold season



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Save on your electricity bill

A household in an apartment building can save at least **300 euros** on their electricity bills each year.

A single-family household can even save at least **400 euros** per year!



TV and media — Switch-off sockets eliminate the standby cost of devices



Lighting — Only turn the lights on in areas that need it (switch off the lights in unused rooms, don't use light strings or decorative lighting).



Notebooks, PCs, monitors and routers — Use them in energy-saving mode

, and turn off devices completely at night using switch-off sockets



Oven — Your oven's convection function saves 20% compared to top/bottom heating; preheating is generally unnecessary



Hob — Cooking with a lid on the pot uses half as much energy



Washing machine — Use energy saving programmes, no hot wash (90°), only run the machine when full



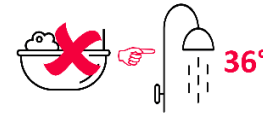
Dishwasher — Use energy saving programmes, only run the machine when it's full



Fridge — Increase the cooling temperature to 7° or comparable setting

Note: Electric fan heaters are NOT a sensible alternative for heating! They consume a lot of electricity.

Saving on heating and hot water bills



Take showers instead of baths, warm instead of hot



Take a short shower (5 minutes) and turn off the water to soap up



Leave clear space around radiators

Furniture, curtains and other fabric coverings should be placed at sufficient distance (20 to 30 cm) from the radiator.



Set the heating temperature correctly

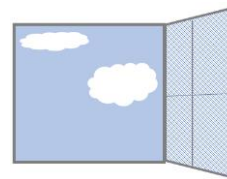
Lowering the heating temperature by just 1 degree will save 6% of energy.

Recommended room temperatures:

20° to 22°C in the living area (level 3)

17° to 18°C in kitchens and bedrooms (level 2.5)

Tip: Heating at level 5 consumes a lot of energy. But the room won't warm up much quicker than at levels 3 or 4.



Proper ventilation

Exchange humidity for fresh air!

Open one

or more windows **wide** for about 5-10 minutes several times a day (3x).

Important: Turn the thermostat off completely **BEFORE** opening the windows and only turn it back on **AFTER** closing them. Avoid tilted windows during the heating season, and on cold days!

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