

WELL ADVISED

The Bremen consumer advice centre, energy suppliers and other municipal and independent organisations are offering help with questions on the subject of saving energy. An overview of the mostly free energy advice services in the state of Bremen can be found at senkmit.de/energiesparen

Electricity saving check

The free check is aimed at **low-income households** and includes an on-site consultation with the installation of free, immediately available aids and the preparation of a report (two appointments). Advice is given on the topics of energy saving and climate protection in everyday life. More information at stromspar-check.de

Advice in Bremen:

Telephone: 0421 / 69 49 73-10
stromspar-check@wabeq.de
WaBeQ GmbH gemeinnützig +
beks EnergieEffizienz GmbH

Advice in Bremerhaven:

Telephone: 0471 / 30 94 26 58
or 30 93 406
umweltscouts@foerderwerk-bremerhaven.de
Förderwerk Bremerhaven gGmbH +
beks EnergieEffizienz GmbH

Advice on building and renovation at
bremer-modernisieren.de/beratung

AND NOW?

Just one click to even more tips and this leaflet in several languages (عربي, Русский, Türkçe):



senkmit.de/energiesparen

Information on the energy transition campaign of the Federal Ministry for Economic Affairs and Climate Protection at energiewechsel.de

LESS CO₂ – MORE FUTURE

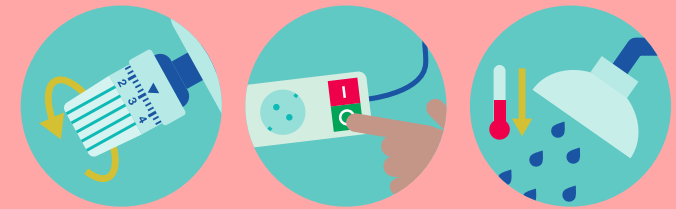
The *#senkmit Weniger CO₂ – mehr Zukunft* campaign was launched by *energiekonsens*, the non-profit climate protection agency for the state of Bremen. We provide information on current climate protection topics in our federal state, prepare tips and topics, talk to exciting players in the Hanseatic City and the Maritime City and develop further activities in order to make climate protection a tangible experience at the local level. We are supported in this by the Senator for Climate Protection, Environment, Mobility, Urban Development and Housing who is promoting our campaign.

Contact

energiekonsens

gemeinnützige Klimaschutzagentur
Am Wall 172 / 173
28195 Bremen
Telephone: 0421 / 37 66 71-0
senkmit@energiekonsens.de

USE LESS SAVE MORE



Reduce energy consumption,
costs and harmful greenhouse
gases now – simple savings
and good investment!



An energiekonsens project

Sponsored by:

Die Senatorin für Klimaschutz,
Umwelt, Mobilität, Stadtentwicklung
und Wohnungsbau

Senator for Climate Protection,
Environment, Mobility, Urban Development
and Housing

0184/0822-1 Englisch

**#senk
mit**
Weniger CO₂ – mehr Zukunft

Dr. Maïke Schaefer,
Senator for Climate Protection, Environment,
Mobility, Urban Development and Housing



Dear citizens of the state of Bremen,

Rising energy prices and the worsening climate crisis are major and acute challenges that many of you are concerned about. But we are not powerless: Everyone can make a tangible contribution to reducing their own energy costs and CO₂ emissions at the same time. A lot of energy can be saved in the household even through small behavioural changes and low-investment measures. This not only helps to stabilize the supply situation and cushion the consequences of price increases, but also helps to protect the climate.

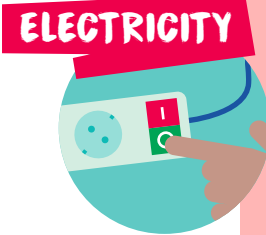
Whether you are a homeowner or a tenant, there are many things you can do to make an impact. This leaflet shows you what these are, with measures for more economical use of energy in the home that you can implement immediately or initiate today.

*Many more tips and more information on saving energy can be found on the website of the climate protection campaign initiated by the climate protection agency *energiekonsens*: #senkmit Weniger CO₂ – mehr Zukunft unter [senkmit.de](https://www.senkmit.de).*

Let's get started together – for lower energy costs, more independence and more climate protection.



HEAT



ELECTRICITY



WATER

SMART SAVINGS!

More than two thirds of the energy consumption in the household is attributable to space heating. The remaining third is consumed for heating water and by electrical appliances. This consumption can be reduced economically and without loss of

SAVE SIMPLY

Every degree counts: Just one degree less room temperature reduces energy consumption for heating by up to six percent.

Ventilate correctly: Turn off the radiators and fully open the windows! A few times a day for five to ten minutes will provide fresh air and save more heating energy compared to the permanently tilted window position.

Not too close: So that radiators and thermostatic valves can work efficiently, do not obstruct or cover them with furniture or curtains.

Change down a gear: For normally soiled laundry, 30°C is often sufficient. Compared to the washing (machine) cycle at 40°C, up to 40 per cent of electricity can be saved in this way.

Switch off more: Many household appliances consume electricity even when switched off. This can be avoided by using multiway connectors with a toggle switch.

Cool wisely: 7°C in the refrigerator and –18°C in the freezer provide reliable and energy-saving cooling. Don't forget to defrost regularly in the event of icing.

Shower instead of a bath: Taking a shower not only uses 50 per cent less water, but also saves a lot of energy.

Stay cool: Use cold water for washing your hands and brushing your teeth and lower the shower temperature slightly. This saves energy when heating water.

No half measures: The washing machine and dishwasher should always be fully loaded and run in eco mode. This takes longer, but still consumes less.

quality of life – both with actions that can be implemented in the short term and with larger measures. This small selection of tips serves to save energy quickly and gives advice on long-term investments.

More information can be found at [senkmit.de/energiesparen](https://www.senkmit.de/energiesparen)

INVEST WELL

Good care: Have the heating system regularly checked by a specialist company. Technical settings and efficiency can thus be optimized.

Wrap up warm: A lot of heat is often lost through windows, exterior walls and roofs. Insulation, insulation, insulation helps here.

Green heat: A heat pump makes you independent of gas and oil and is one of the most climate-friendly ways to heat.

Save permanently: When buying new electrical appliances, always look for the best efficiency class (A).

Sunny outlook: With your own photovoltaic system on the roof or balcony, you can generate your own electricity.

Bright pleasure: Replacing old incandescent and halogen lamps with energy-efficient LED lamps can save a lot of energy.

The tap saves, too: Water and energy consumption can be easily reduced by installing economical fittings.

Use the sun's energy: A solar thermal system heats water using the power of the sun.