



COMBAT CLIMATE CHANGE
HYGIENE

HOW TO SAVE ENERGY EASILY



FRIENDS OF THE EARTH GERMANY

CLIMATE CRISIS? GET SET FOR CHANGE!

Heat waves, heavy snowfalls, floods and drought: our planet's climate is in a severe crisis. **The time to act is now!**

First of all: politics. Coal phase-out, nature-friendly expansion of renewable energies, renovation of buildings: Political actors can - and must - do a lot for our climate. They are the ones who set the frame for everyone's action: while we are required to contribute our share - each and everyone of us.

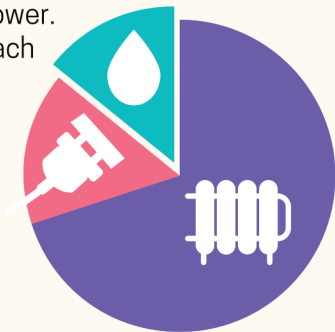
There's quite a lot you can do:

Never stop seeking new ways to make change happen, for instance by saving energy, because the best kilowatt-hours are those we do not spend at all - the same going for euros. With our tips and tricks, saving is as easy as 1-2-3.

ENERGY, IN EACH CORNER OF YOUR HOME

Our world thrives
on heat and power.
On average, each
household
consumes

14 %
of its energy
intake for
hot water.



DON'T WAIT, ACT NOW!

Want to save energy in your bathroom?

Just follow our tips.

RELAX, TAKE A SHOWER - SERIOUSLY?

Fancy a time out? Get comfy in your armchair or **sofa instead of** your **bathtub.**



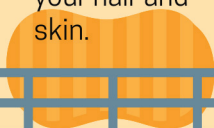
RISE LATER

and **shower shorter**: because **each minute**/day spent under your shower will cost you up to **60 euros** annually for water and heating energy.



GIVE YOUR SHOWER A TIME OFF

Turn the **tap off** while **soaping** your hair and skin.



And how about simply **washing instead of showering?**



YOUR SHOWER CAN BE A WATER-SAVER

A water-saving showerhead has a flow rate of only six litres of water/minute. How about yours?

How to measure the flow rate:

- With your showerhead turned on full blast, fill a 10-litre bucket with water.
- Measure how many seconds it took to fill the bucket.
- Flow rate (litres) per minute = $60 \times 10 / \text{seconds measured}$.

Example: If it took 50 secs to fill your bucket, your showerhead has a flow rate of: $60 \times 10 / 50 = 12$ litres/minute.




WIN, WIN, WIN

An illustration featuring a pink hand holding a white feather, a purple thermometer with a pink handle, and a pink bucket with a blue hose. The background is a light tan color with a darker tan horizontal band.

Each **degree less** in water **temperature** will help save the planet and your wallet - and it's better for your skin.

SWITCH OFF

Have an **under-sink water heater**? Only use it when you need hot water actually. In other words: Control its operating times via a **plug-in timer**. And when you leave for a longer period of time **plug** its **power cord**.

A blue electrical outlet with a dark grey plug inserted into it.

www.bund.net/energiespartipps

SHARE OUR TIPS AND CARRY ON!

Easy as pie to follow our tips? Is there one you liked particularly? Tell your friends and family! Saving the climate is more fun together - and will show more impact.

Make a change and get involved. For more infos, visit **www.bund.net/mitmachen**.

www.bund.net

