

# CHECKLIST

## HOW CAN YOU SAVE ENERGY AND AVOID MOULD?



### ? HOW CAN YOU SAVE WARM WATER?

- Costs for warm water strongly depend on your own behaviour.
- A 5-minute shower costs approx. 200 € a year for one person, but it can also cost more.
- Showers use less water than baths!

### ? HOW CAN YOU SAVE ELECTRICITY?

- You can save electricity by changing your behaviour and using energy-efficient devices
- Pay attention to energy efficiency:
- Refrigerators and freezers (not older than 5 years, not too big)
- Washing machine (not older than 10 years)
- do not use a dryer if you have drying rooms available
- Monitor (TV and computer): the larger the monitor, the more electricity is required
- Always switch off your devices when they are not in use (e.g. computer, TV): use multiway connectors that can be switched off.
- No additional heaters, use fixed radiant heaters sparingly



**verbraucherzentrale**

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### HOW CAN YOU HEAT AND VENTILATE EFFICIENTLY? (DURING THE COLD SEASON)

- Heat living areas to 19-21 °C: approx. thermostat level 3, (it won't heat more quickly on level 5, but more energy is wasted)
- Close doors to cool rooms
- Fully open the windows at least 3x a day for approx. 5-10 minutes (less than 5 minutes if the outside temperature is below freezing)
- Switch off radiators near windows during ventilation
- Avoid tilting windows: little effect but cools down
- Do not cover radiators (with furniture or curtains)
- Lower temperature at night and during long absences

### HOW CAN YOU AVOID MOULD?

- A lot of moisture accumulates in the kitchen, bathroom and bedrooms, so make sure to ventilate (after getting up, after cooking, bathing, showering)
- Monitor air humidity using a thermal hygrometer (from 10 €): if above 70%, there is a risk of mould formation!
- Place furniture at a 5-10 cm distance from cold exterior walls
- Note: Cellars and basements: keep windows closed during the summer. Only ventilate during cooler evenings or night-time.

### ARE YOU UNSURE?

Seek advice from the independent energy experts at the Consumer Advice Centres (Verbraucherzentrale). This doesn't cost much, or is free of charge if you receive benefits from Social Services or the JobCenter.

**Contact:** 0800-809 802 400,  
[www.verbraucherzentrale-energieberatung.de](http://www.verbraucherzentrale-energieberatung.de)

Gefördert durch:



Bundesministerium  
der Justiz und  
für Verbraucherschutz

aufgrund eines Beschlusses  
des Deutschen Bundestages

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