

Digital Media

1. Unplug the charging cable from the socket when not in use.
2. Use disconnectable power strips
3. Don't leave devices on standby: unplug them.
4. Set the streaming quality for Netflix & Co down in order to save computing power.

Heat

1. Turn down the thermostat.
2. Only heat the rooms when people are present.
3. In general, heat less and rather wear several layers of clothing to stay warm.

Living

1. Ventilate by opening the windows completely for a short time instead of tilting them.
2. Get your windows and walls insulated.
3. Divide your living space.

Bathroom Use

1. Shower shorter.
2. Turn off the water while soaping and brushing your teeth.

Mobility

1. Take your bike or walk for short distances
2. Make use of car-sharing offers.
3. Make use of Public transportation as much as possible.

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Oven and Sink

1. Avoid Pre-heating the oven.
2. Use the water left over from cooking to water the plants.
3. Use Pot lids to keep food warm.

Refrigerator

1. Defrost your freezer regularly.
2. Don't leave the fridge door open for too long.

Consumption

1. Buy locally (or regionally).
2. Look for energy efficient devices when buying.
3. Only consume what you need.

Washing Machine

1. Only wash with a full load.
2. Wash at 30 degrees and use Eco wash programmes.
3. hang up your laundry and leave the dryer off.

Energy Purchase

1. Switch to a green power supplier.
2. Replace the gas boiler with a heat pump, solar thermal, etc.
3. Connect your house to the municipal district heating network if possible.

