

ENGLISCH



Hansestadt Lüneburg

# What you can do now to save gas & energy.

Energy Saving Tips 2022/23

#lüneburg  
steht  
zusammen

Lüneburg Standing Together



# Heating efficiently, but how?

People who live in their homes consume energy - and by far the largest share is consumed by the heating system. In light of sharply rising gas, electricity and oil prices, the costs for this will affect everyone. However, smart approaches to heating, coupled with targeted energy-saving measures, can actually lead to lowered energy costs!

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## Dealing with heating devices



**Reduce the flow temperature (= heating water temperature).** To set a new temperature, it's best to contact a specialist company.

**Look through the heating system's operating instructions for possible savings.** Eco and/or timer functions can often be programmed, e.g. for nights. This can be done manually or with wireless or app-controlled thermostats.

**Bleed radiators regularly.** A special air radiator key is used to let the air out of the radiator via the bleed valve. The pressure should be checked both beforehand and afterwards and it may be necessary to top up the water. Tenants should contact their landlord or property management company for this.

**Have your heating system serviced annually.** After the end of the heating period, the system switches to summer operation.



## The right temperature



**Heat rooms independently.** The heating can be set a little higher in the bathroom and lower in the kitchen because the oven, cooker, dishwasher and refrigerator also give off heat there. An appropriate bedroom temperature at night is 16 to 18 degrees Celsius.

**With a standard thermostat, Level 2 corresponds to about 16 degrees Celsius, Level 3 to about 20 and Level 4 to about 24 degrees.** Each degree the temperature is reduced by corresponds to around 6 per cent lower heating costs.

**Caution: to avoid mould developing, never allow unused rooms to fall below 15 degrees.** The Federal Environment Agency recommends lowering the temperature in living and working spaces by no more than 5 degrees Celsius at night. Otherwise, an unnecessarily large amount of energy is required to reheat the rooms.



## Avoiding heat losses



**Insulate heating pipes**, e.g. in cellar spaces.

In this way, less heat is emitted in places where it isn't needed as much. Suitable materials can be found in DIY stores.

**Don't block radiators with furniture.** They should be as unobstructed as possible, to allow them to distribute warmth throughout the room.

**Instal insulation material**, where possible, directly behind radiators and heaters to stop heat escaping through external walls. Insulation sheets, often self-adhesive, are available in DIY stores.

**Regularly remove dust from heaters (also internally)** as this allows them to work more effectively.

**Check seals on older door frames.** If necessary, fit them with sealing profiles (available from DIY stores).

**Ventilate properly.** Shock ventilation is far more effective than a window being left slightly open. It's best to open windows fully for a few minutes each day - just make sure to lower the thermostat in advance.

**Only use heating fans and infra-red heaters sparingly.** They are expensive to run and are often not particularly effective.

**Provide extra insulation for windows.** Roller shutters, for example, ensure that room heat is better retained at night. Even drawn curtains can help, as long as they do not hang directly in front of a running radiator.

**Use an aerator in the bathroom.** An aerator sits right where the water flows out of the tap. It mixes the water with air and helps to save water and energy as a result. If less hot water is used, less needs to be heated with electricity or gas. An energy-saving shower head fitted in the handle works in a similar way as it limits the flow of water when showering. Both are widely available from stores stocking bath fittings and accessories.





# Saving electricity, but how?

Electricity costs can also be tangibly reduced. It's worth knowing how to use appliances sparingly and thoughtfully - and which appliances you could even do without altogether.

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## Dealing with electrical devices



**Use an electricity meter to work out your own usage.** They are connected to sockets and sit between the socket and the end device (e.g. a washing machine or computer). These types of electricity meter can be obtained free of charge from the [Avacon DialogCenter](#) or for approx. 15 Euro in shops.

**Replace older devices.** It is not uncommon for these to draw an extremely large amount of electricity compared to newer models. For example, an old refrigerator consumes around 300 kWh, while a newer one in energy efficiency class A+++ consumes just half that. Modern washing machines and dishwashers also have smart energy-saving programmes.

**Challenge your use of small electrical devices.** Can you really not go without your electric can opener, bread slicer and the hand vac for picking up crumbs?

**Always load your washing machine and dishwasher fully** and check the temperature setting. 30 or 40 degrees, rather than 60 or 90 degrees, is often enough to get the job done.



**Don't use tumble dryers.** They use loads of energy - and your clothes will dry just as well on a washing line.

**Think carefully about where you place your fridge** - ideally not next to the oven or in direct sunlight. Close fridge doors as quickly as possible after opening them.

**Choose All-in-One devices for work** (e.g. a printer that can also fax and copy). Overall, they consume less energy.

**Select pans to match the hob size** if an electric cooker is being used. If the pan is too small, heat is wasted. If it's too big, too much energy is required to heat it.

**It's better to boil water in a kettle** than on the hob, as this is much more energy-efficient.

## Control electrical usage sensibly



# 2

**Reduce your use of standby modes.** Everything that is connected to the mains consumes power, even if the appliance itself is not in use. Smartphone chargers, for example, are one of the biggest power guzzlers in this category!

Only by pulling the plug out of the socket is consumption stopped completely. Socket strips with switches are a convenient alternative.

**Save power with smart sockets.** A multiple socket with a toggle switch allows devices such as computers and printers to be switched on and off simultaneously. A master-slave power strip, on the other hand, switches off other devices (slave plugs) at the same time as the main device (master plug) and only supplies the slave plugs with power if the device on the master plug is also activated. Intelligent sockets, on the other hand, detect „snoozing“ appliances and automatically disconnect them from the power supply.

## Lighting



# 3

**Replace old light bulbs with modern LED lamps.** In comparison, they save up to 85 percent electricity and have a much longer service life.

**Turn lights off when there's nobody in the room.** Where this is easy to forget, motion detectors and automatic switches, e.g. in hallways and in guest WCs - can help to save electricity.

**Install dimmer switches.** They create a cosy atmosphere while also reducing electrical consumption. Caution: not all LED lamps are suitable for use with dimmer switches. With this in mind, you should take care to buy dimmer switches and lights that match one another.





# Help & Advice in Lüneburg

The city now has a wide range of offers for almost every concern - from energy saving to financial assistance. Here you can find a selection of useful addresses.

## About saving energy

### Lower Saxony Consumer Advice Centre

This centre provides information and advice in various areas concerning consumers' rights and obligations.



**Verbraucherzentrale Beratungsstelle Lüneburg**  
Schröderstraße 16, 21335 Lüneburg  
Tel. 04131 / 44957  
[www.verbraucherzentrale-niedersachsen.de](http://www.verbraucherzentrale-niedersachsen.de)

### German Tenants' Association in Lüneburg

This association represents the interests of tenants and provides both advice and information. Members can avail of a range of free services, such as the checking of heating and utility bills.



**Büro Mieterbund Lüneburg**  
Untere Schrankenstraße 20, 21335 Lüneburg  
Tel. 04131 / 42396  
[info@mieterbund-lueneburg.de](mailto:info@mieterbund-lueneburg.de)  
[www.mieterbund-lueneburg.de](http://www.mieterbund-lueneburg.de)

### Avacon DialogCenter

Here, Avacon employees provide advice on saving energy at home. Energy measuring devices can also be borrowed free of charge.



**Avacon DialogCenter Lüneburg**  
Kuhstraße 5, 21335 Lüneburg  
Tel. 04131 / 2237096  
[DialogCenter-lueneburg@avacon.de](mailto:DialogCenter-lueneburg@avacon.de)  
[www.avacon.de/lueneburg](http://www.avacon.de/lueneburg)

### Hanseatic City of Lüneburg Council Library

Together with the Climate Protection Agency, many libraries in the district offer „energy packages“ with energy measuring devices available for lending.



**Hauptstelle Ratsbücherei Lüneburg**  
Am Marienplatz 3, 21335 Lüneburg  
Tel. 04131 / 3093609

**Stadtteilbücherei Kaltenmoor**  
Graf-Schenk-von-Stauffenberg-Straße 1, 21337 Lüneburg  
Tel. 04131 / 3093800

[www.hansestadt-lueneburg.de](http://www.hansestadt-lueneburg.de)

### Free electricity savings check

Anyone who is in receipt of Unemployment Benefit II, social assistance or housing benefit, a small pension or child supplement or an income below the garnishment allowance can participate.



[www.stromspar-check.de](http://www.stromspar-check.de)

### Guild for Sanitary and Heating Technology

Here, you can make an appointment online for heating maintenance.



**Innung Klempner-, Sanitär- und Heizungstechnik Lüneburg**  
Stadtkoppel 10, 21337 Lüneburg  
Tel. 04131 / 73610  
[kh@handwerk-lueneburgerheide.de](mailto:kh@handwerk-lueneburgerheide.de)  
[www.shk-ig.de](http://www.shk-ig.de)

# Help & Advice in Lüneburg



## When support is needed

### Social Welfare office

No matter whether it's a case of basic income support, housing benefit, heating allowances or anything else - all those living in the city can apply for financial assistance here.

**Sozialamt der Hansestadt Lüneburg**

Rathaus / Am Ochsenmarkt 1, 21335 Lüneburg

Tel. 04131 / 3094477

[www.hansestadt-lueneburg.de](http://www.hansestadt-lueneburg.de)



### Lüneburg-Lüchow Social Association

In the advice centre, social workers provide information and advice on various financial and health-related topics.

**SoVD-Beratungszentrum Lüneburg**

Bei der Ratsmühle 18, 21335 Lüneburg

Tel. 04131 / 240211

[info.lueneburg@sovnd-nds.de](mailto:info.lueneburg@sovnd-nds.de)

[www.sovd-lueneburg.de](http://www.sovd-lueneburg.de)



### “Lüneburger Tafel” foodbank.

If you don't have enough money even with your state aid, you can apply for a food bank card here.

**Lüneburger Tafel e.V.**

Ausgabestelle und Büro, Im Tiefen Tal 64, 21339 Lüneburg

Tel. 04131 / 402180

[www.lueneburger-tafel.de](http://www.lueneburger-tafel.de)



### AWO “Umsonstladen” free shop

Clean, well-looked after items that others might urgently need can be handed in here: e.g. household goods, books, children's toys, bed linen, curtains, towels. (It's not a shop for traders!)

**AWO Umsonstladen**

St. Stephanus-Passage 21, 21335 Lüneburg

Tel. 04131 / 721426

[www.awo-lueneburg.de](http://www.awo-lueneburg.de)



### Federal Ministry of Finance

The official website always provides up-to-date information on government relief packages and other federal financial measures.



[www.bundesfinanzministerium.de](http://www.bundesfinanzministerium.de)

## Preparing for an emergency situation

### Federal Office for Civil Protection

Here, you will find valuable tips on what measures you can take to prepare for situations such as a power cut.



[www.bbk.bund.de](http://www.bbk.bund.de)

# #lüneburg steht zusammen

Lüneburg Standing Together

The latest information on energy supply in Lüneburg is available at

[www.lüneburg-steht-zusammen.de](http://www.lüneburg-steht-zusammen.de)



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**A joint project between the  
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