



**YOU CAN FIND MORE INFORMATION,
ADVICE AND TIPS ON OUR WEBSITE.**

**Free and multilingual support from the Communal Integration
Group Wuppertal**

Team 'Arrive and participate' for refugees and tolerated persons

Friedrich-Engels-Allee 28, 42103 Wuppertal, 3. Floor

Opening times: Monday–Friday, 9 am–12.30 pm

**Project 'Zuhause in Wuppertal' for recently immigrated persons
from the EU**

Berliner Str. 165, 42277 Wuppertal

Telephone: 0202 70 51 67 77

Opening times: Monday–Thursday 11 am–4 pm, Friday 11 am–1.30 pm

**Contact person at the Jobcenter Wuppertal for any questions
relating to submitting requests**

Service hotline: 0202 74 76 30

Service times: Monday–Wednesday 8.30 am–4 pm,

Thursday 8.30 am–5.30 pm and

Friday 8.30 am–12.30 pm

Contact data for personal interview at:

www.jobcenter.wuppertal.de

Advice about energy contracts and other energy saving tips

Verbraucherzentrale Wuppertal

Schloßbleiche 20, 42103 Wuppertal

Telephone: 0202 69 37 58

Opening hours: Monday 10 am–5 pm, Tuesday 10 am–6 pm,

Wednesday closed, Thursday 10 am–6 pm,

Friday 10 am–2 pm

Telephone support for WSW customers in case of payment issues

Telephone hotline: 0202 569-77 72

Support hours: Monday–Wednesday 9 am–3 pm,

Thursday 9 am–6 pm

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ENERGY SAVING TIPS FOR EVERY DAY

**REDUCE ENERGY CONSUMPTION TO
SAVE ENERGY AND MONEY**

ENERGIESPARTIPPS FÜR DEN ALLTAG //
ΣΥΜΒΟΥΛΕΣ ΕΞΟΙΚΟΝΟΜΗΣΗΣ ΕΝΕΡΓΕΙΑΣ
ΓΙΑ ΤΗΝ ΚΑΘΗΜΕΡΙΝΗ ΖΩΗ // حى اصن
ةي موي لة اى حل اى فة قاطل ا رى فوت //
SFATURI DE ECONOMISIRE A ENER-
GIEI PENTRU VIAȚA DE ZI CU ZI //
ПОРАДИ З ЕНЕРГОЗБЕРЕЖЕННЯ ДЛЯ
ПОВСЯКДЕННОГО ЖИТТЯ //
PORADY DOTYCZĄCE OSZCZĘDZANIA
ENERGII W ŻYCIU CODZIENNYM //
CONSEILS POUR ÉCONOMISER
L'ÉNERGIE AU QUOTIDIEN



WHY IS IT SO IMPORTANT TO SAVE ENERGY?

- Prices for gas and electricity are rising continuously
- Gas needs to last for the entire winter, acting economically helps

HOW CAN I SAVE ELECTRICITY ON A DAILY BASIS?



ELECTRONIC DEVICES

- Don't just switch TVs and computers off with the remote control, use multi-socket strips with ON/OFF switches
- Activate the 'Energy-saving mode' on devices



REFRIGERATOR

- Correct temperature: 7°C in the refrigerator and -18°C in the freezer part
- Remove ice from the walls of the freezer at regular intervals



COOKING AND BAKING

- When cooking, use lids on pots and pans and little water
- Use the circulating air function on your oven, it is rarely necessary to preheat the oven
- Always use a kettle to boil water for tea, coffee and broths



WASHING & DRYING CLOTHES

- Fill machines completely
- Wash at low temperatures (20 - 60 °C)
- Use energy-saving programs
- Use the tumble dryer as little as possible



DISHWASHER

- Use the dishwasher, wash as little by hand as possible
- Only start the dishwasher when it is really full
- Use energy-saving programs



LIGHT

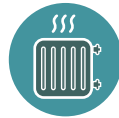
- Only switch on the light of the room you are in
- Use energy-saving lamps

HOW TO SAVE GAS AND WARM WATER?



SHOWERING & BATHING

- Showers use much less warm water than bathing
- Take a short shower using warm water, not hot water



HEATING

- Do not place any furniture, curtains etc. in front of radiators
- 20 °C is a good room temperature for living areas (level 3)
- 17 °C is adequate for bedrooms and the kitchen (level 2)
- Heating at level 5 uses a lot of energy, but does not heat up rooms more quickly than at level 3 or 4



AIRING

- Open several windows wide for 5 to 10 minutes a few times a day
- Before opening, turn off the heating; after closing the window, turn the heating back on again
- Do not tilt open the window all day