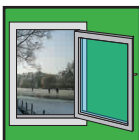




MARBURG
UNIVERSITÄTSSTADT
KLIMANEUTRAL 2030

Save money and protect the climate



Englisch – English



Dear citizens,

How can each of us protect the climate? How can we save energy? As energy prices continue to rise, we ask ourselves; what can each of us do to reduce energy costs and protect the climate?

In this booklet, we provide you with some practical advice to integrate climate protection into your everyday life and save energy.

The small symbols at the front of the cards show you what you can save by following the hints. Our suggestions support you in protecting the environment, saving resources and climate action while saving money!

The hints are briefly explained at the back of the cards. Further information and ideas on climate action can be found on our website under www.marburg.de/klimaschutz or following the links listed on the second-last page.

Do you have any questions? Would you like to make suggestions?

Contact us or send us an e-mail! We are looking forward to receiving your feedback.

I hope that our tips on climate protection and energy saving are helpful and provide you with some good ideas.

With best regards

Yours

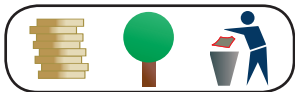
Nadine Bernshausen

Mayor of the University City of Marburg

Tap water instead of bottled water



You save/conserve:

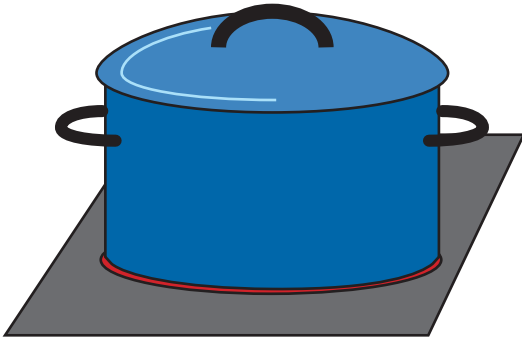


- **Tap water instead of bottled water**
Drink water from the tap. It costs a lot less than the water you buy from the supermarket. That way, you can save €300 per person per year.

- **A bottle or a mug – have one with you all the time!**
Take a drinking bottle from home when you are on the road. Instead of buying mineral water, you can fill your bottle with water at drinking fountains and taps. You can also use your own coffee mug when buying a coffee-to-go. The production of plastic bottles alone consumes about 6 million liters of crude oil per year!



Save money and energy while cooking



You save/conserve:



- **Use a lid**

Always cover the pot with its lid when you cook. An open pot needs more energy and will cost more money!

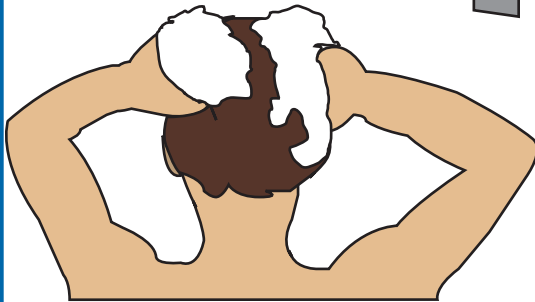
- **Use the right pot size**

If the pot is larger than the hotplate, cooking time will take longer. If the pot is smaller than the hotplate, the unused heat is energy wasted.

- **Use energy sparingly**

Take as little water as possible so it boils faster. Turn off the electric cooker before the food is completely cooked. Cooking will be done while the hotplate is still warm.

Save money and water in the bathroom



You save/conserve:

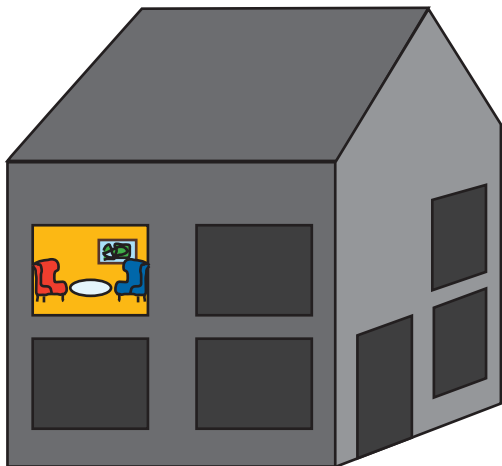


● Turn off the tap

Save money, water and energy!
Simply turn off the water when you
are lathering your hands, brushing
your teeth or lathering yourself up in
the shower.



Save electricity and money



You save/conserve:



- **Put out the light when leaving the room**

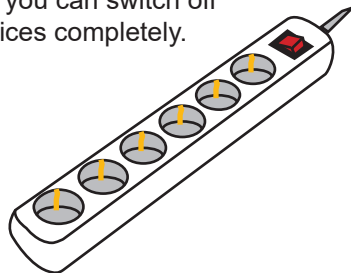
Always turn off the light when you leave the room!

- **Remove chargers from the socket**

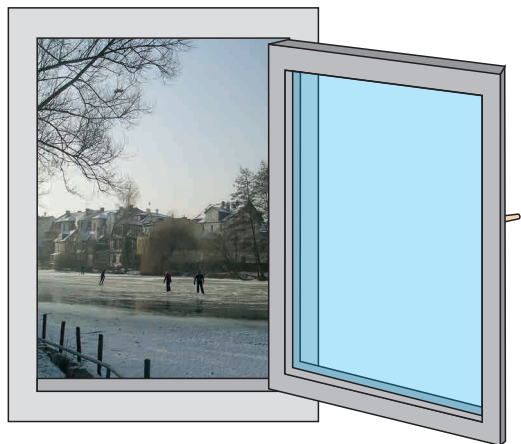
Smartphone, tablet and laptop chargers still use up power even when the device is fully charged, or even when no device is attached. Unplug the charger when it's not being used.

- **Switch off electrical appliances completely**

Electrical appliances (televisions, game consoles, etc.) consume electricity also in stand-by mode. With switchable multi-socket outlets, you can switch off the devices completely.



Ventilate properly

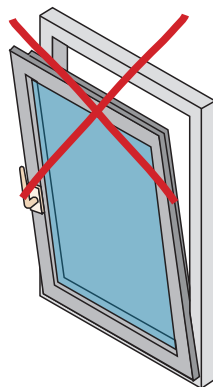


You save/conserve:

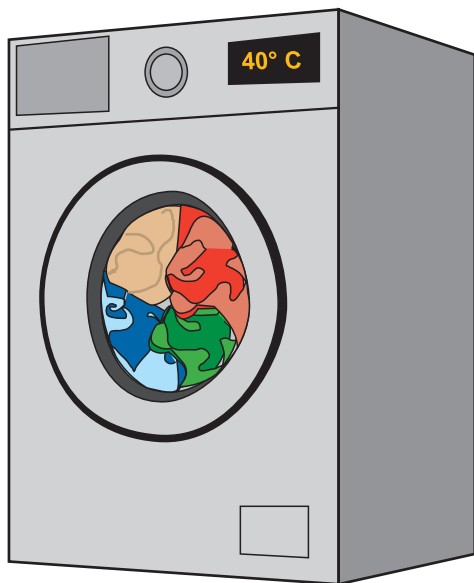


- **Ventilate with the window fully open instead of tilting it to the side**

Do not leave windows tilted open in the cold season when heating is required. Instead, open them completely for a few minutes. This way, you prevent a lot of heat from escaping and reduce the risk of molds building up on the walls. Turn down the heating while ventilating.



Save money while washing your laundry



You save/conserve:



You can save a lot of energy and money while washing and drying clothes if you follow these three tips:

- **Always fill the washing machine completely**

Less laundry in the washing drum means more frequent washing and therefore more energy consumption.

- **Wash at low temperature settings**

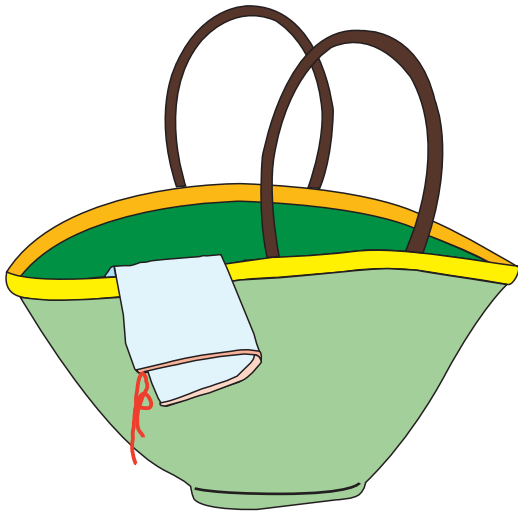
Heating the water consumes the largest amount of energy during washing. For normally soiled laundry a 40°C temperature setting is enough, for heavily soiled laundry 60°C is sufficient.

- **Hang laundry to dry on the clothesline instead of in the dryer**

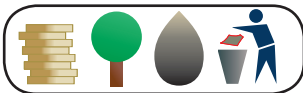
In the springtime until autumn, you should hang your laundry on a drying rack or on a clothesline.



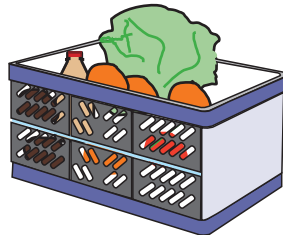
Save money when shopping, and reduce waste too



You save/conserve:



- Have a bag, rucksack or basket with you to replace the disposable bags you get at the checkout counter. Disposable bags cost money when you buy them and they are bad for the environment.
- Always have a reusable net bag ready for loose fruits and vegetables to avoid using disposable plastic bags from the supermarket.



Save paper!



You save/conserve:



- **Save paper**

Put a sticker on your mailbox that says “No advertisements please.” In Germany alone, 2.7 million trees and 4.62 billion liters of water are used to produce free mailbox advertising.

- **Use recycled paper**

Buy only toilet paper, kitchen rolls, printer paper, exercise notebooks, tissues, etc. made from recycled paper. Around 60 percent of energy and water as well as wood are saved in the production of recycled paper compared to what is needed to produce virgin fiber paper. Recycled paper can be identified by, for example, the “Blue Angel” symbol.



Further information and tips on climate protection

uba.co2-rechner.de/de_DE/

www.hessen-wills-wissen.de/

www.verbraucherzentrale-hessen.de/wissen/energie

www.verbraucherzentrale-hessen.de/wissen/umwelt-haushalt

www.nabu.de/umwelt-und-ressourcen/klima-und-luft/klimawandel/06740.html

blog.wwf.de/10-klimatipps/

You can find more information on climate protection in the University City of Marburg and the contact details here:

www.marburg.de/klimaschutz

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MARBURG
UNIVERSITÄTSTADT
KLIMANEUTRAL 2030

Climate protection tips for everyday life

You save



Money



Water



Fossil energy



Waste/Plastic



Electricity

You conserve



Natural resources



Hier finden Sie die Tipps auf Deutsch

هذه النصائح تجدونها هنا باللغة العربية

نکات به زبان فارسی نیز در اینجا موجود است.

Вот еще несколько подсказок на русском языке.