

## Heating



- Don't heat with the windows open /tilted, you will only lose the warm air.

- Better switch the heating off and open the window completely for 3-4 minutes. Then close the window and switch the heating on.

## Water



- Germany provides high-quality tap water which can be drunk, you

don't need to buy water in plastic bottles.

- If you want to buy (mineral) water better choose glass bottles as they can be reused and provide a better quality and taste.

- In the bathroom

Taking a shower instead of a bath saves water, time and money. You should switch off the water whilst soaping.

## Power

- Switch off electric devices (TV, radio etc.) when you don't use them. Better to shut them down completely instead of putting them to stand-by (unplug them).
- Switch off the light when you leave a room.
- Even a small light bulb can save energy and money.

Environmental consulting and further information:

### Bund Konstanz

Zum Hussenstein 12  
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Call us: 07531-15164  
BUND.Konstanz@BUND.net  
www.bund-konstanz.de

#### Opening hours

Tuesday to Friday: 9:00 a.m. to 12:30 p.m.  
Tuesday, Thursday and Friday: 1:30 p.m. to 5 p.m.  
„Palmenhaus“ (Palm Tree indoor garden) Sunday 2 p.m. to 5 p.m.

This Flyer was designed by BUND Konstanz and supported by the Refugee representative of constance Moustapha Diop.

KONSTANZ  
Die Stadt zum See



  
FRIENDS OF THE EARTH GERMANY

Bund für  
Umwelt und  
Naturschutz  
Deutschland



# Save money and our environment



## A guidebook for our English speaking citizens and friends

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## Waste



In Germany the waste is being separated so that it can be recycled:

- Paper to the „Altpapier“-bin (blue, wastepaper)
- Food remains, tea bags, coffee filters to the „Biomüll“-bin (brown, organic waste)
- Plastic bottles, plastic bags, packings, beverage boxes to the „Gelber Sack“ (yellow, Yellow Bag)
- Some bottles and cans (with this symbol) can be returned at the stores, you will get 0.05 to 0.25 EUR deposit back
- Glass bottles and glass waste need to be brought to the containers (green, brown, white)
- Everything else goes to the „Restmüll“ (black, residual waste)
- Batteries need to be brought to the Wertstoffhof (recycling center) or can be returned at some stores that sell batteries



## In the kitchen



- Put a lid onto the pot to cook/boil. This is faster and needs fewer heat and energy.
- To heat water, e.g. for tea, it is faster and more efficient to use an electric kettle.
- Close the refrigerator door fast so that you don't lose the cool air. Re-cooling needs energy.

## Shopping



- Buy your groceries (especially fruits and vegetables) in as little packaging as possible so that the companies and you produce less waste.
- Don't buy plastic bags, bring your own cloth bag or shopping basket.
- The „foodsharing“ project of the BUND collects remained food from stores and brings them to distribution points where anybody can pick them up for free.

## washing

- To wash your clothes in the machine instead of by hand saves water.
- Wait until you have collected enough laundry and only switch the machine on when it is full.
- Washing more often means paying for more energy.
- Pay attention to the dosage instruction. More detergent does not mean cleaner clothes.



## Transportation



- Going by bike keeps your timetable and parking situation flexible.
- Low priced bikes can be found in the internet, on used bike sales and in the bike repair shop of „Save Me Konstanz e.V.“

