

Russia is waging a war of aggression against Ukraine. Many countries, including Germany, have imposed sanctions against the aggressor. Russia is reacting to this by cutting back on gas supplies.

This threatens a gas shortage in winter. To prevent this from happening, all citizens are called upon to save energy now. In this way we can ensure that there will be enough gas for everyone in winter.

The City of Lünen and the Stadtwerke Lünen have put together tips for saving energy. Even every small contribution can add up to help prevent an energy crisis.

1. Use only cold water when brushing your teeth or washing your hands.
2. Let your hair air-dry
3. Take showers instead of baths, keep to the shower time with a "shower alarm clock"
4. Use an economy shower head: If everyone in a family of four showers for 5 minutes a day, a flow restrictor will reduce consumption by around 60,000 litres of water a year.
5. Turn off the tap while brushing teeth, washing hands and shaving wet.
6. Always fill the washing machine completely and use the energy-saving or spa programme
7. Dry laundry with sun and wind or in the cellar
8. Use electric egg boiler and kettle instead of cooking pot
9. Turn off the cooker earlier and leave the lid on the pot
10. Open the refrigerator only briefly, set temperatures at 5 to 7 degrees (freezer: -18 degrees)
11. Do not use a pre-rinse programme in the dishwasher
12. Operate the oven with circulating air instead of top and bottom heat and turn it off five to ten minutes before the end of the baking or cooking time to use residual heat
13. Before switching on the air-conditioning in the car, first open the windows and ventilate.
14. A fully automatic air-conditioning system uses much less fuel than semi-automatic systems
15. Use buses, trains or bicycles if the commute allows it.
16. An electric bicycle is suitable for the way to work - it guarantees dynamic but effortless riding
17. Switch off the engine in stationary traffic
18. Start immediately after starting, accelerate quickly and shift up
19. Underdrive, anticipate braking and accelerate to reduce fuel consumption by up to 20 percent
20. Low-viscosity engine oils also reduce fuel consumption, as the engine's friction is reduced and the parts can work more efficiently
21. Use carpoola or ride-sharing and car-sharing services.

22. Switch off computers and entertainment electronics via power strips and avoid stand-by operation
23. Switch off automatic functions on smartphones, such as rarely used apps or functions such as Bluetooth, and only use them when necessary.
24. Use notebooks instead of desktop PCs
25. Use fans instead of air conditioners
16. Energy-saving and LED lamps are not only brighter than old light bulbs, they also last 5 to 15 times longer.
27. Always keep an eye on electricity costs when buying TVs
28. With wide-open windows, it takes 5 to 10 minutes to completely exchange stale indoor air in winter and up to 20 minutes in summer.
29. If your house has outside shutters, they can reduce your heating costs by 10 percent if you close all shutters at night.
30. Hydraulic balancing ensures that your heating system works efficiently.
31. Turn your heating down to about 12 degrees when you are travelling. If you lower the room temperature by one degree, you will save six percent on heating costs.

Our big request: Join us and support our joint efforts! If you have any questions or are unsure, you can always contact the city administration or the municipal utilities.