

Week 1: Household

Informational material on Challenge 1: Water consumption

How high is the water consumption in Germany?

In Germany, the average per capita consumption of drinking water is around 121 litres per day. Personal hygiene, such as showering, accounts for the largest share of just under 40% here. But: This is only the water that is consumed directly in the household. In addition, there is the so-called virtual water consumption, which occurs in the manufacture of products that we buy and consume. This is around 4000l per person per day!¹ Foods such as beef (around 15400l/kg), coffee (around 130l per cup) or clothing (around 2500l for a T-shirt)² are crucial here. Particularly problematic: The water is mainly used in countries and regions where water is a scarce commodity anyway, such as Pakistan or India.³ A great deal of water can therefore be saved by adapting consumer behaviour.

How can I save water in the household?

In the household, saving hot water is particularly important. With 12% of the total energy consumption of a household, the provision of hot water is the second largest energy consume. Another point to consider is wastewater treatment. There is a good reason why waste does not belong in the toilet! The choice of detergent or shampoo also plays a role here.

Washing hands with cold water and a low water temperature for the dishwasher and washing machine also helps to save energy⁴. Especially when buying new household appliances, it is worth looking around for water- and energy-saving products.

¹ <https://www.bmu.de/ziek/klimaschutz-erfrischt/>

² average values

³ WWF Studie „Das importierte Risiko, Deutschlands Wasserrisiko in Zeiten der Globalisierung, 2014

⁴ <https://www.mein-klimaschutz.de/zu-hause/a/bad/wie-hoch-ist-der-wasserverbrauch-beim-duschen/>





Measure the water consumption of your own shower head:

Fill a 10-litre bucket with cold (!) water and stop the time. Divide 600 by the number of seconds and you get the water flow in litres per minute.

At over 10-12 litres your shower head has got a high flow rate. Here the purchase of a low-flow shower head could be worthwhile⁴.



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