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# SarajevoThe relationship between energy storage and energy

How is energy stored?

**Mechanical Energy Storage:** Energy is stored through mechanical means, such as compressing air or using flywheels. **Compressed Air Energy Storage (CAES)** and flywheels are examples of this technology. **Hydrogen Storage:** Surplus electricity is used to produce hydrogen through electrolysis.

Do energy storage systems integrate into the power grid?

This review paper discusses technical details and features of various types of energy storage systems and their capabilities of integration into the power grid. An analysis of various energy storage systems being utilized in the power grid is also presented.

What role does energy storage play in the decarbonisation of power systems?

Significant developments in market design have advanced our understanding of the role energy storage plays in the decarbonisation of power systems. Recent studies highlight that appropriate market participation mechanisms can promote early adoption of storage, reduce electricity costs and achieve substantial emissions reductions.

What is the difference between hydroelectric storage and electrochemical storage?

**Pumped Hydroelectric Storage:** Excess electricity is used to pump water to an elevated reservoir. When demand peaks, the water is released to flow downhill through turbines, generating electricity. **Electrochemical Battery Storage:** Batteries store energy chemically and release it as electricity.

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