* „The value of prediction intervals is that they express the uncertainty in the forecasts. If we only produce point forecasts, there is no way of telling how accurate the forecasts are. However, if we also produce prediction intervals, then it is clear how much uncertainty is associated with each forecast. For this reason, point forecasts can be of almost no value without the accompanying prediction intervals.“ 2
* The longer ahead, the higher the uncertainty and the larger the prediction intervals 2
* “importance of providing interval forecasts as well as (or instead of) point forecasts so as to enable users to: 4

1. assess future uncertainty, 4
2. plan different strategies for the range of possible outcomes indicated by the interval forecast, 4
3. compare forecasts from different methods more thoroughly, and 4
4. explore forecasts based on different assumptions more carefully .” 4

* Point forecasts faster but no information about uncertainty 6
* Interval and density forecast are respectively going into the other direction 6
* Also provide an interval and ask how likely it is for an observation to fall in this interval (bias reduction) 6
* “An interval forecast (or prediction interval) indicates a range of possible future outcomes with a prescribed level of confidence.1” 11
* “interval forecasts offer a “range of possible values” 11
* “forecasts cannot be expected to be perfect, and intervals emphasize this” 11