

Living Sustainably - Why?

Textiles made in Bangladesh, tomatoes from Morocco or apples from Argentina: Globalization has long since found its way into our

The downside of this variety from all over the world is that many workers in Asia, Africa, South and Central America, or Southern and Eastern Europe work under inhumane conditions. Our consumption is often at the expense of the environment and natural resources.

Politicians and business leaders are called upon to change this. But we too can have an influence. One important aspect is our daily consumption, which – when considered consciously – raises numerous questions:



Our consumption and the choices we make have consequences: Environmental damage or environmental protection? Exploitation of workers or fair work conditions? Conscious consumption is essential for today's workers and future generations to have the chance for a decent life.

Living Sustainably - How?

There are many ways to protect fair labor and our environment with conscious consumption

Orientation is provided by certain product labels, such as fair-trade or organic labels. If possible, choose regional and/or seasonal products (see below for explanations).

This city map shows where you can find stores and places with sustainable offers in Darmstadt. It also lists associations and initiatives that can help you to engage with sustainability (see below).

Hints and tips for sustainable living

REDUCE – "Do I really need this?": By buying less and more conscious, less energy and resources are used.

REUSE - "Straight to the trash?": repair, continuous use (e.g. second hand) and avoiding single-use products. A long lifespan conserves the environment and resources.

RECYCLING - "Let there be less trash...": Much can be recycled, also protecting environment and resources.

RESPONSIBILITY – "how am I involved?": The decisions you take have consequences on humans and environment. This is why you should be conscious about them and act responsibly. In this map we want to show you some good takes about what is possible in Darmstadt.

What to watch out for ...

Fair trade

Fair trade fights exploitation and promotes humane working and production conditions. By buying fair-trade products we support an adequate compensation and a more decent treatment of the people involved in the production chain. Examples of fair-trade products are coffee, tea, chocolate, bananas, and handicrafts.

Organic food and organic cotton are produced in organic agriculture.

friendly production methods and animal welfare. The renunciation of

In contrast to conventional agriculture, the focus is on environmentally

chemical pesticides and genetic engineering guarantees safeguarding of

With the making of textiles, working conditions and environmental impact

are decisive factors for sustainability. These recommended labels offer



Organic farming



nature and the production of healthy foods.











Example: no tomatoes from Spain or potatoes from Egypt.

ing regional products.

Regionality

Our diet is seasonal when food is used that grows in our own region during the respective season and does not have to be imported from abroad. Through seasonal consumption, the energy required for long transport routes, greenhouses or refrigerated storage facilities can be reduced.

Regional products ensure short distances for transport and therefore

reduce the use of energy and lessen the emission of greenhouse gases.

Also, the excessive use of water in arid zones can be reduced by choos-

Example: no strawberries or peppers in January.

But isn't that much too expensive?

Conventional prices conceal hidden costs for social and environmental damage that occurs during production. Fair and organic products disclose what products would cost if people were paid fair and environmental damage is avoided.

Compared to conventional food or clothing, where consumers pay high margins for brand names, sustainable products are often even cheaper.

Buying sustainably can even be significantly cheaper, if you buy second-hand goods or use free alternatives such as repair shops, free stores, or food sharing.

Sustainable Development Goals (Agenda 2030)

Since 2015, there are 17 Sustainable Development Goals (SDGs). They were adopted by all Member States of the United Nations (UN).

The overall goal is the transformation to a world in which all people have equal opportunities for development and advancement while the interests of future generations are considered.

























Action to protect the climate

To keep global warming below 1.5°C, many people in Darmstadt are committed to climate protection. They network in the the monthly climate round table. www.klimarunde.de

Where would you like to participate?

- Architects for Future DA –For a change in the construction industry:
- Extinction Rebellion DA Biodiversity protection, climate justice and
- Fridays for Future DA Students and trainees get involved for the
- Heinerblocks Parked streets are to be transformed into lively
- Heiner*energie Making the energy turnaround happen yourself, e.g. with balcony solar systems: https://klimaentscheid-darmstadt.de/ heinerenergie
- Klimaentscheid DA Citizens' initiative for climate neutrality in DA by 2030: https://klimaentscheid-darmstadt.de
- Parents for Future DA Supporting young people in their demands for a consistent climate and environmental protection policy: https://parentsforfuture.de/de/darmstadt
- future: https://darmstadt.scientists4future.org • Students for Future DA – Anchoring climate change and sustainable
- development more firmly in teaching: https://sff-da.klimaforen.de VCD Darmstadt-Dieburg – For environmentally and socially compati-
- ble, safe, and healthy mobility:

- http://www.architects4future.de/mitmachen/ortsgruppen
- civil disobedience: https://extinctionrebellion.de/og/darmstadt
- climate: https://darmstadtforfuture.de
- meeting places, traffic is to be reduced: https://heinerblocks.de
- Omas for Future DA elderly people are committed to ensuring that future generations also have good living conditions: https://omasforfuture.de/regionalgruppen/darmstadt
- Scientists for Future DA Scientists who are committed to a sustainable
- https://hessen.vcd.org/der-vcd-vor-ort/darmstadt-darmstadt-dieburg

Making your lifestyle more sustainable

Food

Keep a gratitude journal

guidance when buying textiles:

Further information: www.siegelklarheit.de

Planting the balcony / garden in an insect-friendly way



- Calculate your own ecological / virtual water footprint
- Energy: Obtain green electricity / green gas Zero waste: avoid (micro)plastics, e.g., in cosmetics
- Produce your own cleaning agents and cosmetics

Form a shopping community, e.g. Solawi / Foodcoop / BuyingInBulk

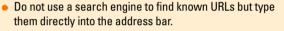
- Order an organic vegetable box, e.g.
- www.paradieschen.de/biolieferservice, www.diegemuesekiste.de
- Get a water bubbler instead of hauling crates of beverages
- Save food from the garbage can and use leftovers (Foodsharing) Organize and use seasonal calendars for fruit & vegetables
- Produce food like yogurt yourself

Mobility



- Repair / use bicycle
- Use car sharing / cargo bike / bicycle trailer instead of your own car
- Carpool / use Heinerliner
- Plan your vacation sustainably

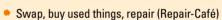
Computer/Internet



- Use a sustainable search engine, e.g., ecosia
- Switch to a sustainable mail provider, e.g., posteo
- Print in a climate-friendly way, e.g., recycled paper www.umweltdruckerei.de / www.dieUmweltdruckerei.de
- Change default print setting to double-sided

 Switch to an ethical bank, e.g., GLS Bank, Umweltbank, Triodos Bank, Tomorrow

My stuff



 Give away or sell things that are no longer needed, e.g., set up a free store / Heinerleih / gift box

My environment



- Share items with friends and the neighborhood
- Encourage those around you to drink tap water
- Participate in a consumption-critical city tour Express your own opinion and become politically active
- Be part of a Darmstadt initiative

Further information at: https://wirkel.anu-hessen.de

Get involved

You want to learn more or get involved in a sustainable society? You can do so, for example, at the following associations and initiatives:

 Attac Darmstadt – Working towards a socially and ecologically driven globalization: www.attac-darmstadt.de

• BUND / BUND Jugend - Commitment to environmental protection

- and nature conservation: darmstadt.bund.net Darmbach e.V. – For living water in the city: www.darmbach-ev.de
- Economy for the Common Good A new economic model based on values such as human dignity, solidarity and sustainability:
- Energiegenossenschaft Darmstadt Jointly financing and building photovoltaic systems: www.eg-da.de
- www.foodsharing-darmstadt.de Friends of Nature, local branch Darmstadt –

• Foodsharing - Saving surplus food:

www.essbaresdarmstadt.de

https://web.ecogood.org/de/darmstadt

- www.naturfreunde.de/ortsgruppe/ortsgruppe-darmstadt
- Greenpeace Darmstadt + Jugend Working towards the protection of the environment and nature: www.darmstadt.greenpeace.de
- Heinertalent Time exchange network to promote mutual neighbourly support: www.heinertalent.de Initiatives at universities
- University Sustainability Group (TU): www.hg-nachhaltigkeit.de and sti:ne - student initiative for sustainable development at Darmstadt University of Applied Sciences: ine.h-da.de • Initiative Essbares Darmstadt – Urban Gardening and more:
- Lebensschule Natur am Oberfeld Bringing people, animals and nature closer together through personal experience: www.leschuna.de

- Micha Initiative Darmstadt Christian commitment for global justice: www.micha-darmstadt.com
- Permakultur Darmstadt Local networking of people interested in permaculture: www.permakultur-darmstadt.de SoLaWi – Solidarity Farming – sharing the harvest:

offers around Fair Trade and global connections:

www.weltladen-darmstadt.de

- www.solawi-darmstadt.de Transition Town Darmstadt e.V. – City in transition with projects and networking opportunities: www.transition-darmstadt.de
- Viva con Agua Darmstadt Access to safe drinking water and sanitation facilites in the Global South: www.vivaconagua.org • Worldshop Darmstadt & global learning workshop – Commitment to

fair world trade and good working conditions worldwide. Educational

Further tips

- Volunteer databases: www.freiwilligenzentrum-darmstadt.org, www.freiwilligenagentur-dadi.de, www.ehrenamtssuche-hessen.de
- Search and give away used goods: Free Your Stuff (Facebook-Gruppe fys.darmstadt), kleinanzeigen.de, ead.schenk-tauschkiste.de
- Groups on the messenger app Telegram: SFF Darmstadt-INFO (Students for Future), Essen fair-teilen DA (Foodsharing), Mitfahren: von und nach Darmstadt (ride-sharing), Kleidertausch Darmstadt, Flohmarkt Darmstadt, Kindersachen Flohmarkt DA, natuerliche_ressourcen_darmstadt (verschenken)
- Refill stations Places to have your water bottle refilled: www.refill-deutschland.de

The "Wandelkarte" shows the abundance of possibilities here in Darmstadt – stores and places that offer sustainable products as well as

This map and the "Wandelkarte für Darmstadt-Eberstadt" & "Wandelkarte

Publishers:











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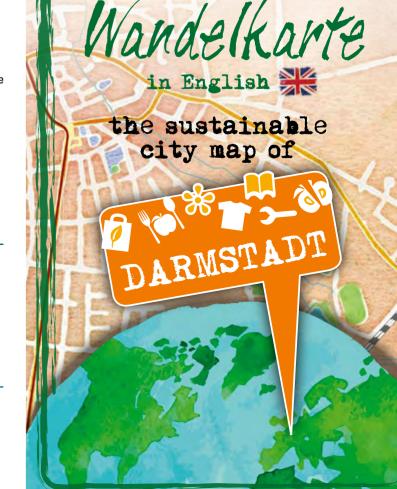








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Idea and background

contact points for repairs or sharing and exchanging.

für Darmstadt-Nord" can be downloaded as a PDF version at: wandelkarte@transition-darmstadt.de











