

# **How to) Study and Live Consciously**

**Information and Tips  
for a Sustainable and Economical Lifestyle**



## Sustainability – Development – Education

With the Brundtland report of 1987, the term “sustainability” found its way into the public discourse on development opportunities and the finiteness of our planet’s resources. In 1992, the United Nations Conference on Environment and Development in Rio de Janeiro established sustainability as a fixture on the global agenda.

In 2015, the 193 member states of the United Nations passed the Agenda 2030, consisting of 17 Sustainable Development Goals (SDGs). The world community committed itself to tackle and overcome current global problems, such as climate change, global nutrition and the distribution of resources.

Among others, Germany contributes to the achievement of the SDGs with the campaign Bildung für Nachhaltige Entwicklung (BNE) [Education for Sustainable Development]. Its goal is to anchor sustainability as a cross-sectional issue in educational institutions, ranging from kindergarten to university. Children, adolescents and adults should be enabled to acquire knowledge, abilities and competences to act sustainably.

The university as a place of teaching, learning and personal development plays an important role as it trains and shapes executives and leaders in social and economic key positions. That’s why we think it is important to sensitize you – as a student – for sustainability, in order to enable you to contribute to the transformation of our society.

Sustainable development has become more central in research as well. The university offers many exciting research projects tackling this issue, including – of course – the handling of resources such as water and heat at the university.

The orange rectangles show you how resourceful and efficient the University of Passau deals with its resources.

7th edition. March 2022. Imprint:

Sustainability Student Group University of Passau and Green Office. [www.uni-passau.de/nachhaltigkeit](http://www.uni-passau.de/nachhaltigkeit)



*Our lecture rooms and halls are equipped with ventilators that do not run permanently anymore but automatically regulate CO<sup>2</sup> concentration in the air based on the number of people in the room.*



WHAT IS YOUR

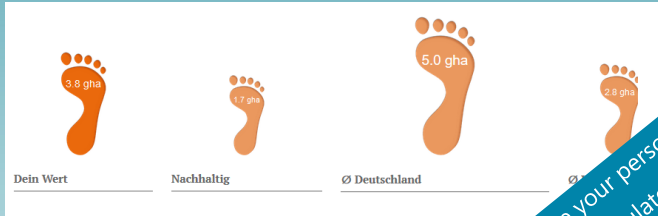
# Ecological Footprint?



Earth Overshoot Day 2018 is Aug. 1

How many planets do we need if everybody lives like you?

When is your personal Overshoot Day?



Calculate your personal footprint:  
[footprintcalculator.org/](http://footprintcalculator.org/)  
[fussabdruck.de/fussabdrucktest](http://fussabdruck.de/fussabdrucktest)  
[ifu.co2-rechner.de/](http://ifu.co2-rechner.de/)

## Sustainability- why do I care?

In Germany and the Western world, we live as if we had more than one planet at our disposal. But the earth's resources are finite. Apt illustrative models are the "ecological footprint" and the Earth Overshoot Day. The ecological footprint shows how many resources one person uses up with their lifestyle. Earth Overshoot Day marks the day we surpass the ecosystem's yearly supply of natural resources. In 2021, Earth Overshoot Day was Juli 29th, three weeks earlier than in 2020. From then on and for the remainder of the year, we lived on ecological "credit." If the whole world had Germany's "foot size," Earth Overshoot Day 2022 would be May 4<sup>th</sup>.

That is why it is important to question and to deal with our daily habits and demands. Particularly when you begin studying at the university and enter a new stage of your life, you might reconsider your habits and try to change them. This booklet offers tips, information, sources and food for thought for your contribution to a sustainable future society and a healthy planet. There are many

## Save the date:

**Sustainability Weeks** at Universität Passau from 20.06.2022 till 03.07.2022

Find all information on Insta: [nachhaltigkeit.passau](https://www.instagram.com/nachhaltigkeit.passau)

**Public Climate School** 16.-20.05.2022 | [www.Publicclimateschool.de](http://www.Publicclimateschool.de)



## What can I do?

Usually, small changes in your daily routine are enough to live more consciously and sustainably. On the following pages, you will find some tips and tricks for a more environmental-friendly and sustainable lifestyle.

### At University

Use your own water bottle and drink tap water. The tap water in Germany can be consumed without reservation and Passau's tap water also tastes good!

Since January 2020, only porcelain cups are available for your coffee/tea in the cafeterias. If you don't want to bring it back, you can bring your own cup. Do you want a ready-to-drink beverage? Then choose a returnable bottle or can instead of a disposable one.

Choose a vegetarian or vegan lunch at the canteen more often and go organic.

Did you know that the Wiwi-Cafete has special coffee? Slokoffje beans are organically grown, Fairtrade and brought to Europe by sailing ship in a climate-neutral way. And the coffee tastes fantastic!

Print scripts and texts double-sided with several pages per sheet - or better not at all, this is also easy on the wallet.

You can also save printer cartridges in eco mode, or if you print in grey instead of black. Do you really have to hand in your term paper in a plastic binder? Check with your lecturer - there are also cardboard binders. The same applies to binders and file folders.

Use the bus, your bike or walk!

Do you really need to be online with 2 or 3 devices at the same time? Device operation and streaming cost a lot of energy.

You have books or office supplies to spare? Bring them to the exchange shelf in the Nikoloster.



*A human being produces about 100 watts of thermal energy per hour. A packed lecture hall – possibly including a beamer – generates a lot of thermal energy to supplement the heating.*

## Food - what can I do?

Buy preferably local, seasonal and organic products. At utopia.de you will find a seasonal calendar for fruit and vegetables. Do you really need strawberries in January?

You can buy local, organic and unpackaged products at the local farmer's market or at stores selling unpackaged products. Surely, locally grown vegetables taste better than vegetables from the supermarket – try it. Local products are often even cheaper!

Coffee, tea and chocolate are luxury goods – fair trade products taste even better with a good conscience!

Buy less meat and dairy products. The meat industry consumes 77 per cent of global farmland. Soy is used as feed in the conventional meat and dairy industries. Most of the soy is grown in South America, which is why forests are cleared, locals are displaced and biodiversity is destroyed. Since Bolsonaro has held the presidency in Brazil, the rate of deforestation in the Amazon has increased drastically to make room for large-scale farms.



### Smart Shopping Here: Pick your Potato

	Local	Regional	Organic	Without Irrigation
Organic potatoes from the weekly market	✓	✓	✓	✓
Potatoes from the supermarket grown in Bavaria		✓		✓
Organic potatoes from Egypt			✓	

## Why organic is better



Organic farms don't use pesticides or chemical fertilizer to grow fruit and vegetables and thus preserve soil, water, wild plants and animals, e.g. bees and insects. Animals are kept in a species-appropriate environment and are not fed soy grown in South America. Here you will find more advantages of and information on organic food:

<https://www.umweltbundesamt.de/umwelttipps-fuer-den-alltag/essen-trinken/biolebensmittel#textpart-1>

These labels show that the product is organically grown and certain standards are fulfilled.



## At home - what can I do?

**Air your room 2 to 4 times** a day: open the window for 5 to 10 minutes to exchange the air. This is not only important for a healthy climate but also to avoid mildew. Don't leave the window open for too long, otherwise the surfaces cool down too much. Merely tilting your window or leaving it slightly ajar doesn't have the same effect, it just burns energy.

Wear a sweater instead of a t-shirt during the cold months – you don't need a temperature of 24°C in your room.

Toilet paper, tissues, paper towels and printing paper from recycled materials with the blue angel label ["Blauer Engel"] are the better choice.

You **don't need peelings and liquid soap in your bathroom**. A nice bar of soap substitutes the plastic dispenser and the shower gel at the same time. Cosmetics often contain palm oil, mineral oil and/or microplastics, so check the ingredients.

Use only **the amount of cleaning agent** indicated on the packaging. Did you know that you can also buy cleaning supplies without packaging at the "Unverpackt Laden"?

Energy comes from your power outlet, yes, but how does it get there? Look whether you can find an affordable **green energy provider**. Coal and nuclear energy are a thing of the past.

**Stand by? No go!** Turn off any appliances you don't use.

**Washing your clothes** at a 30 or 40 degree programme extends the lifespan of your textiles and saves a lot of energy. A lower spinning circle saves even more energy. Hang your clothes to dry instead of using a dryer so save energy!





## The Digital World and Consumption - what can I do?

The digital world has become part of our daily lives. Have you heard of the **Email providers posteo or mailbox.org**? They operate their server with green electricity and dispense with advertisement and shocking news. It's only 1€ per month!

The **search engine Ecosia** uses the revenue it generates from ads to reforest rain forests. We recommend it!

Sustainable cell phones? They do exist! Have a look whether Fairphone or Shiftphone might be alternatives for you at [www.shiftphone.com](http://www.shiftphone.com) or [fairphone.com](http://fairphone.com).

Certainly, **second hand phones** and other appliances are the most economic and ecologically sound choice. You can find reliable items at the local "Handy Kistl Store", at AfB Social & Green IT Company ([afb-group.de](http://afb-group.de)) or at [refurbed.de](http://refurbed.de).

Even though shopping at mega online portals is tempting, support your **local stores!** Particularly our local bookstores offer not only literary diversity but also inspiration!

**Deactivate mobile data connections** if you don't use them. You don't expose yourself to electromagnetic radiation and can enjoy some peace and quiet!

The rule of thumb with regard to clothes is: the longer you wear them, the better. **Second hand** is thus first choice! Organic clothing is affordable by now and some manufacturers adhere to certain standards, e.g. those of the Fair Wear Foundation who stand up for fair and sustainable production conditions. Some low-priced brands also offer organic cotton. Student groups offer clothing swaps every now and then, so look out for those!

You probably cannot completely avoid producing waste, but recycle as much as possible! Separating your trash is essential for proper recycling. Check out [awg.de](http://awg.de) for more information.

## Campus Student Groups:

Several campus groups and student associations have already made sustainability one of their main tasks and targets. You are warmly welcome to join!

**Student Group Sustainability:** This group plans actions and events, such as the Sustainable Weeks or the switch to recycled paper at the university. The HG aims to spread interdisciplinary knowledge and ideas for the future and to implement them at the university.

Facebook: Nachhaltigkeit Uni Passau  
hg-nachhaltigkeit@ads.uni-passau.de



**Bündnis der Hochschulgruppen für Nachhaltigkeit:** The "Bündnis der Hochschulgruppen für Nachhaltigkeit" (BHN) is a newly founded department of the AStA. It is an umbrella association for all student groups that want to get involved and network in the field of sustainability.

Instagram: bhn.unipassau | asta-bhn@ads.uni-passau.de



**Grüne Hochschulgruppe [Green Campus Group]:** A number of achievements in our university policy can be ascribed to GHG: in addition to initiating the supply of a larger variety of vegan food at our canteen, GHG members have planted berry bushes and lots more at the lawn in front of the FIM. Feel free to help yourself!

<https://www.ghg-passau.de/> | [ghg@uni-passau.de](mailto:ghg@uni-passau.de)



### Project funding for students

As a student or a group you can apply for funding to support your project idea.

<https://www.uni-passau.de/studium/campus-und-kultur/studentische-gruppen/projektfoerderung/>

If your project is connected to sustainability issues, there are further funding options:

<https://www.uni-passau.de/nachhaltigkeit>



*Electricity on the main campus is derived 100% from renewable energy resources, precisely from hydro-power energy. Other buildings rented by the University, like HK buildings are supplied by Stadtwerke Passau. The energy mix from Stadtwerke Passau, our local provider is relatively environmental friendly, compared to others, since about 85% of the Stadtwerke Passau electricity is generated by renewable resources.*



**Enactus:** The members of Enactus want to tackle societal problems on a regional, national and international scale and make their own sustainable contribution. Enactus has already founded a number of social start-ups to create economic prospects for the socially disadvantaged and to make their small contribution to improve the business world.

<https://www.passau.enactus.de/> | [teamvorstand@passau.enactus.de](mailto:teamvorstand@passau.enactus.de)



**ProVeg Passau:** The group advocates a plant-based lifestyle for the benefit of humans, animals and the earth. Various campaigns and events as well as consumer information are on ProVeg's programme.

ProVeg Passau | [passau@proveg.com](mailto:passau@proveg.com)



## Repair cafés in Passau

There are several repair cafés/workshops in Passau where students and other Passau citizens can repair bicycles, electrical appliances and many other things themselves and/or under expert guidance:

**Innwerk:** The newly founded association is currently setting up a temporary workshop in the Innstadt and welcomes volunteers:

[www.innwerk.org](http://www.innwerk.org) or Instagram: [innwerk](#)



**Selbstwerkstatt:** A mobile repair café project in Passau and the surrounding area. You can find further information on [www.Selbstwerkstatt.org](http://www.Selbstwerkstatt.org) or Instagram: [selbstwerkstatt\\_passau](#)

**Fahrradcafé:** Do you want to work together with bike tinkerers to restore old bikes and/or learn how to repair small things on your own bike? Then you've come to the right place. Spare parts are available at purchase price, old bikes are also available for 30-50€.

Facebook: [Fahrradcafé Passau](#)





*One of the latest projects tinkered with at the university is a pipeline that channels filtered water from the Inn river via a heat exchanger to the servers of the Centre for Information Technology that is then rerouted to water the sports ground.*

We have compiled a (partial) list of exciting websites and apps - there is much to discover!

### **Apps:**

Grünzeit

Beste Reste

Too Good To Go

Fischratgeber (NABU Siegel-Check)

CO<sub>2</sub>-Calculator

Öffi oder Bayernfahrplan

Kleiderkreisel

Rebuy

Buycott

### **Websites:**

utopia.de

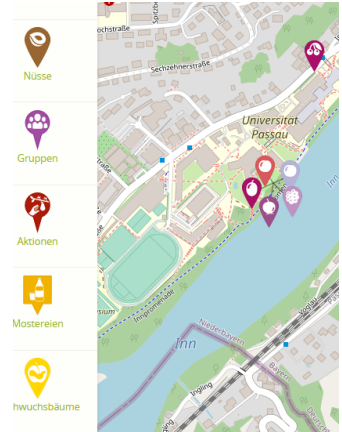
boell.de

foodsharing.de

netzwerk-n.org

plastikfasten.info

Blablacar.de



### **Climate & air travel**

When planning your next trip abroad, consider the extremely negative effect of air travel on the climate. There are multiple destinations within Europe you can reach by train or long-distance coach for internships, to study or go on vacation. It takes 20 hours to go to Barcelona by train and 11 hours to go to London. Interrail, for instance, offers cheap tickets (<https://www.bahn.de/p/view/angebot/international/interrail.shtml>).

With an air travel round trip to Barcelona you waste about 1/5 of your annual climate-compatible sustainability budget. A round trip to São Paulo burns up your total budget for 2 years. You think you can't do without flying? Maybe you are willing to balance the environmental deficits you cause and chip in with a compensation fee:

[www.atmosfair.de](http://www.atmosfair.de) | [www.klima-kollekte.de](http://www.klima-kollekte.de) | [www.primaklima.org](http://www.primaklima.org)



## Science goes sustainable

In 2018 the University has set the topic of "Migration, just orders and sustainability" as one of their main focus themes. Different researchers look at the topic of sustainability from different perspectives. Here, you find a selection of research projects on sustainability topics which are funded by third parties.

**IndORGANIC** analyses the current state and potential of organic farming to improve food sustainability in Indonesia. We propose organic farming as a necessary transition of the food system which we see as a subsystem of the ecosystem. [www.uni-passau.de/en/indorganic/](http://www.uni-passau.de/en/indorganic/)

**ELECTRIFIC** will revolutionise how electric vehicles are integrated into power grid and users' life. The fundamental premise on which the project will work is that significant improvements to electromobility can be unlocked by increasing coordination of all the actors in the electromobility ecosystem. [electrific.eu](http://electrific.eu)

**Mitra|WA** analyses the processes and drivers for (regional) migration with a particular focus on climate change and environmental change and develops policy recommendation for rural and urban areas in West Africa. [www.uni-passau.de/en/mitrawa](http://www.uni-passau.de/en/mitrawa)

**OMEI:** Sustainable electromobility for Europe: Together with nine partners, the University of Passau is developing a data-based concept to expand the charging infrastructures in the European transport network for electromobility. Website coming soon.

### Mensa-to-go

In 2020, our canteen banned paper cups and introduced porcellaine cups on a refund basis. Furthermore, since the demand for to-go meals increased during the pandemic, meals are also available in **reusable tableware in our canteens and cafeterias with food options**. This puts an end to disposable waste from 1,000 to 1,500 packs for the Mensa-to-go!

However, you can also bring your own dish.

For further information:

<https://stwno.de/en/gastro-en/reusable-packaging/mehrweg-to-go>



## Essen und Trinken/Restaurants

Bio-Bäckerei Wagner (*Organic Bakery*)  
Ludwigsplatz 4, 94032 Passau

Bio-Wirtshaus Zum Fliegerbauer  
*Organic Restaurant*  
Selzlhof 1, 94034 Passau  
<http://www.biowirtshaus.de/>

Zweite Heimat – Burger, Bier & mia!  
*Organic Burger Restaurant*  
Brunngasse 2, 94032 Passau  
<https://www.facebook.com/PassauZweiteHeimat/>

Frau Dunschn Hostel & veganer Imbiss  
*Hostel & Vegan Food*  
Ludwigstraße 18, 94032 Passau  
<https://fraudunschn.de/>

Esskultur Umami Bar

## Einkaufen/Shopping

Tante Emmer – unverpackt & bio  
(*Organic & unpacked food shop*)  
Grabengasse 23, 94032 Passau

Weltladen Passau/*Fair Trade Shop*  
Kleine Klingergasse 1, 94032 Passau  
<http://www.weltladen-passau.de/>

Wochenmarkt / *Weekly Market*  
Kleiner Exerzierplatz: Di/Fr 7-12.30 Uhr  
Domplatz: Sa 7-14 Uhr

Kolibri - Fair and social clothing shop  
Theresienstraße 11, 94032 Passau  
<https://www.kolibri-passau.de/>

Klapstock Slowfashion & 2nd Hand  
Theresienstraße 23, 94032 Passau  
<https://kapstok.de/>

Sechster Sinn 2nd Hand Shop  
Grabengasse 28, 94032 Passau  
[www.sechster-sinn-shop.de](http://www.sechster-sinn-shop.de)

Auryn Naturkost (*Organic food shop*)  
Schönauerweg 2, 94036 Passau

Denn's Biomarkt (*Organic food shop*)  
Regensburger Str. 70, 94036 Passau  
Schönauerweg 29, 4036 Passau



### Überlegungen zum Einkauf. Hier: mein Bier

	Lokal	Regional	Bio
Augustiner		✓	
Apostelbräu		✓	
Becks			
Budweiser			
Hacklberg/Löwenbräu/Innstadt	✓	✓	
Lammsbräu Neumarkt		✓	✓
Thomas Bräu Haselbach	✓	✓	✓

## **Initiativen und Vereine/Local initiatives**

### **Büchertausch/Book Exchange**

An der Uni Passau im Nikolakloster: Büchertauschregal im Kopierraum, frei zugänglich. *The copy room at the Nikolakloster features a shelf with used books, accessible for everyone. Take one - leave one!*

*Book Aid Passau-Helfen durch Bücher e.V.* kannst Du Bücher abgeben und Neue mitnehmen. Dabei bezahlst Du, was du möchtest.

You want to drop of your old books and get some new ones? Check out Book Aid! Schmiedgasse 66, 94032 Passau | Do 15-19 Uhr | [www.book-aid-passau.de](http://www.book-aid-passau.de)

### **Flohmarkt Passau Innpromenade/Fleamarket**

Jeden 2. Und 4. Samstag in den Monaten März bis Oktober von 9-18 Uhr

*Every 2<sup>nd</sup> and 4<sup>th</sup> Saturday from March until October, 9am to 6pm.* |

[www.flohmarkt-passau-innpromenade.de](http://www.flohmarkt-passau-innpromenade.de)

### **Carsharing Passau**

Falls Du doch mal ein Auto brauchst, gibt es dort günstige Mitgliedspreise für Studierende.

*In case you need a car every once in a while, carsharing offers discount rates for students.*

[www.carsharing-passau.de](http://www.carsharing-passau.de)

### **Regiothek**

Die Regiothek bietet eine digitale Plattform, in der sich Betriebe und Verbraucher im Raum Niederbayern und Oberösterreich über Produkte informieren können. Lieferketten werden somit transparent, Hersteller und Verbraucher finden zusammen.

*Regiothek offers a digital platform for companies in Lower Bavaria and Upper Austria to offer information on their products. Supply chains become transparent and suppliers and consumers come together.*

Information: [www.regiothek.de](http://www.regiothek.de)

### **Vereinte Wurzelwerke, Solidarische Landwirtschaft Ilztal e.V./ Community Farming**

Hinter der solidarischen Landwirtschaft (SOLAWI) ist eine Gruppe, die mit professioneller Unterstützung von Gärtner/innen und Gemüse anbauen und wöchentlich die Ernte teilen. Außerdem gibt es verschiedene Bildungsangebote im Bereich ökologischer Landbau und Umwelt.

*The Solidarische Landwirtschaft (SOLAWI) is a group of people who grow their own vegetables with the support of professional gardeners and share their harvest weekly. They also offer diverse educational programs on organic farming and environmental topics.*

Information: [www.vereinte-wurzelwerke.de](http://www.vereinte-wurzelwerke.de)

## **Initiativen und Vereine/Local initiatives**

### **Büchertausch/Book Exchange**

An der Uni Passau im Nikolakloster: Büchertauschregal im Kopierraum, frei zugänglich.  
*The copy room at the Nikolakloster features a shelf with used books, accessible for everyone. Take one - leave one!*

*Book Aid Passau-Helfen durch Bücher e.V.* kannst Du Bücher abgeben und Neue mitnehmen. Dabei bezahlst Du, was du möchtest.

You want to drop of your old books and get some new ones? Check out Book Aid!  
Schmiedgasse 66, 94032 Passau | Do 15-19 Uhr | [www.book-aid-passau.de](http://www.book-aid-passau.de)

### **Flohmarkt Passau Innpromenade/Fleamarket**

Jeden 2. Und 4. Samstag in den Monaten März bis Oktober von 9-18 Uhr

*Every 2<sup>nd</sup> and 4<sup>th</sup> Saturday from March until October, 9am to 6pm. |*

[www.flohmarkt-passau-innpromenade.de](http://www.flohmarkt-passau-innpromenade.de)

### **Carsharing Passau**

Falls Du doch mal ein Auto brauchst, gibt es dort günstige Mitgliedspreise für Studierende.

*In case you need a car every once in a while, carsharing offers discount rates for students.*

[www.carsharing-passau.de](http://www.carsharing-passau.de)

### **Regiothek**

Die Regiothek bietet eine digitale Plattform, in der sich Betriebe und Verbraucher im Raum Niederbayern und Oberösterreich über Produkte informieren können. Lieferketten werden somit transparent, Hersteller und Verbraucher finden zusammen.

*Regiothek offers a digital platform for companies in Lower Bavaria and Upper Austria to offer information on their products. Supply chains become transparent and suppliers and consumers come together.*

Information: [www.regiothek.de](http://www.regiothek.de)

### **Vereinte Wurzelwerke, Solidarische Landwirtschaft Ilztal e.V./ Community Farming**

Hinter der solidarischen Landwirtschaft (SOLAWI) ist eine Gruppe, die mit professioneller Unterstützung von Gärtner/innen und Gemüse anbauen und wöchentlich die Ernte teilen. Außerdem gibt es verschiedene Bildungsangebote im Bereich ökologischer Landbau und Umwelt.

*The Solidarische Landwirtschaft (SOLAWI) is a group of people who grow their own vegetables with the support of professional gardeners and share their harvest weekly. They also offer diverse educational programs on organic farming and environmental topics.*