

→ THE GREEN GUIDE ENSCHEDA

A local guide to live a
sustainable life in Enschede

UNIVERSITY OF TWENTE
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ABOUT THE GREEN GUIDE

This is the first edition of the Green Guide Enschede, presenting a range of sustainable locations in and around Enschede. This guide was developed by a group of students at the University of Twente, to hopefully make it easier for you to live a sustainable life in Enschede.



GROCERIES

01.

Ekoplaza

Supermarket & Proefpuurplaza restaurant



Ekoplaza is a biological, organic supermarket. All their products are 100% organically checked and they offer our farmers, growers and producers a good price for this. The store includes Proefpuurplaza, a catering facility with a 100% organic kitchen for coffee/tea, high tea and take-away service.

Van Heekplein Market

Outdoor market
Tuesday & Saturday 8:00 - 17:00

Various market traders sell their products here. Fresh products such as vegetables, fruit, bread, cheese and fish, but also clothing, goods and articles, fabrics and haberdashery can be found here for a competitive price.

TIP! The biological market moved next to the "Ei van Ko" in the center of Enschede.

02.



Ecocentrum Emma

Supermarket, bicycle repair, plants, and restaurant

Are you for local, organic, sustainable and small-scale? Are you looking for an alternative to everything that is too commercial? Are you looking for authenticity? Then you're in the right place here - Ecocentrum Emma offers organic groceries, bicycle repair, your garden or house plants, a meal from our organic eatery or a party!

03.

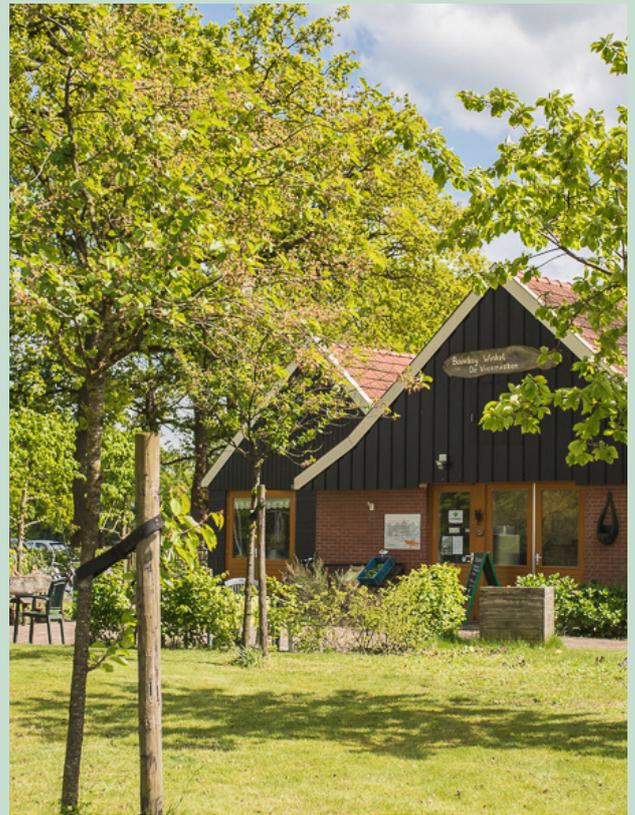


04.

Vierenmarken

Farm

the Vierenmarken is a farm close to the UT Campus, where they grow vegetables, make fresh cakes, jam and much more! And oh yes, there are chickens scratching around happily. Visit their farm shop or visit their tea house at Farm Oldenhof on a Sunday!



05.

Eko Twente

Online supermarket

Eko Twente is an online biological supermarket where you can order your weekly groceries. You can choose from a very extensive range of products: vegetables, fruit and meat from the organic butcher, as well as various groceries and gluten-free products. They buy as much as possible from organic producers in Twente and surroundings.

RESTAURANTS



01.

Het Paradijs

Vegetarian restaurant

Het Paradijs is an atmospheric place, full of art and greenery, where sustainability is central. Everything served is homemade; they mainly use local and organic products for our dishes. The dinner menu will change every three months, so that we can use local products as much as possible.

02.

Foodbar Rauw

Vegan foodbar in Twentsche Foodhallen

Foodbar Rauw brings comfort food to a new level, 100% cruelty free! They are the first vegan foodbar in Enschede, located in the Twentsche Foodhallen at the Performance Factory, there are many options for food and nice drinks!

TIP! Visit Zoetekauw afterwards for amazing 100% natural and local desert! :)



04. ETN Saladbar



Salad bar & Vegan Bakery

At this salad bar you can prepare your own salad from fresh local products. You can relax and enjoy a healthy salad or have the salad delivered to your home. Don't feel like salad? Then you can get a bowl of soup, a tasty wrap, a toast or a delicious piece of cake.

Lovely Local

Restaurant
(temporarily closed until November 12th, 2021)

Lovely Local is a cozy restaurant that works with many local, sustainable and organic products. They offer a different menu every month with dishes of good quality.

05.



06. Tankstation Cultureel Vulpunt

Vegetarian restaurant & cultural space



Tankstation is a transnational and cross-cultural public space where ideas, creations, and experiences are exchanged. This collaborative project has several platforms established, such as our vibrant common kitchen. Other platforms include art exhibitions, a lively stage for performers, and a "Give & Take shop" that promotes sharing, reusing, and recycling things.

CLOTHING

01.



Studio Spitsbaard Vintage

Vintage clothing & accessories

Studio Spitsbaard brings you the most beautiful, special curated pieces, but also the more mainstream vintage items. They focus on the 1960s to the mid 90s. In addition, you will find vintage items for your home, such as ceramics, rugs, small furniture and even plants. Follow them on instagram to check out their latest items!

Appel & Ei

Second-hand clothing store

Appel en Ei has the appearance of an ordinary store, but this store offers second-hand items. The store is filled with a constantly changing range of stylish and contemporary designer clothes and accessories at good prices.

02.



Vindiets

Second-hand clothing store

Vindiets has varied and high-quality second-hand clothing, shoes and accessories for women. The clothing of common, but also more exclusive brands, is ordered by color and geared to the season.



LIFESTYLE

01. WAAR



Gift shop

At WAAR you can always find a nice gift with a good story. waar offers a wide range of fashion and home accessories, books and food. All their products are sustainably produced, fair trade, organic, ecological, recycled or made in sheltered workshops.

Hightree Sustainable Art Co

02.

Sustainable art/gift shop (online)

Handmade, fair, and eco-friendly. At Hightree Sustainable Art Co, you can find sustainable art prints, posters and greeting cards with great attention for the environment.

Visit: www.hightreesustainable.com



03. Concordia Shop

Gift shop



Concordia has its own gift shop - if you are looking for a unique and surprising gift. Their range is local, conscious and surprising. They also have an online webshop.

THRIFT STORES

01. Terres des Hommes



Thrift store

Terre des Hommes is a thrift store where you can find women's, men's and children's clothing, shoes, accessories, toys, books, and small household items.

The profits go to the projects of Terre des Hommes, which fight against child exploitation.

Kringloop Enschede

Thrift store

Kringloop Enschede has books, household appliances, home and furnishing, clothing, furniture, music, toys and tools.

TIP! it is located across the street from Ecocentrum Emma, so make sure to visit both.

02.



03. Dandy's snuffelhal



Thrift store

From furniture and home accessories to tools and clothing, you will find it all at Dandy's Snuffelhal. Check out their facebook!

04. Jouw Marktkraam



Thrift store

Do you want to give your stuff a second chance? Are you so creative that you make things yourself or do you need a place to sell new stuff, such as from your webshop? Jouw Marktkraam is the place where you can sell and buy new, homemade and used items.

Het Goed

Thrift store

This thrift shop creates work through reuse by giving used items a second life. They carefully sort and check all used items, and have products such as clothing, shoes, household goods, toys, books and electronics.

05.



06. Tante Cor



Second-hand clothing shop and thrift store

Tante Cor is a shop for second-hand clothing for men and women. In addition, they also sell household items such as linens and duvets. Everything of high quality and solid materials.

SUSTAINABILITY ON THE UT CAMPUS

01.

green hub twente

UNIVERSITY OF TWENTE

SUSTAIN

Student association on sustainability

Sustain is a group of students who are enthusiastic about realizing a truly sustainable University of Twente. It is the first association focused primarily on raising awareness about sustainability and improving the sustainability of the University of Twente. It is also a place to meet like-minded people who form a passionate community.

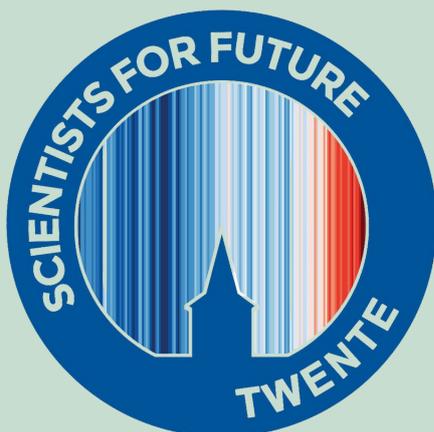
Green Hub Twente

Green Hub Twente is the central point for sustainability knowledge and initiatives at the University of Twente. The Green Hub plays an active role in shaping, realizing, implementing and following the UT's policy related to sustainability.

02.



03.



Scientists4Future – Twente

Scientists4Future-Twente enables scientifically trained professionals and students (in all scientific fields) who are concerned about the future, to connect with each other, and to empower citizens and organizations in Twente (and beyond) by strengthening 'climate literacy' and advocating for a science- and evidence-based approach to the climate emergency and other environmental crises.

04.

Shaping Expert Group – Sustainability

As the Shaping Expert Group (SEG) on sustainability, we want to use the strength of knowledge and ideas to achieve this goal. Many initiatives are starting up across the UT community to make our organization more sustainable. The first challenge is to bring all those initiatives together in one overview, to show the UT community, and the outside world, all the sustainable initiatives that are being realized. Second, the SEG will initiate and support new initiatives, and to boost and support the process towards becoming a sustainable organization in 2030. We work together with the Green Hub, SEE Programme and other groups across the university.



Your Sustainability Journey

To help inspire you about actions you could take, the workshop ‘Your Sustainability Journey’ has been developed. This workshop helps you discover the steps of your individual journey: your current impact; what it could be; and how to get there by focusing on specific actions you can take.

05. Extinction Rebellion

Extinction Rebellion (XR) Enschede is a diverse group of ordinary friendly people who are deeply concerned about the climate and ecological crises. In less than a year, they have grown from a small group of people to a competent, powerful and fun social movement with hundreds of local groups in almost sixty countries.



Community Gardens

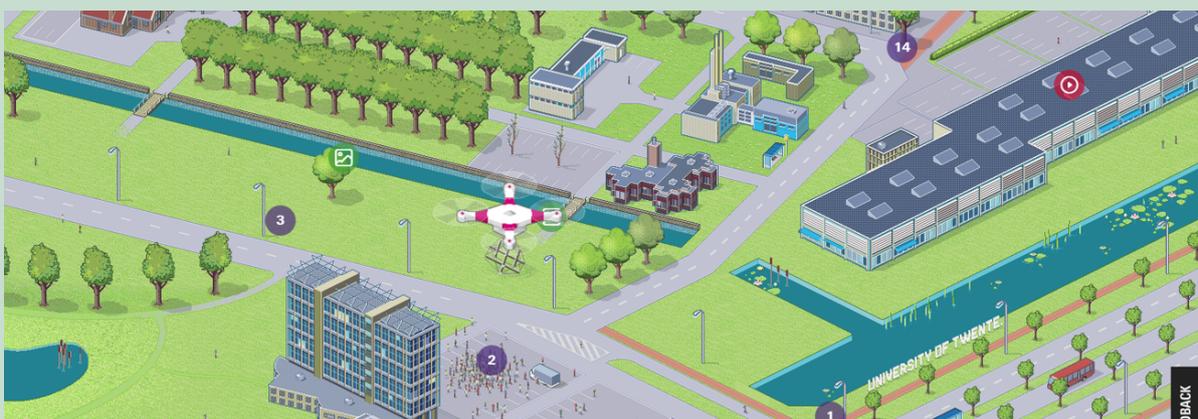
Green Hub Twente & SUSTAIN have recently set up community gardens on campus. This has been kicked off as a pilot project, with 1 x 1 meter plots where you can share and plant your own vegetables, fruits, and flowers. When people know how their food is made, they appreciate it more and throw away less food as they know how difficult it is to make it. We want students and staff of UT to experience having to eat vegetables/fruits grown in their own garden.

If you would be interested to get your own plot, or want to visit the gardens, contact: s.r.vanarum@student.utwente.nl



(Virtual) Sustainability Campus Walk

The University of Twente is located on a beautiful green campus in the Netherlands, between the cities of Enschede and Hengelo. In this virtual tour, you can explore the campus - and discover some of the sustainability measures the university has taken to become more sustainable. You can click anywhere to fly a drone to that location. You can follow the numbers to get the full tour - or click on the locations that interest you. Have fun!



CONTACT US!

Are you a sustainable business or location in Enschede? Make sure to contact us and we will consider you in the next edition of the Green Guide Enschede!

SUSTAIN

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www.utwente.nl/en/sustainability/green-hub-twente/

For more on sustainability on the UT Campus, visit:

www.utwente.nl/en/sustainability/



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