

Your Sustainability Journey

Extra Information on Local Solutions for Student (S) and Employee (E) Deck Actions

For comments, suggestions or to order your own set of cards, contact us at: yoursustainabilityjourney@utwente.nl

Table of Contents

1. Appreciate nature regularly (S)	4
2. Bring reusable bags to the store	5
3. Buy a hybrid or electric car (E)	5
4. Buy clothes from second hand stores	5
5. Buy energy efficient or second hand appliances	6
6. Buy regional, seasonal, organic fresh food more often	6
7. Carpool	7
8. Compost	7
9. Don't litter	7
10. Donate old electronic devices	8
11. Eat meat one time less per week	8
12. Use a reusable mug/water bottle	8
13. Avoid airplanes when traveling	8
14. Bring personal tableware to the cafeteria	8
15. Get an energy audit every 5 years (E)	8
16. Get involved with a campus environmental organization	8
17. Help out at a community garden (S)	9
18. In case you will move, move to a smaller home (E)	9
19. In summer, dry your clothes without a dryer	9
20. Install a programmable thermostat (E)	9
21. Install double glazed windows (E)	9
22. Insulate your water heater (E)	9
23. Join a climate organization	9
24. Minimize air conditioning in the car	9
25. Minimize heating and cooling in your house	9
26. Pick up litter in nature (S)	10
27. Plant a tree	10
28. Read assignments online or print them double-sided	10
29. Recycle	10
30. Reduce plastic use	10
31. Reduce: share things, don't own everything	10
32. Refuse: shop environmentally conscious products	10
33. Rent or buy used or digital (text)books	10
34. Replace car trips with travel by public transport, bicycle, or not at all	10
35. Reuse/repair: use products longer instead of buying new	10
36. Save energy by doing (home)work in a public place	10
37. Shorter/colder showers - use less hot water	10
38. Take notes digitally (S)	11
39. Take part in a climate demonstration	11
40. Talk about climate change and sustainability with friends, family members, and colleagues	11
41. Transition to solar energy	11
42. Turn off lights when you leave	11
43. Vote for candidates who support sustainable policy actions	11
44. Walk or bike to class (S)	11
45. Walk or bike to work (E)	11
46. Wash your clothes at 15-30° C	11
47. Write to school administrators	11

1. Appreciate nature regularly (S)

All parks, nature areas, and estates: <https://www.uitinenschede.nl/ziendoen/parken>

Other links:

<https://visitenschede.nl/culture/park/blijdensteinpark>

<https://www.studyinenschede.com/blog/wonderful-forest-walks-in-and-around-enschede>

<https://www.alltrails.com/netherlands/overijssel/enschede/forest>

Parks

- Abraham Lederboer Park
- Blijdenstein Park
- Flora Park
- Van Heekpark
- Thomas Ainsworth Park
- Volkspark
- Wesselerbrink park
- Wooldriks park
- Kozakken park
- Landgoed de Hooge Boekel
- Kozakkenpark
- Landgoed de Hooge Boekel
- Landgoed Smalenbroek
- Groot Smalenbroek
- Groot Brunink

Forests

- Het Stroot
- Amsveen
- 'T Amelinksbos
- Lonnekerburg

Walk + cycle trails

- Hof Espelo
- <https://www.route.nl/fietsroute/143632/rondje-enschede-en-boekelo/map>
- Vliegveld Twente
- Rutbeek
- [The flamingo route](#)
- [Het Kristalbad](#)
- Airport Twenthe
- [Het Buurserzand](#)

Tips

- Go for a walk in nature at least once a week
- Start the morning with a walk through nature
- Enjoy your lunch outside / Go on walks with colleagues during (lunch) breaks. Sit quietly and simply look around you, appreciate nature, think of 3 things you are grateful for.
- Plant flowers or herb garden in your home balcony/garden

2. Bring reusable bags to the store

Where to buy reusable bags:

- WAAR Enschede. <https://ditiswaar.nl/>
- Concordia Gift shop
- Hema

3. Buy a hybrid or electric car (E)

4. Buy clothes from second hand stores

List of thrift shops in Enschede:

- Studio Spitsbaard Vintage
- Appel & Ei
- Vindiets
- Terres des Hommes
- Het Goed
- Tante Cor
- Jouw Marktkraam
- Kringloop Enschede
- Koopjeshuis Mago
- Dandy's snuffelhal

Tips:

- Live a minimalism lifestyle. consider before you buy something if you really need it
- Use apps
 - Vinted
- Watch documentary
 - the True Cost

5. Buy energy efficient or second hand appliances

Mobile phone: FairPhone: <https://www.fairphone.com/en/>

Second hand audio devices in store Enschede: <https://www.wenwaudio.nl/>

Online:

- Marktplaats <https://www.marktplaats.nl/>
- Facebook marketplace: <https://www.facebook.com/marketplace?ref=bookmark>

6. Buy regional, seasonal, organic fresh food more often

Where to buy organic food:

- Ekoplaza Enschede
- Van Heek Marktplaats on Tuesday & Saturday. The Biological market is in the center next to the "Ei van Ko".

- Ecocentrum Emma
- Viermarken. Next to the UT campus, you can pick up or order weekly vegetables.
<https://www.viermarken.nl/wpv2/winkel/groentepakketten/>

Online supermarket:

- Eko Twente <https://www.ekotwente.nl/>

Other links:

- Fresh bio egg vending machine at farm not in Enschede, but a few km away:
<https://www.fietsenvoormijneten.nl/stalletje/pluimveebedrijf-aarnink/>
- Fresh eggs small vender: Usselerrondweg 9
- Fresh eggs and potatoes: Noord Esmarkerrondweg 385
- Fresh milk from tap at the farm Voogd: Hof Espelo:
<https://www.facebook.com/melkveebedrijfvoogd>
- Fresh chicken and BBQ products at farm shop: <https://kippeboertje.nl/>
- Bio meat from far (open only Saturdays): <http://koeienvanjelle.nl/>
- Bio wheat from shop at the mill: <http://wissinksmolen.nl/>
- Wheat from shop at other mill: <https://www.lonnekermolen.nl/>
- Picking your own berries: <http://www.bosbessenkwekerij.nl/>
- Fishing your own fish (forel): <https://forelderij.nl/>
- Pumpkin farm:
http://www.pompoenhofke.nl/?fbclid=IwAR1Kcl9b5Xd2t_w-AmdmRdhw4mcOH6JY_eSF7HLLiednOV5SOMRjPHOqXxc
- Fresh honey and flowers Bijenhoek Helmerhoek:
<https://www.google.cl/maps/place/De+Bijenhoek/@52.1995868,6.8555317,18.5z/data=!4m5!3m4!1s0x47b8133638b24615:0x6d001bcea75518e!8m2!3d52.1997581!4d6.8544901>
- Boer Snuverink farm close to campus with fresh raw and raw Turkish cheese (Peynir):
<https://www.boersnuverink.nl/>
- Farm Ensink beef, fruits and vegetable shop: <https://www.bijzonderrundvlees.nl/>
- Fresh asparagus Auke Vleerstraat: <http://www.aspergesslaghekke.nl/>
- Fresh cheese at farm (few km from Enschede): <https://www.kaamps.nl/nl/home>
- Bio farm (biodynamisch) few km from Enschede: <https://www.zuuver.nu/>
- Fresh fruit picking farm close to Enschede Fruitkwekerij 't Düvelshöfke: www.duvelshofke.nl

Buy waste-free groceries at online supermarket Pieter Pot

<https://www.pieter-pot.nl/>

7. Carpool

Carpool world:

<https://www.carpoolworld.com/carpool.html?to=Enschede - Hengelo - Almelo - Amersfoort&wc=NLD.NL&ws=OV&lat=52.4861350&lon=6.4252900>

Blabla car:

https://www.blablacar.nl/ride-sharing/enschede/?tn=enschede&arrival_city=enschede&seats=1&searchOrigin=filter&transport_type=carpooling

8. Compost

You can dispose of your organic waste in the green container:

<https://www.twentemilieu.nl/enschede/afvalsoorten/gft-afval-groente-fruit-en-tuinafval>

You can also keep your container clean by using 100% biodegradable bags.

Compost in your backyard:

- <http://www.howtocompost.org/>
- <https://www.ecocycle.org/backyard-composting>

Get a compost bin yourself: <https://www.tuinartikelen.nu/plant-zorg/compostvat/>

9. Don't litter

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10. Donate old electronic devices

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11. Eat meat one time less per week

Vegetarian recipes:

- Vegan booklet
<https://www.utwente.nl/.uc/fe11ed5610102ece8d2002ac076013e5b770b9ef02c8700/VeganBookletSustainabilityWeek.pdf>
- Allerhande (AH app) has recipes where you can select vegetarian/vegan

Tips:

- Try to eat less meat together with a partner/friend/colleague who also wants to eat less meat and create a challenge together

12. Use a reusable mug/water bottle

Billie Cup (reusable coffee/tea cup):

- <https://billiecup.com/nl/>
- Introduced at the UT on March 2022:
<https://www.utwente.nl/nieuws/2022/3/510685/coffee-corners-universiteit-twente-introduceren-billie-cup>

Get a reusable mug/water bottle at WAAR Enschede.

- <https://ditiswaar.nl/>

13. Avoid airplanes when traveling

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14. Bring personal tableware to the cafeteria

Where to buy sustainable silverware in Enschede:

- WAAR <https://ditiiswaar.nl/>
- Dille & Kamille <https://www.dille-kamille.nl/>

“Bring Your Own Cutlery” (BYOC) instead of using disposable plastic utensils is an easy way to reduce waste.

15. Get an energy audit every 5 years (E)

- The energy saving or housing coach from Energieloket can advise you free of charge and help you save energy. For Enschede municipality: <https://energieloket-enschede.nl/>

16. Get involved with a campus environmental organization

- Scientists4Future - Twente: <https://twente.scientists4future.nl/>
- Sustain: <https://sustainutwente.wixsite.com/mysite>
- Green Hub Twente: <https://www.utwente.nl/nl/duurzaamheid/green-hub-twente/>

17. Help out at a community garden (S)

- Community Garden UT: <https://www.utwente.nl/en/ut-kring/btd/about/map.html>
- Volkstuinvereniging het Vaneker:
<https://www.facebook.com/Volkstuinvereniging-Het-Vaneker-115710433461081/>

18. In case you will move, move to a smaller home (E)

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19. In summer, dry your clothes without a dryer

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20. Install a programmable thermostat (E)

- Check with your energy provider.

21. Install double glazed windows (E)

- Check with your energy provider.
- <https://www.pluimers.nl/>

22. Insulate your water heater (E)

- Check with your energy provider.

23. Join a climate organization

XR Enschede

<https://rebellion.global/groups/nl-enschede/#events>

<https://www.facebook.com/XREnschede/>

National climate organizations:

- Friends of the Earth Netherlands (Milieudefensie) <https://en.milieudedefensie.nl/>
- Greenpeace: <https://www.greenpeace.org/nl/>
- Youth for Climate NL <https://youthforclimate.nl/>
- Grootouders voor het klimaat <https://grootoudersvoorhetklimaat.nl/>
- Teachers for Climate <https://teachersforclimate.nl/>
- De Jonge Klimaatbeweging <https://www.jongeklimaatbeweging.nl/>

24. Minimize air conditioning in the car

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25. Minimize heating and cooling in your house

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26. Pick up litter in nature (S)

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27. Plant a tree

www.planboom.nl/beginners

28. Read assignments online or print them double-sided

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29. Recycle

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30. Reduce plastic use

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31. Reduce: share things, don't own everything

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32. Refuse: shop environmentally conscious products

- Fast fashion brands to avoid:
<https://www.sustainably-chic.com/blog/fast-fashion-brands-to-avoid>
 - These include: Primark, Zara, Mango, H&M

33. Rent or buy used or digital (text)books

Second hand textbooks for the University of Twente:

https://www.bookmatch.nl/wo/Universiteit_Twente

34. Replace car trips with travel by public transport, bicycle, or not at all

35. Reuse/repair: use products longer instead of buying new

36. Save energy by doing (home)work in a public place

Public library Enschede: <https://www.bibliotheekenschede.nl/>

University of Twente libraries

Cafe's to work in Enschede:

- Coffee Fellows
- Douwe Egberts
- Stoet

37. Shorter/colder showers - use less hot water

38. Take notes digitally (S)

39. Take part in a climate demonstration

40. Talk about climate change and sustainability with friends, family members, and colleagues

How to talk about climate change:

<https://medium.com/s/story/how-to-have-a-useful-conversation-about-climate-change-in-11-steps-d4bbd4135e35>

41. Transition to solar energy

- Check with your energy provider.
- <https://www.zonnepanelenvergelijker.nl/>

42. Turn off lights when you leave

43. Vote for candidates who support sustainable policy actions

Read the policy plans of local parties and research individual candidates before voting.

2021 elections:

- Overview of the positions of political parties per topic (only in Dutch: <https://www.technieknederland.nl/stream/21.009-standpunten-politieke-partijen-verkiezingen-2021>)

- The parties and their policy plans (some plans are only in Dutch, others have English versions e.g. D66, GL:
https://www.parlement.com/id/vldal65gacv0/partijen_en_verkiezingsprogramma_s

44. Walk or bike to class (S)

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45. Walk or bike to work (E)

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46. Wash your clothes at 15-30° C

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47. Write to school administrators

Write school administrators through an organization to have more impact, such as through Scientists4Future - Twente: <https://twente.scientists4future.nl/>