



# **(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 Agenda 2030, consisting of 17 Sustainable Development Goals (SDGs). The world community has 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.

### Imprint:

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*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. An apt illustrative model is your "ecological footprint" and the Earth Overshoot Day. The ecological footprint shows how many resources one person uses up with his or her lifestyle. Earth Overshoot Day marks the day we surpass the ecosystem's yearly supply of natural resources. This year, Earth Overshoot Day was July 29<sup>th</sup>. From then on and for the remainder of the year we will live on ecological "credit." If the whole world had Germany's "shoe size," Earth Overshoot Day would be May 3<sup>rd</sup>.

That's 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 things you can do that are healthy, increase your quality of life and will help you live economically.

You can begin by calculating your own ecological footprint at [footprintcalculator.org](http://footprintcalculator.org/) or [fussabdruck.de/fussabdrucktest](http://fussabdruck.de/fussabdrucktest) or <http://www.uba.co2-rechner.de/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 environmentally sound 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!

Drink your coffee from a mug or your own to-go container instead of using a paper cup. Paper cups end up in the waste bin and not in the paper recycling. Moreover, they are generally coated with plastic and non-recyclable. If a beer or a soda is what you want, choose returnable deposit bottles instead of disposable bottles or cans.

Choose an organic vegetarian or vegan lunch at the canteen every once in a while.

Print scripts and texts on both sides with multiple pages printed on one page. Ideally, you don't print them at all – that way you also save money. You can economize on your ink cartridge if your printer is on eco mode or if you print grey instead of black.

Use only one paper towel to dry your hands.

Use public transportation, your bike or walk to the university!



*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 will surely taste even better with a good conscience!

Buy less meat and dairy products. The meat industry takes up 77% of our global agricultural acreage. The meat and dairy industries use soy as animal feed, grown to a large extent in South America, where forests are cleared, inhabitants displaced and biodiversity destroyed.



### 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.







## 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 provider posteo**? 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 Kastl Store", or at at AfB Social & Green IT Company ([afb-group.de](http://afb-group.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.

You probably cannot completely avoid producing waste, but recycle as much as possible!

## 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!

**Campus Group Sustainability:** This campus group plans and carries out diverse campaigns and events, for instance, “Nachhaltige Wochen” [Sustainable Weeks], Upcycling Workshops, or campaign to introduce recycled paper on campus. The group supports local initiatives and their aim is to collect and disperse interdisciplinary ideas and knowledge for a sustainable future.



nachhaltigkeit@stuve-unipassau.de | Facebook: Nachhaltigkeit Uni Passau

**WinD:** WinD is devoted to sustainability, global justice and socio-political issues. They aim to make people think and act with their campaigns, such as biannual clothing exchanges, upcycling campaigns, workshops on Critical Whiteness and much more.



<http://wind-netzwerk.org/gruppen/passau/> | [passau@wind-netzwerk.org](mailto:passau@wind-netzwerk.org)

### Meat production and meat consumption



Per capita meat consumption in Germany is 87 kg per year, that's 1.6 kg per week.

To remain within the earth's ecological limits, one person should not eat more than 300 g meat per week.

60 to 75% of the newly cleared Amazon forests have been deforested to be used as pastures. Meat production is responsible for more greenhouse gases than the collective global traffic, including cars, trains, ships and planes. You can find these and further interesting facts at Fleischatlas: [www.boell.de](http://www.boell.de)

If the World's 2 Billion High Consumers Cut Their Meat and Dairy Consumption by 40%...



[wri.org/shiftingdiets](http://wri.org/shiftingdiets)

 WORLD RESOURCES INSTITUTE



**Sneep:** Sneep is short for student network for ethics in economics and practice and is concerned with business ethics and sustainability. Their position and postulation paper explicitly demands the implementation of ethics and sustainability at the University of Passau.

[www.sneep.info/lokalgruppen-alt/passau/](http://www.sneep.info/lokalgruppen-alt/passau/) | [passau@sneep.info](mailto:passau@sneep.info)



**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.

<http://passau.enactus.de/> | [teamvorstand@passau.enactus.de](mailto:teamvorstand@passau.enactus.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!

[www.ghg-passau.de/](http://www.ghg-passau.de/) | [gruenehsg@www.uni-passau.de](mailto:gruenehsg@www.uni-passau.de)



**Bündnis der Hochschulgruppen für Nachhaltigkeit:** The "Bündnis der Hochschulgruppen für Nachhaltigkeit" (short: 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. : If you're interested in our activities or have any questions, please contact us on social media (instagram: [bhn.unipassau](https://www.instagram.com/bhn.unipassau)).



### Project funding for students

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

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

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

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



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.

Explore some exciting and interesting websites and apps related to sustainability issues

### Websites:

Utopia.de

Mundraub.org

Boell.de

foodsharing.de

netzwerk-n.org

### Apps:

Too Good To Go

Fischratgeber (sustainable fish consumption)

CO2-Calculator

Öffi oder Bayernfahrplan

### Climate & air travel



When planning your next trip abroad, consider the extremely negative effect of air travel on our 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 Paolo 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 small 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)

### Smart Shopping Here: My Beer

	Local	Regional	Organic
Augustiner		✓	
Apostelbräu		✓	
Becks/Budweiser/Jever			
Hacklberg/Löwenbräu/Innstadt	✓	✓	
Lammsbräu Neumarkt		✓	✓
Thomas Bräu Haselbach	✓	✓	✓



## 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.

### Coffe-to-go-cups

Every month, in the University's Cafeterias about 25,000 paper cups were used and discarded. This does not include the cups issued by the automatic vending machines.

These cups would add up into a row of 2,55km in length reaching from Ortsspitze to the University sports ground.

Frequently, the porcelain cups at the cafeterias are stolen, thus there is often a lack of proper cups.

If you have cups you don't need and want to make some space in your kitchen, you can drop them off at any of the cafeterias. The cups have to be clean and need the right size/volume.



**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)



*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.*

## Einkaufen/Shopping

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

Bio Top (*Organic food shop*)  
Grabengasse 16, 94032 Passau  
<http://www.biotop-passau.de/>

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

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

Johnny's Hat Vintage & Secondhand Shop  
Unterer Sand 9, 94032 Passau  
<https://www.johnnyshat.com/>



## 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/>



### Ausflugstip/local destination

Der Verein Ilztalbahnhof betreibt auf gemeinnütziger Basis die Bahnstrecke entlang der Ilz von Passau nach Freyung. Entlang der Strecke liegen wunderschöne Ziele für einen Wochenendausflug.

A non-profit organization that operates a train from Passau to Freyung. Ilztalbahnhof travels to beautiful destinations for weekend trips and sets a trend in future mobility. [ilztalbahnhof.eu](http://ilztalbahnhof.eu)

## **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!*

Bei *Book Aid Passau-Helfen durch Bücher e.V.*, Schmiedgasse 66, 94032 Passau

Öffnungszeiten - Opening Hours : 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. Günstige Mitgliedspreise für Studierende.

*In case you do 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.*

[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.*

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