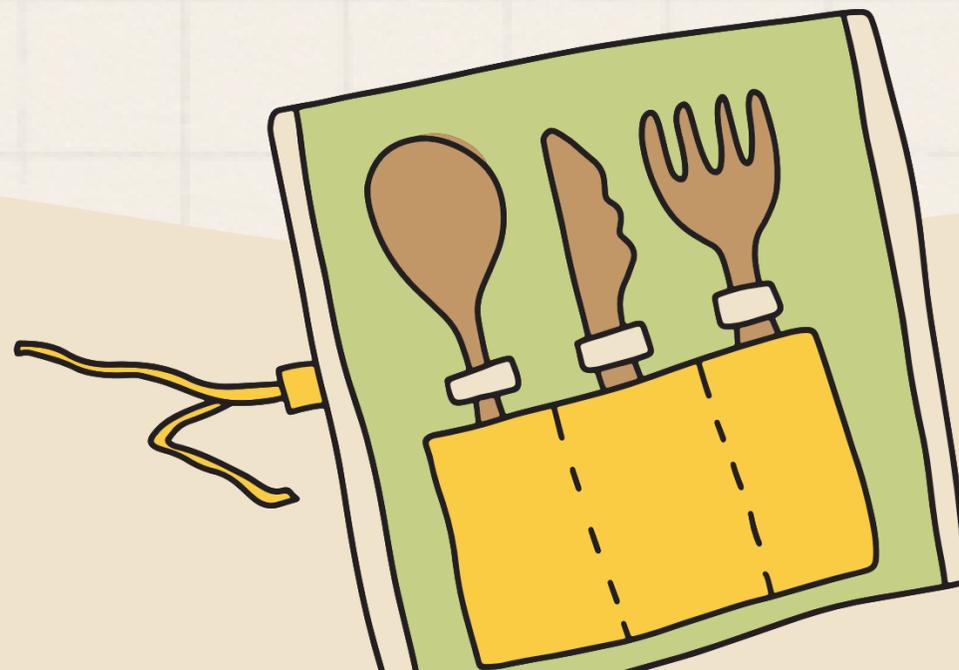


GREEN GUIDE

for a sustainable life



UNIVERSITÄT
BAYREUTH

Welcome to Bayreuth!

This guide ensures your time in Germany is not just educational but eco-friendly. Embrace waste separation, explore green transportation, and savor sustainable cuisine. Dive into energy-efficient living and participate in community initiatives for a greener cultural integration. Thrive academically while leaving a lighter environmental footprint. Enjoy your sustainable journey in Germany!





CONTENT

<u>Sustainable mobility</u>	4
<u>Climate-friendly eating and shopping</u>	11
<u>Eco-conscious in everyday life</u>	15
<u>Saving energy and water</u>	17
<u>Correct heating and ventilation</u>	21
<u>CO₂ footprint</u>	24
<u>Waste separation and avoidance</u>	26

This document
contains links.

Try it out!



Sustainable mobility



When on the bike:

Do`s

- ✓ Wear a helmet
- ✓ No headphones
- ✓ Don`t drink and drive
- ✓ Wear light-colored clothing

Street signs

Driving on pavements at walking speed allowed



Cycle path merging:
mandatory use

Don`ts

- ⊘ Hands-free riding
- ⊘ Phone in hand
- ⊘ Ride on handlebars/
luggage carrier
- ⊘ No lights



Everything around the bike:

Broken bike?

Bike station with air pump and repair kit

- 📍 In front of the sport institute
- 📍 In front of the central university administration
- 📍 For bigger issues: Radbox



Renting a cargo bike



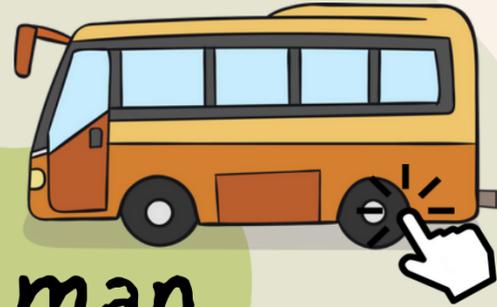
Excursions by bike:

Use apps that plan your hike or bike route



Public transport in Bayreuth

Public bus map



There are call-line taxis
Number on the plan or
in the app

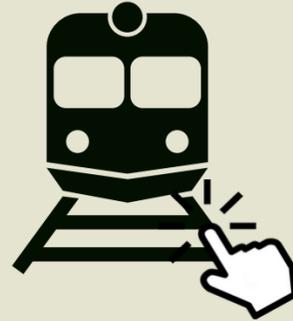
Tickets

Bayreuth city district:
student ID = ticket

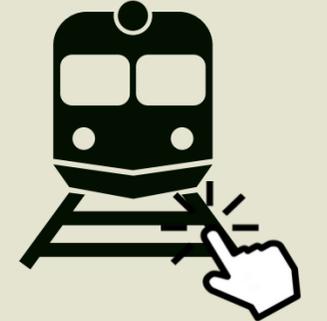
Surrounding area:
further discounts



Useful Apps



VGN App



DB Navigator

Trips to nature

Fichtelgebirge & the Fichtelsee

- Fichtelsee: special busses in summer, otherwise train to Weidenberg then Bus 369 to Bischofsgrün
- Bad Berneck: ALT329 (need to call one hour prior: +49 921 20208 or Bus 8943 to Hof)

Good starting point for hikes

Franconian Switzerland

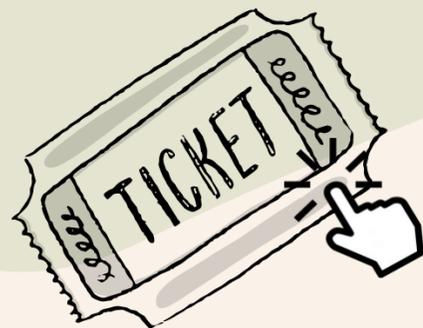
- In summer: accessible from Pegnitz with special railway no. 389 (Wiesenttal-Express) 
- Possibility to take a bike (a children's ticket must be bought for the bike)



Trips in Germany

Bayerticket

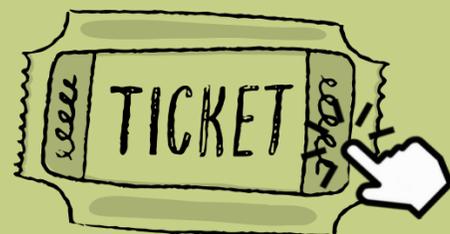
From 9am to 3am the next day, public transport in all of Bavaria (no IC/ICE)
one person: 27€ →
5 People: 63€



Deutschland Ticket

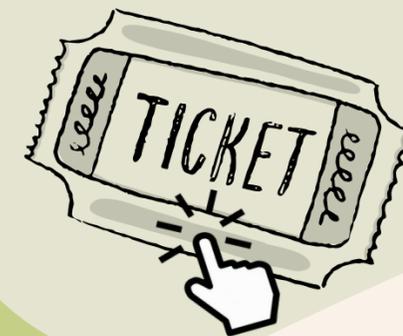
29€ for students. Germany-wide public transport included (no IC/ICE)

For us it's only 17.20€ because our semester fee includes a mobility allowance.



Taking the IC/ICE

Could make sense to get the trial BahnCard 25 for 19.90€ (for three months) or for one year (36.90€) (under the age of 27) with this card you get a 25% discount



Possible destinations

Cities close by:

- Nürnberg
- Bamberg
- München
- Leipzig

Weekend trip to Prague

- By bus: 6-7 hours, one change in Dresden
- By train: approximately 5 hours, at least two changes

Try long-distance buses for cheap tickets



Climate- friendly eating and shopping



Eating on Campus

Mensa/ Cafeteria/ Frischraum

- Many vegan and vegetarian food options
- Try the vegan and/or salad bar at Frischraum
—> Grab a plate, load it with your chosen food, then weigh and pay at the checkout using your student ID.



A vegan diet can reduce CO₂ emissions by approx. 40% compared to an omnivorous diet that includes meat and fish.



Try vegetarian or vegan options for a more sustainable choice!

Symbols to check what's in your food



Useful App for today's menu:



UBT App



Contains animal rennet, gelatine or honey



Vegetarian



Sustainable fishing



Vegan



Local



More symbols:



Sustainable grocery shopping



CHECKLIST

- Bring your own bag
- Shop local and seasonal products
- Reduced meat and seafood consumption
- Avoid plastic packaging



 More information:



TIPS FOR SUSTAINABLE SHOPPING

- Try stores that sell natural and organic products
- Try local markets
- Try to buy fairtrade products
- Try zero waste stores

Foodsaving

Save food from going to waste
& save money at the same time



eco-conscious in
everyday life



Sustainable consumer behaviour



Buy new

Check out the fairtrade shops in Bayreuth or shop online

Buy second-hand

Try second-hand stores or second-hand platforms on the internet.

Do it yourself (DIY)

Get inspiration for your DIY projects on the internet

Trade items with others

Ask friends, use local exchange platforms or use bookshelves in the city

Borrow items

Ask friends or in chat groups, use carsharing etc.

Repair broken items

Repair it yourself with instructions you can find online or use repair services

Use what you already have

Saving energy and water



Energy saving tips

Cooking



- Use the pot lid
- Use the right pot size for the hob
- Only use as much water as necessary
- Avoid preheating the oven
- Keep the oven door closed as far as possible

Laundry



- Use the eco-programm
- Avoid pretreatment if possible
- Wash at the lowest possible temperature
- Fill the washing machine sufficiently
- Dry laundry in the air and not in the dryer

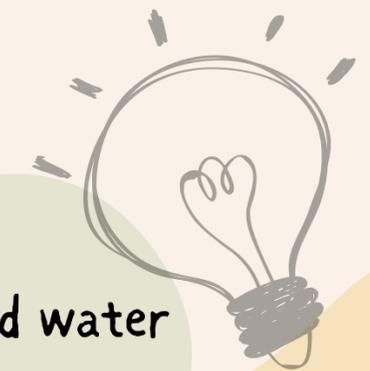
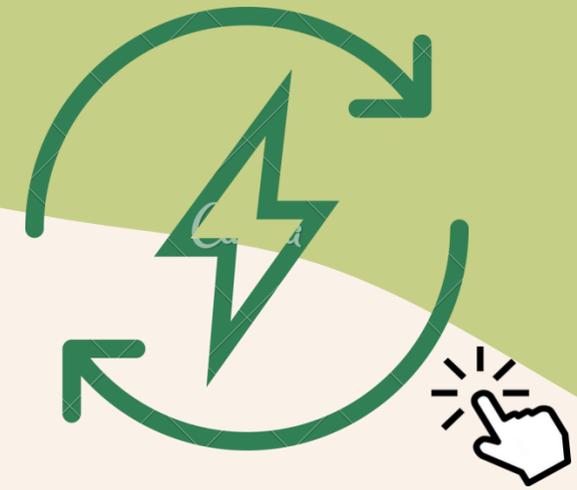
Electrical devices



- Avoid the stand-by mode
- Darken the screen
- Try to use battery-powered electrical appliances
- Pay attention to a high energy class

Other tips

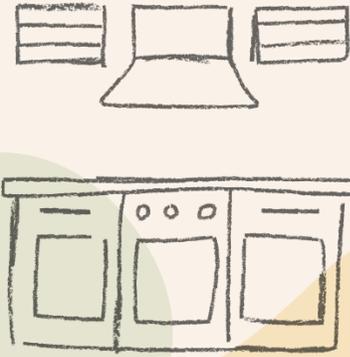
- Wash your hands with cold water
- Use energy-saving lamps or LED lamps
- Set your refrigerator to no colder than 7 degrees
- Only charge your e-toothbrush when needed



Water saving tips



Kitchen



- Use the dishwasher with a full load
- Do not clean fruit and vegetables under running water
- Maintain the tap (avoid dripping)
- Portion water when making tea

Bath



- Avoid bathing, shower instead
- Shower at the right temperature (35 °C to 38 °C)
- Turn off the water when brushing your teeth and soaping up
- Use the economy button at the toilet

Virtual Water



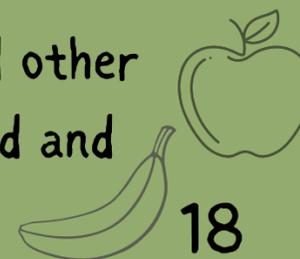
- Separate waste correctly
- Use cloth and plastic bags as often as possible
- Travel short distances by bike
- Buy more second-hand products and clothes



what is virtual water?

= Water that is used for the production of food and objects and is polluted or evaporates

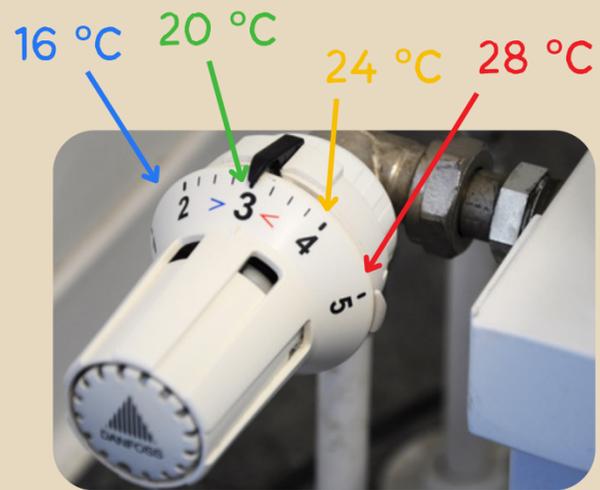
For example, fruit, vegetables and other agricultural products are irrigated and fertilized so that they grow



Correct heating and ventilation



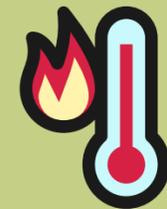
Correct heating



The numbers on the thermostat stand for specific room temperatures. The valve remains fully open until the desired temperature is reached.

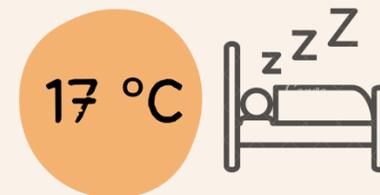
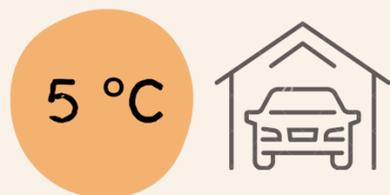
 It therefore does not heat up any faster if you set a higher temperature

Tips for correct heating

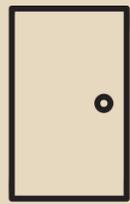
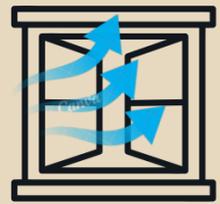


- Maintain optimum room temperatures
- Turn off the thermostat when ventilating
- Keep rooms generally closed
- Dress appropriately for a pleasant sense of space
- Do not block or cover radiators

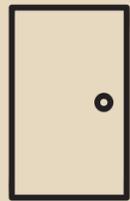
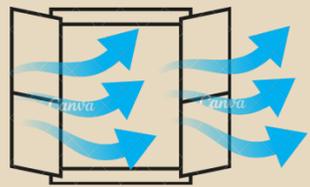
Optimum room temperatures in the heating season



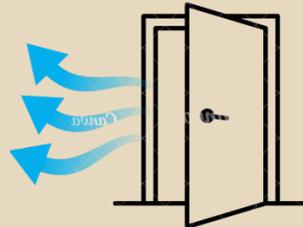
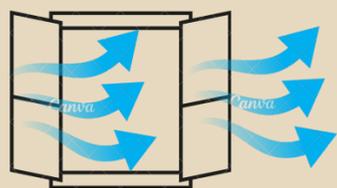
Correct ventilation



Tilted windows lead to heat loss, but do not create sufficient air exchange.



Rapid cross-ventilation prevents heat loss and mold growth and saves money.



It is best to cross-ventilate briefly for a complete air exchange

Tips for correct ventilation



- Complete air exchange in the morning and evening
- Always ventilate to the outside, not from one room to another
- Ventilate more often when drying laundry inside
- Always ventilate when water vapor is produced (for example when cooking)

Ventilate correctly at any time of year



In summer 2 times a day for 25 minutes



In spring / fall 3 to 4 times a day for 10 minutes



During the transition period 3 to 4 times a day for 20 minutes



In winter 3 times a day for 5 minutes

CO₂ footprint



CO₂ footprint

What is a carbon (CO₂) footprint?

Greenhouse gases are released during the production and consumption of products and services.

The carbon footprint is a concept used to determine the impact of an activity, a person or a country on climate change.



What can you do to reduce your CO₂ footprint?

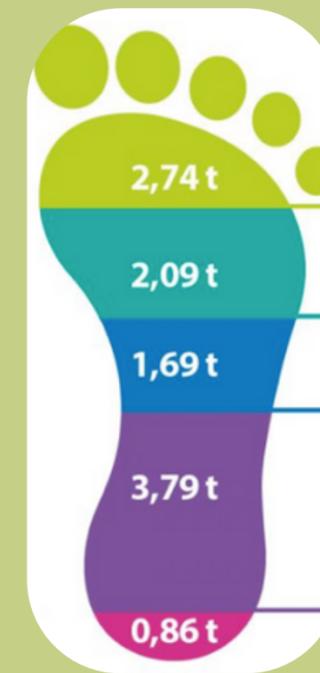
- Eat local and seasonal products
- Eat less meat, especially less beef
- Buy fish from sustainable fisheries



- Form carpools
- Use the bike or public transport



Average footprint per capita in Germany



Living & electricity

Mobility

Nutrition

Other consumption

Public emissions

11.17 tons
per capita
2023



- Try to exchange things, borrow or buy second-hand clothes
- Buy responsibly produced clothing

waste separation and avoidance



Where does all the waste go?

Waste separation in Germany can be very confusing. There are many bins and even more rules.

But don't worry! It's not that hard. Let us help you!



The yellow bin/ yellow bag

= gelbe Tonne/ gelber Sack

What to put

- All lightweight packaging made of plastic, aluminum, tinfoil and composite materials such as beverage cartons

What NOT to put

- Not completely empty packaging
- Rubber/ Elastics
- Clear cover for documents



The blue bin/ paper bin

= blaue Tonne/ Papiertonne

What to put

- All packaging and non-packaging made of paper, cardboard or carton, but without dirt

What NOT to put

- Receipts
- Baking paper
- Paper handkerchiefs
- Soiled cardboard or paper packaging (e.g. pizza boxes)



The organic bin / organic waste

= Bio-Tonne/ Bio-Müll

What to put

- For organic waste (except bones) like food waste or dead plants

What NOT to put

- Bones
- Plastic !!!
- Flower pots
- Paper handkerchiefs



The black bin/ residual waste

= schwarze Tonne/ Restmüll

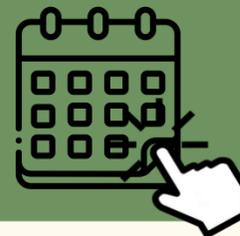
What to put

- Everything that cannot be reused or recycled

What NOT to put

- Electrical appliances
- Batteries
- Energy-saving lamps
- Problematic substances such as paint residues, poisons, solvents

If you live in a private home and want to know when you have to put which bin outside, check the waste calendar.



Glass and cans

get disposed of in bottle banks and containers

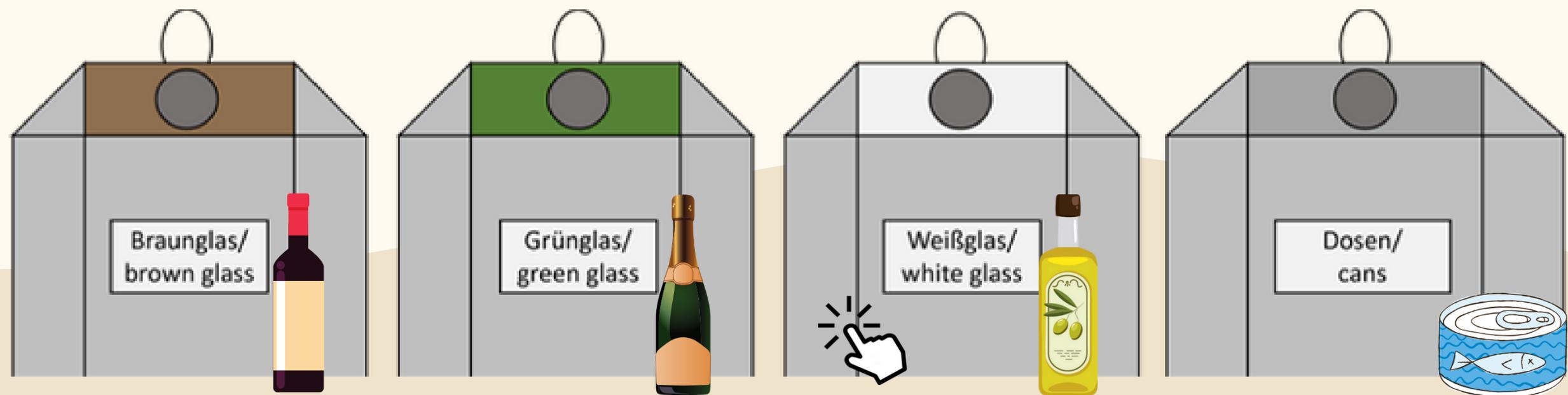
Find the next
collection point
here!

Glass

- Only completely empty glass containers
- Must be sorted by colour
(All other colours (ex. blue glass) are disposed of with green glass)
- Lids should be removed

Cans

- Disposed of in the appropriate container





Special waste



Batteries

Disposal station in every supermarket



Electrical waste

Must be taken back by electrical shops and online shops



Old clothes

Disposed in containers or stores of the German Red Cross



Bottle deposit

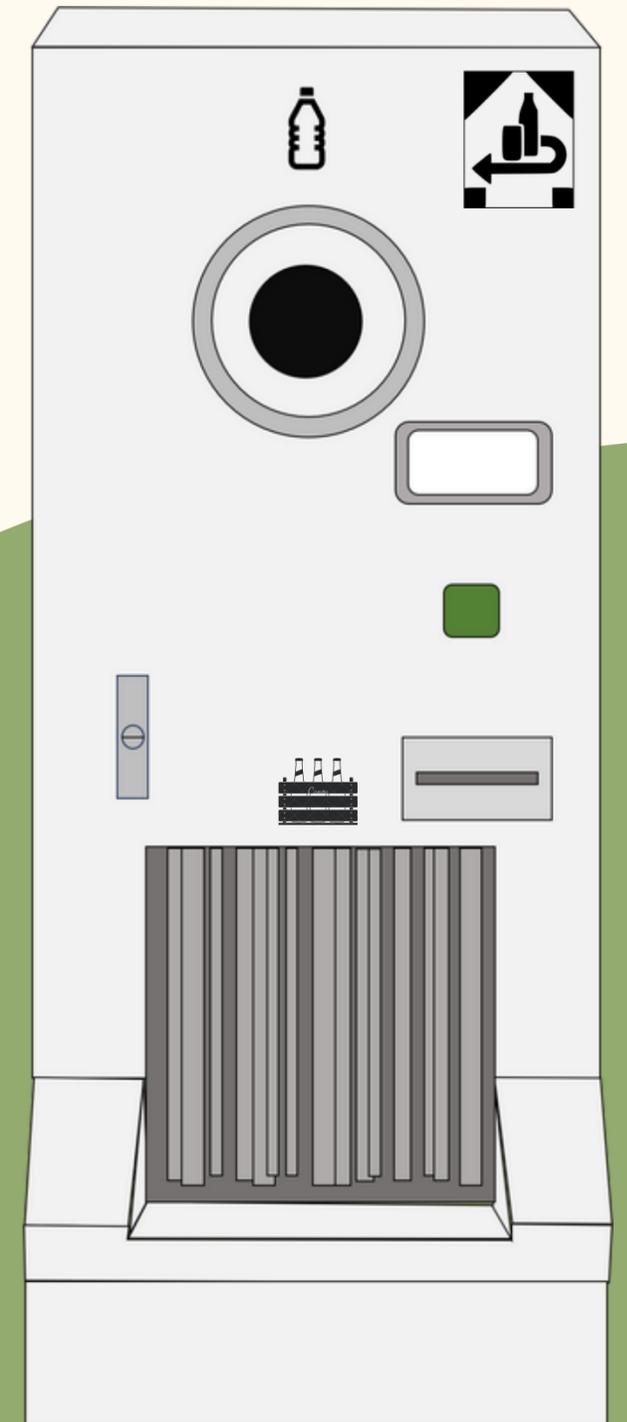
= Flaschenpfand

→ Don't throw away your bottles!

In Germany there is a deposit on bottles, which you get back when you return them to the vending machine in the supermarket.

- Plastic bottle: 25 ct
- Beer bottle: 8 ct / 15 ct
- Milk bottle: 15 ct
- Drink cans: 25 ct

If you don't plan to return your Pfand, place it **NEXT** to a trash bin. There are people collecting the Pfand. It's easier for them to access it, when the bottles stand next to the bin.





HOW TO minimize waste



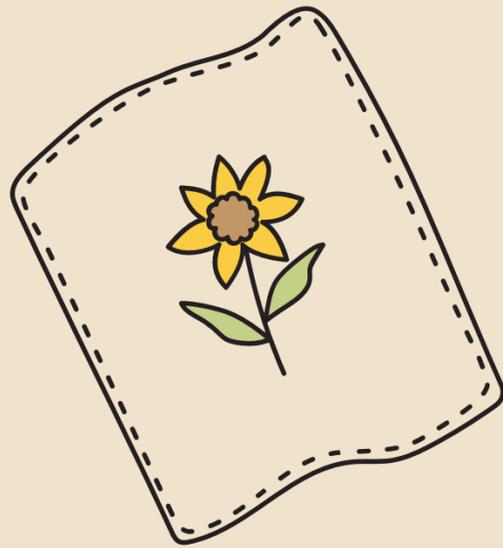
- Choose products with less packaging
- Try to avoid plastic packaging
- Try to sell things that are still usable
- Only buy as much food as you can eat until it gets bad
- Repair instead of buying new (also saves money)
- Reusable containers or coffee cups instead of one way products

The best waste is no waste!



Explore, learn, and build a
greener future

—
here in Germany and for
the entire world.



Imprint



This guide was created as part of a sustainability-related supplementary study project at the University of Bayreuth and is intended solely for educational purposes. It is not a commercial publication.

Responsible for the content according to § 5 TMG:

Carola Stadler
Isabel Paulus
Luise Weber
Pauline Dressel
& the GreenCampus Team

Contact:
email: green.campus@uni-bayreuth.de

