

# THE ULTIMATE GUIDE



**How to live more sustainably in Wageningen?**



**By Green Office Wageningen**

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# INTRODUCTION

It's great that you took an interest in reading this guide! Seems like we both know that we need to do something to make the world more sustainable, but have you ever wondered why? Maybe it's for the planet, our health, the economy, or just because it's just the right thing to do...

At the Green Office Wageningen, we believe that sustainability is the key to our future. We are working to promote a more sustainable mindset and lifestyle at Wageningen University & Research (WUR), which shall ripple through future leaders, policymakers, entrepreneurs, and executive managers. By adopting a “sustainable mindset and lifestyle”, we believe that we can create a physically, socially, and mentally healthy environment.

In this practical guide, we're excited to share some hints and tips on how you can live sustainably as a student, staff member, or resident of Wageningen. You might be thinking, "how can I possibly make a difference?" Well, the good news is that there are lots of things you can do to have a more sustainable lifestyle! Don't worry about trying every tip all at once, just start with something that's easy and convenient for you.

A word of warning: **DO NOT FOLLOW THIS GUIDE BLINDLY!** Even though we think we have created a guide with tips to become more sustainable, we urge you to be critical! There are many schools of thought and lifestyles concerning sustainability, all with their pros and cons. There is no definite answer to which direction we have to take to become sustainable. Therefore, it is good to stay critical and even to contest the tips given in this guide!

(This is the 2nd edition of “Sustainability Guide” made by Green Office Wageningen and volunteers. Check out [our website](#) for more projects that we are working on!)



# ENERGY

Whether it is for electricity, transportation, cooking, or for countless other purposes, we consume energy every day and everywhere. A huge tip for sustainable energy use is to be conscious about how much and what kind of energy you are using. **But how can you tell if you are using energy sustainably?**

## GENERAL INDICATORS FOR SUSTAINABLE ENERGY USAGE

### Your energy bills are lower

If you have made efforts to reduce your energy consumption, you should see a decrease in your energy bills. This difference might be a little difficult to spot for tenants of Idealis student housings, where total energy cost is split among all tenants at once (check here for more details).

### You are using renewable energy sources

If you are using renewable energy sources such as solar panels or wind turbines, you are using energy sustainably. If possible, opt for green energy providers.

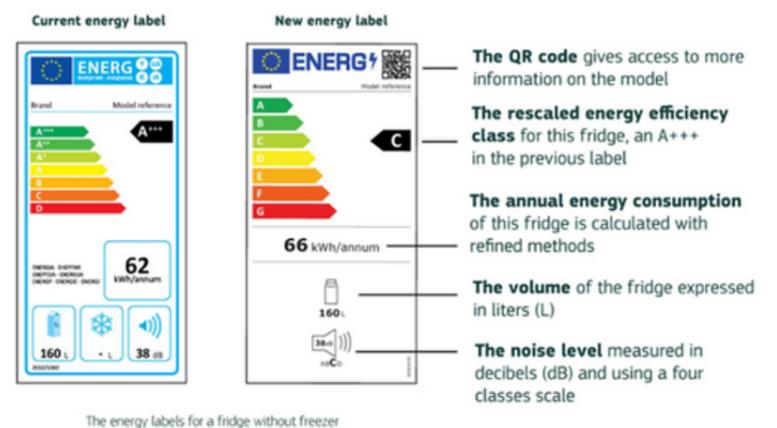
#### EXAMPLES OF PROVIDERS OR RENEWABLE ENERGY

Pure Energie	Provides 100% green energy from Dutch windmills and solar panels
Green Choice	Provides 100% green energy with a focus on local energy production
Eneco	Provides 100% green energy from wind, solar and biomass sources
Vattenfall	Provides a mix of green energy, including wind and solar
Current	Provides 100% green energy with a focus on reducing energy consumption through smart energy solutions

### You have made energy -efficient upgrades

If you have made upgrades to your home or appliances to make them more energy-efficient, you are using energy sustainably. All electrical appliances marketed in EU are labelled with Energy Label; newer labels indicate energy -efficiency with grades ranging from A to G, where A is the most energy -efficient. Some electrical appliances are inherently unsustainable... For this reason, old refrigerators or washing machines shouldn't be sold second hand.

#### How to recognise a rescaled product ?



Check out the 'Waste' section for proper disposal of these electrical appliances!



### **Your carbon footprint is smaller**

If you have reduced your energy consumption, you have likely reduced your carbon footprint, which is a measure of the greenhouse gases emitted because of your lifestyle.

Here are some great services and websites to measure your carbon footprint:



#### Carbon Footprint

*Calculates your CO2 emissions from food consumption, home energy usage, transportation and waste.*

#### MyClimate

*Calculates your CO2 emissions from food consumption, home energy usage and more. It will also give you tips on how to reduce your carbon footprint.*



#### WWF Carbon Calculator

*Powered by World Wildlife Fund (WWF), it estimates your CO2 emissions from home energy usage, food, transportation and more.*

#### Climate Impact

*The website also offers carbon offsetting options that allow you to invest in projects that reduce CO2 emissions.*



#### The Nature Conservancy

*Estimate your CO2 emissions from sources such as home, transportation and food consumption. Also give you tip and support your conservation efforts.*

### **SOME ELECTRICAL APPLIANCES TO AVOID...**

#### Incandescent light bulbs

*They have a very low Energy label rating (typically E or lower). Certain fluorescent and halogen light bulbs are banned in the EU.*

#### Old fridge and freezers

*They contain outdated energy-consuming compartments, that do not meet modern energy efficiency standards...*

#### Electrical space heaters

*They have a low Energy label rating of D or lower, as they use a lot of electricity to produce heat.*

#### Plasma TVs

*They are less energy-efficient than other types of TVs, with Energy label rating of D or lower.*

# ENERGY

If you aspire to use energy more sustainably, here's our list of practical tips. **See what you can do in different situations!**

## HOUSE AND ROOMS

### **Make sure your room is well-insulated**

Are your windows tightly shut? Can you feel drafts sweeping in your room? Make sure your room is well-insulated so that it does not lose heat so easily. Consider weatherstripping or purchasing insulated curtains.

### **Wear warm clothes and turn down the heater**

While it does feel quite nice to indulge yourself in a well-heated room, it comes at a cost. So, let's try using the heater less and instead bundle up with warm clothes and soft blankets! There's no shame in even wearing gloves and scarves inside—that's a real sign of planetary love :) You can find warm clothes and blankets at second hand stores.

### **Make sure to only heat as much water as needed**

It takes more energy to boil a larger volume of water. If you then leave half the water in the kettle, the energy used to heat it is wasted. Make use of the fill lines and only boil as much water as you need to prevent wasting energy!

### **Use induction cooktops or an electric stove**

Induction cooktops and electric stoves are much more energy efficient than gas stoves. Burning less gas will help reduce your carbon footprint!

### **Use energy-efficient dishwasher (if you have one)**

Dishwasher can be generally more energy-efficient than handwashing. It is also better in terms of water usage and detergent usage.

### **Be time-smart: use the cooking appliances together with your roommate!**

Do you like to bake or cook dishes in the oven? Be mindful of that pre-heating next time so that you can put your food in the oven right away. Also, consider batch cooking for yourself and your roommates to cut the energy!

### **Avoid using clothes drying machines**

Although clothes dryers can be very convenient, they are generally energy inefficient. Remember, using more energy also costs more money! You can always dry your clothes by hanging them on racks!

### **Cook for yourself more; rely less on pre-packaged meals & deliveries**

How about cooking for yourself during the week, and only eating out on the weekends? Try making your own meals more often, since restaurant dining may use energy for transportation, packaging, and preparation. If possible, go one step further and cook yourself some plant-based meals with locally sourced ingredients. That way you can reduce your carbon footprint even more! (Check out the ['Food'](#) section for more tips!)

### **Vacuum less frequently**

Clean your room frequently so that you don't collect dust (which you have to put more effort to clean later). If you clean your room more often, you can avoid unnecessary vacuum cleaning. In that case, sweeping your floor or mopping can be enough!

### **Only start your laundry machine/dishwasher when you have full load**

Also check your laundry settings; use eco mode if they have one!

### **Be time-conscious while showering!**

### **Do (some of) your chores at night**

If you can do chores that use large electrical appliances like washing clothes and dishes at night, you can avoid burdening the electrical grid. At off-peak hours, you may even be using more renewable energy.

Think about what you do in the shower: wash your body and hair? Shave? Brush your teeth? If you do all of these things while running the water, this is a massive waste. Consider turning the water off while you shampoo, condition, wash your body, and shave, and only turn the water back on to rinse off.

### **Use an air fryer instead of conventional frying with oil (if you have one)**

Air fryers are better in terms of energy usage and oil consumption. You can get tasty fried foods by using less oil which is not only more sustainable, but also better for your health and for your wallet!

## COOKING AND DOMESTIC CHORES

# TRAVELLING AND RECREATION

## Take the train or carpool for longer journeys

If you are heading out of Wageningen to other cities, consider taking the train instead of buses or cars. The Dutch railway, Nederlandse Spoorwegen (NS), aims to run all of its trains on 100% non-fossil energy by 2040 (source). Carpooling is another good option; services like BlaBlaCar can help you find someone who's willing to share a ride with you!

## Cycle or walk more

No need to start the engine of your car if you're just travelling within Wageningen! Considering cycling or even walking to your destination. Need to move heavy or many things around? How about renting a buckfiets (cargobike)?

## Try playing some board games or card games

Netflix, social media, video games... things that keep us entertained nowadays heavily rely on power sources. How about we give good ol' board games a try? :)

## Unplug your TVs and game consoles!

Did you know that electrical appliances can consume electricity, even when they are not in use? This is especially true for devices that have a stand-by mode, such as TVs and game consoles (clock displays, screen savers, slide shows, etc). This so-called "phantom energy" can be a big chunk of energy that we waste (source), so unplug them when you are absolutely not using them (for example, when you are away)!

## Study in public places

Try working in the library or other public areas rather than booking a room for yourself. By doing so, you help reduce energy consumption, as there won't be an additional need for heating or air conditioning solely for one room.

## Print less!

Unless they are important forms that must be on paper, try printing fewer documents. Instead, store them as digital files. Printers can be very energy inefficient and reducing paper usage is also beneficial for our planet.

# WORKING AND STUDYING

## Clean your email inbox often!

Your emails are stored in databases, which means more electricity is used to maintain them. Depending on your email provider, the host can store your data for long time, even if you have deleted them on your side. So, it's best to avoid receiving junk mails (unsubscribe from mailing lists) in the first place!

## Make your own coffee

Can't start your day without a coffee? We feel you... But instead of queueing up for a cup at the machine or the cafe, make one yourself at home! This way, you have a freedom of choosing sustainably grown coffee. Don't forget to use your own reusable cup if you do buy one at the cafe (check out the ['Reusable Cups and Bottles'](#) section).



For more tips for working and studying sustainably, check out the ['Education'](#) section!

# HOME AND LIVING

## Buy products second hand

Buying products secondhand has multiple benefits – it reduces carbon emissions, saves resources, and reduces waste by maximizing the product's lifespan. As an added bonus, buying secondhand is much cheaper.

Fortunately for those in Wageningen, there are plenty of options.

All Idealis apartments and houses have spaces reserved for donating furniture and clothes. Be sure to check the drop-boxes at the star flats, Haarweg, Droevendaal and other Idealis complexes. You can also take advantage of moving out sales. When your neighbours move out of student housing, they'll most probably be looking to sell their various electrical appliances and furniture. Moving out sales are an easy way to buy cheap while being sustainable.

You can also buy clothes and other stuff secondhand through Wageningen Student Plaza (a Facebook group), Marktplaats (an online app and website) where you can purchase almost any secondhand product, or Vinted (an app) where you can buy secondhand clothes.

On campus, the Wageningen Environmental Platform offers secondhand books and clothing swaps. Just walk into the Sustainability Office (C239) on the second floor of Forum during their opening hours.



Alternatively, you could pay a visit to Thuis (opening hours: Tuesday – Friday 9:00-17:00, Saturday 13:30-16:30). Thuis provides secondhand books, plants, and also does clothing swaps.

A few other **secondhand shops** and thrift stores in Wageningen are listed below:



Tresor Mode, Junusstraat 35

2ndHeaven Kringloop & Vintage  
Wageningen, Nudepark 160A

Kringloop Wageningen, Churchillweg  
33-46

Woord & Daad Wageningen, Grintweg 255

WillysWarenhuis, Kapelstraat 11.

Emmaus Regenboog, Herenstraat 9

Terre des Hommes, Kapelstraat 15



## Clean sustainably

Once you have purchased the necessities and decorated your room, it won't be long till another student responsibility creeps up – cleaning. Read on for tips on how to keep your home and belongings clean without hurting the planet.

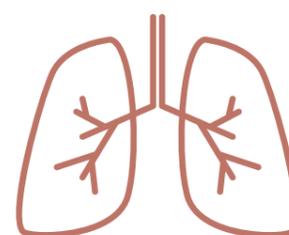
Use **simple cleaning materials** like green soap or vinegar. Not only are these products less harmful to the environment, but they are also cheaper than most all-purpose cleaners. Use kitchen paper towels as little as possible. To dry things, **use a normal cloth towel**, old cloth, or old T-shirts. These can be washed together with your laundry. (Be sure to use the towel or cloth for as long as possible before you discard it.) To wipe up messes, **kitchen sponges** are an excellent option. These can be used multiple times, so don't throw them away when they get dirty. To clean your sponge cloth, soak it in hot water with a dash of lemon juice. **Lemon or vinegar** can also be used to get rid of grease and limescale in your water kettle. Baking soda and vinegar can be used to unclog drainage. Instead of using a chemical pipe cleaner, use baking soda and vinegar. Let it stay in the drain for around 15 minutes, then flush with hot water.

Perhaps you are wondering why green cleaning is essential and whether it is worth it. Well, the benefits to the environment are numerous.



Conventional cleaning products contain toxic and non-biodegradable ingredients that, when washed into the environment, cause land and water pollution. Eco-friendly products not only reduce pollution, but also help mitigate ozone depletion and climate change.

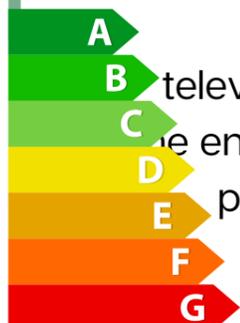
And it's not just the planet – green cleaning is also healthier for you. The toxic chemicals in many conventional cleaning products are directly linked to health issues such as coughing, sneezing, eye irritation, and skin rashes. Homemade cleaning products generally do not possess serious health concerns, due to their relatively non-toxic nature. Cleaning products made from only natural substances have little to no health hazards.



Furthermore, green cleaning is much cheaper, especially if you are following DIY recipes.

## Buy energy efficient appliances

Energy efficient appliances, which can be bought at stores like Blokker, use technologies that are less energy intensive in order to reduce the amount of electricity used per product. Appliances are rated on a scale from A to G, with A (green label) appliances being the most energy efficient and G (red label) appliances being the least energy efficient. This EU system covers refrigerators, dishwashers, washing machines, televisions, light bulbs, lamps, fans, and other electrical appliances. So be sure to check the energy labels when buying various appliances, and try to get as close to A ratings as possible. For more information about energy sustainability, see the 'Energy' section.



## Sell what you do not use

The best idea, of course, is to not buy something unless necessary. (For instance, never shop for food when you are hungry – you will inadvertently end up buying more than needed.) Whenever you want to buy something, ask yourself if you really need it. No? Don't buy it. Yes? Then the next question to ask would be: will I use this regularly or is this a one-time use? If it is the latter, consider borrowing the product. As a student (and later in life too, of course) it is essential to buy things responsibly. However, unnecessary and impulsive purchases still happen sometimes. If you find yourself with “buyer's remorse” or many things you don't use, Wageningen Student Plaza is a good place to sell. You can also sell good quality clothes at Tresor Mode. To do so, book an appointment to show your clothes. The selected ones will be kept in the store for around 8 weeks, and if/when the clothes are sold, you receive 40% of the final price! If they are not sold, you can choose to pick them up, or donate them to charity.

By buying secondhand and selling products you do not use, you are actively contributing to reducing waste generation and resource consumption. .

## Limit the use of disposable bags, bottles and cutlery

Instead of throwing out garbage often, wait for the garbage liner to fill up before discarding.

Remember to bring your reusable cloth bags for shopping. If you happen to forget, choose paper bags for your goods. If you really need to use plastic ones (though it would be best if you didn't) be sure to reuse them.

## Save water



Turn the tap off when not in use. There is absolutely no reason to keep the water running while washing the dishes or brushing your teeth. You can fill a pot with water to rinse vegetables and then use it to water plants. Do not run washing machines or dishwashers without loading them completely (unless they have specific options for running smaller loads). Furthermore, run them at the shortest and/or coldest programme possible (or in eco-mode).

## Get a plant

Increase the positivity (and oxygen) in your room by getting a plant (or multiple plants). There are many benefits of growing indoor plants.

First of all, plants improve air quality. Studies have shown that houseplants remove cancer-causing chemicals like formaldehyde and benzene from the air, while the microorganisms in soil have been found to have anti-depressive effects. Furthermore, plants improve one's sense of well-being and support cognitive health. Researchers have found that exposure to indoor plants helps people recover from mental fatigue.

You can adopt a plant from Thuis. Alternatively, you can buy your plants from the Saturday market at the Grote Kerk (big church).



# PERSONAL HYGIENE

Sustainable hygiene products have only recently developed around the world. For many years, all kinds of not-so-eco-friendly ingredients have been prominently present in the cosmetic industry. In the following chapter of this Sustainability Guide, we present multiple products which can serve as sustainable alternatives for personal hygiene. The focus is mainly on reducing the amount of plastic and disposable items as well as on recommending vegan and cruelty-free (no harm to animal, world, or people) alternatives to conventional products.

The brands mentioned below are possible recommendations, but keep in mind that there is often a lack of transparency about the origin of the products and the overall sustainability of the brand. Stay critical when shopping for products, and always do your research before trying a new brand.

The biggest tip we can give you is to:

## Reduce

the amount of waste  
you throw away

## Reuse

the products and materials  
which would otherwise will  
be thrown away

## Recycle

materials you no longer  
need in such a way that  
new products can be  
created from it

## REUSABLE PRODUCTS

Another way to make a difference through your daily self-care routines is with reusable products, such as cotton pads and ear swabs. Even though this might sound uncomfortable at first, it is needed—if you use around two cotton pads per day, you use around 750 pads per year! That's nearly 10 packages each year! By using reusable products, you not only reduce waste, but also save money. These reusable products can be bought at Holland & Barrett and multiple online shops.

## BEWARE OF MICROPLASTICS

Make sure to check the ingredients of exfoliants and scrubs. Many contain microplastics, and you can easily replace them with microplastic-free alternatives.

Mind the following ingredients for the products:

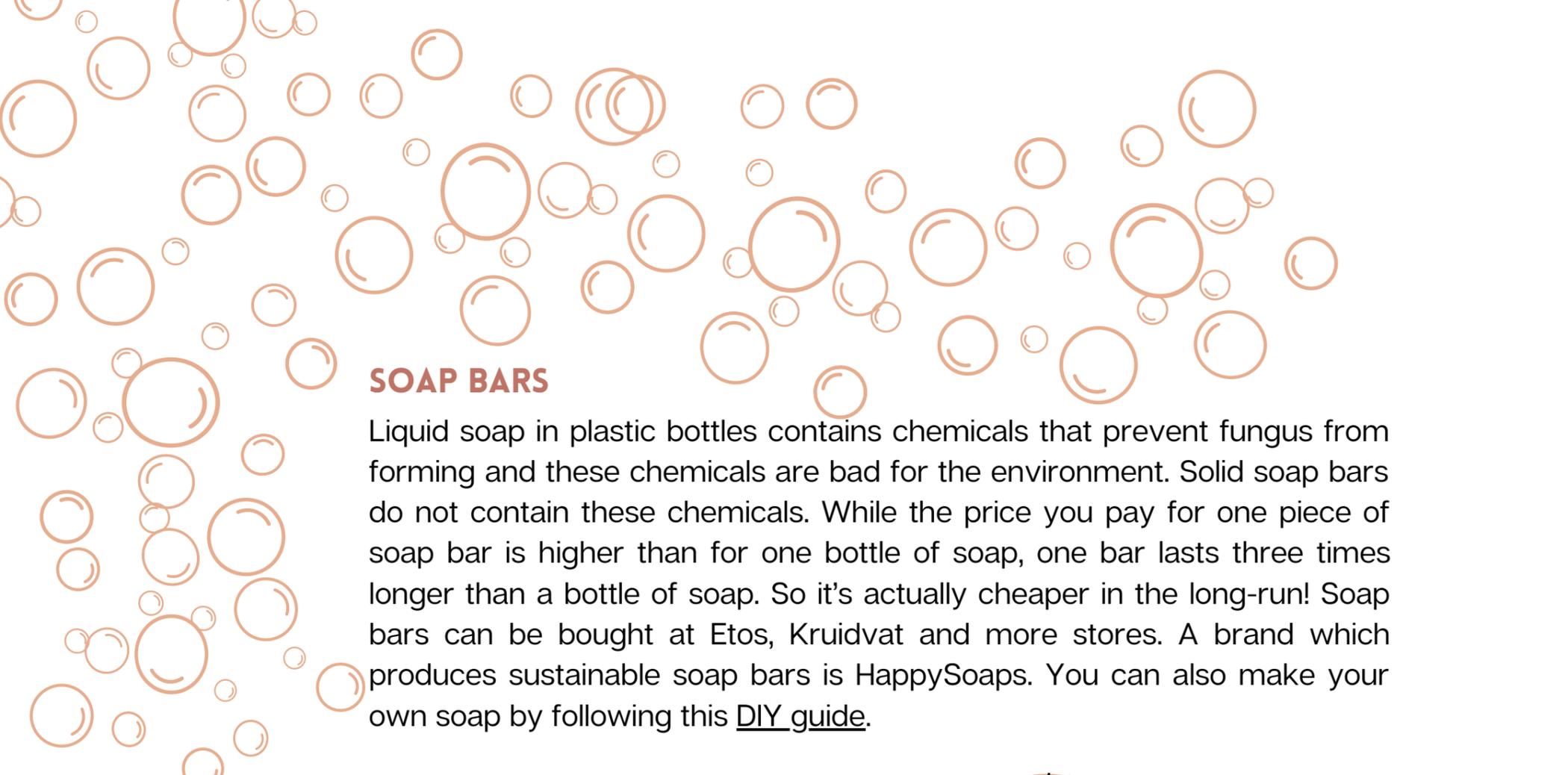
Toothpaste: Polyethylene (PE) and/or Polyethylene glycol;

Liquid soap: Polystyrene/Acrylates copolymer;

Scrub products: Polyethylene (PE) and/or Polypropylene (PP).

On [this website](#) you can find a more extensive list of microplastics in products.

Also be mindful of your choice in sunscreen. When we swim, 25% of our sunscreen gets left in the water. Reef- and sea-safe sunscreens are: Green People's "Organic Sun Lotion" and Raw Elements' "Face + Body SPF 30 Sunscreen Tin". For more options visit [this website](#).



## SOAP BARS

Liquid soap in plastic bottles contains chemicals that prevent fungus from forming and these chemicals are bad for the environment. Solid soap bars do not contain these chemicals. While the price you pay for one piece of soap bar is higher than for one bottle of soap, one bar lasts three times longer than a bottle of soap. So it's actually cheaper in the long-run! Soap bars can be bought at Etos, Kruidvat and more stores. A brand which produces sustainable soap bars is HappySoaps. You can also make your own soap by following this [DIY guide](#).

## SKINCARE

When buying make-up, you can choose to buy a brand that uses sustainable materials and shows where the ingredients come from! Some sustainable make-up brands are: The Ordinary, The Chemistry Brand, and HIF.



## DEODORANT

Aerosol (spray) deodorants pollute the air with gases that are damaging to the environment. Additionally, many conventional deodorants contain aluminium, which poses dangers to your health. Instead, use roll-on or solid deodorants. If you want to take it a step further, you can also shift to products like Nuud: a crème that kills odor-causing bacteria under your armpits, thereby keeping you smelling fresh.

## DIY FACE MASKS

Did you know you can also easily do skincare without having to buy a new product? There are many Do It Yourself options for skin- and hair masks you can find on the internet. Here is an example:

**Mash up a medium-sized ripe banana into a smooth paste**

**Mix the banana with  $\frac{1}{4}$  cup of plain (vegan) yogurt and two tablespoons of honey**

**Gently apply it to your face and neck**

**Let it set for 10 to 20 minutes.**

**Rinse it off with cold water**

On [this website](#) you see multiple DIY hygiene products! Go on and be creative.

## RECYCLABLE PACKAGING

Hard plastic articles, like shampoo bottles are easy to recycle. You can dispose of those in the PMD waste.

# REUSABLE CUPS AND BOTTLES



In the Netherlands, over 3 billion plastic cups are used and then thrown away annually. This means 12 million cups are disposed each day. Also, PET-plastic bottles are still widely used and add to even more plastic waste. This has a huge impact on the environment since these cups and bottles are difficult to recycle. Some of these plastics get burned, which has a major impact on the environment and does not fit into a circular economy. WHAT CAN WE DO?

One of the most effective solutions is to use a reusable plastic bottle that you can refill with tap water. Below are suggestions for some brands that not only help you reduce your plastic consumption but also have a positive and sustainable mission.

## Dopper

The goal of the company Dopper is to prevent single-use plastics from ending up in the seas and, with their profit, provide access to clean drinking water for people who do not have it. The founder, Merijn Everaarts, launched a design competition to find the most sustainable alternative to single-use water bottles. This led to the Dopper bottle! The bottle can be bought on their online shop or at the Bever in Ede. The Dopper, priced at around 20 euros, is a great sustainable choice. Apart from serving as a reusable water bottle, the lid of the Dopper can be conveniently used as a cup on-the-go.

## Bottle Up

Bottle Up is a fast-growing brand that uses sugarcane to produce their reusable bottles. The bottles are 100% recyclable and can be used multiple times. With each bottle they sell, they donate 100 litres of safe drinking water to communities around the world. Their bottles only cost 2,69 € and can be bought at the Jumbo!

## Billie cup

The Green Office helped with the implementation of the Billie Cups on campus. Not only can you return the cups in the cafeterias on campus, but multiple spots in Wageningen also use this system. Some of these cafes are Dopio, Café Tola, and Columbus. The cup costs 1 € deposit initially, and afterwards you can bring it with you each time you need a coffee. On campus, you receive a 5% discount when using a Billie Cup at the cafés, which means a profit for everyone!

**What is a circular economy?** A circular economy reduces material use and makes products and services less resource intensive. It recaptures “waste” as a resource to create new materials and products.

### DID YOU KNOW?

A silicon or hard-plastic cup already outperforms reusable cups after 25 uses. For metal thermos bottles, this will be when you use it around 60 times!

# EDUCATION

When thinking about education and sustainability, there are two main aspects – studying *sustainability* and studying *sustainably*.

## 4 WAYS TO STUDY SUSTAINABILITY

**1** Duurzamestudies.nl has a list of courses related to sustainability. These are spread over various universities and cover bachelor, master, and associate degrees.

**2** You can browse for interesting courses related to sustainability on Osiris. To make it easier for students, the Green Office releases an Instagram post with a list of courses revolving around sustainability before every period. Be sure to keep your eyes peeled!

**3** After settling down in your studies, you can consider joining organizations and associations dedicated to sustainability, such as the Green Office, Future For Nature, and local youth organizations. Joining the Student Council at the university is yet another option.

The many sustainable initiatives that you can be a part of might be overwhelming at first, but worry not! Towards the end of this guide, there is a list of [green organizations](#) to help you choose.

If you are still feeling overwhelmed or wish to have more information, you can consider joining the biannual “Regreening” for new students hosted by Green Active Network Wageningen (GAN). GAN is an overarching body uniting all the green organizations in Wageningen and the purpose of the Regreening is to introduce new students to these different sustainable organizations. GAN’s mission is to reinforce the green movement and build a bigger and stronger green community in Wageningen. If this sounds interesting, you can follow GAN on Instagram ([@greenactivenetworkwageningen](#)) or send them an email ([gan.wageningen@gmail.com](mailto:gan.wageningen@gmail.com)).

**4** Check out Green Match. Green Match is a place where you can find a vacancy for a thesis, internship, or course project related to making WUR more sustainable. You can find more information [here](#).



## WAYS TO STUDY SUSTAINABLY

- 1 BORROW BOOKS** Why buy course books (which are very expensive) when you can get them (for free) from the library? The library hosts an extensive collection of readers and course books in the course reserves, which can be accessed through the My Library website. While these cannot be checked out of the library, there are many others that can. Be sure to thoroughly check the course reserves, shelves, and stacks before deciding to buy a book or reader.
- 2 USE PDFS** Avoid printing whenever possible—anything to save paper. If you are lucky, the PDF of the reader will be available on Brightspace. Often times, PDFs start circulating amongst student groups a few days before classes start.
- 3 BUY SECONHAND** If neither of the first two options work and you have no choice but to buy an actual hardcopy, buy it secondhand (or third, or fourth, and so on...). Your seniors used the same books you will be using, and they are usually more than happy to sell their old copies. More often than not, professors do not care if you carry an older edition. If there is a minimum edition your book must be, it is usually mentioned beforehand. You can contact senior classmates through the mentor program at the start of your study, or reach out to them through your study association. Be sure to ask not only your seniors, but also friends from different study programs and your housemates.  
  
Be sure to check out the secondhand bookstore by the Wageningen Environmental Platform (WEP) in Forum 239 (same room as the Green Office) where you can buy secondhand books and sell your old study books.
- 4 SELL YOUR BOOKS AFTER USE** Used books can be stored on studystore.nl. Alternatively, you can sell your books directly to your juniors (through the “book-selling” sites of your study association). Again, make sure to check out WEP!
- 5 USE ECOSIA** Ecosia is an eco-friendly search engine which plants trees if you use it to surf the internet. It is as simple as that. How does this work? When you surf the web with Ecosia, the search ads generate income which Ecosia uses to plant trees! Download Ecosia [here!](#)
- 6 DOWNLOAD THE FOREST APP** Forest is a great app that helps to stay focused and be productive. When you start a productivity session, a tree is planted. If you stay focused your tree grows. And the best part? All trees planted virtually translate into actual trees planted in real life. So, start focusing and plant your forest today!
- 7 TAKE PART IN THE STUDENT CHALLENGES** The university organizes challenges for students worldwide and supports the participating WUR teams. These challenges usually revolve around sustainability. Past challenges include the Nature-based Future Challenge and the ReThink Waste Challenge. Interested? You can find more information [here](#).

# FOOD

Wageningen is known to be a hub where there is lots of research being undertaken about all things related to food. There are numerous organizations present on Wageningen Campus that focus on food and health. From time to time, we hear comments about the visible ties that WUR has to some agrifood companies, some positive and some negative. There are also research institutes that have a strong focus on food.

In this section, we want to go beyond food on campus and we want to give you information that will make your consumption habits more sustainable. When you purchase food, ask where it is coming from and whether it is seasonal. It will help you to be more connected to the food you eat and to learn more about where your food comes from. Because in the end, food is something that we all love and need, and it is a means to connect with people from all around the world that end up in Wageningen. So, be open to try lots of different meals and be prepared to cook your go-to dish for the next time you're invited to a potluck. Additionally, buy in bulk as often as possible- it helps reduce packaging waste, minimize transportation emissions, and promote resource conservation.

## Market

It's safe to say that an integral part of being a WUR student is visiting the market to buy a big bag of apples, eat some focaccia, or try some cheese samples. Buying at the market is more sustainable than at the grocery store due to shorter supply chains, decreased emissions from transportation, and the ability to support local economies and farmers. You can visit the market on Wednesdays from 8:30 to 13:00 and on Saturdays from 8:30 to 17:00. Here is an overview of some of the stalls and what they offer.

- **Streekwaar**: an association of local and sustainable food producers from a 15km radius of Wageningen established in 2020. You can find their stall(s) on Saturdays at the Raadhuisplein, they also sell fresh meals made from all kinds of their own products.

You will find products from:

- Tuinderij Het Lichtveen: a market garden started by two former WUR students; on Wednesdays you can find them at the market next to Bagels and Beans and on Saturdays you can purchase their produce at the Streekwaar stall
- BeenBean: produces tempeh from different legumes and was also originally started by two WUR students



- De Hoge Born: organic products and much more from a farm in the middle of the fields north of the WUR campus. You can also visit the farm and buy their products there
- Urban Funghi: produces mushrooms in an urban landscape by growing indoors, in abandoned buildings
- Microgreens Holland: Start-up in Ede that wants to make locally grown microgreens available to everyone
- **Fruit mafia:** here you will find affordable food that should be eaten quickly and would otherwise go to waste



### Non-market

1. **Veld & Beek:** organic farm in Doorwerth with dairy cattle that sells dairy products, meat, and vegetables. You can become a member and get a key to have 24/7 access to their products in their Wageningen location. Fonteinallee 33, Doorwerth
2. **Wat in het Vat zit:** shop with fermented product. Nude 28, Wageningen
3. **Odin:** organic supermarket with a sustainable mission. Bevrijdingsstraat 22, Wageningen
4. **Al Diwan:** shop where you can buy your spices in bulk. Hoogstraat 37, Wageningen
5. **De Gieterij:** shop with food and other products in bulk, suited for a zero waste lifestyle. Junusstraat 16, Wageningen
6. **De Nieuwe Ronde:** Three different locations of fields where you can harvest crops yourself if you have a seasonal subscription. Honingblokpad, Wageningen
7. **De Ommuurde Tuin:** organic market located in Renkum where you can purchase local and seasonal fruits and vegetables. Kortenburg 16, Renkum
8. **Tuinderij de Stroom:** organic market garden located on the other side of the Rhine with seasonal and local fruits and vegetables. Doctor A.R. Holstraat 28, Zetten
9. **Vreemde Streken:** offers organic, vegetarian, and vegan catering from local and seasonal ingredients. Junusstraat 47, Wageningen
10. **De Vlijt:** iconic windmill (est. 1879) where you can find different types of flour and other regional products. Harnjesweg 54A, Wageningen
11. **Natuurslagerij Van Santen:** natural butcher shop that considers animal welfare. Churchillweg 40, Wageningen

### Local food places

14. **Café Tola:** small hidden café with organic coffee. Kapelstraat 2a
15. **Ivo's Bread and Pizza:** artisanal bakery that regularly uses local products. Hoogstraat 5, Wageningen
16. **Columbus:** here you can bring your own container to buy freshly ground coffee, loose leaf tea, and handmade chocolate. Junusstraat 27-A, Wageningen

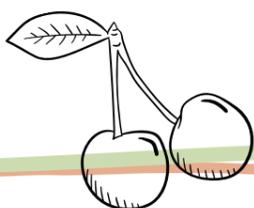


## TIPS

Sustainable food choices go beyond where you buy your food, so below we highlight some tips to make your food consumption more sustainable.

### Make your diet more sustainable

- Eat more (local) fruits and vegetables
- Reduce (red) meat consumption: opt for legumes and nuts instead (e.g., lentils, chickpeas)



### Drink more (tap) water

- Apart from water being healthy and easy to get from any tap in the Netherlands, it is also a more sustainable option than buying drinks that come in any type of packaging. Just make sure to bring your reusable bottle with you wherever you go, and you shall have an endless supply of water (check out the ['Reusable Cups and Bottles'](#) section)

### Reduce your food waste

- Currently around 30% of food that is produced gets wasted but there are ways to tackle this
- Only cook what you are going to eat and if you have leftovers, freeze your food
- Plan your meals in advance and purchase only the food you need. Write a shopping list before you go to the store and stick to it. This can help you avoid unnecessary purchases.
- When you have food that has expired, make sure to smell and taste the product before throwing it away. Many items are actually still safe to eat past the expiration date.
- If you cook too much for dinner or lunch, do not shy away from sharing it with your housemates or corridor neighbours- this is something very common here in Wageningen and a great way to connect with more people :)



### Shop seasonal fruits and vegetables

- Food that is not in season and grown in greenhouses requires more light and energy, which will lead to higher greenhouse gas emissions
- Make sure to know when certain produce is in season. Here is a [website](#) where you can explore seasonal vegetables and fruits in Europe.
- In [Dutch](#)

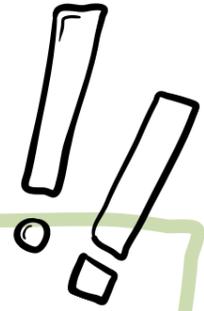


### Avoid unnecessary packaging and plastic bags

- Carry a bag with you to avoid the use of plastic bags
- Buy food in bulk, check out some zero waste shops in Wageningen

### Look out for sustainable certification labels

- Some examples are: European Organic, EKO, Beter Leven and Fairtrade
- Although sometimes criticized, these labels can be used as a guide to avoid buying food that could have been produced in an unsustainable manner (i.e. child labour or unsafe working conditions, excessive use of pesticides)
- Here's a [link](#) to learn more about what each label stands for.



### Be critical when buying food

- Sustainability is increasingly becoming a factor that companies consider to create a positive image and attract consumers. This creates a risk of greenwashing that can easily deceive consumers and make them buy products that have slogans such as 'CO2 neutral' or 'eco-friendly'. Such claims are sometimes hard to fact-check and can do more harm than good
- When buying such products, make sure to think twice. We as consumers have a lot of power and our consumption choices can influence positive change. Stay informed and know your products!



### Shop local

- Through this, you support farmers of the region where you live
- The transportation time of food is shorter, which means both fresher food and fewer emissions.
- You also support local economies, be in direct contact with the farmers, and generally feel more connected to the food you eat

Check out the **Too Good To Go app**: with this popular app shops can offer food that has not been sold at the end of the day for a low price. This not only helps reduce food waste from supermarkets and restaurants, but it also saves you some money. Make sure to be fast and reserve your bag on time



Check out **Foodsharing**: an initiative where people can drop off food in a fridge that is located in Thuis. In this way food is not wasted and other people can make use of it

# WASTE

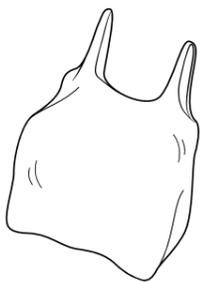
## Who collects waste in Wageningen?

Household waste is collected by the waste collecting company ACV. Make sure to check out their [website](#) to find out more information. In case you need to get rid of waste that does not belong in any of the bins (see below), you can check out the waste collection calendar to know when to do so.

## What goes into which bin? What happens to them after being collected?

### Plastic, Metal and Drink packaging (PMD)

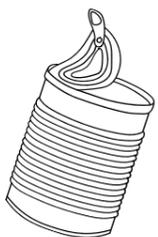
Plastic containers, wrapping, metal packaging (cans), and drink cartons are collected as one category (called PMD) and are recycled. This packaging must be empty when it is thrown away, but it does not have to be clean! Cleaning it before disposal uses extra energy & water, and is not sustainable.



- **Plastic packaging**

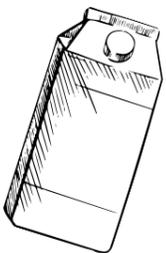
All plastic packaging belongs to PMD; these include plastic wrappers and bags of chips. Plastic containers also belong here (if they have an aluminum lid, they can both go to the same bin, but it is better if they are physically separated). Do not put your plastic waste into the PMD bin unless it is packaging—this means no plastic plates, toys, and much more). “Compostable” packaging and cutlery should not be disposed in the PMD bin, but also not in the organic waste. This type of packaging goes into the [residual waste](#).

When you buy a drink in a plastic bottle (> 1L), you pay 25 cent deposit. You can get your deposit back by bringing your plastic bottle to collection points, usually at supermarkets or train stations.



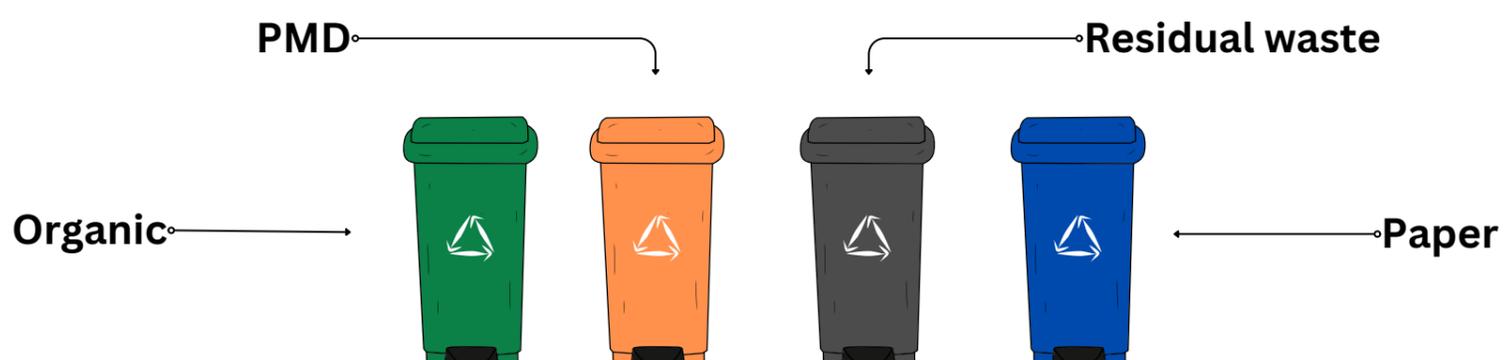
- **Metal packaging**

Metal packaging such as tins and cans go to PMD bins. Cans for paints and other chemical agents (such as cleaners) should be disposed in chemical waste, not PMD. Large metal waste (like bicycle parts) does not belong in PMD bins.



- **Drinking packages**

Drink containers such as milk cartons and juice bottles go into the PMD bin. Make sure you empty most of the contents and the lid is back on when throwing away (so that there are no leaks).

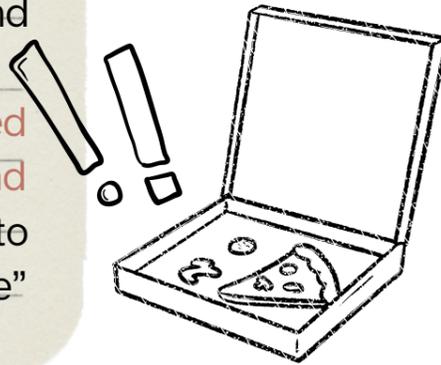
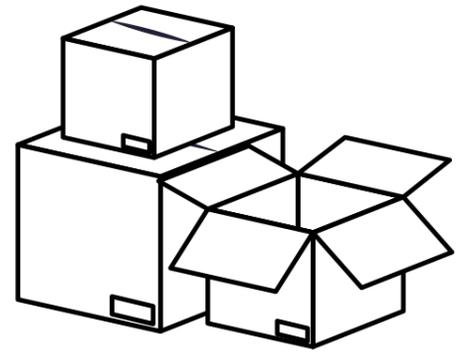


## Paper and cardboard

Done with your exams? Your study notes (and crib sheets) can go to “paper and cardboards” bin. You can also chuck away bundles of papers with staples, cardboard packages, leaflets, magazines, and books here too! But knowledge is too valuable to just throw away... So, instead take your unwanted books to thrift stores!

These papers and cardboard will be ground up and recycled to new paper.

**WARNING:** Pizza boxes, used baking sheets and used coffee cups should not be part of “paper and cardboards”! They are too greasy or contaminated to be recycled. They should go into the “residual waste” bin!



## Cooking oil

Hmm, what to do with this puddle of cooking oil that you used to fry some snacks? **DO NOT** drain it down the sink! This will not only cause clogging, but also might damage local wastewater treatment system. Cooking oil should be brought to collection points, which are usually local supermarkets. Also, consider using cooking oil several times for cooking before throwing it away.

## Organic waste

Vegetable peels, eggshells, flowers, and leftovers... all of this perishable waste can go to the organic waste bin. This is collected to make compost out of or to anaerobically produce biogases that can be used to heat houses.

Not all waste of organic origin is suitable for composting, and some do not belong in the organic waste bin. These should go into the residual waste bin:

- ✗ Cat litters/dog poop
  - \*poops of rabbits, guinea pigs, hamsters can be in organic waste
- ✗ Popsickle sticks
- ✗ Rope
- ✗ Ash from burnt material



## Soil

You somehow must get rid of potting soil from your plant pots? For only *small quantities*, such as potting soil, they can be thrown away in organic waste bin.



### Chemical wastes

Small chemical wastes (KCA) are collected at designated collection points, which can be searched from here. The following are considered to be KCAs :

- ✓ Dead batteries (including button batteries)
- ✓ Dead light bulbs (including bicycle lamps)
- ✓ Expired medicines
- ✗ NEVER drain your medicine down the sink!
- ✓ (Empty) cans of paint

### Electrical appliances

Broken electrical appliances should be brought into electronic stores/hardware stores, where they can be recycled for parts or disposed of properly. Electronics that are still working but not needed anymore can be sold second hand. But DO NOT sell old refrigerators/freezers because they are too energy inefficient!



### Bike

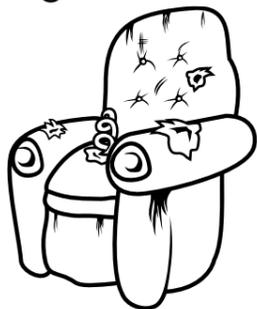
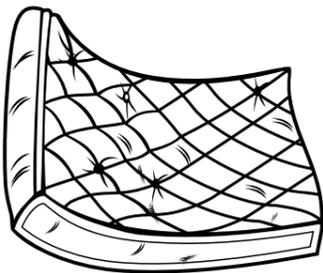
Perhaps your bike was already pretty crappy when you got it second hand and you're ready for a new one. Or maybe you forgot about its existence and went on an internship abroad and left it outside (it can happen). When you want to get rid of your bike, bring it to the following organizations:

- Sitching Vila Velha
- ANWB (For children's bike)
- Student Bike Repair Wageningen

They are happy to salvage PARTS of your bike to repurpose, or repair, and give it a second life.

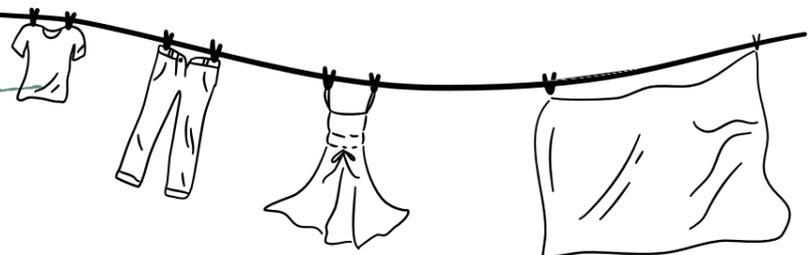
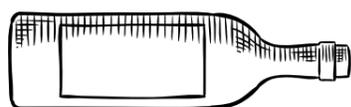
### Bulky waste

Bulky household items like mattresses, furniture, and large styrofoam can be dumped at the collection point. If you cannot bring these wastes yourself, you can contact ACV to come and pick them up for you (for an extra charge).



### Glass jars and bottles

Jars and bottles made of glass go to separate bins for glasses, which will be recycled. Generally, lids and loose bits are allowed because they will be separated at the separation plant. These containers should be empty, but they do not have to be cleaned.



### Clothes and textiles

Clothes and accessories (shoes included) in good condition should be sold second hand and reused. Ripped clothes and other unused textiles can be thrown away in textile bins (available near most supermarkets). If the textiles are very dirty (with oil, solid, mud...) or wet, then they should go to the residual bin. DO NOT throw away carpets, pillow stuffing, toy stuffing, or mattresses into these bins.

## Others (residual waste)

Wastes that were not previously described usually go to residual waste bin (Restafval). They are incinerated and this produces energy used to provide electricity or district heating. Recyclable metals can be recovered from the ashes following combustion, while the remainder of the ash residue is utilized in part to build roadways.



Unfortunately, the list above does not cover all the waste types. As a rule of thumb, most wastes that do not fit any of the above descriptions go into the residual waste bin (restafval). BUT! Before you chuck everything into restafval, check resources like the website of milieucentraal or the **ACV app** to check which bin you should put your mystery waste in.

## How to reduce waste ?

The best way to sustainably manage your waste is to, of course, not make any waste in the first place! Here are some tips to reduce the amount of waste you produce:

-  **Reduce your food waste**
-  **Make your own compost**
-  **Upcycle your garbage**

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## Useful resources

-  The website of ACV and their web/mobile app
  - With their handy mobile app, you can check the waste collection schedule in your area. You can also check where you can find collection points for different waste types. Available in English and Dutch.
-  Thrift stores, recycling shops, and online secondhand services
-  Bring your unwanted goods to the so-called “Kringloop” (Dutch word for “recycle”) and give them a second life! See the ‘Home and Living’ section for further recommendations.
-  Zero waste shops and communities : see the ‘Food’ section!
-  Wageningen Environmental Platform (WEP) at WUR
  - Visit The Sustainability Office (Forum, 2nd floor, Room C239). You can bring your old study books here and WEP helps you to sell them.



# GREEN BANK



Headlines like: “Dutch banks allow consumers to unwittingly invest in controversial palm oil companies” and “Dutch-based banks continue to finance deforestation and land-grabbing” are in the newspaper every so often. But what can you do about these multinationals investing your money into unsustainable companies? Well, choose a green (sustainable) bank. A green bank uses the money from its customers to make investments in sustainable companies, projects, and organizations, which mainly focus on aspects like renewable energy, human rights, biodiversity, and related issues.

## Tips

**Do your own research.** Which aspects do you think are important? Read through papers like [fair bank guide](#) and like the [expat republic](#).



**Watch out for greenwashing!** A lot of banks will have sustainability pillars but will still invest in fossil fuels or other organizations that are harmful for the environment. If you want to know more about where your bank invests and on what criteria, you can look for their climate/sustainability reports and for their investment criteria/guidelines (e.g. [ING Climate reports](#), [RIG](#)).



## Some examples of Green Banks

**Triodos** - Triodos bank mainly focuses on animal welfare, renewable energy, human rights and climate change.

**ASN Bank** - ASN Bank mainly focuses on renewable energy, biodiversity and fair trade.



**Compare** cost, consumer opinion and **sustainability policy** at [this link](#).

# MOBILITY

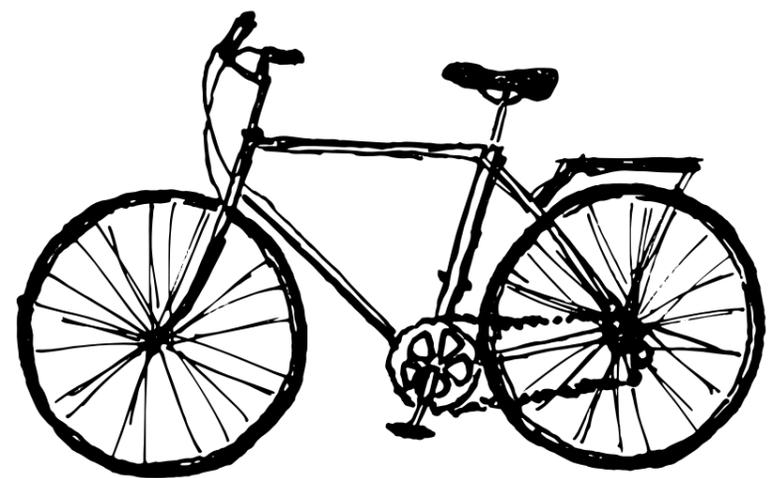
Moving around the Netherlands is pretty easy and can be quite sustainable. In fact, the use of cars is very much disincentivized and the cost of fuel is very expensive. Thanks to the flatness of the land, it is easy to get around locally by bike. If you want to travel a bit further, however, the public transport system is the next best way to visit the country.

## Tips

**Carpooling:** Instead of driving alone, find people from your area who want to travel together. Some places where you can look are: Wageningen Student Plaza (FB), Toogethr, BlaBla car, TwoGo, Wageningen University Carpooling. There are also specific Facebook Groups for people looking for rides for example from Wageningen to Belgium. Do not shy away from asking around and using these platforms or asking your friends to share a ride.

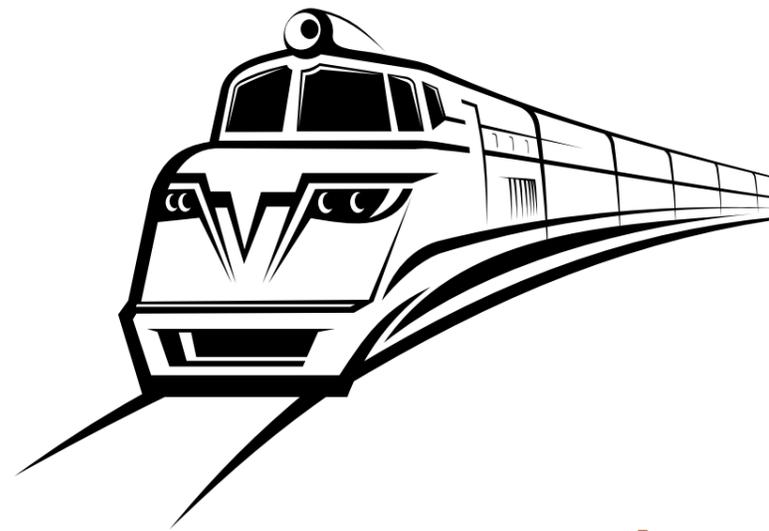
Walk, bike and use **public transport** to get to campus. You can buy NS (National Dutch Trains) subscriptions on the [NS website](#) for a cheap fee.

**Bike repair:** In case you need some minor reparations for your bike, you can go to the Orion Bike basement on Tuesday between 18h and 20h for a free check-up. There is usually a queue, so it is recommended to show up already earlier, at around 17h30, the last bikes are taken in at 19h30. The talented students will help you gladly to repair your bike!



You can also check [this](#) website to learn how to fix your own bike.

**Buy sustainably.** When considering buying new vehicles, make sure to ask yourself, “Do I really need it? Can I get it second hand?” Also consider the impacts of the vehicles on the environment as well as their social and economic impacts. You can find people offering their bikes for sale on Student Plaza (FB group) or Marktplaats.



Use the **train** to move around: most places in the Netherlands, (but also Europe in general), are easily reachable with trains. If you are using public transport more often, it is recommendable to get an OV-chipcard (valid for buses and trains). You can check out the NS website to check out their different subscription options and find one that suits you best.

Look out for the special offers: If you are traveling with someone who has a NS travel pass subscription, you can get 40% off your train ticket price (all weekends and public holidays (except Kings Day) and weekdays (except from 6h30 to 9h and 16h to 18h30)).

You can also use the NS app to get your tickets. If you don't want to get a subscription, you can also opt for a non-personalised OV-chipkaart for a small fee, but it won't come preloaded with any credit. To use it for travel, you'll need to add credit to the card at a service counter or vending machine located at one of the many stations. It is important to note that if you want to travel by train, there must be at least €20 on the chipkaart.

**Maintain your vehicles.** Check your vehicles regularly—the brakes, tires, etc.—to ensure your vehicles run smoothly and will last longer. For example, if you use your tires daily, you should inflate them at least once a week.



# RECREATION



The Netherlands, including Wageningen, offers a plethora of fun activities and hidden gems to explore while keeping sustainability in mind. Engage with nature by visiting parks, nature reserves, and cycling through scenic landscapes. You can also immerse yourself in music, dance, theatre, and food at one of the many festivals held each year. Here we want to give you some of our personal suggestions on what to do nearby during your free time; enjoy!

Tips:



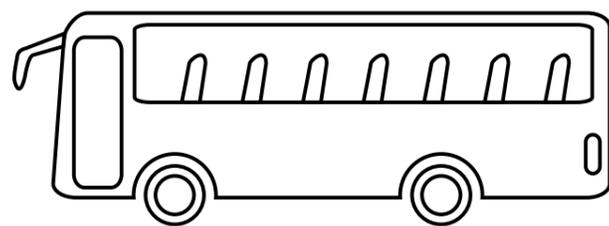
**Choose local activities.** Staying nearby will save you time and money while also reducing your CO2 footprint.



**Travel in a sustainable way** (see '[Mobility](#)' section for details)



**Bring reusable items**, like cups/bottles, cutlery, and a bag, in case you want some cake or coffee along the way. This saves single-use materials.



## What to do in Wageningen?

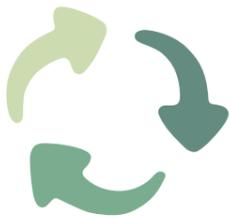
- **Visit a park.** The most popular ones are **Arboretum De Dreijen** and **Belmonte Arboretum!** They are a little uphill, but you won't regret it! You can also visit **Arboretum Oostereng** near Wageningen Hoog or **Torckpark** in the city centre. **De Blauwe Bergen** is near the accommodation Dijkgraaf and there are many smaller parks in the area! Our campus ground is also perfect for a walk.
- **Go by the Rijn** (yes, the Rhine river passes by Wageningen) with your friends to enjoy some sun and bring some good food for a picnic
- **Go to the market** in the city center that is held twice a week, on Wednesday and on Saturday! (See the '[Food](#)' section)
- **Start a new hobby!** There are many new activities that you could try out, for example crochet, pottery, painting, and meditation
- **Watch a movie** from the [list](#) in the guide.
- **Play board games** with your friends! You can buy some at a secondhand shop.
- **Go ice skating** on one of the water sheds around Wageningen
- **Do some sports.** You can apply for sports rights at the Bongerd. These cost 16,75 € a month and 109 € for the whole academic year. You can find more information and apply online [here](#).
  - You can also do sports that don't require you to have sports rights. Embrace the cycling culture and explore the scenic landscapes on bike, or embark on a hike through nature reserves and trails. Stay fit by jogging or running, and make use of outdoor fitness parks- such as the workout facilities in front of Impulse. You could even go kayaking or canoeing on the Rhine!



## What to do in the Netherlands?

Since everything in the Netherlands is quite reachable by bike or train, it is relatively sustainable to visit these places. Here are some travel tips and suggestions:

- Book your green hotel through **EcoHotels!** Their mission is to connect hotels to share knowledge and best practices while promoting sustainability in the travel industry
- Celebrate King's day, the spring opening of the Keukenhof Gardens, and many other special events; take a look at the most famous festivals held around the year.
- **Check Indebuurt.** This is a website that shows what events or activities are happening in multiple places in the Netherlands.



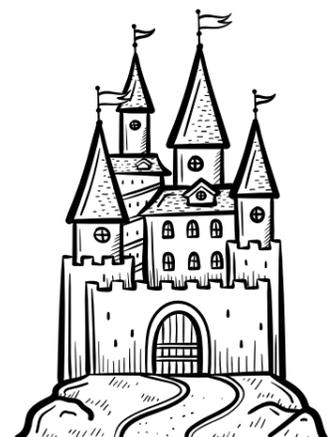
Moreover, if you would like to visit some places around the Netherlands, you can choose your destination based on the ecolabels they have. Ecolabels were designed in order for tourists to understand the sustainability of the places they visit. You can check what the evaluations are based on at [this link](#).

- **Green destinations Silver ecolabel (for coasts):** Ameland, Noordwijk, Katwijk, Hoek van Holland, Westvoorne, Goeree-Overflakkee and Schouwen-Duiveland.
- **Green Destinations Silver ecolabel:** Nijmegen and Bergen Dal.
- **Fully certified by Green Destinations** Schouwen-Duiveland

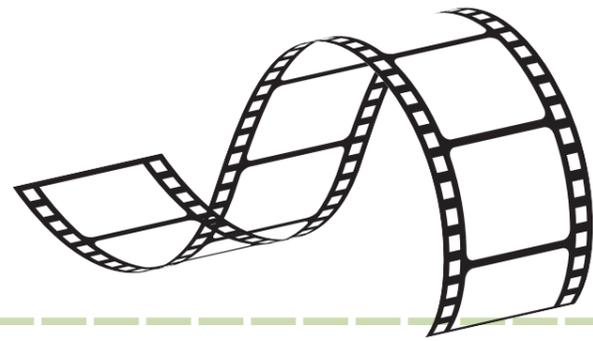


Other interesting destinations we would like to point out to you in the Netherlands are:

- **Visit the Veluwezoom.** The Veluwezoom is the oldest National Park in the Netherlands. Since 1931, this landscape of hills, forests, heathland, and drifting sand has been a protected area.
- **Kasteel Doorwerth.** This castle with its beautiful surroundings was built in the 13th century and is nowadays a museum.



# MOVIES



There's something about cinema that really engages our emotions- and rightly so. Especially in winter, when it is cold outside and often rainy, your best option might just be to stay in and watch a movie. Sometimes finding the right film can seem like an impossible task. This is why we give you a list of well-reviewed, enjoyable movies that will inspire you during your stay.

## Planet Earth (2006) and Planet Earth II (2016)



These two series of documentaries transport the audience around the world, showing incredible natural habitats spread over 64 different countries. Throughout these documentaries you will be able to see all manner of creatures eat, hunt, and mate, making you fall in love with nature all over again.

IMDb: 9.5



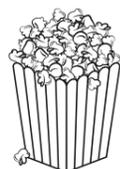
If you like this documentary make sure to also check **Blue planet** (2001-2017) (1-2), **Our planet** (2019), and **Life in color** (2021)

## Erin Brockovich (2000)



This movie is about a corporation polluting water supplies and compromising the health of local communities. Erin Brockovich (played by Julia Roberts) is the heroine who helps uncover what is considered one of the biggest environmental crimes in history. This movie is inspired by true events, and it will give you the right motivation to fight for environmental justice!

IMDb: 7.4



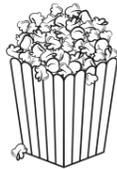
If you like this movie, also check: **Black waters** (2019), **Grizzly man** (2005), **Gorillas in the mist** (1998), and **An Inconvenient Truth** (2006).

## Honeyland (2019)



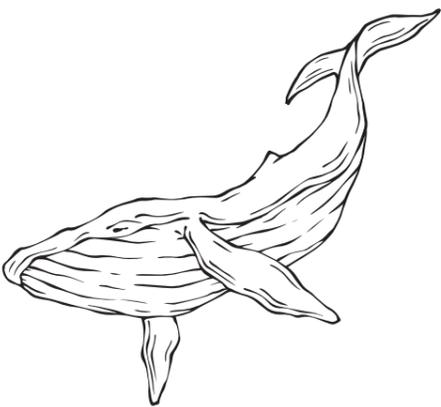
This wholesome documentary is about a Macedonian woman keeping ancient beekeeping traditions. New investments and neighbors come into the area to try to do the same. The documentary follows her life before and after the arrival of these new investors, addressing topics such as climate change, biodiversity loss, and exploitation of natural resources.

IMDb: 8



If you like this documentary, also check **Cowspiracy** (2014), **Chasing coral** (2017), **The cove** (2009), and **Seaspiracy** (2021)

## Whale Rider (2002)



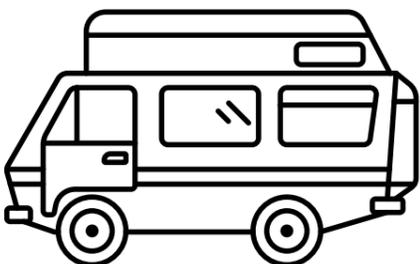
This movie is about a Maori tribe and the decision they will have to make regarding their new chief. Only males are allowed to chieftain but Pai, a 12 year old girl, wants to claim her right as a direct patrilineal descendant of Paikea, the Whale Rider. This beautiful movie explores the difficult relationships within this tribe while honoring its tight bond with the sea.

IMDb: 7.5



If you like this movie, also check **The Body Remembers When the World Broke Open** (2019), and **Atanarjuat: The Fast Runner** (2001)

## Into the wild (2007)



Of course, we could not exclude this classic from this list. The movie follows Christopher McCandless, a son of a wealthy family who decides to donate his savings to charity and go into the Alaskan wilderness to rediscover himself and his relationships with people and the environment around him.

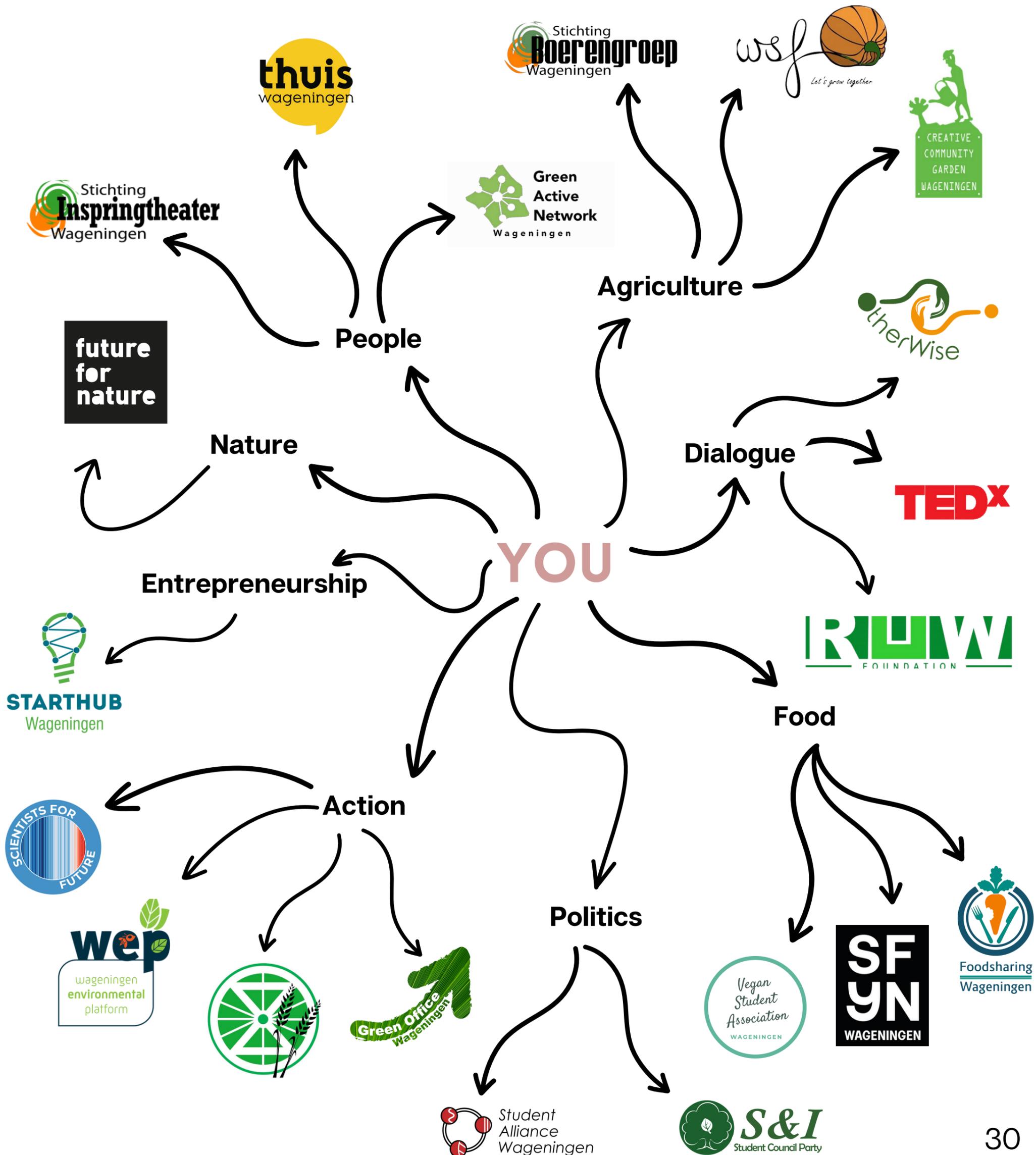
IMDb: 8.1



If you like this movie, also check **Wild** (2014), **The tree of life** (2011), and **Captain Fantastic** (2016)

# GET INVOLVED

Hopefully this guide has made you enthusiastic about sustainability. If you feel like you want to do more than change your own lifestyle, you can always consider joining an organization in your spare time. Check out this graph to find out what organization would fit best with your interests!



# GREEN ORGANIZATIONS

On the next pages you will find an overview of some sustainable organizations that are active in Wageningen. For more information, you can click the logo of each organization!



The **Green Office Wageningen** stimulates sustainability at Wageningen University & Research, by working towards a more sustainable mindset and more sustainable policies.

## Green Active Network

Wageningen is a platform for all green-minded organizations and initiatives in Wageningen.



**Wageningen Student Farm** is a place to bring your knowledge of organic farming and biobased-production to practice.



**Wageningen Environmental Platform (WEP)** promotes a sustainable lifestyle among students by organizing events like excursions and lectures and by promoting local initiatives.



**S&I** is the Student Council Party for Sustainability and Internationalisation at WUR.



**Thuis** works together with residents, the municipality and other organizations on initiatives which make a difference for Wageningen.



**StartHub** Wageningen is the startup incubator which focuses on the development of entrepreneurial competences of students.



**Vegan Student Association** Wageningen is a community for students who are interested in plant-based food.



**Stichting Boerengroep** (Farmers Foundation) aims to connect the university with the reality and challenges of farmers in order to shed a critical light on the worldwide food production chains.



**Creative Community Garden** is a place where you can have your own garden and meet new people.



**Foodsharing**  
Wageningen

**Foodsharing** Wageningen distributes food that would otherwise be thrown away.



**Click on the logos if you would like to learn more about the organizations!**



**Slow Food Youth Network** is a network that is committed to healthy, sustainable and fair food for everyone.

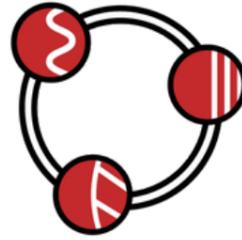
**RUW Foundation** gives students the opportunity to expand their knowledge about food production, consumption, (sustainable) resources and other issues.





## UNIPLASTIC

**Uniplastic** is an organization that recycles plastic locally.



## Student Alliance Wageningen

**Student Alliance Wageningen (S.A.W.)** is the student union of Wageningen that stands up for the interests of students.

**OtherWise** stimulates critical engagement by questioning the status quo and exploring alternative pathways towards a more environmentally and socially just world.



## future for nature

**Future for Nature Academy** is a platform where young, motivated students and graduates meet and built a network in support of nature conservation.



## DUURZAME STUDENT

**Duurzame Student** (Sustainable Student) is an online magazine about sustainability (in Wageningen).



**TEDx Wageningen** is an initiative which has events with live speakers and recordings to research and discover ideas.

**Extinction Rebellion** is a global activist group that wants clear communication about and more (political) action on today's biodiversity and greenhouse gas emission crises.



**Stichting Inspiringtheater** Wageningen is a foundation that uses theater to stimulate dialogue between people.

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# OUR TEAM

This guide and its content are provided for you by the Green Office Wageningen. These are the people behind the book.

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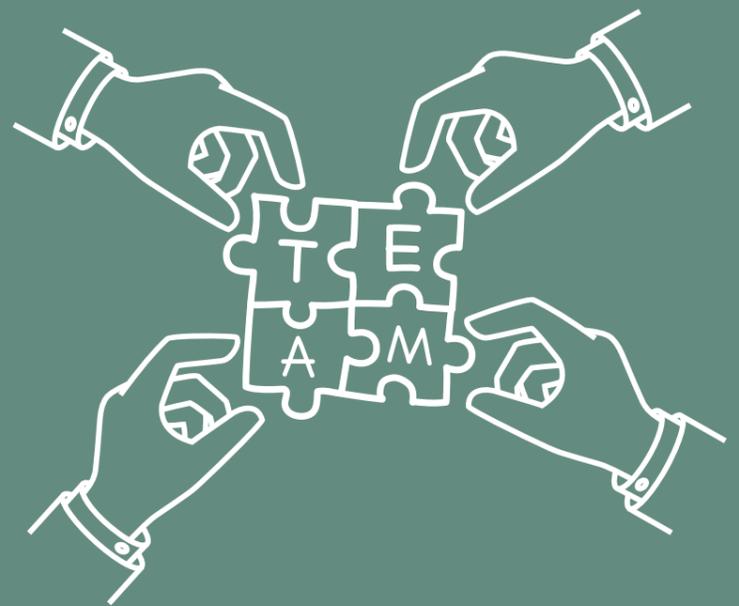
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# Green Office Wageningen



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2023