Living Sustainably - Why?

Textiles made in Bangladesh, tomatoes from Morocco or apples from Argentina: Globalization has long since found its way into our everyday life.

The downside of this variety from all over the world is that many workers in Asia, Africa, South and Central America, or Southern and Eastern Europe work under inhumane conditions. Our consumption is often at the expense of the environment and natural resources.

Politicians and business leaders are called upon to change this. But we too can have an influence. One important aspect is our daily consumption, which – when considered consciously – raises numerous questions:



Our consumption and the choices we make have consequences:
Environmental damage or environmental protection?
Exploitation of workers or fair work conditions?
Conscious consumption is essential for today's workers and future generations to have the chance for a decent life.

Living Sustainably - How?

There are many ways to protect fair labor and our environment with conscious consumption.

Orientation is provided by certain product labels, such as fair-trade or organic labels. If possible, choose regional and/or seasonal products (see below for explanations).

This city map shows where you can find stores and places with sustainable offers in Darmstadt. It also lists associations and initiatives that can help you to engage with sustainability (see below).

Hints and tips for sustainable living

REDUCE – "Do I really need this?": By buying less and more conscious, less energy and resources are used.

REUSE – "Straight to the trash?": repair, continuous use (e. g. second hand) and avoiding single-use products. A long lifespan conserves the environment and resources.

RECYCLING – "Let there be less trash…": Much can be recycled, also protecting environment and resources.

RESPONSIBILITY – "how am I involved?": The decisions you take have consequences on humans and environment. This is why you should be conscious about them and act responsibly. In this map we want to show you some good takes about what is possible in Darmstadt.

What to watch out for …

Fair trade

Fair trade fights exploitation and promotes humane working and production conditions. By buying fair-trade products we support an adequate compensation and a more decent treatment of the people involved in the production chain. Examples of fair-trade products are coffee, tea, chocolate, bananas, and handicrafts.

Organic farming

Organic food and organic cotton are produced in organic agriculture. In contrast to conventional agriculture, the focus is on environmentally friendly production methods and animal welfare. The renunciation of chemical pesticides and genetic engineering guarantees safeguarding of nature and the production of healthy foods.

Sustainable textiles

With the making of textiles, working conditions and environmental impact are decisive factors for sustainability. These recommended labels offer guidance when buying textiles:

Further information: www.siegelklarheit.de

Regionality

Regional products ensure short distances for transport and therefore reduce the use of energy and lessen the emission of greenhouse gases. Also, the excessive use of water in arid zones can be reduced by choosing regional products.

Example: no tomatoes from Spain or potatoes from Egypt.

Seasonality

Our diet is seasonal when food is used that grows in our own region during the respective season and does not have to be imported from abroad. Through seasonal consumption, the energy required for long transport routes, greenhouses or refrigerated storage facilities can be reduced.

Example: no strawberries or peppers in January.

But isn't that much too expensive?

Conventional prices conceal hidden costs for social and environmental damage that occurs during production. Fair and organic products disclose what products would cost if people were paid fair and environmental damage is avoided.

Compared to conventional food or clothing, where consumers pay high margins for brand names, sustainable products are often even cheaper.

Buying sustainably can even be significantly cheaper, if you buy second-hand goods or use free alternatives such as repair shops, free stores, or food sharing.

Sustainable Development Goals (Agenda 2030)

Since 2015, there are 17 Sustainable Development Goals (SDGs). They were adopted by all Member States of the United Nations (UN).

The overall goal is the transformation to a world in which all people have equal opportunities for development and advancement while the interests of future generations are considered.



The 17 goals apply to all states, to all communities, including us in Darmstadt. Everyone can contribute to achieving these goals – for example through conscious shopping or voluntary / political commitment. With the "Wandelkarte" we are showing concrete possibilities for action on the ground.

https://sdgs.un.org/goals



Action to protect the climate

To keep global warming below 1.5°C, many people in Darmstadt are committed to climate protection. They network in the the monthly climate round table. www.klimarunde.de

Where would you like to participate?

- **Architects for Future DA** –For a change in the construction industry: http://www.architects4future.de/mitmachen/ortsgruppen
- **Extinction Rebellion DA** – Biodiversity protection, climate justice and civil disobedience: https://extinctionrebellion.de/og/darmstadt
- **Fridays for Future DA** – Students and trainees get involved for the climate: https://darmstadtforfuture.de
- **Heinerblocks** – Parked streets are to be transformed into lively meeting places, traffic is to be reduced: https://heinerblocks.de
- **Heiner*energie** – Making the energy turnaround happen yourself, e.g. with balcony solar systems: https://klimaentscheid-darmstadt.de/heinerenergie
- **Klimaentscheid DA** – Citizens' initiative for climate neutrality in DA by 2030: https://klimaentscheid-darmstadt.de
- **Omas for Future DA** – elderly people are committed to ensuring that future generations also have good living conditions: https://omasforfuture.de/regionalgruppen/darmstadt
- **Parents for Future DA** – Supporting young people in their demands for a consistent climate and environmental protection policy: https://parentsforfuture.de/de/darmstadt
- **Scientists for Future DA** – Scientists who are committed to a sustainable future: https://darmstadt.scientists4future.org
- **Students for Future DA** – Anchoring climate change and sustainable development more firmly in teaching: https://sff-da.klimaforen.de
- **VCD Darmstadt-Dieburg** – For environmentally and socially compatible, safe, and healthy mobility: https://hessen.vcd.org/der-vcd-vor-ort/darmstadt-darmstadt-dieburg

Making your lifestyle more sustainable

Home

- Keep a gratitude journal
- Planting the balcony / garden in an insect-friendly way

Household

- Calculate your own ecological / virtual water footprint
- Energy: Obtain green electricity / green gas
- Zero waste: avoid (micro)plastics, e.g., in cosmetics
- Produce your own cleaning agents and cosmetics

Food

- Form a shopping community, e.g. Solawi / Foodcoop / BuyingInBulk
- Order an organic vegetable box, e.g. www.paradieschen.de/biolieferservice, www.diegemuesekiste.de
- Get a water bubbler instead of hauling crates of beverages
- Save food from the garbage can and use leftovers (Foodsharing)
- Organize and use seasonal calendars for fruit & vegetables
- Produce food like yogurt yourself

Mobility

- Repair / use bicycle
- Use car sharing / cargo bike / bicycle trailer instead of your own car
- Carpool / use Heinerliner
- Plan your vacation sustainably

Computer / Internet

- Do not use a search engine to find known URLs but type them directly into the address bar.
- Use a sustainable search engine, e.g., ecosia
- Switch to a sustainable mail provider, e.g., posteo
- Print in a climate-friendly way, e.g., recycled paper www.umweltdruckerei.de / www.dieUmweltdruckerei.de
- Change default print setting to double-sided

Finances

- Switch to an ethical bank, e.g., GLS Bank, Umweltbank, Triodos Bank, Tomorrow

My stuff

- Swap, buy used things, repair (Repair-Café)
- Give away or sell things that are no longer needed, e.g., set up a free store / Heinerleih / gift box

My environment

- Share items with friends and the neighborhood
- Encourage those around you to drink tap water
- Participate in a consumption-critical city tour
- Express your own opinion and become politically active
- Be part of a Darmstadt initiative

Further information at: https://wirkel.anu-hessen.de

Get involved

You want to learn more or get involved in a sustainable society? You can do so, for example, at the following associations and initiatives:

- **Attac Darmstadt** – Working towards a socially and ecologically driven globalization: www.attac-darmstadt.de
- **BUND / BUND Jugend** – Commitment to environmental protection and nature conservation: darmstadt.bund.net
- **Darmbach e.V.** – For living water in the city: www.darmbach-ev.de
- **Economy for the Common Good** – A new economic model based on values such as human dignity, solidarity and sustainability: https://web.ecogood.org/de/darmstadt
- **Energiegenossenschaft Darmstadt** – Jointly financing and building photovoltaic systems: www.eg-da.de
- **Foodsharing** – Saving surplus food: www.foodsharing-darmstadt.de
- **Friends of Nature, local branch Darmstadt** – www.naturfreunde.de/ortsgruppe/ortsgruppe-darmstadt
- **Greenpeace Darmstadt + Jugend** – Working towards the protection of the environment and nature: www.darmstadt.greenpeace.de
- **Heinertalent –** Time exchange network to promote mutual neighbourly support: www.heinertalent.de
- **Initiatives at universities**
  University Sustainability Group (TU): www.hg-nachhaltigkeit.de and sti:ne – student initiative for sustainable development at Darmstadt University of Applied Sciences: ine.h-da.de
- **Initiative Essbares Darmstadt** – Urban Gardening and more: www.essbaresdarmstadt.de
- **Lebensschule Natur am Oberfeld** – Bringing people, animals and nature closer together through personal experience: www.leschuna.de
- **Micha Initiative Darmstadt** – Christian commitment for global justice: www.micha-darmstadt.com
- **Permakultur Darmstadt** – Local networking of people interested in permaculture: www.permakultur-darmstadt.de
- **SoLaWi** – Solidarity Farming – sharing the harvest: www.solawi-darmstadt.de
- **Transition Town Darmstadt e.V.** – City in transition with projects and networking opportunities: www.transition-darmstadt.de
- **Viva con Agua Darmstadt** – Access to safe drinking water and sanitation facilites in the Global South: www.vivaconagua.org
- **Worldshop Darmstadt & global learning workshop** – Commitment to fair world trade and good working conditions worldwide. Educational offers around Fair Trade and global connections: www.weltladen-darmstadt.de

Further tips

- **Volunteer databases:** www.freiwilligenzentrum-darmstadt.org, www.freiwilligenagentur-dadi.de, www.ehrenamtssuche-hessen.de
- **Search and give away used goods:**
  Free Your Stuff (Facebook-Gruppe fys.darmstadt), kleinanzeigen.de, ead.schenk-tauschkiste.de
- **Groups on the messenger app Telegram:**
  SFF Darmstadt-INFO (Students for Future), Essen fair-teilen DA (Foodsharing), Mitfahren: von und nach Darmstadt (ride-sharing), Kleidertausch Darmstadt, Flohmarkt Darmstadt, Kindersachen Flohmarkt DA, natuerliche_ressourcen_darmstadt (verschenken)
- **Refill stations** – Places to have your water bottle refilled: www.refill-deutschland.de

Idea and background

The "Wandelkarte" shows the abundance of possibilities here in Darmstadt – stores and places that offer sustainable products as well as contact points for repairs or sharing and exchanging.

This map and the "Wandelkarte für Darmstadt-Eberstadt" & "Wandelkarte für Darmstadt-Nord" can be downloaded as a PDF version at:
wandelkarte@transition-darmstadt.de

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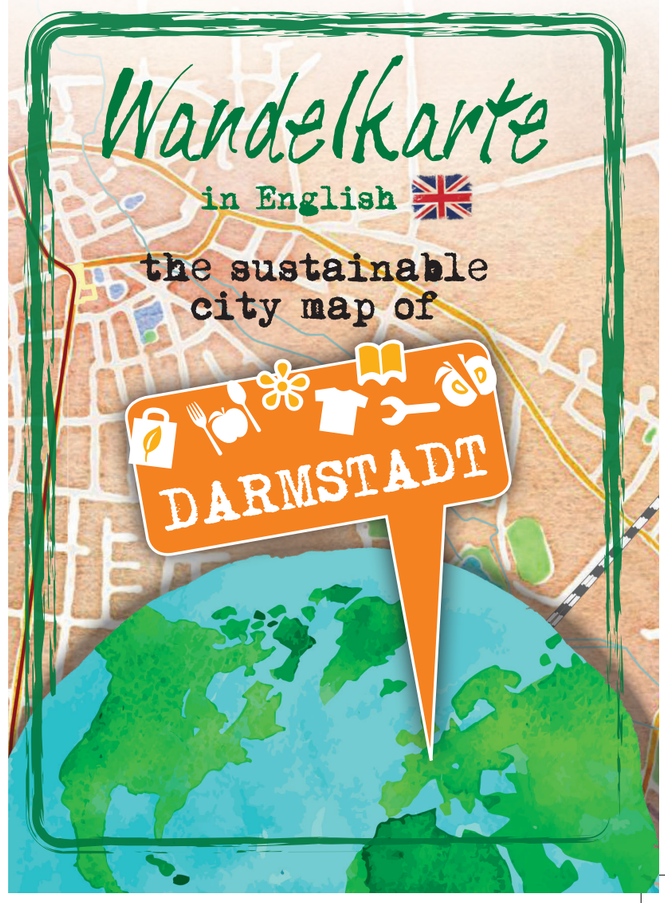
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Wandelkarte

the sustainable city map of DARMSTADT

First & Second Hand

Clothing: organic | fair trade

1 Numero 5, Schulstraße 5
2 Weltladen, Elisabethenstraße 51
3 Farmnatur (Children's Clothing), Liebfrauenstraße 91
4 Vaude, Im Carree 1
5 Buttmi Schuhe (einzelne Marken), Rheinstraße 37
6 Kinderschuhladen Bessungen (some Brands), Ludwigshöhstraße 37a
7 Gegenüber (Brand: Armed Angels), Rheinstraße 1
8 Grüner Salon, Robert-Schneider-Straße 20
9 Kleine Fluchten (einzelne Marken), Magdalenenstr. 3

Clothing: Second-Hand

10 Lejla's, Liebfrauenstraße 59
11 Oxfam (also household goods), Rheinstraße 12b
12 Pompadour (also household goods), Schuknechtstr. 1
13 ReSales, Ludwigstraße 7
14 Schrankgeflüster, Dieburger Straße 20
15 Vinty Vibes, Schulstraße 16
16 Djavas Vintage, An der Stadtkirche 4

Second-Hand

17 Kaufhaus der Gelegenheiten | Ka-Gel (furniture, household goods), Pallaswiesenstraße 122
18 Oxfam (books), Schulstraße 16
19 Vintagezauber (household goods), Hermannstraße 1
20 Waschmaschinenzentrale Horn (household appliances), Kasinostraße 59
21 Musik als Hilfe (records), Pallaswiesenstraße 21
22 Come Back (records), Luisenstraße 2

Building Materials | Furniture | Gifts

23 Bau-Natura (building materials), Eschollbrücker Straße 41 [Heimstättensiedlung]
24 Das Bauländchen / Antons Farbwelt (small hardware store) Adelungstraße 55
25 Frida Feeling, Heimstättenweg 89 [Heimstättensiedlung]
26 Grüner Salon, Robert-Schneider-Straße 20
27 Keramikatelier Bartel, Weinbergstraße 4
28 ubuntu, Haus der Materialien, Mollerstraße 28
29 Weltladen, Elisabethenstraße 51

Repairing

Repair Shops

30 Makerspace, Mainzer Straße 74
31 Repair Café at the community center of Michaelsgemeinde, Liebfrauenstraße 8
Termine: www.repaircafes-darmstadt.de

Repairing bicycles yourself

32 Fahrradwerkstatt 20°, Hochschulstraße, between Audimax and ULB
33 Repair Stations, Hochschulstraße near Herrngarten as well as at Welcome-Hotel
34 Repair Station, TU Lichtwiese in front of Mensa
35 Repair Station, Schnittspahnstraße, at Botanischer Garten
36 Repair Station at bicycle parking garage
37 Repair Station near TEO at Nordbahnhof
38 Repair Station in the Carree

Bicycle repairs in shops and workshops

39 Bessunger Fahrradwerkstatt, in the basement of Bessunger Knabenschule
40 Citybike, Otto-Röhm-Straße 82
41 Drahtesel, Mornewegstraße 25
42 eeemotion, Frankfurter Straße 26
43 Gleis 66, at Hauptbahnhof
44 Kreissaal, Neckarstraße 12
45 Radelmal, Mollerstraße 17
46 Radhaus, Heidelberger Straße 47
47 Sparrad, Kranichsteiner Straße 38
48 twenty inch, Schulstraße 14
49 VanSprint, Pallaswiesenstrasse 63
50 Velocity, Heidelberger Straße 39–41
51 Zurell Bikes, Frankfurter Straße 89

Clothing alterations

52 Alteration tailors. Addresses via: www.transition-darmstadt.de/wandelkarte

Food

Fair Trade

53 Weltladen, Elisabethenstraße 51

Organic food

54 Unverpackt, Gutenbergstraße 5b
55 Arche Bioladen, Schuknechtstraße 1
56 Terra Verde, Dieburger Straße 77
57 Alnatura, Grafenstraße 41
58 Alnatura, Heidelberger Straße 193
59 Alnatura, Rheinstraße 39
60 Biobäckerei Kaiser, Elisabethenstraße 12a
61 Biobäckerei Kaiser, in Hauptbahnhof
62 Biobäckerei Kaiser, Schulstraße 3
63 Aniko Kaffee und mehr, Bessunger Straße 53

Health food stores

64 Liwell Reformhaus, Schuchardstraße 11
65 Reformhaus Stier, Wittmannstraße 2

Local food

66 Hofgut Oberfeld (demeter), Erbacher Straße 125
67 Obstbau Geibel, Donnersbergring 45
68 Heiping, Karlstraße 64
69 Eichwaldhof (demeter), Brandschneise 3 [Heimstättensiedlung]

Weekly market

70 City Center, Marktplatz: Wed+Fri+Sat 8 am – 2 pm
71 Bessungen, Orangerie: Fri 2 – 6 pm
72 Johannesviertel, Johannesplatz: Thu 1:30 – 6:30 pm
73 Martinsviertel, Riegerplatz: Wed 8 am – 12 pm

Gastronomy

organic | local | fair trade | vegan

74 Butter & Blume, Erbacher Straße 89
75 Café Bellevue, Eckhardtstraße 26
76 Hofcafé Oberfeld, Erbacher Straße 125
77 Klause, Külpstraße 5 (in summer)
78 plantyful, Niederstraße 1
79 Schuknecht, Schuknechtstraße 1
80 tibits, Eschollbrücker Straße 65 [Heimstättensiedlung]
81 Vinocentral, Platz der Deutschen Einheit 21
82 Timm's Café, Landwehrstraße 13

Sharing & Giving

Bookshelves & libraries

83 Bookshelves. Addresses via: www.transition-darmstadt.de/wandelkarte
84 Stadtbibliothek, Große Bachgasse 2
85 Universitäts- und Landesbibliothek, Magdalenenstraße 8
86 Library of the h_da, Schöfferstraße 8

Sharing & giving

87 Heinerleih (household items), Ka-Gel, Pallaswiesenstraße 122
88 Heinerbike (cargo bike sharing), several pickup places (www.heinerbike.de)
89 Umsonstladen (free store), Bessunger Straße 132
90 Ludothek (board games), Rheinstraße 28
91 Computerwerk (Computer / mobile phones), Hochschulstraße 14 (TU S2|03-08)

Foodsharing

92 Fairteiler, Hochschulstraße 1 (TU S1|02)
93 Fairteiler, Schöfferstraße 8 (h_da, D13)

Community gardens

94 Nachbarschaftsgarten Bessungen, Niederstraße 30
95 Seasonal Gardens Oberfeld, Scheftheimer Weg 2a
96 Grünpause (HG Nachhaltigkeit), [Lichtwiese] between architecture faculty and kindergarten

Towards DARMSTADT NORTH
Wandelkarte for Arheilgen, Wixhausen, Kranichstein:
www.transition-darmstadt.de/wandelkarte

Towards DARMSTADT SOUTH
Wandelkarte for Darmstadt-Eberstadt:
www.transition-darmstadt.de/wandelkarte

LICHTWIESE
34, 96

HEIMSTÄTTEN-SIEDLUNG
23, 25, 69, 80

500 m