

Sustainability guide to Konstanz: List of how to be more sustainable / local possibilities

Sustainable bank account: GLS, Tomorrow Bank, Triodos Bank, Ethikbank

REDUCE (plastic / food waste)

When you order a take-away lunch, bring your own box. Even during corona, many places accept it, but let them know in advance.

Unpacked shops: bring your own box to shop for food [here](#) (for students 10% off every Tuesday) or [here](#) , or for [cosmetics](#) here. Shop for seasonal and regional vegetables and fruits at the [weekly market](#).

You can also order a box of locally produced package-free vegetables and/or fruit at different intervals (e.g. weekly, bi-weekly, monthly) from the [Reichenau Gemüsebox](#).



German 'Pfand' (deposit) system: buy dairy products (among others) in glass bottles

[Food sharing](#): save food from being wasted, get free food at the [FAIRteiler](#) (distributor)

[Too Good to Go](#) App: get cheap food from restaurants that would be thrown away

Our [tap water quality is amazing!](#) Try it!

List of Second-Hand Resources / borrowing

Name	Address	Description
Kleiderwerk	Von-Emmich-Str. 2, 78467 Konstanz, Germany	German Red Cross thrift store for clothes
Fairkauf Konstanz	Gartenstr. 48, 78462 Konstanz, Germany	Thrift store for clothes, furniture, ski equipment, flower pots, dishes etc.
Froschkönig	Hüetlinstraße 10 (near Lago), 78462, Konstanz, Germany	Thrift store for children's clothes and toys

Anna Melone	Konradigasse 27, 78462 Konstanz, Germany	Thrift store for children's clothes and toys
LeiLa	https://de-de.facebook.com/pg/treffpunkt.petershausen.konstanz/photos/?ref=page_internal	Borrow things in your neighborhood or for very low fees from
Wertstoffhof Warenbörse	Fritz-Arnold-Str 2c Konstanz	branch of Fairkauf; furniture, frames, flower pots, ski, shoes, games, kitchenware
German e-Bay	https://www.ebay-kleinanzeigen.de/stadt/konstanz/	Online resource for second-hand goods (clothes, furniture, electronics, bikes etc.)
Verschenk's KONSTANZ	Verschenk's KONSTANZ Facebook	Facebook group for used furniture, household goods (appliances, dishes etc.), anything
Givebox	Hansegartenstr. 15 78464 Konstanz	
Fahrrad Flohmarkt Konstanz	Fahrrad Flohmarkt Konstanz Facebook	Facebook group for used bikes and bike gear
Brockishop Kreuzlingen	Säntisstrasse 1, 8280 Kreuzlingen, Switzerland	Swiss Blue Cross thrift store for clothes, furniture, books etc.
Brocki Humanus	Hafenstrasse 25, 8280 Kreuzlingen, Switzerland	Thrift store
Möbelscheune	Singener Str. 20, 78315 Radolfzell am Bodensee, Germany	Thrift store for furniture (called the furniture barn)

Vegetarian/vegan restaurant options

Name	Address	Description
Sol	Ebertplatz 4 78467 Konstanz	vegan & vegetarian Burgers, daily menu, coffee, great cake, ice cream
Eugens	Münzgasse 4 78462 Konstanz	many vegan & vegetarian options organic, haute-cuisine, traditional cuisine, patisserie
Kantine	Oberlohnstraße 3 8467 Konstanz	vegetarian option

ENERGY

Get eco-power (effective ones instead of greenwashing, that are investing in construction of new green energy and not burning waste which is legally considered as 'eco-power', e.g. [EWS](#) or [Greenpeace Energy](#))

RECYCLE

Learn how to correctly [separate garbage](#) and avoid these [mistakes](#) (both websites in German)

ACTIVITIES & OTHERS

[Urban gardening](#)

[Rhine cleanup](#)

Are you lucky enough to have a garden? Get a [tree for free!](#)

[Public bookshelf:](#) leave a book, take a book

If you are a PhD student at the University of Konstanz, you can get a bus ticket for the entire semester for ~50 euros with a possible train upgrade (covering a large network around Konstanz!) for another 60 euros, see [here](#).

RESEARCH

Open science, publish in open access, publish null results

Consideration of methods: the minimum invasive way, most sustainable way for animals and the environment, include local researchers

Engage in education site and in the projects (not only field assistant but also in research)

Field equipment / field clothes: second hand / borrow: exchange platform (to be established)