



The Ultimate Guide

How to live a sustainable life in Wageningen



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Getting started

With this guide, we hope to help you, new students, navigate your new life in Wageningen sustainably. We provide you with practical advice and ideas to implement sustainability and eco-friendly actions in your daily life on and off campus.



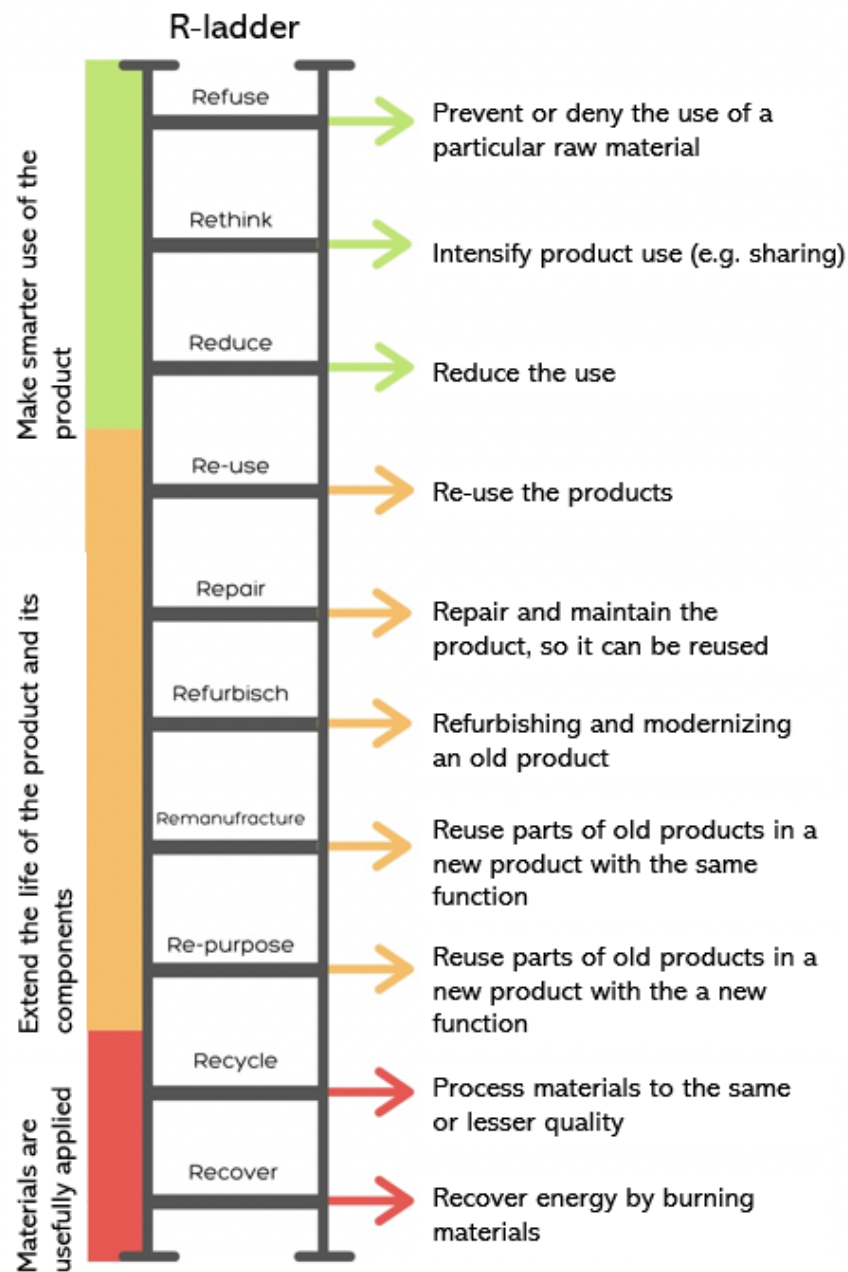
Problems in sustainability are mostly structural so not every sustainable change can be accomplished through individual actions. Sometimes it needs political interference. For example, national and international governments are responsible for making train travel by train across Europe more accessible compared to flying. However, you should not get discouraged by governments and (international) companies that may be slow in the sustainability transition, you should take action wherever you can!

It is important to know that you do not have to change your entire lifestyle at once when striving for a sustainable lifestyle. Take your time to get used to the new practices and daily routines before taking on another project. There are lots of things that you can do to make your unsustainable impact on Earth a little smaller! It is important to remember that some things might seem very easy to you, while others are nearly impossible. It differs for everyone! **Our tip: don't get overwhelmed at first, just start with what's the most convenient. Enjoy reading this guide!**

So how do you know which daily practices to change to live a more sustainable and eco-friendly life? Luckily, there are several websites where you can measure your impact on the world. Click this box to calculate your footprint to identify the areas in your life where there is most room for improvement.



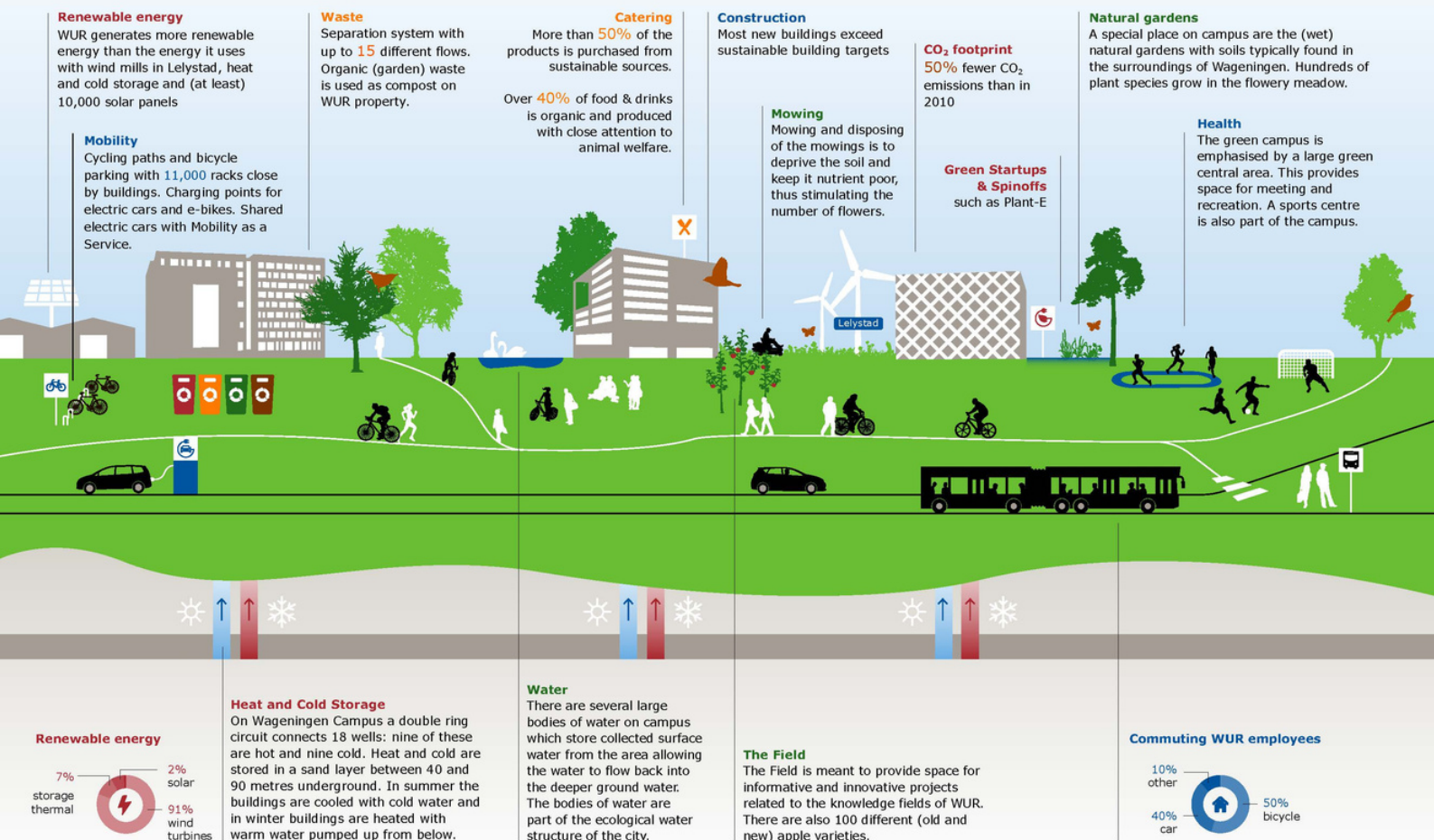
The R-ladder is a helpful tool to keep in mind when navigating your way to a more sustainable lifestyle. You can think about where your action fits on the ladder when you want to buy new products or get rid of old ones, to see how sustainable it actually is.



Sustainability at WUR

Wageningen University is the most **sustainable universities** in the Netherlands. It aims to be as energy neutral as possible with its own windmill park, geothermal energy storage system and impressive roof area covered with solar panels. On campus, there are numerous examples of sustainable construction, energy efficiency and innovations in the field of sustainability. The campus is 80% climate neutral.

Sustainability Wageningen University & Research

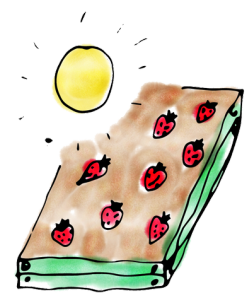


Food

Food! Who doesn't love it?! It's one of the little joys of life, isn't it? Here you'll find tips and suggestions, whether you're vegan, vegetarian, flexitarian or a meat lover! Wageningen is full of resources regarding food and there are options for everyone!

Tips:

- **Seasonality:** make sure to eat plenty of food that is in season, it's tastier and it reduces carbon emission and energy since the chance that the food is imported from far away countries is small. To find out more on what food is in which seasons, find out more in the blog Green Office here. Even fish has its own seasonality! Find out more [here!](#)
- **Buy local:** get your food from local farmers and markets. Find out more on the next page. Don't be afraid to ask where your food is coming from!
- **Plant based diet is the way to go:** make sure to eat plenty of vegetables and reduce your meat consumption to reduce carbon footprint.
- **No food waste:** make sure to always finish your food. Buy the right amount of food that you are able to consume, plan your meals and find a creative recipe to cook before food get rotten.
- **Buy in bulks** for grains, rice, and other food with long shelf lifes to reduce the packaging and save money.



"There are plenty of fish in the sea" and that's quite true for fish species that we eat as well! Looking for other species rather only tuna and salmon would help to maintain biodiversity and not have a huge demand for only the 'trendy' species!

Resources in town:

- **Wageningen Market:** the market is THE meeting place for students and locals! You can find various local products and everything you need every Wednesday and Saturday.
- **Odin:** it is a chain of biological supermarkets, there is one located in the city centre where you can find all sorts of organic products.
- **Biological butcher (Natuurslagerij Van Santen):** get your meat and animals products that have been raised in an animal-friendly way and environ-mentally conscious. They know the farmer and the origin of the animals.
- **Freeze4Ease.** a start-up by WUR students that sells frozen local products.
- Get your spices Zero Waste way at **Al Diwan Wageningen:** you can choose from a big variety of spices, hummus and other tasty food zero waste! Bring your jar and fill it with your favourite spices and tea!
- Get your coffee using your own jar at **Columbus.** Here you can buy zero waste coffee, you can choose coffee beans from their interesting selection and have them grinded in your jar.

- **Streekwaar:** a group of sustainable food producers, caterers and retailers from the Gelderse Vallei that provide food and drinks produced with respect for nature, people and animals. Many food initiatives in town are part of Streekwaar! You can visit them at their locations, at the Saturday market in Wageningen or during their events. Soon you will be able to order your groceries online via their website and collect them at a pickup point in Wageningen, Ede or Renkum. Some of the **members:**

- **De Vlijt Wageningen.** This windmill has been around since 1879 and you can buy your organic and local flour and grains.
- **De Hoge Born:** produce its own products and sourced it locally. You can find vegetables and fruits, next to dairy, meat or fresh bread...
- **De Gieterij:** is a zero-waste shop. Here you can refill your favorite dried goods in your own jar!



General tip:
look for the ZW sticker!

- **Pluktuin Sayuran:** is an agroecological self-harvest market garden in Wageningen. It is located within the beautiful surroundings of Pluktuin de Bosrand. They produce a diverse range of vegetables, herbs & edible flowers following the principles of agroecology; this means minimising external inputs, zero agrochemical use, & working with nature to invest in biodiversity and long-term soil health.
- **Vreemde Streken:** offers local and sustainable products going from zero waste beauty products to original local drinks.

Online resources:

- **Too Good to Go App:** You can save meals from stores and food professionals around you with a simple click from the app! In Wageningen you can find the magic boxes in Jumbo, LIDL and more!
- **OLIO** is a mobile app for food-sharing, aiming to reduce food waste. It does this by connecting those with surplus food to those who need or wish to consume such food.



Home and Living

Did you just move and need furniture for your new place? How about new clothes but you don't want to go for fast fashion? When moving to a new city or new country it is not always easy to find these things as easy as at home. Here you can find a list of shops where you can buy things for your apartment, gifts, books, clothes, possibly zero waste and second-hand (or locally produced)!

Tips:

- **Get your stuff secondhand instead of new.** Save money and reduce waste by getting your stuff secondhand. You can get it from your friends for free or buy it from second hand shop. You can even get something free from the previous tenants in your housing.
- **Rent or do a cloth swaps to get your newest style.** This is an easy way to save money and being conscious. Rent, borrow or event swap the clothes with your friends.
- **Repair or remake your stuff.** If you want to change your wardrobe, but don't feel like getting something new, you can also dye your clothes with **natural materials** to change things up a bit.
- **Do it yourself.** If you're handy with tools and love DIY, this will save you money and you will get unique look from your creations.
- **Contact secondhand shop or donate your unwanted stuffs** instead throwing it away.



The first step to reduce disposable waste is to use your own cutlery and food container to events where plastic one might be provided! Also, instead of plastic bags while doing groceries, you use reusable bags



Resources:

Get it online from

- **Wageningen Student Plaza** In this Facebook group you can find lost items and various things for sale. There is also a **WUR books** group, where you can easily buy second-hand books.
- **Marktplaats**, an online app and website from The Netherlands where you can find almost every thing second hand from furnitures, bikes to accessories.
- **Vinted** is an app where you can buy second hand clothes.
- **Boekwinkeltjes.nl** is a great online store to obtain secondhand books.

Get it nearby

- **Wageningen Environmental Platform** offers **second hand books and also clothes swap**. Just come by to Sustainability Office to get your secondhand books or do some clothes swaps.
- **Thuis** also provides some clothes swaps, second hand books, and plants on occasion.

Resources:

- Thrift stores and second hand shops are called 'kringloop winkels' in The Netherlands. Wageningen has many thrift stores where you can fulfill everything you need to furnish your room and more:
 - **Kringloop Wageningen** at Churchillweg is an easy to find (and big!) store and budget friendly.
 - **2ndHeaven Kringloop & Vintage Wageningen** at Nudepark
 - **Woord & Daad Wageningen** at Grintweg
 - **Emmaus**, at Herenstraat and Vijzelstraat, you can find anything from furniture, electronics, books and clothes.
 - **Terre des Hommes**, at the Kapelstraat, sells second hand clothes, books and furniture to raise money for projects against child exploitation.
 - **WillysWarenhuis** at the Kapelstraat sells curated vintage pieces that you will not find in other kringloop.
 - **At Tresor Mode**, you can both buy second-hand clothes and bring your clothes of good quality to be sold. You have to book an appointment to show your clothes, which will be selected and kept in the store for around 8 weeks. You'll receive the 40% of the final price, when clothes are sold!

The most common online app to buy and sell you clothes is Vinted which is really popular (and easy to use) in the Netherlands! But you can check out also: Depop, Vestiare Collective, Ebay, Asos Marketplace... And many more!

- **Repair café.** Would you like to get something fixed instead of buying a new object? You also might get to know new people and have some fun, while fixing your stuff.
 - **Repair Cafe Wageningen** - A repair cafe with two locations in Wageningen
 - **Traevel Atelier** - A repair cafe for travelling objects, like tents and other outdoor equipment



<https://weblog.wur.eu/international-students/2019/02/27/emmaus-regenboog/>

Reusable cups and bottles

In the Netherlands, we drink hundreds of thousands cups of coffee and tea a day. Most of the time people use disposable cups for coffee, resulting in a huge amount of waste from the cups. There are a lot of ways to prevent this.

Did you know? Your silicon or hard-plastic cup already outperforms reusable cups after 25 uses.

For a metal thermos bottle, this will be when you use it around 60 times.



Tips:

- **Bring your own bottle** to reduce waste and save money. If your drink needs to stay warm/cold: get a thermos bottle and fill it with your favorite drink.
- **Reuse the cup** throughout the rest of the day if you forgot to bring your own cup and don't ask for a plastic lid.
- **Choose a Billie Cup.** This reusable cup can be used not only on campus but throughout Wageningen. You need to pay 1 euro deposit and give it back straight away or just bring it with you each time.
- **Drink from the tap water.** No need to buy bottled water from the supermarket or expensive filters. The tap water in Netherlands has to meet very stringent biological and chemical requirements, and its quality is safeguarded through regular, strict monitoring. So it's safe to drink.

Resources:

- **Refill Ambassadors** – Did you know the Netherlands even has outside water refill points for example: Station Ede-Wageningen, at the sport center de Bongerd, Watertap “de Markt” at Wageningen City centre or at Thuis Wageningen.
- You can use apps (like **Mymizu**) or the internet to find the closest watertap near your place.
- **Gieterij / Hogeborn** – Get plastic free lemonade syrup (in glass jar) here.



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 money in the wrong companies? Well, choose a green (sustainable) bank. A green bank makes investments in sustainable companies, projects and organisations, which mainly focus on aspects like renewable energy, human rights, biodiversity and many others.

Tips:

- **Do your own research.** Which aspects do you think are important? Read through papers like fair bank guide (eerlijke bank wijzer) here.
- **Watch out for greenwashing!** A lot of banks will have sustainability pillars but will still invest in fossil fuels or other organisations that are harmful for the environment.



Resources:

- **Expat Republic** – A short overview from all the banks in the Netherlands
- **ASN Bank** – ASN Bank mainly focuses on renewable energy, biodiversity and fair trade.
- **Triodos** – Triodos bank mainly focuses on animal welfare, renewable energy, human rights and climate change.
- **Eerlijke geldwijzer**– A report in which Dutch banks are scored and compared on topics like animal welfare, human rights and sustainability policies.

Transfer service.
Found a nice green bank you want to join? In the Netherlands all banks collaborate with the system called “overstapservice”. This makes changing banks a lot easier!



Personal hygiene



You can replace your plastic toothbrush for a bamboo one, or get a plastic one of which you only have to replace the head. This depends on your own preference!



The choice of hygiene products might be difficult. There are so many options to choose from! We encourage you to pick the sustainable options, thus we will give you some ideas here. We focus mostly on reducing the amount of plastic and disposable products in your home, and how to include vegan and/or cruelty free products (which usually go together). Important to keep in mind is whether you really need all the product you use: sometimes, your skin/hair just gets used to the product, but not using these products for a few weeks shows you that you can often go without them.

Tips:

- **Sustainably taking care of your teeth.** You can make your own toothpaste with this link. You can also try these toothpaste tabs that are plastic free and vegan, are made from natural ingredients, and are 100 percent Dutch.
- **Use reusable products.** Change cotton pads, cotton buds, and tampons with reusable ones. You can easily find it at the zero waste shops.
- **Reduce plastic waste from showering.** You can replace your bottled products with soap, shampoo, conditioner bars. Happy Soaps, Shampooobars and Lalola sell products that were made in the Netherlands.
- **Beware of microplastics.** Make sure to check the exfoliants and scrubs ingredients. You can replace them with other products that don't have microplastics, or make some yourself with [these simple recipes](#).
- **Eco-friendly sunscreen.** Over the past years, attention has increased for the damaging effects of sunscreen on marine life. This led to the development of more environmentally friendly sunscreen, like these brands.
- **Buy sustainable make-up brands.** When buying make-up, you can choose to buy a brand that uses sustainable materials and show its sources.
- **Reducing waste from shaving.** For both men and women, the plastic razors used for shaving can be replaced for metal ones to reduce waste.
- **Alternatives for deodorants.** There are deodorant cremes or rollers that will help you get rid of products with propellant gasses that are damaging to the environment. If you want to take it a step further, you can also shift to products like Nuud: a crème that kills bacteria under your armpits, thereby preventing unpleasant smells for a few days.



Cleaning

Not only personal hygiene products can be damaging to the environment or your health, cleaning materials are also often full of chemicals that can pollute our environment.

Tips:

- **Use simple cleaning materials** like green soap and vinegar. These products can be used for cleaning that are not harmful for the environment. A big bonus: they are even cheaper than most cleaning products, like all-purpose cleaners.
- **Reuse your cleaning cloths.** When using these for cleaning, don't throw them out after just one use. Try to buy ones that you can wash and reuse many times.
- **Use soda and vinegar to unclog your drainage.** Instead of buying chemical releaser, use soda and vinegar to release it. Leave it for about 15 minutes, and then flush with hot water.
- **Get rid of grease using lemon.** Lemon can be used to get rid of the grease, as is explained on [this website](#).
- **Lemon to get rid of limescale in your water heater.** For this problem you can also use lemon! Leave it in overnight, cook the water once in the morning with clean water to get rid of the taste, and it is ready to be used again!

Resources:

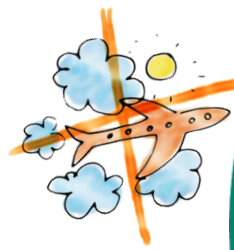
- **Grandma knows best!** – if you need more cleaning tips you can check out this website for (Dutch) tips on environmental friendly cleaning.



Wear your clothes multiple times before washing them. A lot of times shirts and pants can go longer while still being clean!



Mobility



Did you know?
The Netherlands is the
only country in the world
which has more bicycles
than inhabitants!

As new students or staff, it might be difficult to get around from your home to campus. Regardless of the challenge, make sure to follow these tips to make your journey more sustainable. More sustainable mobility has benefits to lower CO2 emissions, decrease particle emission, noise pollution, natural resource exhaustion and improve general energy efficiency and health.

“WUR has a goal to decrease CO2 emissions related to transportation by at least 2% each year”



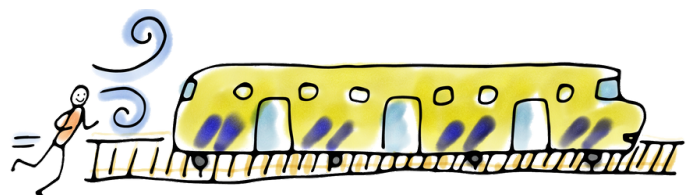
<https://mobilitymixx.com/en/WUR>

Tips:

- **Walk, bike and use public transport to get to campus.** Walk and use a bike to campus if possible. If you live further away, try to always use public transport like train and bus. Most buses and trains run using renewable energy.
- **Carpooling.** Instead of driving alone, find people from your area who want to go to campus together.
- **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 towards the environment and social and economic aspects.
- **Maintain your vehicles.** Check your vehicles regularly, the brake, tire, etc. to ensure your vehicles run smoothly and can last longer.
- **Subscribe to monthly travel** such as **OV-Chipkaart** to get 40% discount during week days or even free travel during the weekends

Resources:

- Friendly walking and cycling path and parking.
- Charging station around WUR for bike and cars.
- Borrow a bike or cars instead of buying it using **Mobility as a service** through app like **Mixx** or **Cykl**.
- Repair or get your bike from these stores (**Max Bike's**, **Restore Ede**) or on Campus with the **StudentBike Workshop Wageningen**
- Want to get people to do carpooling? Check this **Wageningen University Carpooling**





Energy

Saving energy and using green energy sources are key points in transitioning into a more sustainable lifestyle. Depending on your accommodation place, you might catch yourself thinking: "Is there anything I can do to improve my energy saving?" Let's see what can be done!

Tips:

- **Unplug all unused appliances.** A lot of them consume energy even when you are not using them!
- **Keep the cold out.** Try to seal your windows as much as it is possible – then cold will not seep in easily.
- **Use energy overnight,** but within reason! Power is cheaper overnight, so it is a nice idea to charge your phone then, but do not wake the neighbours up with your laundry.
- **Take shorter showers** and use colder water. It takes a lot of energy to heat up water!
- **Purchase efficient devices,** like lightbulbs, kitchen appliances, etc.
- **Energy label.** Try to choose accommodation with a better **energy label**; quite a few newly built dorms are using cleaner or renewable energy, while the rent costs are not unreasonably high.
- **Take a train** instead of going by car – all NS trains run on 100% wind energy.
- **Green energy.** If you are able to do so, it would be a nice idea to choose a green energy provider. After all, the choice is all yours!

Do you want to train yourself to take a quicker shower? Click [here](#) or [here](#) for Spotify playlists that will help you save a lot of water! These four-minute shower songs can be used to measure time and help you shower efficiently!

Resources:

- **Idealis's mission** – [Here](#) you can read about Idealis, a large student housing provider, and their mission to reduce energy usage and CO2 emissions.



Waste

Waste is a non-disposable part of our lives. By knowing how to deal with it properly, we can really help the Earth! In Wageningen, there are many types of household waste that are separated for collection and processing. It is therefore important to know what belongs where.

Tips:

- **Separate your waste properly.** This is important because different type of waste has different treatment.
 - **Plastic, Metal packaging and Drink cartons (PMD)** are a special waste category that you can disposed of in special (orange) underground containers. You have to put these in special transparent bags, otherwise they will not be recycled. You can get these PMD bags at certain places in Wageningen like the Sustainability Office on campus and read more on it [here](#).
 - **Glass and textile** can also be disposed of in special (underground) containers near most supermarkets. Clothes can be part of textile waste if they are too worn out to be used again.
 - **Bulky waste** has to be disposed of at the collection station at Nudepark 77. You need a waste disposal pass to get access to this place. If your roommates don't know about this, ask your landlord, as every address and household should get one. You can borrow a delivery bicycle or trailer free of charge to deposit your bulk waste at the collection station.
- **Chemical, medicine and e-waste.** E-waste or electronic waste represents broken or faulty electronic devices that needs to be discarded. By recycling, useful materials that are extracted from e-waste can be re-used. E-waste is collected in special green Wecycle collection bins, which they are located at supermarkets, hardware stores and any other store which sells electronics like Blokker or Action. There is also a Milieubus in Wageningen that is present every Wednesday morning near the market on the Walstraat (10.00 – 12.30 hrs). Expired medicines can also be handed in here, or at your pharmacy.

Download the app of Wageningen municipality about the trash as it will provide you with information on how to distribute your trash to certain containers (only in Dutch).



Tips:

- **Give your stuff a second life.** If you want to give your clothes a second life, you can also consider bringing them to second-hand stores (Emmaus, Leger des Heils, or Kledingbank) or have it picked up by Restore Kringloop.
- **Pick up or collection station?** Keep in mind that some types of waste are picked up at home, while you will need to bring others to a special bin or the collection station.
- Waste types that are picked up from home are: non-recyclable waste, organic waste, and paper. These types of trash (in the right trash bags or containers) can be put out in the street at the right time, and it will be picked up. For non-recyclable trash, you can buy non-transparent bags at the supermarket. A calendar of when the types of waste are being picked up can be found [here](#).
- **Deposit.** In the Netherlands you pay a deposit, "statiegeld", on plastic bottles (small and large) and most glass beer bottles. You can get this deposit back when you return to the supermarket and hand them in at a special "Statiegeld" machine. The small plastic bottle deposit was only introduced 1st of July 2021. They are planning to also do this for cans in 2022. At home, you can then keep your bottles in a bag, which you can bring to the supermarket every so often. You can also choose to save all the bottles from your student house and hand them in once a year, to pay for special event like a Christmas dinner.

Did you choose a new type of toothbrush? If you choose bamboo, make sure to break off the head to make sure the nylon hairs don't end up in your organic waste. If you choose plastic, make sure to check which plastic it is made from and where it belongs!

Resources:

- **Municipality of Wageningen** – Website from the municipality of Wageningen with English information on waste disposal.
- **Sustainability Office (WEP)** to pick up your PMD bags for free. Read more [here](#).
- **Weee Nederland** – Website to learn more about electronic waste in the Netherlands.
- **Wecycle** – Dutch website that shows where to hand in your E-waste.
- **Uniplastic Wageningen** – to send your recyclable plastics.
- **Dutch Government** – Government article about deposit on small plastic bottles.



Education

What does Wageningen University and Research offer you? There are some courses or programmes that you could follow, which encourage sustainable living and will teach you new things along the way. Even if your studies are not completely related to sustainability, consider clicking **here** to find out more.

Starting at Wageningen University also means you need “new” school supplies. Even with the choice of school supplies, you can do right by the environment and minimize your footprint. Try to choose sustainably with these tips below.

Tips:

- **Study books.** Get your study books second hand at places like Wageningen Student Plaza, BookMatch or Studystore and check out the WEP second hand books!
- **Less waste.** Minimalise your waste by using a fountain pen, neon highlight pens and sprout pencils.
- **Sustainable study materials.** Decide to use more sustainable notebooks, like Stone paper, and notebooks that are erasable or of recycled paper
- Also, try to get necessities like a calculator, lab coat or safety glasses second hand from Wageningen Student Plaza.
- **Shared Office Supplies.** At the WUR Library it is now possible to find a permanent spot to share, take or donate your office supplies.
- **Refurbished technology.** Consider buying a refurbished laptop instead of a brand new one. The quality is still guaranteed.

Switch to Ecosia as your browser. Roughly, after every 45 searches, they plant a tree for you! Moreover, you can see reports from their actions, donate trees and many more. It's one click for you and something great for the Earth!



Resources:

- **Bookmatch** – it is a good website to buy or resell your study books
- **Studystore** – a website that helps you buy the right books for the whole year
- **Leven Zonder Afval** – here you can buy refillable pens, sprout pencils, erasable notebooks and more!
- **Leapp, Rebuy, Refurbished.nl** – you can buy refurbished electronics products here
- **WEP** – Wageningen Environmental Platform offers a service called book swap, as well as a second hand bookshop. You can sell and buy textbooks there
- **Use Ecosia to search online.** Every search contributes to greening the planet. How awesome is that?

Recreation

As you might have noticed in the Netherlands, everything is quite reachable by bike or train, which is quite sustainable, right? But specifically, in Wageningen, which activities can be easily done and nearby? Here we want to give you some of our personal suggestions on what to do nearby during your free time; enjoy!

Tips:

- **Choose locally.** Choosing the nearest recreation spot will save you time and money.
- **Use your bike or public transport** to go to your destination.
- **Leave no trace.** Make sure you are not polluting the environment and know which trash bins for which trash. Sometimes trash bags are provided at the entrance. So no reasons for littering.
- **Bring your own picnic supply.** It could be food or tools, but bringing it gives you full control of your waste.
- **Don't forget your reusable stuff** in case you want some cake or coffee along the way.
- **Read the rules before entering a location.** Make sure you know where you are allowed to stand and whether you can bring your dog with you or not. Normally all these rules are at the entrance of the recreation spot.



View on the river Rhine at Wageningen by Cajaflez (Flickr.com)

Where to go:

- **Rijn**, to go for a walk and explore the Uiterwaarden, area nearby the river Rijn! You can go there to chill and relax after a week of study!
- **Chill or date at the parks**, The most popular one are gardens **Arboretum De Dreijen** and for **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** near the accommodation Dijkgraaf and there are even more smaller parks! Our campus ground is also perfect for a date or just to chill.



Where to go:

- **Restaurants, cafes and pubs:** meet your new friends, have a date or relax a bit from the student life at these spots. Most of them are around the big church or in the little streets that cross Hoogstraat. Our favourite cafés are **Tola** and **Columbus** where you can have a nice coffee and homemade (and often local) cakes and other snacks! If you want to enjoy a nice and local brewed beer we would instead suggest to go to **Café Onder de Linden**, **Rad van Wageningen** or **Café De Zaaier**!



- **One day trip.** Do you want to take a break from Wageningen life but also not travel long distances? There are many cool biking trails you can take and sightsee what's around, such as the villages of Renkum and Rhenen which can be reached easily! You can also cycle to the national park **De Hoge Veluwe** or **Kasteel Doorwerth** which are super awesome.

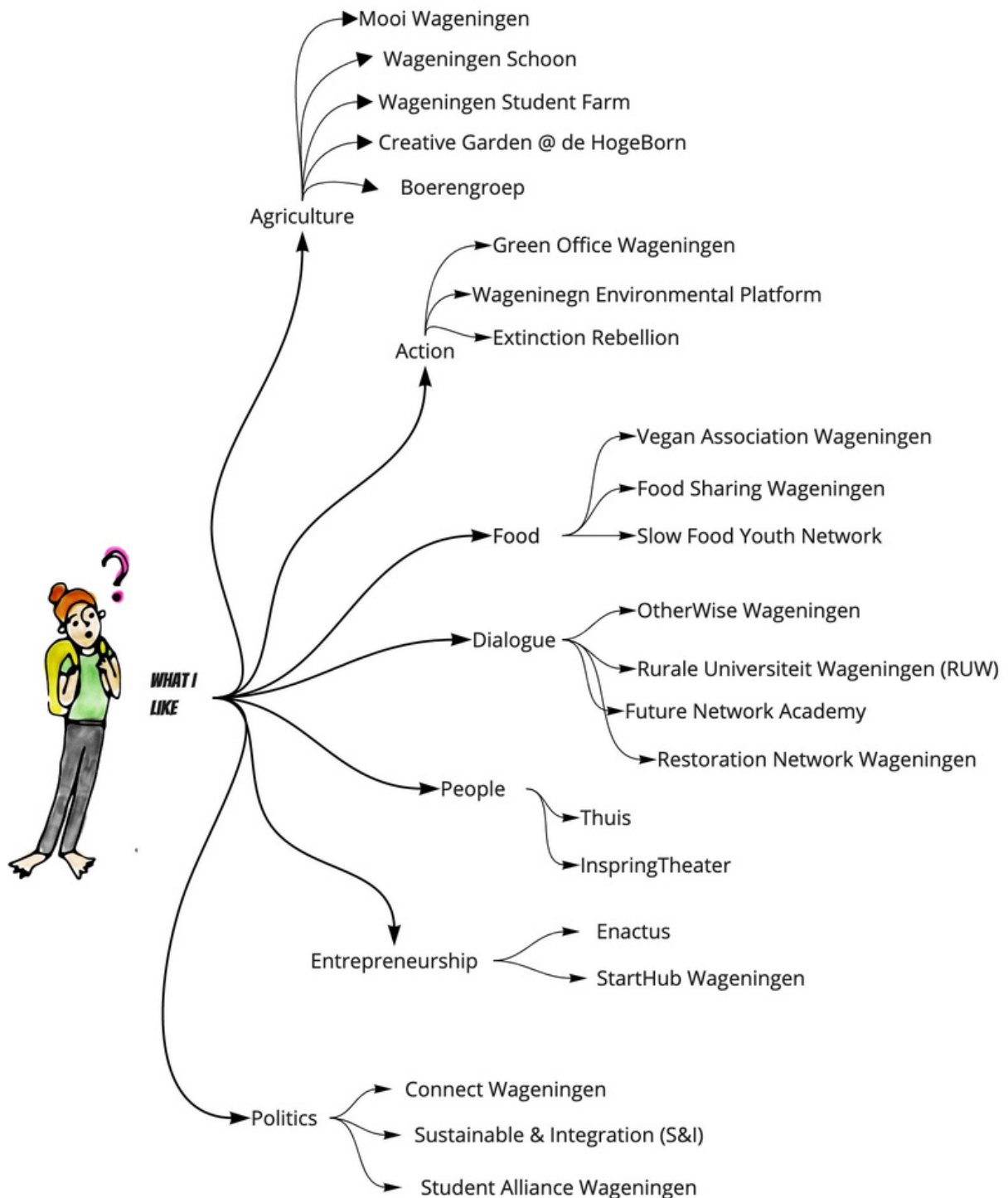
- **Experience the Dutch life!** if you want to dive into the Dutch lifestyle, one thing you cannot miss is to try out to rent a canoe and (sail) it around! There's a place in **Veenendaal** where you can rent it. If you are not a water lover but you like to stay on the ground, you can also take a horse riding tour nearby Wageningen, with The Mill ranch in Ede!



Get involved!

But what to choose?

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!



Fifty shades of green Organisations

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!

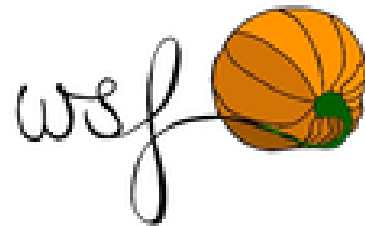


Green Office Wageningen stimulates sustainable activities at the Wageningen University & Research on multiple aspects.



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

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



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



Foodsharing Wageningen distributes food that would otherwise be thrown away.



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



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



Future for Nature Academy is a platform where students and graduates meet and built a network in support of nature conservation by organizing regional activities to promote and facilitate conservation activism.



Green Active Network Wageningen is a platform for all green-minded organisations and initiatives in Wageningen.



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



Thuis works together with residents, the municipality and other organisations, to work on initiatives which make a difference for Wageningen, and the World.



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



Connect is a local political party for students, youth and internationals.



Uniplastic is an organization that recycles plastic locally.



S&I is the Student Council Party for Sustainability and Internationalisation at the Wageningen University.



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.

Our Team

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



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I am a 2nd year BSc Food Technology student, as well as a Promoteam member of Student Experience. In my free time I love dancing and reading books!



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I'm a 2nd year Env. Science student and currently the Campus & Operations of the Green Office Wageningen. I enjoy reading, hang out with friends and do a photography in my spare time.



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I am a premaster student MSc Animal Sciences and currently working on package free kibble for pets. In my spare time I love to go thrift shopping or enjoy a good craft beer.



Marieke Los

I'm basically a nomad, driving around in my van and drawing on the way. I studied fine arts but I love doing work as an illustrator, especially when my drawings help the planet. I'm busy with self sustainability, but also making prints, tattoos, travels, and many other things. Feel free to visit my website, or follow my instagram @vast-gekras.



Sandra Timmermans

I am Sandra, a Msc student of International Development Studies and Forest and Nature Conservation. By contributing to this guide I hope to be able to pass on some strategies about sustainability that i have learnt over the past few years!



Sonia Mecacci

I am a MSc student in Biotechnology from Italy and soon Promotion Manager of WEP. I am a (sustainable) food and vintage lover and in my free time I enjoy discovering the surroundings of Wageningen and play volley!.



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