



30 Days:

# SUSTAINABILITY- CHALLENGE

Make your office greener with a plant or fragrant herbs.

No-Buy-Day: 1 day without shopping, consume consciously, swap, share, and use leftovers...

Ride your bike or take public transport to the campus.

Choose a vegetarian / vegan menu in the Mensa.

Bake cookies, bread etc. and share it with your Hohenheim colleagues and friends.

Watch a movie about sustainability or play a sustainability game in the Green Office.

Save food from the *ASTA FoodFritz* or via special sharing apps.

Make yourself happy with a new item from the gift shelf in the Poststelle.

Do your shopping without packaging waste and use a shopping basket or bag.

Drink a sustainable coffee in the *Cafete* and do something good, because the proceeds will be donated.

Treat yourself to a sustainable snack from one of the two *Fairomats* in the libraries.

Take your empty batteries to the recycling box at Hohenheim's Poststelle.

Try a cappuccino with oat drink from the vending machine at the back of the Cafeteria.

Do you have an idea on how the university can become even more sustainable? Come to the Green Office and tell us about it.

All-purpose cleaner, deodorant & co.: Make your own cleaning products or cosmetics.

Swap your post-its for a digital to-do list.

Motivate someone to take part in the Sustainability Challenge.

Take a photograph of everything you throw away for a day.

Join a Green Team and share ideas about a sustainable university with like-minded people.

Repair damaged items (e.g. your bike in the Hohenheim's bike cellar *Radskeller*) or upcycle an item of your choice.

Support someone who might need you (carrying a shopping bag, tutoring, building a wardrobe...).

Calculate your carbon footprint and find out what good you can do with the carbon handprint.

Take part in the University sports or Continuing Education program (F.I.T.).

Use cool water to wash your hands and turn off the water while soaping.

Use the app *Stuttgart fährt mit* and carpool to Hohenheim.

Check your everyday products such as food, insurances, investments etc. for sustainability.

Do you like reading? Swap one of your old books for another in the Green Office.

Share instead of buy: Sign up for a sharing community (library, sharing app, neighborhood group...).

Get a reusable bottle and use the water dispensers in the libraries or drink tap water.

Leave a place better than you found it: Pick up litter, turn off the lights, tidy up...



Do you need more information or inspiration? Feel free to contact us!

You find us in building 04.14, room 034/035 next to Speisemeisterei!  
[www.uni-hohenheim.de/en/green-office](http://www.uni-hohenheim.de/en/green-office)  
[instagram.com/greenoffice\\_hohenheim](https://www.instagram.com/greenoffice_hohenheim)  
[greenoffice@uni-hohenheim.de](mailto:greenoffice@uni-hohenheim.de)

We are looking forward to seeing you!