




Greener every day:

MY SUSTAINABLE STUDY DAY

MORNING ROUTINE

- Shorten your shower time and use solid cleaning and cosmetic products
- Minimize your energy consumption (e.g. air dry your hair)
- Only fill the kettle with the amount of water you need
- In winter, air out your home by opening the windows wide instead of leaving them tilted open
- Prepare your own food for the day and use reusable containers
- Drink tap water and avoid drinks in single-use plastic bottles
- Turn off appliances and lights before you leave the house
- Walk, cycle, or use public transportation

 **Extra-Tip:** Have you already heard of the carpooling app *Stuttgart-fährt-mit?*


STUDY & WORK

- Use digital learning tools instead of printing out your documents
- Be mindful of your use of AI, as these cause CO₂ emissions due to their high computing power
- Use double-sided printing and recycled paper when you need to print
- Use sustainable search engines
- Write your notes on scrap paper or recycled paper
- Borrow books from the library or share them
- Use refillable pens and pencils made from recycled materials

 **Extra-Tip:** Have you already heard of the *Library of Things* at the Central Library?

CAFETERIA & BREAK

- Drink fair trade coffee in the Cafete
- Use fewer paper towels after washing your hands
- Avoid using disposable products
- Bring your own containers for leftovers
- Reuse paper bags in the cafeteria
- Prefer vegetarian or vegan dishes
- Use the water dispensers in the libraries

 **Extra-Tip:** Have you already heard about the *Fairomat* in the library?


LEISURE & LIVING

- Buy items from second-hand stores
- Connect with people who share your interests
- Join a student initiative and participate in events
- Sign up for a green electricity tariff
- Put a "No advertising" sticker on your mailbox
- Share with each other instead of buying new things
- Separate your trash into plastic, paper, organic, and residual waste
- Fill your washing machines and dishwashers with the recommended amount
- Wash your laundry at low temperatures
- Buy goods from the previous day, rescued food, etc.

 **Extra-Tip:** Are you familiar with the *giveaway shelves* on campus (in the *Poststelle*, at the *ASTA*)?

FOOD & SHOPPING

- Choose unprocessed food
- Avoid microplastics and palm oil
- Choose vegetarian or vegan foods
- Use a backpack or cloth bag for shopping
- Plan your shopping according to your needs
- Choose regional and seasonal foods

 **Extra-Tip:** Have you already heard about the *ASTA-FoodFritz?*

