

SUSTAINABILITY AND ENVIRONMENTAL PROTECTION – THIS IS HOW IT'S DONE!

NACHHALTIGKEIT UND UMWELTSCHUTZ – SO GEHT'S!

ETHEM YILMAZ



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**Karsten Behr****Dr. Sönke Burmeister*****Dear fellow campaigners for environmental protection,***

We are pleased to be able to provide you with this brochure as a guide to important nature and environmental issues in Germany!

How can we protect nature and the environment around us? What is the right behaviour in natural habitats? And how can we ourselves make a positive contribution to nature and environmental protection with many small measures and changes in behaviour and save money at the same time? Our brochure is designed to help you answer these questions!

In Germany, environmental protection is firmly anchored as a national objective in Article 20a of the Grundgesetz (Constitution). But every individual is also called upon to contribute to achieving this goal.

In this way, the conscious consumption of environmentally friendly products, ecological alternatives and sustainable production processes can be promoted. Proper waste separation is the key to successful recycling and thus to minimising waste volumes and saving raw materials. The responsible use of energy in our everyday lives is crucial to minimising our consumption and reducing CO₂ emissions. These are just a few examples of concrete measures that not only help to reduce our environmental impact, but also to conserve precious resources, reduce long-term costs and protect our planet for future generations!

In addition to practical information on environmental protection and nature conservation, this brochure also contains dialogue templates on the individual topics, which you can use to exchange ideas with others on the issues close to your heart. Get active, use the offers in your personal environment to learn new things, get involved together and thus raise awareness of environmental issues in our society.

Let's do it together and make our contribution to preserving our environment!

Kind regards

Karsten Behr

General Manager Niedersächsische Bingo-Umweltstiftung

Dr. Sönke Burmeister

Managing Director Niedersächsische Lotto-Sport-Stiftung

Liebe Mitstreiterinnen und Mitstreiter für den Umweltschutz,

wir freuen uns, Ihnen mit dieser Broschüre einen Leitfaden zu wichtigen Natur- und Umweltthemen in Deutschland an die Hand geben zu können!

Wie können wir Natur und Umwelt um uns herum schützen? Wie verhalten wir uns richtig in Naturlebensräumen? Und wie können wir selbst mit vielen kleinen Maßnahmen und Verhaltensänderungen einen positiven Beitrag zum Natur- Und Umweltschutz leisten und dabei auch noch Geld sparen? Unsere Broschüre soll Ihnen dabei helfen, diese Fragen zu beantworten!

In Deutschland ist der Umweltschutz als Staatsziel in Art. 20a des Grundgesetzes (Verfassung) fest verankert. Aber jeder Einzelne ist auch aufgerufen, dazu beizutragen, dass dieses Ziel auch erreicht werden kann.

So können durch bewussten Konsum umweltfreundlicher Produkte, ökologische Alternativen und nachhaltige Herstellungsprozesse gefördert werden. Ordnungsgemäße Mülltrennung ist der Schlüssel zu erfolgreichem Recycling und damit zur Minimierung von Abfallmengen und zur Einsparung von Rohstoffen. Die verantwortungsvolle Nutzung von Energie in unserem Alltag ist entscheidend, um unseren Verbrauch zu minimieren und den CO₂-Ausstoß zu reduzieren. Das sind nur einige Beispiele, bei denen konkrete Maßnahmen nicht nur zur Entlastung unserer Umwelt beitragen, sondern auch zur Schonung kostbarer Ressourcen, zur Senkung langfristiger Kosten sowie zum Schutz unseres Planeten für kommende Generationen!

Neben praxisnahen Informationen zu Umwelt- und Naturschutz enthält diese Broschüre außerdem Dialogmuster zu den einzelnen Themen, mit denen Sie sich zu Ihren Herzenthemen mit anderen austauschen können. Werden Sie aktiv, nutzen Sie die Angebote in Ihrem persönlichen Umfeld, um Neues zu erfahren, sich gemeinsam zu engagieren und so das Bewusstsein für Umweltthemen in unserer Gesellschaft zu erhöhen.

Lassen Sie es uns gemeinsam angehen und unseren Beitrag zum Erhalt unserer Umwelt leisten!

Herzliche Grüße

Karsten Behr

Geschäftsführer der Niedersächsischen Bingo-Umweltstiftung

Dr. Sönke Burmeister

Geschäftsführender Vorstand der Niedersächsischen Lotto-Sport-Stiftung



What should I look out for in sustainable consumption?

Worauf muss ich bei nachhaltigem Konsum achten?

What are the most important labels to look out for?

Was sind die wichtigsten Siegel, auf die man achten sollte?

How can I limit my plastic consumption when shopping and in my life in general?

Wie kann ich beim Einkaufen und in meinem Leben generell meinen Plastikkonsum begrenzen?

Sustainable consumption Nachhaltiger Konsum

More conscious consumption promotes environmentally friendly products and sustainable production practices. In the long term, it should help to conserve our natural resources and preserve the planet for future generations, while reducing the negative effects of climate change.

What is sustainable consumption?

Was ist nachhaltiger Konsum?

Sustainable consumption refers to the conscious and responsible purchase of products and services that are socially, environmentally and economically acceptable. This means choosing products made from environmentally friendly materials, manufactured in a way that spares resources and produced under fair working conditions. Sustainable consumption also includes reducing waste and using recycled products as well as supporting companies that are committed to environmental protection and social justice.

Tips for environmentally friendly shopping

Tipps für umweltfreundliche Einkäufe

Sustainable shopping

Nachhaltiges Einkaufen

- ▶ Buy refill packs and refill into smaller containers.
- ▶ Choose regional products to minimise transport emissions.
- ▶ Consider second-hand options to extend the life cycle of products.
- ▶ Look for fair trade and environmental labels when shopping.

- ▶ Pay attention to conscious consumption when shopping and only buy what you really need to avoid overproduction.

- ▶ Prioritise quality over quantity by purchasing durable products to reduce resource consumption

- ▶ Support local producers and small businesses to promote fair working conditions.

- ▶ Use reusable carrier bags instead of plastic bags.

Sustainable cleaning: gentle and environmentally friendly

Nachhaltig putzen: Schonend und Umweltfreundlich

All-purpose products can be used to reduce plastic packaging and make cleaning more environmentally friendly. Even more sustainable are household remedies such as vinegar, citric acid, soda and baking soda, which are not only effective against dirt, but often also mean less plastic waste and environmentally harmful ingredients.

Textile bags instead of plastic bags

Stoffbeutel statt Plastiktüten

An easy way to reduce plastic waste is to use reusable textile bags or your own rucksack. This will not only save you plastic, but also money. Washable nets are a good choice for buying fruit and vegetables, as they allow you to transport unpackaged food in an environmentally conscious way and thus help to avoid plastic waste.

Reusable instead of disposable

Mehrweg statt Einweg

To reduce our environmental impact, we should switch to reusable containers. Many products are now available in reusable containers that can be used for years. To reduce the use of single-use plastic packaging when eating out, it is advisable to always have a reusable food box, foldable containers, reusable cutlery and a to-go cup for coffee and tea.

Quality over quantity when it comes to clothing

Qualität statt Quantität bei Kleidung

Sustainable clothing shopping is important, as not all brands honour their sustainability promises. Look out for reliable certificates such as GOTS or IVN Best, which guarantee fair and ecological production. Buying second-hand clothing is even more environmentally friendly as it is already in circulation and does not require any additional production. It is also easier on your wallet.

Pay attention to labels

Auf Labels achten

Labels on processed and packaged products contain a lot of information about the sustainability of a product. However, caution is advised, as manufacturers often use seemingly green labels to present their products as more environmentally friendly than they actually are. Information on various quality labels will help you to make more conscious purchasing decisions.

Dialogue patterns - Dialogmuster

- Can you give me tips for sustainable shopping?
Können Sie mir Tipps für nachhaltiges Einkaufen geben?
- Where and how can I find local products when shopping?
Wo und wie finde ich lokale Produkte beim Einkaufen?
- Do you sell organic products?
Führen Sie Bioprodukte?
- Where does the fish/meat/... come from?
Wo kommt der Fisch/das Fleisch/... her?
- Does this food contain preservatives?
Beinhaltet dieses Lebensmittel Konservierungsmittel?
- Can you put the takeaway food in this tin?
Können Sie mir das Essen zum Mitnehmen in diese Dose füllen?
- Where can I find products labelled with the Blue Angel?
Wo finde ich Produkte mit dem Blauen Engel?
- Is the product low pollutant / pollutant-free?
Ist das Produkt schadstoffarm/schadstofffrei?
- Which certificates are important when buying clothes?
Welche Zertifikate sind beim Kleidungskauf wichtig?
- Can I leave the product packaging with you?
Kann ich die Produktverpackungen bei Ihnen lassen?
- What environmentally friendly cleaning products do you have in stock?
Welche umweltfreundlichen Reinigungsmittel führen Sie?
- How can one clean in an environmentally friendly way?
Wie kann man umweltfreundlich putzen?
- Which home remedies are particularly sustainable and effective for cleaning?
Welche Hausmittel sind besonders nachhaltig und effektiv beim Reinigen?

Environmental labels as a guide

Umweltsiegel als Orientierungshilfe

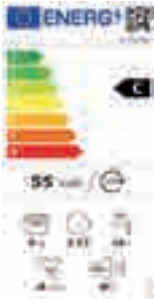
These labels provide information on whether a product fulfils certain environmental standards. Those criteria are crucial for sustainable consumption. You can make environmentally conscious purchases by orientating yourself on various seals and labels.

<https://label-online.de/> - www.verbraucherzentrale.de

EU energy label (for electrical appliances and similar products)

EU-Energielabel (für Elektrogeräte und ähnliche Produkte)

Provides information on the energy consumption and efficiency of electrical appliances.



Blue Angel (for various everyday products)

Blauer Engel (für verschiedene Alltagsprodukte)

Indicates particularly environmentally friendly products whose criteria are developed in Germany.



Green button (for clothing)

Grüner Knopf (für Bekleidung)

Guarantees that garments have been produced under socially and ecologically responsible conditions.



Organic label (for food)

Bio-Siegel (für Lebensmittel)

Guarantees organic cultivation and the use of natural methods in food production.



EU Ecolabel (for various everyday products)

EU Ecolabel (für verschiedene Alltagsprodukte)

Labels products with a low environmental impact over their entire life cycle.



Fairtrade label (for food and other products)

Fairtrade-Siegel (für Lebensmittel und weitere Produkte)

The Fairtrade seal characterises products that have been manufactured under fair conditions for producers in countries of the Global South.





Plastic avoidance Plastikvermeidung

Our plastic consumption has a significant impact on the environment, especially through single-use plastic packaging. Reduce your plastic consumption by avoiding single-use products in everyday life, such as plates, cutlery, drinking straws and stirrers. These often end up in the bin after just a few minutes. Doesn't it make more sense to do a little more washing up? Less single-use plastic also means less pollution of waterways and ecosystems, which ultimately benefits the environment - and your wallet.

Do without single-use plastic Verzichten Sie auf Einwegplastik

It is now undeniable that our plastic consumption has a significant impact on the environment. Plastic is omnipresent in our lives, and we encounter large quantities of single-use plastic as packaging on a daily basis. This often happens without us even realising it. However, reducing our own plastic consumption is not that difficult.

Avoid disposable crockery and cutlery in everyday life.

Vermeiden Sie im Alltag Einweggeschirr und -besteck.

Instead of using disposable crockery that is only used for a short time and then ends up in the bin, we should think about more environmentally friendly alternatives. One option is to put a little more thought and time into planning a picnic or party to protect the environment and save money. Alternatively, you can use reusable crockery or only offer drinks and snacks that do not require unnecessary disposable items.

'Unpackaged' shops - supermarkets and dis- counters

„Unverpackt“-Läden - Supermärkte und Dis- counter

Support 'Unpackaged' shops to reduce plastic packaging. These shops allow customers to bring their own containers and buy products without packaging. Alternatively, weekly markets and shops with fresh food counters offer opportunities to avoid plastic.

Less plastic in everyday life

Weniger Plastik im Alltag

Plastic and paper bags have a poor environmental footprint. Instead, many shops offer reusable carrier bags. It is best to bring your own rucksack or shopping bag from home. Disposable drinks bottles and cans may be practical, but they cause waste problems. Reusable bottles are generally more environmentally friendly.

Many restaurants now also offer reusable systems, and some cafés reward the commitment to the environment by offering cheaper coffee or tea in reusable cups.



Avoiding plastic when buying fruit and vegetables Plastikvermeidung beim Obst- und Gemüse- einkauf

Wrapping is widespread, whether for convenience when shopping or because even organic fruit is often wrapped in plastic film in the supermarket. This can be a challenge when it comes to environmentally conscious shopping. Many types of fruit and vegetables do not need plastic as they have a natural skin or can simply be washed. Most shops accept reusable cups or cans that you bring with you.

Use clothing for a long time Kleidung lange nutzen

Synthetic clothing, especially sports and outdoor clothing, releases microplastics during washing, which sewage treatment plants cannot filter out completely and therefore end up in our waterways. Look out for products made from wool and cotton or viscose and bamboo fibres and avoid garments made from polyester and similar plastics.

We often buy many new items of clothing because we no longer wear the old ones. One sustainable solution is to organise swap parties for clothes with friends. This gives older items of clothing a second life and avoids plastic. Second-hand shops and high-quality products also encourage the reuse of clothing. Donating to local charity organisations is a good option for clothes that are no longer wanted.

Dialogue Patterns - Dialogmuster

- Which alternative is recommended to replace plastic bags?
Welche Alternative wird empfohlen, um Plastiktüten zu ersetzen?
- How can you easily save or avoid plastic?
Wie kann man Plastik leicht einsparen oder vermeiden?
- What environmentally friendly alternatives are there to disposable crockery?
Welche umweltfreundlichen Alternativen gibt es zum Einweggeschirr?
- What are the alternatives to plastic packaging?
Welche Alternativen gibt es zu plastikbasierten Verpackungen?
- Where can I buy environmentally friendly reusable carrier bags?
Wo kann man umweltfreundliche Mehrweg-Tragetaschen kaufen?
- How can we reduce our plastic consumption?
Wie können wir unseren Plastikkonsum reduzieren?
- I would like to buy coffee/... in reusable coffee cups/ reusable bottles.
Ich möchte Kaffee/... in wiederverwendbaren Trinkflaschen und Kaffeebechern kaufen.

What should I pay attention to when separating waste?

Worauf muss ich bei der Trennung von Müll achten?

Where can I get information on waste disposal?

Wo bekomme ich Informationen zum Thema Müllentsorgung?



Waste separation Mülltrennung

Proper waste separation promotes recycling and helps to reduce waste volumes. By recycling raw materials and reducing the amount of waste, we make an important contribution to environmental protection and the sustainable use of limited resources. In addition, a more conscious consumer attitude not only promotes ecological thinking, but also sensitises us to the impact of our actions on the environment and future generations. I can obtain information on correct waste separation from the waste disposal authority in my district or the respective regional waste disposal company.

The aim of waste separation

Ziel der Mülltrennung

The basic aim of waste separation is to sort waste according to material or type in order to facilitate its proper disposal and recycling. This practice enables the recycling of valuable resources and helps to reduce the environmental impact by allowing certain materials to be reused. In addition, waste sorting lowers waste management costs and protects the environment by reducing the amount of landfill waste and encouraging the reuse of raw materials.

Please do not dump rubbish/waste illegally in the countryside. Such dumping is prohibited and a danger to humans, animals and the environment.

Effects of toxic household wastewater

Auswirkungen giftiger Haushaltsabwässer

Toxic household wastewater can lead to significant problems in water bodies:

- ▶ Damage to aquatic organisms: chemicals and pollutants can endanger or even kill fish and other aquatic life.
- ▶ Pollution of the food chain: Toxins accumulate in the food chain, which can also be dangerous for people who consume contaminated fish or water.

- ▶ Impairment of self-purification: Water bodies have a natural ability to self-purify, which is disrupted by pollutants, resulting in poorer water quality.

Contributing to water protection in the home Beitrag zum Gewässerschutz im Haushalt

You can take the following measures to actively contribute to water protection:

- ▶ Do not pour chemicals, medicines or leftover paint down the drain/toilet. Use special collection points or return facilities for this.
Do not dispose of fats and oils down the drain/toilet, but take them to a suitable disposal point.
- ▶ Use phosphate-free and biodegradable cleaning agents.
- ▶ Only use the amount of detergent and cleaning agent that is necessary.
- ▶ Use water-saving fittings.
- ▶ Use rainwater: Collect rainwater for watering the garden to reduce the consumption of drinking water.



Paper and cardboard

Papier und Karton

Efficient recycling requires knowledge of different types of paper and cardboard. Clean material is crucial and should be free from contamination, while removing seals and tapes facilitates processing. In addition to recycling, the reduction and reuse of paper is also important to reduce the need for raw materials and save CO₂.

What waste belongs in the paper bin?

Welche Abfälle gehören in die Papiertonne?

- ▶ Boxes
- ▶ Brochures (without foil)
- ▶ Cardboard boxes (folded)
- ▶ Cardboard crates (e.g. from shoe or electronics packaging)
- ▶ Cardboard packaging for household products (e.g. cleaning products)
- ▶ Carton
- ▶ Carton (folded together)
- ▶ Catalogues
- ▶ Detergent cartons
- ▶ Envelopes (without plastic window)
- ▶ Flour bags
- ▶ Folders (made from cardboard)
- ▶ Food packaging (clean)
- ▶ Letters (without plastic window and plastic cover)
- ▶ Magazines
- ▶ Newspapers
- ▶ Packing paper
- ▶ Paper bags
- ▶ Paper carrier bags
- ▶ Phone books
- ▶ Pizza boxes (with little adhesion)

- ▶ Shipping parcels
- ▶ Sugar sachets
- ▶ Toy packaging (without plastic content)
- ▶ Wrapping paper

What doesn't go in the paper bin?

Was kommt nicht in den Papiertonne?

- ▶ Baking paper
- ▶ Bitumen paper
- ▶ Blue paper
- ▶ Carbon paper
- ▶ Cardboard (heavily soiled)
- ▶ Cardboard boxes (heavily soiled)
- ▶ Hygienic wipes
- ▶ Oil papers
- ▶ Papers (heavily soiled)
- ▶ Paraffin paper
- ▶ Photos
- ▶ Tetra Paks
- ▶ Thermal paper
- ▶ Ticket slips
- ▶ Tickets
- ▶ Wallpaper
- ▶ Wallpaper residues
- ▶ Wax paper

Thermal papers labelled with the Blue Angel are an exception to this rule.



Glass Glas

Collecting used glass plays a key role in conserving resources, saving energy and reducing environmental impact. Many municipalities offer their own glass recycling containers to facilitate proper disposal.

Types of glass waste Arten von Glasabfällen

Bottles

Flaschen

Beverage bottles, food jars, etc.

Packaging glass

Verpackungsglas

Glass packaging for food, cosmetics, medicines, etc.

Coloured and clear glass

Farbige und klare Gläser

It is common practice to separate glass into coloured (brown, green, blue) and clear categories. This facilitates recycling, as different colours may contain different chemical additives.

Broken glass

Bruchglas

Broken glass, such as broken window panes, mirrors or drinking glasses, should be collected and disposed of separately. This glass often has a different composition than packaging glass.

What goes in the glass container? Was kommt in den Glascontainer?

- ▶ Canning jars
- ▶ Cosmetic containers made from glass
- ▶ Disposable glass containers
- ▶ Glass bottles (without lid and cork)
- ▶ Perfume bottles made from glass
- ▶ Preserving jars
- ▶ Spice jars
- ▶ Spirit bottles



Packaging waste Verpackungsmüll

Lightweight packaging is collected via the recycling bin, the yellow bin or the yellow bag, which ensures a first step towards successful recycling and makes an important contribution to climate protection. The rule of thumb is: if the Green Dot is printed on the packaging material, it can be put in the recycling bin.

Plastics, metals and light metal packaging belong in the recycling bin or recycling bag Kunststoffe, Metalle und Leichtmetallverpackungen gehören in die Wertstofftonne bzw. den Wertstoffsack

- ▶ Aluminium foils
- ▶ Aluminium trays
- ▶ Bags
- ▶ Buckets
- ▶ Canning tins
- ▶ Care product bottles
- ▶ Cleaning agent bottles
- ▶ Composite packaging (Tetra Paks for milk or juice)
- ▶ Cover foils (clean)
- ▶ Flower pots
- ▶ Foils
- ▶ Lightweight packaging (made from plastic)
- ▶ Lightweight packaging (made of metal)
- ▶ Metal closures
- ▶ Metal lids
- ▶ Metal packaging (drinks cans, food cans, aluminium trays)
- ▶ PET bottles
- ▶ Plastic bags
- ▶ Plastic bottles

- ▶ Plastic bowls (clean)
- ▶ Plastic cups (yoghurt pots)
- ▶ Plastic films
- ▶ Plastic packaging (for food, cleaning agents and cosmetics)
- ▶ Styrofoam packaging (from electrical appliances or fruit)
- ▶ Synthetics bags
- ▶ Synthetics bottles
- ▶ Synthetics containers
- ▶ Tetra Paks (drinks and milk cartons)
- ▶ Transport boxes
- ▶ Tubes
- ▶ Yoghurt pots

Also find out about the specific local regulations and recycling guidelines, as these can vary from region to region. Check with your local waste authority or regional waste disposal company.

What is not allowed in the yellow bin? Was darf nicht in die Gelbe Tonne?

- ▶ Disposable razors
- ▶ DVDs, CDs, audio tapes
- ▶ Gas cylinders
- ▶ Large and/or long objects (padding pools, tents, cable ducts, pipes, poles, etc.)
- ▶ Plastic toys
- ▶ Rubber composite materials
- ▶ Spoilt food in plastic packaging (must be removed beforehand)
- ▶ Toothbrushes

Metal Metall

Metal is disposed of via the local recycling centres.



Residual waste

Restmüll

Residual waste includes waste that cannot be assigned to a specific recycling category and is not suitable for recycling. The correct disposal of residual waste is very important to ensure that no hazardous or problematic materials end up in it and therefore in the landfill.

What belongs in the residual waste bin? Was gehört in die Restmülltonne?

- ▶ Animal faeces
- ▶ Animal litter
- ▶ Ash
- ▶ Bandaging material
- ▶ Bird sand
- ▶ Broken crockery
- ▶ Bulbs (not energy-saving bulbs)
- ▶ Candles
- ▶ Cardboard (heavily soiled)
- ▶ Cartons (such as beverage cartons with plastic coating)
- ▶ Cash register receipts
- ▶ Cat litter
- ▶ Cement bags (empty)
- ▶ Ceramics
- ▶ Cigarette butts
- ▶ Cleaning cloths
- ▶ Craft scraps
- ▶ Felt pens
- ▶ Food leftovers
- ▶ Glass (not suitable for used glass containers)
- ▶ Household paper
- ▶ Hygiene articles
- ▶ Ink cartridges
- ▶ Ladies' hygiene articles
- ▶ Leather scraps
- ▶ Medication
- ▶ Mirrored glass
- ▶ Nappies
- ▶ Packaging (non-recyclable, e.g. coated cardboard boxes)
- ▶ Papers and cardboard (coated)
- ▶ Papers and cardboard (heavily soiled)
- ▶ Photos
- ▶ Picture frames
- ▶ Plastic films (which are not recyclable)
- ▶ Plastic toys
- ▶ Plastic toys (which are not recyclable)
- ▶ Porcelain
- ▶ Rubber residues
- ▶ Small animal litter
- ▶ Sound and video tapes
- ▶ Stocks
- ▶ Styrofoam packaging
- ▶ Sweepings
- ▶ Syringes (in puncture-proof containers)
- ▶ Table napkins
- ▶ Textiles (e.g. soiled clothing)
- ▶ Toner cartridges
- ▶ Vacuum cleaner bags

Also find out about the specific local regulations and recycling guidelines, as these can vary from region to region. Incorrectly disposed batteries and small electrical appliances can cause major problems; they do not belong in the residual waste or the recycling bin! Please enquire about this with your district or regional waste disposal company.



Organic waste Biomüll

The separation of organic waste is important in order to compost these materials and utilise them for sustainable waste management. This allows valuable nutrients to be recovered and the environmental impact to be reduced.

What goes in the organic waste bin? Was kommt in die Biomülltonne?

- ▶ Tree cuttings
 - ▶ Vegetable scraps
 - ▶ Wild herbs
-
- ▶ Bread scraps
 - ▶ Cake scraps
 - ▶ Coffee filters
 - ▶ Coffee grounds
 - ▶ Egg shells
 - ▶ Feathers
 - ▶ Filter bags
 - ▶ Fish scraps (in newspaper)
 - ▶ Flower remnants
 - ▶ Flowers (without pots)
 - ▶ Food scraps (e.g. dough products, meat and fish scraps)
 - ▶ Food waste (in newspaper)
 - ▶ Fruit scraps
 - ▶ Garden waste (e.g. lawn cuttings, leaves, small branches)
 - ▶ Hair
 - ▶ Lawn cuttings
 - ▶ Leaves
 - ▶ Meat scraps (in newspaper)
 - ▶ Plants (without pot)
 - ▶ Potting compost
 - ▶ Sawdust (from untreated wood)
 - ▶ Shrub cuttings
 - ▶ Tea bags



*Good to know
Gut zu wissen*

The correct separation of organic waste is crucial in order to produce valuable compost. Some local authorities hand out this natural fertiliser to private households for their own gardens or balconies.



Bulky waste Sperrmüll

Waste that does not fit into the bins is considered 'bulky waste' and is collected separately. Bulky waste includes a variety of items that do not fit or belong in regular waste bins due to their size or nature.

These are bulky waste items: Das sind Sperrmüllgegenstände:

- ▶ Armchairs
- ▶ Bed frames
- ▶ Beds
- ▶ Bicycles
- ▶ Building materials (in manageable quantities)
- ▶ Carpets
- ▶ Cases (empty)
- ▶ Chairs
- ▶ Cloakrooms
- ▶ Computers
- ▶ Computer monitors
- ▶ Construction timber (in manageable quantities)
- ▶ Corner benches
- ▶ Cupboards
- ▶ Dishwashers
- ▶ Dryers
- ▶ Extractor hoods
- ▶ Fish tanks
- ▶ Fitted Carpets
- ▶ Freezers
- ▶ Furniture with electronic components
- ▶ Garden furniture
- ▶ Grills
- ▶ Irons
- ▶ Kitchen cupboards
- ▶ Mattresses
- ▶ Metal furniture
- ▶ Microwaves
- ▶ Mirrors
- ▶ Mixers
- ▶ Monitors
- ▶ Ovens
- ▶ Pianos
- ▶ Pipe organs
- ▶ Play articles
- ▶ Playhouses
- ▶ Prams and pushchairs
- ▶ Printers
- ▶ Refrigerating devices
- ▶ Refrigerators
- ▶ Shelves
- ▶ Slatted frames
- ▶ Sofas
- ▶ Stoves
- ▶ Swings
- ▶ Tables
- ▶ Televisions
- ▶ Toasters
- ▶ Tumble dryers
- ▶ Vacuum cleaners
- ▶ Wardrobes
- ▶ Washing machines
- ▶ Water boilers
- ▶ Worktops

Please note that the acceptance of bulky waste can vary depending on the local authority and some items may not be accepted. It is advisable to check the specific guidelines with the local authorities or waste disposal services before disposing of your waste. The collection of bulky waste costs very little, and in some regions it is free of charge.



Hazardous waste Sondermüll

Products containing harmful substances should not be disposed of in the residual waste bin, as they cannot be disposed of properly and the harmful substances could be released into the environment. Hazardous waste can be disposed of free of charge in normal household quantities at municipal collection centres. Retailers are also obliged to take back certain products containing hazardous substances such as old batteries, rechargeable batteries and waste oil.

These materials are hazardous waste Diese Materialien sind Sondermüll

- ▶ Acids
- ▶ Batteries
- ▶ Chemicals
- ▶ Cleaning agents (strong)
- ▶ Coolants and refrigerants
- ▶ Electronic waste
- ▶ Fat residues
- ▶ Herbicides
- ▶ Items containing mercury (such as thermometers or energy-saving lamps)
- ▶ Luminescent tubes
- ▶ Lyes
- ▶ Materials containing asbestos
- ▶ Medicines
- ▶ Oil residues
- ▶ Paints
- ▶ Pesticides
- ▶ Photographic chemicals
- ▶ Plant protection products
- ▶ Rechargeable batteries
- ▶ Solvents

- ▶ Spray cans
- ▶ Varnishes
- ▶ Waste oil



*Good to know
Gut zu wissen*

Energy-saving LED and fluorescent lamps must be disposed of properly and must not be thrown in the rubbish bin. Instead, they should be taken to municipal collection centres for electronic waste or returned to various retailers such as DIY stores, electrical shops or even grocery stores (if they sell electrical goods). Returning them is free of charge.



Waste electrical appliances Elektro-Altgeräte

Electrical appliances must be handed in to municipal collection centres or retailers. Large retailers as well as large grocery shops and discounters that stock electrical appliances are obliged to accept the appliances. They must also take back old appliances free of charge when new, larger appliances are purchased. Online retailers are also obliged to take back electronic waste.

What is disposed of in the recycling centres or recycling depots?

Was wird in den Recyclingzentren entsorgt?

- ▶ Adapters (mandatory since May 2019)
- ▶ Antennas
- ▶ CD players
- ▶ Coffee machines
- ▶ Computer mice
- ▶ Computer monitors
- ▶ Desktop computers
- ▶ Digital cameras
- ▶ Digital picture frames
- ▶ DVD players
- ▶ Electronic games consoles
- ▶ Electronic toys
- ▶ Energy-saving light bulbs
- ▶ External hard drives
- ▶ Fax machines
- ▶ Fitness trackers
- ▶ Fluorescent lamps
- ▶ Freezing agents
- ▶ Furniture with electronic components
- ▶ Game consoles
- ▶ Hair dryers
- ▶ Irons
- ▶ IT and display devices
- ▶ Keyboards
- ▶ Laptops
- ▶ Microwave ovens
- ▶ Mixers
- ▶ Mobile phones (without battery)
- ▶ Neon tubes
- ▶ Ovens
- ▶ PC
- ▶ Phones
- ▶ Plugs
- ▶ Pocket calculators
- ▶ Printers
- ▶ Radios
- ▶ Refrigerators
- ▶ Scanners
- ▶ Smartwatches
- ▶ Stereo systems
- ▶ Stoves
- ▶ Tablets
- ▶ Toasters
- ▶ TV sets
- ▶ USB sticks
- ▶ UV spotlights
- ▶ Vacuum cleaners
- ▶ Washing machines
- ▶ Water boilers



Old clothes, corks, CDs and DVDs

Altkleider, Korken, CD und DVD

Old clothes Altkleider

Only clean and well-preserved items of clothing and textiles should be placed in used clothing containers. This includes:

Clothing: Shirts, trousers, jackets, jumpers, skirts, dresses, etc.

Shoes: bundled in pairs or separately

Accessories: belts, hats, scarves, gloves, etc.

Bed linen: sheets, pillowcases, duvets, etc.

Textiles: towels, tablecloths, curtains, etc.

It is important that the clothing is clean and dry, as damp or soiled clothing is more difficult to recycle and can lead to mould growth.

Old clothes can be disposed of in different ways, depending on their condition:

- ▶ Clothes in good condition can be donated to charitable organisations, who will pass them on to those in need.
- ▶ Many second-hand shops accept used clothes and sell them on.
- ▶ Companies and organisations organise clothing collections for reuse or recycling.

- ▶ In some areas, there are collection containers for used clothing, which are set up by recycling companies or non-profit organisations.

Cork Korken

- ▶ Some recycling centres, social institutions and wine merchants collect corks, as cork is a sought-after raw material. Due to the over-exploitation of cork oak forests, recycled corks are processed into biological insulation materials and floor coverings.

CD and DVD CD und DVD

- ▶ CDs and DVDs consist of 99 per cent polycarbonate, which can be easily recycled and reused for new data carriers or plastic components. Sensitive data can be destroyed by scratching the discs first. Some recycling centres and electrical stores collect old CDs and DVDs. If it is not possible to recycle the discs, they can be disposed of with the residual waste if everything else fails.



Dialogue Patterns - Dialogmuster

- What does the Green Dot mean?
Was bedeutet der Grüne Punkt?
- Packaging with the Green Dot is placed in the yellow bin/yellow bag.
Verpackungen mit dem Grünen Punkt kommen in die gelbe Tonne/in den gelben Sack.
- Is there information / are there brochures on waste advice such as 'What belongs where'?
Gibt es Informationen/Broschüren zur Abfallberatung wie z.B. „Was gehört wohin“?
- Do you have a container service?
Haben Sie einen Containerdienst?
- My yellow bin/bio bin/paper bin has not been emptied.
Meine gelbe Tonne/Biotonne/Papiertonne wurde nicht geleert.
- My bin is filled incorrectly, what can I do?
Meine Tonne ist falsch befüllt, was kann ich tun?
- Where can I get yellow bags/recyclable waste bags?
Wo kann ich gelbe Säcke/Wertstoffsäcke bekommen?
- I would like to reorder the bins/containers.
Ich möchte die Tonnen/Behälter umbestellen.
- Where is the nearest waste collection point?
Wo ist die nächste Abfallsammelstation?
- Where are the municipal containers for old clothes?
Wo gibt es kommunale Container für Altkleider?
- Where are container sites for bottles/...
Wo sind Containerstandplätze für Flaschen/...

- Where can I dispose of used oil/used tyres?
Wo kann ich Altöl/Altreifen abgeben?
- On which days are the residual waste bins/ organic waste bins/paper bins emptied?
An welchen Tagen erfolgen die Leerungen der Restmülltonne/ Biotonne/Papiertonne?
- Where can I dispose of hazardous waste/electrical waste?
Wo kann man Problemabfälle/Elektroschrott abgeben?
- Where can I hand in old CDs and DVDs?
Wo kann ich alte CDs und DVDs abgeben?
- Where can I drop off bulky waste?
Wo kann man Sperrmüll abgeben?
- I would like to book a bulky waste appointment.
Ich möchte einen Sperrmülltermin anmelden.
- How should electrical appliances and energy-saving light bulbs be disposed of correctly?
Wie sollen Elektrogeräte und Energiesparlampen richtig entsorgt werden?
- Where are the recycling centres?
Wo befinden sich die Wertstoffhöfe?
- When are the opening hours of the central landfill/recycling centres?
Wann sind die Öffnungszeiten der Zentraldeponie/Wertstoffhöfe?



Environmentally friendly renovation Umweltfreundlich renovieren

Environmentally friendly renovation practices based on sustainable building materials and energy-efficient technologies can reduce the use of harmful materials and improve building energy efficiency.

Sustainable tips for conscious interior design Nachhaltige Tipps für eine bewusste Raumgestaltung

There are many options for wallpapers, wall paints and varnishes in the DIY store, use the available selection of environmentally friendly and sustainable products.

Tips for conscious product selection to beautify your home:

Tipps für eine bewusste Produktauswahl zur Verschönerung Ihres Zuhauses:

- ▶ Avoid exposure to indoor paints and varnishes by opting for breathable materials that regulate humidity and promote a healthy indoor climate. Pay attention to pollutant contents.
- ▶ Cheap paints often require twice the amount of high-quality paints, which is bad for your wallet as well as your health and the environment.
- ▶ Check whether products labelled 'eco' or 'organic paint' are water-based and carry the Blue Angel.
- ▶ Studies show that water-based and solvent-reduced paints can match or exceed the performance of solvent-based paints.
- ▶ Please note that the paint and substrate should be a good match. Specialist advice is often required.

Residues and cleaning Reste und Reinigung

When cleaning brushes after using varnishes or paints, excess material should first be spread on paper or fabric. By dispersing varnishes or paints, water and hand cleaner is often sufficient for cleaning. Thinners and many brush cleaners consist of aggressive solvents to 100 per cent. Avoid skin contact, inhalation or ingestion! After cleaning, the residues must also be disposed of as hazardous waste.



Dialogue Patterns - Dialogmuster

- Where can I dispose of my construction waste?
Wo kann ich meinen Bauabfall entsorgen?
- How do you clean brushes properly after using paints or colours?
Wie reinigt man Pinsel nach der Verwendung von Lacken oder Farben richtig?
- How should wallpaper waste be disposed of?
Wie sollten Tapetenreste entsorgt werden?
- Which materials are suitable for sustainable renovation?
Welche Materialien eignen sich für eine nachhaltige Renovierung?
- How can the energy efficiency of buildings be improved?
Wie kann die Energieeffizienz von Gebäuden verbessert werden?
- Which seals and certifications should I consider when selecting products?
Welche Siegel und Zertifizierungen sollte ich bei der Produktauswahl beachten?
- Where can I get expert advice for my purchase decision?
Wo erhalte ich kompetente Fachberatung für meine Kaufentscheidung?
- What kind of residues are produced as hazardous waste during cleaning?
Welche Art von Rückständen fallen bei der Reinigung als Sondermüll an?



Good to know Gut zu wissen

Choose breathable paints and paints free of harmful substances with the Blue Angel. High-quality paints are more economical and environmentally friendly. Dispose of leftover paint in an environmentally friendly way to protect health and the environment.



What should I do if I want to save energy in my home?

Was muss ich tun, wenn ich in meiner Wohnung Energie sparen möchte?

How do I air rooms properly?

Wie lüfte ich richtig?

How do I save energy when choosing electrical appliances?

Wie spare ich bei der Auswahl von Elektrogeräten Energie?

Energy saving in everyday life Energiesparen im Alltag

Efficient use of energy in everyday activities is crucial to minimise energy consumption, reduce CO₂ emissions and thus actively contribute to climate protection. Conscious energy consumption and the use of energy-efficient technologies can not only reduce environmental pollution, but also cut long-term costs and conserve resources for future generations.

Economical use of refrigerators and freezers

Sparsame Nutzung von Kühl- und Gefriergeräten

Energy-saving appliances play an important role in reducing household electricity costs, often by up to 20 per cent. Their energy consumption depends on various factors, such as the heat inside and how well they dissipate it to the outside. The main aim is to maintain the desired cooling temperature inside. The labelling on such appliances helps consumers to make energy-efficient decisions and reduce their costs.

- ▶ Ideally, place refrigerators and freezers in rooms with little or no heating, such as the basement, to minimise energy consumption. Avoid proximity to heat sources such as cookers and direct sunlight.
- ▶ Reduce the power consumption of refrigerators and freezers by minimising the formation of frost. Allow heated food to cool down before storing it.
- ▶ Organise food in the refrigerator and freezer to minimise door opening time and reduce the entry of warm air.
- ▶ Replace defective door seals immediately to prevent energy loss.
- ▶ Store food at 7 °C in the refrigerator and minus 18 °C in the freezer to minimise energy consumption.

- ▶ Switch off the appliance if it is not going to be used for a long time, clean it thoroughly and leave the door open to prevent mould from forming.
- ▶ Cover food in the refrigerator and wrap it well when freezing to minimise the formation of frost. Shorter opening times reduce moisture ingress.
- ▶ Defrost the appliance at least once a year if there is no automatic defrost function.
- ▶ When buying a refrigerator, choose a suitable design and size to avoid wasting energy. Look out for energy efficiency class A+++ to minimise energy consumption and save costs in the long term.



Good to know Gut zu wissen

Small electrical appliances such as kettles, egg cookers, bread makers and mini ovens are practical and economical. They help to heat water or prepare food quickly and consume less electricity than large cookers. This means you can use energy efficiently and in a targeted manner.

Find the electricity thieves Finden Sie die Stromdiebe

To determine which of your appliances are affected, we recommend using an energy cost meter or energy cost monitor. These measuring devices are suitable for almost all electrical household appliances, home electronics, electrically operated hot water tanks and satellite receivers with a plug and 230 volts. By entering your electricity tariff, the monitor determines electricity and power consumption, energy consumption and consumption costs.

Energy cost monitors and other measuring devices are available from specialist retailers such as DIY and electronics stores. Alternatively, you can borrow them from selected institutions such as consumer and energy advice centres as well as municipal utility companies and electrical supply companies. You can also find a list of lending points at www.no-e.de.

When buying electrical appliances, pay attention to the energy consumption labels.

Avoid idling Leerlauf vermeiden

The most effective method is to consistently switch off the appliances in question. Although this may seem inconvenient at first, it will save you money, as many appliances still consume a lot of electricity in standby mode.

For electrical appliances that cannot be switched off, switchable sockets or power strips offer an effective alternative. A switchable power strip makes it possible to disconnect several devices and power supply units from the mains and switch them back on again at the touch of a finger. Position the power strip so that the switch is easily accessible at all times. The consistent use of such automatic power strips can reduce idle losses by up to 95 per cent. There are also switchable sockets for individual appliances.

Saving electricity with comfort: ballasts Stromsparen mit Komfort: Vorschaltgeräte

Ballasts offer a practical solution for maintaining remote control convenience and saving electricity at the same time. They interrupt unnecessary energy flows by automatically disconnecting devices from the power supply after use. Available for consumer electronics, office technology and computer peripherals.



Saving energy when heating and cooling rooms Beim Heizen und Kühlen der Räume Energie sparen

Optimising use of the heating system and saving energy

Optimale Heizungsnutzung und Energiesparen

Heating accounts for around 70 per cent of household energy consumption. To save energy without making large investments, you should ensure that radiators are not covered by furniture, windows are not opened when the heating is fully turned up and an appropriate room temperature is maintained. These measures already make a significant contribution to climate protection and enable savings of several hundred euros per year.

Save energy with smart thermostats

Energie sparen mit smarten Thermostaten

Smart thermostats can reduce heating costs depending on the situation. They regulate the temperature automatically and, depending on the model, also via WLAN. They take into account various factors such as the weather, the presence of the occupants and other influences. This targeted control allows the heating to be used more efficiently, which can lead to a reduction in energy costs.

- ▶ Smart thermostats help to save energy by utilising the heating system more efficiently.
- ▶ The temperature is regulated automatically, depending on factors such as weather and occupant presence.
- ▶ Many models can be controlled by app via Wi-Fi so that settings can also be changed while travelling.

- ▶ Some thermostats can recognise whether someone is in the room and adjust the temperature accordingly.
- ▶ More efficient use of the heating can reduce heating costs in the long term.
- ▶ Smart thermostats can often be integrated into an existing smart home system to enable centralised control of heating and air conditioning systems.
- ▶ Before purchasing, you should check whether the thermostat is compatible with the existing heating system.
- ▶ Many smart thermostats are designed so that they can be installed without professional help.



*Good to know
Gut zu wissen*

Efficient energy use minimises consumption, reduces CO₂ emissions and promotes climate protection. Conscious energy consumption reduces environmental pollution, cuts costs and conserves resources for future generations.



Energy-efficient heating and ventilation

Energieeffizientes Heizen und Lüften

Heating as required

Heizen nach Bedarf

Lower the room temperature by a few degrees to around 18 °C at night or when you are away; an even lower temperature is recommended for longer periods of absence. Lower the room temperature by five degrees during the night. Modern heating systems allow centralised control for efficient room temperature reduction.

Ventilate correctly

Richtig Lüften

Avoid permanent ventilation with tilted windows, as this wastes energy and can lead to severe cooling. Instead, it is more effective to ventilate briefly and vigorously several times - preferably with a draught and wide-open windows. Reduce the thermostatic valves during ventilation to save energy efficiently.

Window sealing and prevention of heat loss

Fensterabdichtung und Vermeidung von Wärmeverlust

Close joints and cracks with inexpensive sealing profiles or new lip profiles. This measure not only reduces energy loss, but also ensures sufficient moist air in the room, which is perceived as more pleasant and is also healthier. Avoid 'secret' continuous ventilation through leaky windows.

Roller shutters, window shutters and curtains

Rollläden, Fensterläden und Gardinen

Close shutters, blinds and curtains at night to reduce heat loss through glass and frames. Closing the shutters alone can reduce heat loss through the window by more than 20 per cent. Closed curtains reinforce this effect and make a positive contribution to heating energy consumption.

Avoiding heat build-up on radiators

Vermeidung von Wärmestau an Heizkörpern

Avoid using radiator panelling and furnishings, as these can hinder the release of heat into the room and increase heating costs by around five percent. Drawing curtains down over the radiators further increases heat loss, as the heat is channelled out through the windows.

Use auxiliary electric heaters sparingly

Elektrische Zusatzheizungen sparsam einsetzen

Auxiliary electric heaters such as fan heaters and radiators should only be used in an emergency, as their continuous use is a waste of energy and money.

Energy-saving tips for the summer: keep a cool head!

Energiespartipps für den Sommer: Einen kühlen Kopf behalten!

On hot summer days, indoor temperatures often rise to over 30 °C, exacerbated by dense urbanisation, building defects and the



user behaviour. Solar radiation through windows heats the air, while walls and windows absorb solar energy and release heat. Warm air enters through open windows and leaks, while people and electrical appliances such as cookers, televisions and refrigerators also act as heat sources.

Tips for a pleasant indoor climate in hot times Tipps für ein angenehmes Raumklima in heißen Zeiten

- ▶ Use sun protection products such as curtains or blinds to prevent excessive heating.
- ▶ Improve insulation to reduce the absorption and transmission of heat.
- ▶ Prevent the ingress of warm outside air by keeping the windows closed during the day. Ventilate at night or in the morning instead.
- ▶ Use draughts at night by opening all windows and doors between rooms to let in cooler outside air.
- ▶ Fans create a cooler room sensation and plants contribute to cooling through water evaporation.
- ▶ Avoid additional sources of heat by switching off electrical appliances that are not in use.
- ▶ Avoid using air conditioning units due to their high energy consumption and rely on efficient structural measures instead.

Dialogue Patterns - Dialogmuster

- I would like to find out about saving energy at home/...
Ich möchte mich über Energiesparen im Haushalt/... informieren.
- What can I do to make my flat/house more energy efficient?
Was kann ich tun, um die Wohnung/das Haus energieeffizienter einzurichten?
- How is heating usage optimised to save energy?
Wie optimiert man die Heizungsnutzung, um Energie zu sparen?
- I would like to buy energy-saving light bulbs.
Ich möchte energiesparende Glühbirnen kaufen.
- Where can I find rechargeable batteries?
Wo finde ich wiederaufladbare Batterien?
- I would like to buy smoke detectors. Are there energy-saving models?
Ich möchte Rauchmelder kaufen. Gibt es energiesparende Modelle?
- Is there a water-saving washing machine?
Gibt es eine wassersparende Waschmaschine?
- What is the energy class of the fridge/washing machine/...?
Welche Energieklasse hat der Kühlschrank/die Waschmaschine/...?
- How many watts does the vacuum cleaner/... have?
Wie viel Watt hat der Staubsauger/...?

How do I get around in an environmentally friendly way and what helps me to do without my car more often?

Wie bewege ich mich umweltfreundlich fort und was unterstützt mich dabei, öfter auf das Auto zu verzichten?



Environmentally friendly mobility Umweltfreundliche Mobilität

Reducing transport emissions contributes to environmental protection, is positive for air quality and the carbon footprint, as well as for health and the climate. Investing in sustainable transport alternatives such as public transport, cycling and electric vehicles improves the quality of life in urban areas and promotes a low-carbon future.

Cycling is environmentally friendly and offers health benefits

Radfahren ist umweltfreundlich und bietet gesundheitliche Vorteile

- ▶ Use your bike more often: This is not only easy on the wallet, but also promotes health and supports the environment.
- ▶ Pay attention to brand quality when buying: This ensures the longevity of the bike and its components, which in turn promotes safety.
- ▶ Cycling is one of the healthiest endurance sports.
- ▶ Regular cycling training increases the heart volume and improves the elasticity of the blood vessels.
- ▶ Lowering the resting heart rate and more effective breathing are positive effects.
- ▶ Cycling promotes weight loss and is easy on the joints.
- ▶ At a speed of 20 km/h, you burn around 500 calories per hour.
- ▶ According to the WHO, just 30 minutes of daily exercise is enough to significantly improve your health and well-being.

- ▶ Examples from large companies show that the more employees cycle, the less sick leave they take.

ÖPNV = Local public transport

ÖPNV = Öffentlicher Personennahverkehr

- ▶ Use buses and trains for environmentally and climate-friendly transport! Compared to cars or aeroplanes, you are actively helping to protect the environment.
- ▶ Simplify your decision and save money: consider buying season tickets or discounted tickets such as the BahnCard or Deutschlandticket.
- ▶ Discover job ticket offers at your workplace to get to work conveniently and cheaply.

Climate-conscious car purchase and alternatives Klimabewusster Autokauf und Alternativen

- ▶ Choose a car with low fuel and energy consumption and low CO₂ emissions.
- ▶ It doesn't always have to be your own car: If you don't need your vehicle every day, car sharing is a good alternative to buying a car.



Good to know Gut zu wissen

Buses and trains are safer, more environmentally friendly and often cheaper. Use your travelling time effectively by working or reading instead of driving.

Environmentally friendly car choice: Petrol, diesel, gas or electric

Umweltfreundliche Autowahl: Benzin, Diesel, Gas oder Elektro

Choosing an environmentally friendly car depends on how you want to use it. On the EcoTopTen website of the Öko-Institut and the VCD Auto-Umweltliste you will find information on different types of cars, including electric cars. Electric cars have the advantage of not emitting any pollutants locally and are quieter.

The EU energy label for cars provides information on energy consumption and CO₂ emissions.

Car sharing

Carsharing

Car sharing is an advantageous alternative to owning a car, especially if you don't need the vehicle every day and travel less than 10,000 kilometres per year. This option is not only convenient, but also cost-effective, as you save on high fixed costs for the purchase and insurance and do not have to worry about maintaining the vehicle.

Dialogue patterns - Dialogmuster

- Where can I buy a hybrid vehicle?
Wo kann ich ein Hybridfahrzeug kaufen?
- How much CO₂ does the car emit?
Wie viel CO₂ stößt das Auto aus?
- I'm looking for a lift to ...
Ich suche eine Mitfahrgelegenheit nach ...
- Is there car sharing in this city?
Gibt es in dieser Stadt Carsharing?
- What should you consider when buying an environmentally friendly car?
Was sollten Sie beim Kauf eines umweltfreundlichen Autos beachten?
- How can traffic emissions be effectively reduced?
Wie können Verkehrsemissionen effektiv reduziert werden?
- Which means of transport are more environmentally friendly and produce fewer emissions?
Welche Verkehrsmittel sind umweltfreundlicher und emissionsärmer?
- Why is car sharing an advantageous alternative to owning a car?
Warum ist Carsharing eine vorteilhafte Alternative zum eigenen Auto?
- How does car sharing work and what advantages does it offer?
Wie funktioniert Carsharing und welche Vorteile bietet es?

What should I pay attention to if I want to cultivate my garden or balcony in an environmentally friendly way?

Worauf muss ich achten, wenn ich meinen Garten oder Balkon umweltfreundlich bewirtschaften will?



Environmentally friendly gardening Umweltfreundliches Gärtnern

Sustainability also plays an important role in the garden: crop rotation and organic fertilisation promote soil health and biodiversity. In addition, near-natural gardens with native plants are diverse habitats for plants and animals.

Organic farming and organic cultivation

Bio-Landwirtschaft und ökologischer Anbau

For healthy soil, clean water and diverse wildlife: Avoid chemical pesticides and instead rely on natural methods such as mixed cultivation and the use of beneficial insects.

Choose the right location

Wählen Sie den passenden Standort

Make sure your plants have the right location to thrive better and be less susceptible to disease. Find out about the specific needs of individual plants when you buy them. You will not only beautify your garden, but also actively contribute to environmental and climate protection. Have fun gardening.

Diversity for nature

Vielfalt für die Natur

A colourful mix of native plants creates habitats for various animals and supports biodiversity.

Favour native plants

Heimische Pflanzen bevorzugen

Instead of exotic plants that contribute little to sustainability, choose old native plants. These are often more resistant to local climatic conditions.

Create mixed cultures

Mischkulturen anlegen

Different plants have positive interactions. For example, leeks repel carrot flies, while carrots keep onion

flies away. Planting bush beans and savoury together protects against black bean aphids.

Environmentally friendly pest control

Umweltfreundliche Schädlingsbekämpfung

Instead of using pesticides, opt for environmentally friendly alternatives. Cold ash after barbecuing keeps aphids away, a decoction of nettle leaves is effective against fungal infestations and lavender flowers repel ants.

Pest defence with nets

Schädlingsabwehr mit Netzen

Use natural methods to repel large animal intruders, for example by placing nets over fruit trees or beds. In this way, pests can be kept away without resorting to chemical pesticides. This not only promotes the health of your plants, but also your own.



Removing unwanted plants

Entfernen von unerwünschten Pflanzen

If unwanted mosses or grasses appear, use 'coarse' tools such as a rake or scarifier to remove them.

Mulching against evaporation

Mulchen gegen Verdunstung

Covering the soil with grass cuttings, straw or autumn leaves not only protects against weeds, but also reduces evaporation. This means you need to water your plants less frequently, especially in summer. Garden waste can be used directly on the beds as mulch to suppress weeds, retain moisture and improve the soil.

Collect rainwater

Regenwasser sammeln

Be sure to set up a rain barrel to collect rainwater. Drinking water is becoming more and more precious, and collecting rainwater helps to reduce drinking water costs.

Options for disposing of garden waste

Möglichkeiten der Gartenabfallentsorgung

There are several ways in which you can dispose of garden waste:

- ▶ **Composting:** garden waste such as green waste, leaves and smaller branches can be rotted at home in a compost heap or at a composting facility to create nutrient-rich compost for the garden.
- ▶ **Green waste collection:** Many municipalities offer a green waste collection service where garden waste is collected and processed into compost. You can place your garden waste in special green waste containers or take it to specific collection points.
- ▶ **Recycling centre:** Garden waste can also be taken to a local recycling centre, where it is forwarded for composting or disposal.

- ▶ Some recycling centres offer compost, which you can then use as a natural fertiliser for your plants.

Diversity in the garden creates habitats for animals and protects your plants.

Vielfalt im Garten schafft Lebensräume für Tiere und schützt Ihre Pflanzen.

Natural and environmentally friendly fertilising: the easy way

Natürlich und umweltfreundlich düngen: So geht's leicht

A beautiful garden without chemical fertilisers is definitely possible. Here are some simple and natural alternatives.

Peat-free plant soil

Torffreie Pflanzenerde

When buying plant soil, make a conscious decision in favour of peat-free products. Peat-free soil consists of sustainable materials such as wood fibres, bark humus, compost, clay minerals and lava granules.

Preserve natural areas

Natürliche Bereiche bewahren

Avoid regular mowing in areas that are not needed as play or sunbathing areas. Let grasses and herbs bloom to create a habitat for insects and refrain from creating supposedly low-maintenance gravel gardens!



Dialogue patterns - Dialogmuster

- I would like to buy natural stone/... for my terrace.
Ich möchte Natursteine/... für meine Terrasse kaufen.
- I would like to buy wooden garden furniture.
Ich möchte hölzerne Gartenmöbel kaufen.
- I would like to buy solar lamps for the garden/...
Ich möchte für den Garten/... Solarlampen kaufen.
- Are there local garden centres or nurseries that sell garden plants?
Gibt es lokale Gärtnereien oder Baumschulen, die Gartenpflanzen verkaufen?
- Can you give me information about creating a garden pond?
Können Sie mir Informationen über das Anlegen eines Gartenteiches geben?
- Do you sell environmentally friendly products against algae for the garden pond?
Verkaufen Sie umweltfreundliche Mittel gegen Algen für den Gartenteich?
- Where and how can I make compost?
Wo und wie kann ich einen Kompost anlegen?
- What methods can be used for composting?
Welche Methoden können zur Kompostierung verwendet werden?
- What environmentally friendly methods are there for pest control?
Welche umweltfreundlichen Methoden gibt es zur Schädlingsbekämpfung?

- What environmentally friendly methods are there to remove unwanted plants?
Welche umweltfreundlichen Methoden gibt es, um unerwünschte Pflanzen zu entfernen?
- What alternatives are there to chemical pesticides?
Welche Alternativen gibt es zu chemischen Pflanzenschutzmitteln?
- Where can I find an information brochure about sustainable gardening?
Wo kann ich eine Infobroschüre über nachhaltiges Gärtnern finden?
- Which natural fertilisers are suitable for environmentally friendly fertilisation?
Welche natürlichen Düngemittel eignen sich für eine umweltfreundliche Düngung?
- How can weeds be controlled naturally?
Wie kann Unkraut auf natürliche Weise kontrolliert werden?
- How can one collect rainwater effectively?
Wie kann man Regenwasser effektiv sammeln?
- Which containers are best for collecting rainwater?
Welche Behälter eignen sich am besten zum Sammeln von Regenwasser?
- Where can I dispose of my garden waste/green waste/...?
Wo kann ich meinen Gartenabfall/Grünschnitt/... entsorgen?



What role does nature conservation play in Germany?

Welche Rolle spielt Naturschutz in Deutschland?

How do I behave properly in nature?

Wie verhalte ich mich richtig in der Natur?

How do I benefit from nature conservation?

Welchen Nutzen habe ich selbst vom Naturschutz?

Nature conservation, forests and waters Naturschutz, Wälder und Gewässer

The protection of green spaces and meadows is crucial for biodiversity. Measures such as avoiding encroachment, considerate behaviour and environmentally friendly product use are key to preserving these habitats and conserving them for future generations.

Nature conservation plays an important role and also offers many benefits for each individual. Germany has an extensive network of nature reserves (over 8,000 designated areas), which make up almost 4 per cent of the country's surface area. These protected areas are essential for the preservation of biodiversity and provide habitats for many endangered species. Nature conservation is firmly anchored in Germany both legally and institutionally, with the Federal Agency for Nature Conservation playing a central role in the implementation of nature conservation legislation and the promotion of nature conservation projects.

Nature conservation also has an economic significance, as it creates jobs in various areas such as sustainable tourism, forestry, organic farming and renewable energies and promotes innovation and research in the environmental sector.

Nature conservation also has numerous benefits for the individual: Nature parks and protected areas serve as important recreational areas and make a significant contribution to quality of life and mental well-being. An intact natural environment provides clean air, pure water and healthy food, which directly benefits our health. In addition, nature reserves offer opportunities for unique nature experiences and environmental education, which promotes an understanding of ecological relationships.

The protection of natural resources such as water, fertile soils and biodiversity secures our long-term livelihoods and contributes to climate protection, which benefits us all by mitigating extreme weather events. In addition, nature conservation often promotes the production of high-quality regional food that we as consumers can enjoy.

In summary, it can be said that nature conservation in Germany is not only ecologically important, but also economically and socially. Every individual benefits from a higher quality of life, better health and diverse opportunities to experience and enjoy nature.

If we all benefit from healthy ecosystems, what can we do ourselves through considerate behaviour to keep it that way? Here are some important measures to protect nature:

Avoid interventions

Vermeidung von Eingriffen

Avoid destroying or disturbing natural vegetation. Stay on marked trails and avoid entering sensitive habitats such as wetlands or wildflower meadows.



Considerate behaviour

Rücksichtsvolles Verhalten

Take care not to leave any rubbish behind. Take your rubbish with you and dispose of it properly in the bins provided. This not only protects the environment, but also keeps the green spaces clean and inviting.

Use environmentally friendly products

Verwendung umweltfreundlicher Produkte

Use biodegradable or reusable products for picnic crockery and use reusable water bottles. This reduces waste and minimises the environmental impact.

Protecting the animal world

Schonung der Tierwelt

Keep your distance from wild animals and observe them from there. Do not try to feed them, but respect the fact that they want to move around in their natural habitat as undisturbed as possible.

Conscious leisure activities

Bewusste Freizeitgestaltung

Plan your leisure activities in such a way that you minimise your impact on the environment. Take care not to cause permanent damage to picnic areas or forests.

Inform and sensitise

Informieren und sensibilisieren

Pass on your knowledge, set an example and raise awareness of the importance of protecting natural resources.

Green spaces

Grünanlagen

Leisure activities in green spaces and meadows offer many opportunities for sport, play and recreation in nature. Be considerate of the vegetation and ensure that no permanent damage is caused. Avoid particularly sensitive areas that are habitats for rare plants and animals.

Observe basic rules of behaviour to ensure harmonious coexistence and the protection of nature. If necessary, observe specific park regulations, as these may vary depending on the region:

- ▶ Stay on the paths: Stick to the marked paths to protect the vegetation.
- ▶ Keep dogs on a leash: Dogs must be kept on a leash in most parks, except in specially designated areas. To protect wildlife during the breeding seasons, dogs must be kept on leashes throughout Germany from 1 April to 15 July. Dogs are also not allowed on playgrounds.
- ▶ Ball games: These are often only permitted in designated areas.

Open fires and barbecues

Offenes Feuer und Grillen

Open fires, including barbecues, are not permitted in most green and open spaces in order to prevent fires and environmental pollution. Open fires and hot coals can quickly lead to dangerous fires and damage the sensitive vegetation. Barbecues should therefore only be set up in designated areas and safety measures should be taken:



- ▶ Before barbecuing, check the site for dry grass or other flammable materials and have a fire extinguisher or water nearby.
- ▶ After barbecuing, the coals must be completely extinguished and cooled down before disposing of them in the residual waste (some parks provide special rubbish bins for this purpose).

Picnicking is not a problem in most parks. But please take your rubbish back with you and don't leave anything lying around:

- ▶ Waste disposal: Dispose of your rubbish in the bins provided. Many parks have special bins for different types of waste. Otherwise, please take it home with you and throw it in the appropriate containers there.
- ▶ Be considerate of other visitors: Keep the noise level low and respect the privacy of others.
- ▶ Plants and animals: Picking plants or feeding animals is generally prohibited in order to protect the natural flora and fauna.
- ▶ Cycling and use of sports equipment: It is often not permitted to ride bicycles, inline skates or similar in parks.
- ▶ Entering restricted areas: Lawns or other planting areas may be closed to the public to ensure the success of seeding or replanting.
- ▶ Consumption of alcohol: In many parks, the consumption of alcohol is prohibited, especially in playgrounds.
- ▶ Failure to comply with these rules can lead to fines, as compliance with park regulations is monitored by the local authorities. It is advisable to find out about the specific regulations before visiting a park in order to avoid misunderstan-

ding and to protect the facilities. It is also the responsibility of us users to maintain green spaces for local recreation.

- ▶ So choose a suitable spot and enjoy a delicious meal in green surroundings - preferably in good company!



Good to know Gut zu wissen

Carelessly discarded cigarette butts are the most common waste product in nature. They contain up to 7,000 different toxic substances and consist of very slowly degradable plastics that remain in the environment permanently as microplastics. Small children and animals are at serious health risk if they swallow cigarette butts.



Dialogue patterns - Dialogmuster

- How can green spaces be effectively protected?
Wie können Grünflächen und Wiesen effektiv geschützt werden?
- How can we help protect animals and plants in green spaces and parks?
Wie können wir dazu beitragen, die Tiere in Grünflächen zu schützen?
- Are we allowed to picnic/camp/... in this nature park/riverside?
Dürfen wir in diesem Naturpark/Flussufer picknicken/zelten/...?
- What are the restrictions in this forest area?
Welche Beschränkungen gibt es in diesem Waldgebiet?
- Why is the protection of green spaces and parks important for biodiversity?
Warum ist der Schutz von Grünflächen und Wiesen für die Artenvielfalt wichtig?
- How do environmentally friendly products support the protection of green spaces and meadows?
Wie unterstützen umweltfreundliche Produkte den Schutz von Grünflächen und Wiesen?
- Which authority is responsible for nature conservation in Germany?
Welche Behörde ist für den Naturschutz in Deutschland zuständig?
- Why is it not allowed to feed animals in parks?
Warum darf man Tiere in Parks nicht füttern?

- Why is it important to keep your distance from wild animals?
Warum ist es wichtig, Abstand zu wildlebenden Tieren zu halten?
- What are the health benefits of nature reserves?
Welche Vorteile bieten Naturschutzgebiete für die Gesundheit?
- What must be checked before barbecuing at the barbecue site?
Was muss vor dem Grillen am Standplatz überprüft werden?
- How should the coals be disposed of after barbecuing?
Wie sollten die Kohlen nach dem Grillen entsorgt werden?
- Why are cigarette butts an environmental problem?
Warum stellen Zigarettensammel ein Umweltproblem dar?
- What remains of cigarette butts in the environment?
Was bleibt von Zigarettensammel dauerhaft in der Umwelt?
- How many toxins do cigarette butts contain?
Wie viele Giftstoffe enthalten Zigarettensammel?
- Why are cigarette butts dangerous for animals?
Warum sind Zigarettensammel für Tiere gefährlich?
- What is the danger for small children if they swallow cigarette butts?
Welche Gefahr besteht für Kleinkinder, wenn sie Zigarettensammel verschlucken?



Wildlife rubbish dumps: A hidden environmental hazard

Wildmüllkippen: Eine Umweltgefahr im Verborgenen

Wildlife rubbish tips are illegal waste dumps in the countryside, which can range from small amounts of household rubbish and garden waste to building rubble and hazardous materials. Unnoticed, they can have serious consequences for the environment. This is because these accumulations of waste not only pollute the landscape and impair its aesthetic appearance, but also threaten the animal and plant world. Plastic waste, for example, can strangle animals or cause serious damage to health if swallowed. Toxic substances from hazardous waste can get into the soil and groundwater, causing long-term environmental damage and jeopardising human and animal health.

The dumping of garden waste is also very problematic, as it can lead to the spread of invasive plant species (neophytes) that displace native species and disrupt the ecological balance.

Removing these dumps is a costly and time-consuming task for municipalities and authorities, often with the help of volunteers and environmental organisations.

Do it right: dispose of your waste properly, do not take garden waste into the forest and report illegal dumping to the authorities (in some districts there is a waste reporting app that can be used to report finds). By following these rules, you can help protect nature and its inhabitants and enjoy nature responsibly.



*Good to know
Gut zu wissen*

Illegal dumping of wildlife waste poses a serious threat to the environment and nature. Offences can be punished with fines of up to 50,000 euros.



Forests Wälder

Forests are quiet zones for people and animals, they are used for recreation, provide clean ground-water and make a decisive contribution to climate protection. To behave correctly in the forest, you should observe the following points:

- ▶ Stay on the marked paths so as not to disturb the vegetation and wildlife.
- ▶ Do not leave any rubbish in the forest, take your rubbish back with you.
- ▶ Do not light fires, smoke or throw away cigarette butts to avoid forest fires.
- ▶ Behave quietly and avoid making noise, especially during the breeding and mating seasons of animals.
- ▶ Only observe animals from a distance and do not feed them.

When picking berries, herbs and mushrooms: **Beim Sammeln von Beeren, Kräutern und Pilzen gilt:**

- ▶ Collect only for your own use and in small quantities.
- ▶ Only pick species that you can safely identify, as there is a risk of poisoning.
- ▶ Look out for protected plants that may not be picked.
- ▶ Do not collect in nature reserves or private forests.

In the event of an encounter with wild animals: **Bei einer Begegnung mit Wildtieren empfiehlt sich:**

- ▶ Stay calm and do not make any hectic movements.
- ▶ Keep your distance and only observe the animal from a distance.
- ▶ Do not feed or touch the animals.
- ▶ With larger animals such as wild boar, retreat slowly.
- ▶ Do not take any young animals you find with you.

To avoid forest fires:

Um Waldbrände zu vermeiden:

- ▶ Refrain from open fires and smoking in the forest.
- ▶ Do not park vehicles on dry grass.
- ▶ Do not dispose of glass bottles in the forest, as they can act as burning glasses.
- ▶ Report smoke or fire immediately to the relevant authorities by dialling 112.



Water protection Gewässerschutz

Streams, rivers, lakes and seas are habitats for plants and animals, serve as a source of (drinking) water in some regions and can be used for leisure activities.

Certain rules must be observed when using public waters for leisure activities:

- ▶ Bathing: Swimming is permitted in many bodies of water, but you should pay attention to local bathing bans and hygiene regulations. Find out about the water quality before you go into the water.
- ▶ Beware of blue-green algae: These increase during hot summers and restrict bathing pleasure. This is because they produce toxins that can be harmful to your health. Symptoms include nausea, skin irritation and breathing problems. Blue-green algae often appear as greenish or bluish-green streaks or carpets on the surface of the water. You should therefore avoid areas with a conspicuous carpet of algae and observe the corresponding warnings (including in the local press).
- ▶ Fishing: Fishing generally requires a fishing licence and you must comply with the relevant fishing rights. Pay attention to closed seasons and catch limits in order to protect fish stocks.
- ▶ Boating: Boating with rowing boats, kayaks or motorboats is often permitted as long as you observe the applicable regulations. These include speed limits and a ban on travelling in certain areas so as not to disturb the wildlife.

- ▶ Nature watching: Many people use bodies of water for birdwatching or other nature experiences. Keep your distance from nesting sites and do not disturb the animals.

By following these simple steps, you can actively contribute to protecting and preserving the waters in your area.

Conservation of biodiversity Erhalt der Biodiversität

Water bodies such as rivers, lakes and seas are habitats for plants, animals and microorganisms. Water protection contributes to their survival, protects the sensitive ecological balance and promotes the diversity of natural habitats.

Drinking water supply Trinkwasserversorgung

One of the main objectives of water protection is to ensure clean drinking or industrial water for humans and animals. This includes measures to prevent water pollution and maintain water quality in order to protect the health of the population.



Recreation and leisure
Erholung und Freizeit

Water protection aims to ensure a clean and safe environment for recreational activities. This includes activities such as swimming, boating and fishing. Clear healthy waters contribute to human recreation

Sustainable use of resources
Nachhaltige Ressourcennutzung

Water protection strives for the responsible use of water resources, both for industrial and agricultural purposes. The aim here is to harmonise the water requirements of the various sectors without overburdening the environment.



Good to know
Gut zu wissen

Water conservation is important and affects us all: We can all make sure that we waste less water, dispose of waste properly and behave properly in our leisure activities.

Dialogue patterns - Dialogmuster

- What are the main causes of water pollution?
Was sind die Hauptursachen für Gewässerverschmutzung?
- What measures are needed to ensure water quality in the long term?
Welche Maßnahmen sind erforderlich, um die Wasserqualität langfristig zu sichern?
- How can the water quality in our area be improved?
Wie kann die Wasserqualität in unserem Gebiet verbessert werden?
- What measures are being taken to maintain water quality?
Welche Maßnahmen werden ergriffen, um die Wasserqualität zu erhalten?
- What steps are needed to improve water quality in rivers and lakes?
Welche Schritte sind erforderlich, um die Wasserqualität in Flüssen und Seen zu verbessern?
- Why is the preservation of biodiversity important?
Warum ist der Erhalt der Biodiversität wichtig?
- What measures are being taken to protect biodiversity?
Welche Maßnahmen werden ergriffen, um die Biodiversität zu schützen?
- How can we contribute to the sustainable use of resources?
Wie können wir zur nachhaltigen Nutzung von Ressourcen beitragen?



How can I get involved?

Wie kann ich mich engagieren?

Where can I find suitable programmes for me and my children?

Wo finde ich passende Angebote für mich und meine Kinder?

How can I be a role model for my children when it comes to environmentally friendly behaviour?

Wie werde ich zum Vorbild für meine Kinder was umweltbewusstes Handeln angeht?

Get active together! Gemeinsam aktiv werden!

Collaborating on community projects not only allows for the exchange of resources and expertise, but also raises awareness of environmental issues in society. By mobilising people and organisations, sustainable solutions can be developed and implemented that have a long-term positive impact on the environment.

Tree planting campaigns

Baumpflanzaktionen

Planting trees together is fun, improves air quality and promotes biodiversity.

Beach and river clean-ups

Strand- und Gewässerreinigungen

Committed citizens come together to clean up rubbish on beaches and riverbanks to protect the water.

Urban Gardening

Urban Gardening

Community gardens on wasteland promote sustainability and a sense of community in the city. Urban gardening projects include all types of gardening, from balcony gardens to shared community gardens in urban open spaces.

Environmental education

Umweltbildung

This includes organising training, workshops and events to raise environmental awareness and promote environmentally friendly behaviour.

Bee and insect protection

Bienen- und Insektenschutz

Initiatives to protect bees and other pollinators benefit from the creation of flowering areas and the avoidance of harmful pesticides.

Neighbourhood gardens

Nachbarschaftsgärten

Community gardens promote the cultivation of locally grown fruit and vegetables and reduce the need for long transport distances.

Forestry projects

Forstprojekte

Planting campaigns help to preserve biodiversity and mitigate the effects of climate change.



Personal commitment and environmental education for children

Eigenes Engagement und Umweltbildung für Kinder

Discover your own environment and region with your children. Get in touch with nature conservation groups, scouts, the youth fire brigade, other youth groups or find out about a voluntary ecological year or the federal volunteer service in nature and environmental protection for teenagers or young adults.

Environmental education

Umweltbildung

Fostering an appreciation of plants and animals is of crucial importance for developing environmental awareness in children. Parents can strengthen their children's connection to nature by creating shared experiences in nature. Encounters with animals, taking responsibility for a pet or participating in events and excursions to nature centres or zoos create the basis for respectful interaction with nature and the environment.

Encouraging children's connection to nature and nature observations

Naturverbundenheit von Kindern fördern und Naturbeobachtungen

Take trips in nature together and encourage your children to observe plants and animals. Emphasise the diversity and beauty of nature.

Responsibility and care

Verantwortung und Pflege

Children learn responsibility by taking care of plants. Regular plant care, including watering and weeding, fosters an understanding of the importance of nurturing and commitment.

Environmental awareness

Umweltbewusstsein

Gardening gives children a deeper understanding of ecological processes and the value of food.

Promoting sustainable nutrition

Nachhaltige Ernährung fördern

Growing vegetables and herbs in your own garden promotes healthy eating. Children can experience the tasks involved in producing plant-based foods and develop an appreciation for fresh, home-grown products.

Teamwork and cooperation

Teamarbeit und Zusammenarbeit

Gardening together enables teamwork and strengthens cohesion. Planning, sowing and caring for the plants requires the cooperation of all family members.



Tips for gardening together Tipps für gemeinsames Gärtnern

Choose child-friendly plants

Wählen Sie kinderfreundliche Pflanzen

Start with easy-to-grow plants like cress, lettuce, tomatoes, strawberries, sunflowers or herbs. These are often robust and offer quick results.

Create a special area for children

Gestalten Sie einen eigenen Bereich für Kinder

Reserve a special area in the garden for the children. This could be their own pots or a small patch where they can tend their own plants.

Use simple gardening tools

Einfache Gartenwerkzeuge verwenden

Provide child-friendly gardening tools that are safe and easy to use. This enables children to actively participate in the gardening process.

Joint harvesting and preparation

Gemeinsame Ernte und Zubereitung

Motivate your children to help with the harvesting and preparation of the products grown. This closes the cycle of gardening and fosters an appreciation of food production.

Tips for parents to encourage their children's environmental and nature awareness

Tipps für Eltern, um das Umwelt- und Naturbewusstsein ihrer Kinder zu fördern

Enjoyable picnics and relaxation

Genussvolles Picknick und Entspannung

Encourage participation in outdoor activities to strengthen appreciation of the beauty of nature. Joint family excursions, picnics and hikes lay the foundation

for a love of nature that will stay with children for life.

Experiences in nature and contact with animals are the key to raising environmentally aware children. Naturerlebnisse und Tierkontakt als Schlüssel für umweltbewusste Kinder

Visiting nature centres and animal parks can help to deepen environmental awareness. Children gain respect for the animal world and learn about the protection of habitats. Through direct contact with animals, they also develop an understanding of the threats to endangered species and their habitats.

Encounters with animals

Tierbegegnungen

Visit zoos, environmental education centres or nature reserves to give children the opportunity to experience animals up close. Emphasise the importance of species protection.

Keeping pets

Haustiere halten

Taking responsibility for pets, be it a dog, a cat, a fish or a hamster, teaches children empathy and mindfulness towards other living creatures.

Teaching and exemplifying respectful treatment

Respektvollen Umgang lehren und vorleben

Emphasise the importance of treating plants and animals with respect. Explain that every living creature plays an important role in the ecosystem.



Good to know Gut zu wissen

Parents can encourage their children's love of nature by taking them on outings to nature centres or zoos, for example. But taking responsibility for a pet can also help lay the foundation for a respectful treatment of nature and the environment.

Encourage nature-based projects and creativity **Naturverbundene Projekte und Kreativität fördern**

Encourage your children to take part in creative projects such as building birdhouses, designing insect nesting aids, crafting with natural materials or keeping nature diaries. Through these activities, children not only deepen their interest in plants and animals, but also develop a deeper understanding of environmental protection and sustainability.

Environmental protection in everyday life: practical advice for a sustainable life

Umweltschutz im Alltag: Praktische Ratschläge für ein nachhaltiges Leben

Energy saving

Energiesparen

Teach your children to save energy by turning off lights when they are not needed and unplugging electronic devices. Use energy-efficient appliances and light bulbs.

Water saving

Wasser sparen

Make children aware of the importance of using water sparingly. Turn off the tap while brushing your teeth, repair leaks and use water-saving devices.

Sustainable mobility

Nachhaltige Mobilität

Promote environmentally friendly means of transport such as bicycles, scooters or public transport. Walk or cycle together when possible instead of using the car.

Environmentally friendly activities

Umweltfreundliche Aktivitäten

Choose environmentally friendly leisure activities: Take part in exciting environmental protection events with your children, take part in local rubbish collection campaigns or go for a walk and collect natural materials that can be used for handicrafts and decoration.

Participating in social activities

Teilnahme an gesellschaftlichen Aktivitäten

Get involved in local environmental projects as a family. Cleaning up litter or planting trees together not only strengthens the sense of community but also shows the importance of environmental commitment.

Reducing single-use products

Reduzierung von Einwegprodukten

Highlight alternative options to single-use products, such as reusable water bottles, lunch boxes, shopping bags and straws. Explain how this reduces the amount of single-use waste.

Conscious consumption

Bewusster Konsum

Teach your children to make conscious purchasing decisions. Explain how to choose products with less packaging or environmentally friendly packaging.

Take responsibility for your own rubbish

Verantwortung für den eigenen Müll übernehmen

Hold your children accountable for their own rubbish. Encourage them to dispose of their rubbish properly and keep their surroundings clean.

Minimise food waste

Lebensmittelverschwendung minimieren

Teach your children how to prevent food waste. This includes, for example, preparing meals in moderation and using leftovers.



Explain renewable energies Erneuerbare Energien erklären

Emphasise the connection between energy and the environment by talking about the use of renewable energies such as solar and wind energy. Explain to children the origin of energy and discuss different sources such as sun, wind, water, fossil fuels and renewable energies.

Be a role model Vorbild sein

Parents are the most important role models for their children to adopt sustainable behaviour, in order to establish an environmentally conscious lifestyle together as a family. Children who learn to take care of the environment from an early age can draw on this throughout their lives.

Dialogue patterns - Dialogmuster

- Where are community projects for children organised as part of ...?
Wo werden Gemeinschaftsprojekte für Kinder im Rahmen von ... durchgeführt?
- What tips are there for gardening together?
Welche Tipps gibt es für gemeinsames Gärtnern?
- Why is it important for children to have their own garden area?
Warum ist ein eigener Gartenbereich für Kinder wichtig?
- What activities help to get children interested in nature?
Welche Aktivitäten helfen dabei, Kinder für die Natur zu begeistern?
- How can parents help children to consume more consciously?
Wie können Eltern Kindern helfen, bewusster zu konsumieren?
- How can children be taught to reduce single-use products?
Wie kann man Kindern beibringen, Einwegprodukte zu reduzieren?

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- » Environmentally Friendly Mobility
- » Environmentally Friendly Gardening
- » Nature Conservation, Forests and Waters
- » Get active together!

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– SO GEHT'S!**

- » Nachhaltiger Konsum
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- » Umweltfreundliches Gärtnern
- » Naturschutz, Wälder und Gewässer
- » Gemeinsam aktiv werden!