



A SUSTAINABILITY GUIDE
FOR KIEL

Fifty shades of green

- get to know kiel sustainably -



Green-Orientation

Why a sustainability guide for Kiel? With a rising trend and necessity to lead a sustainable lifestyle, 'The Sailing City of Kiel' hosts numerous state and private enterprises that provide sustainable products and services to meet the rising demand. Though this guide cannot claim completeness of naming all sustainable actors in Kiel, a common platform, that provides essential information on most of these actors and their solutions was deemed necessary. *'Today's youth, tomorrow's future'* - With a focus on students, a budget-friendly guide has thus been developed to enrich their skills and activities in a sustainable atmosphere.

This guide seeks to -

- motivate and encourage students to adopt an environment-friendly lifestyle by providing various sustainable alternatives for their day-to-day activities, including recreational activities for joy and social interaction.
- lay a basic foundation for organisers of sustainable integration events; by creating a resource-pool of sustainable actors and venues that would assist in an efficient event management.
- provide ease of networking for sustainable enthusiasts; who aspire to volunteer for creative workshops and progressive social causes.
- guide the newcomers, existing residents and as well as tourists to explore and cherish the 'Zero Waste City of Kiel', its legacy; with the ease of navigation accessed by an exclusive green map developed using Google Maps.

Why the green shades? The guide encompasses a broad range of activities encountered on a daily basis; shopping of food to clothes and stationery, recreation to repair services, from public to private transport. Each of these categories are represented by a specific shade of green, embedded in a particular leaf shape; to envision as a symbol of solidarity with 'Mother Nature'. Furthermore, the guide in itself proactively voices for a **'Call2Action'** - *'Discover your individual shade of green'*

This guide is a part of the seminar "The University of the Students - A Student-led Sustainable Transformation of the Kiel University", held by Prof. Christoph Corves. The seminar has been organized by Ms. Jana. W and Ms. Marie. B from 'Wellenschlagen', in collaboration with the funders CAU 'PerLe' and 'Bundesministerium für Bildung und Forschung'.

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Clothing



Apparel Stores

CLOTHING



GLÜCKSLOKAL

www.glueckslokal.de

WHERE

Lorentzendam 6-8
24103 Kiel

OPENING HOURS

Tue & Thu 16:00 - 19:00
Every 1st & 3rd Sunday of the
month 14:00 - 17:00

WHAT

- Requires Membership to fully enjoy their wide range of items for clothing, household, books etc.
- every guest can pick up to 3 free items on each visit from the categories listed per month
- Guests can always donate stuff

ROTKREUZMARKT DREIECKSPLATZ

www.drk-kiel.de/angebote/hilfen-bei-schulden-und-armut/rotkreuzmaerkte

WHERE

Dreiecksplatz 6
24105 Kiel

OPENING HOURS

Mon - Wed & Fri	10:00 - 14:00
Thu	14:00 - 18:00
Sat	10:00 - 13:00

WHAT

- 4 Stores all over Kiel
- very affordable thrift store with clothes, books and toys
- this is where some of the clothes from clothes-containers are given a second chance
- you can also donate your old things here!

CLOTHING



TEXTILRECYCLING

www.bruecke-sh.de

WHERE

Fleethörn 38
24103 Kiel

WHAT

- very affordable Thrift and Upcycling shop
- buy something made out of recycled textile
- they support the mentally disabled

OPENING HOURS

Mon - Fri 09:00 - 15:00

KILO LADEN

www.facebook.com/Der-Kilo-Laden

WHERE

1. Knooper Weg 29, 24103 Kiel
2. & 3. Sophienblatt 5 & Sophienblatt 11

WHAT

- Cheap clothing-only thrift store

OPENING HOURS

Tue 10:00 - 18:00
Wed - Fri 10:00 - 14:00 & 15:00 - 18:00
Sat 10:00 - 14:00

Mon-Fri 10:00 - 18:00
Sat 10:00 - 16:00

CLOTHING



GOLDKLEID

www.goldkleid.de

WHERE

Gutenbergstraße 4
24116 Kiel

OPENING HOURS

Mon - Wed & Fri 10:00 - 18:00
Sat 10:00 - 13:00

WHAT

- a boutique with a chic selection of Scandinavian second hand
- female clothing only

CITY FLEAMARKETS

www.kiel.de/de/kultur_freizeit/maerkte/flohmarkt

WHAT

The city of Kiel holds several Fleamarkets throughout the months of April until October

-> make sure to save the dates!

CLOTHING



KUNDE ZU KUNDE

www.kunde-zu-kunde-kiel.de

WHERE

Knooper Weg 118
24105 Kiel

OPENING HOURS

Tue - Fri	10:00 - 18:00
Sat	10:00 - 14:00

WHAT

In Stefans shop you can find second hand clothes for men, CDs, DVDs and interior; this shop is like a local e-bay and is especially known for its huge jeans offer. All things are sold by customers to customers and you can sell stuff as well:

1. You can rent space per week for the things you want so sell and Stefan sells it for the price that you set
2. 50/50: you offer your stuff for 6 weeks and get half of the sales proceeds
3. You can sell things directly to Stefan

Local Shops



Markets & Stationery Shops
Grocery and Food Stores
Book Stores

LOCAL SHOPS



SIEBENECK

www.facebook.com/siebeneck.kiel

WHERE

Lorentzendam 6 - 8
24103 Kiel

OPENING HOURS

Mon - Wed	14:00 - 19:00
Thu & Fri	14:00 - 24:00
Sat	20:00 - 24:00

WHAT

- Charming shop for gifts and miscellaneous
- supports small local businesses
- also offers events from music to theater
- sometimes even cake!

WELTLADEN

www.weltlaeden.de/kiel

WHERE

Knooper Weg 24
24103 Kiel

OPENING HOURS

Mon - Fri	11:00 - 18:00
Wed	11:00 - 15:00
Sat	10:00 - 14:00

WHAT

- Fair trade at a fair price - this is made possible by the volunteers working at this shop
- products include: coffee, tea, chocolate, wide selection of reusable coffee cups, herbs&spices...

LOCAL SHOPS



ANTIQUARIAT LESART

www.kiel.bruecke-sh.de

WHERE

Knooper Weg 22
24103 Kiel

OPENING HOURS

Mon - Fri 09:00 - 18:00

WHAT

This bookshop invites you to browse its shelves and potentially give a beautiful book a second home - or even repair the back of your favorite ones!

UNVERPACKT

www.unverpackt-kiel.de

WHERE

Adelheidstraße 28
24103 Kiel

OPENING HOURS

Mon - Fri 09:00 - 19:00
Sat 09:00 - 14:00

WHAT

- first zero packaging shop for food in Kiel
- bring your own containers or buy some and fill with daily products
- large selection of food and household products
- ask if there's student discount!

LOCAL SHOPS



ASIA LADEN KIEL

www.asia-laden-kiel.de

WHERE

Fleethörn 23
24103 Kiel

OPENING HOURS

Mon - Sat 09:00 - 19:00

WHAT

- offers a variety of international products at reasonable prices and a selection of dry goods in bulk
- if you need dried goods like rice and legumes or herbs you can buy them bigger packages here - this can save a lot of packaging
- huge selection of organic foods

ECHT.GUT.DAS KAUFHAUS

www.echtgut-kiel.de

WHERE

Hasseer Str. 49-51
24113 Kiel

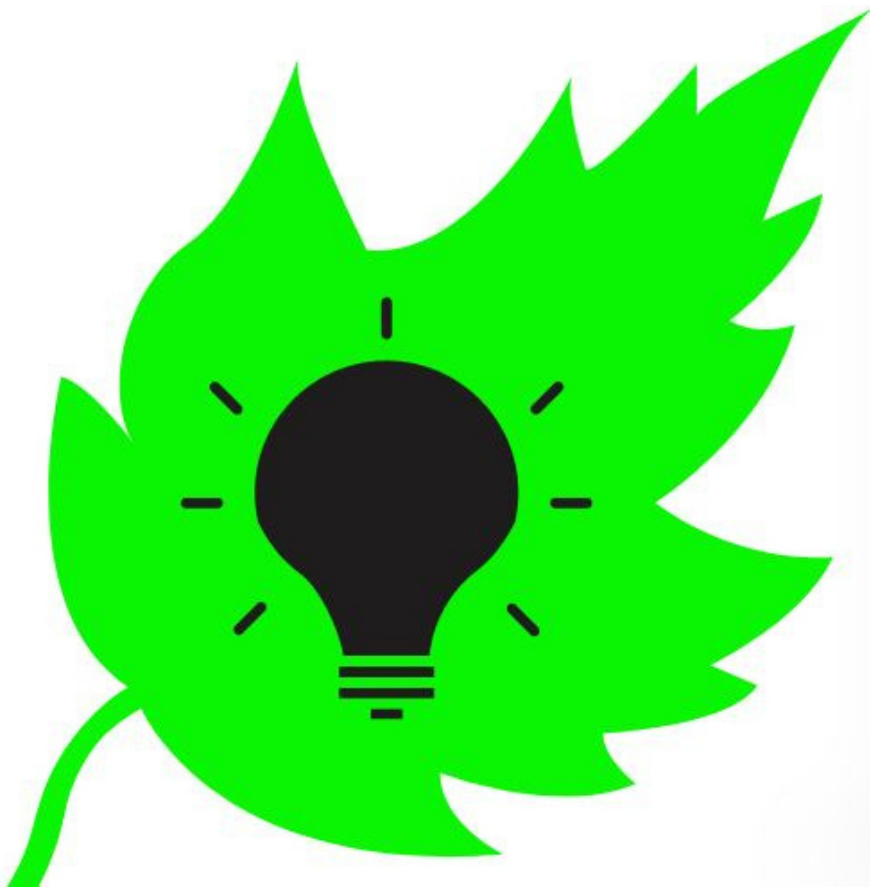
OPENING HOURS

Mon - Fri 10:00 - 18:00
Sat 10:00 - 15:00

WHAT

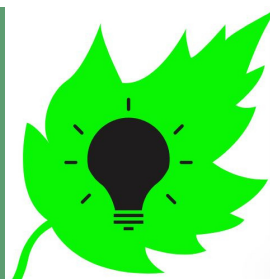
- huge second hand department store
- offers everything from interior, over home decoration and practical household treasures to clothing
- you can also donate (Mon-Fri 08:00-17:45)

Recreation



Social Events
Cafes
Upcycling Workshops
...and more

RECREATION



CAFÉ GODOT KIEL

www.cafe-godot-kiel.de

WHERE

Gutenbergstraße 18
24118 Kiel

OPENING HOURS

Mon - Sun 15:00 - 20:00
Tue Closed

WHAT

- sit down and enjoy a nice cup of coffee, persian black tea or a chai latte
- It is best known for its readings, film screenings and regular quiz nights

CAFÉ PHOLLKOMPLEX

www.phollkomplex.de

WHERE

Brunswiker Str. 52
24105 Kiel

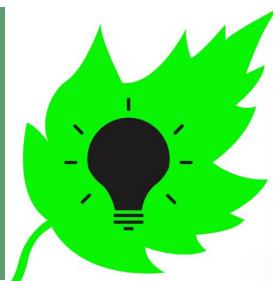
OPENING HOURS

Mon - Sat 14:00 till desired
Sun 10:00 till desired

WHAT

- In PhollKomplex you can find a good coffee and enjoy a round of board games with your friends
- Occasionally there is live music in the Phollkomplex, it is something between cozy and quaint - You will immediately feel at home

RECREATION



CAFÉ BLATTGOLD

www.cafeblattgold.de

WHERE

Holtener Straße 176
2410 Kiel

OPENING HOURS

Tue - Sat 12:00 - 22:00
Sun 12:00 - 21:00

WHAT

- Café Blattgold offers coffee, tea, lemonade, cake, burgers, chili-cheese fries and more
- all vegan!
- space for group gatherings available

MMHIO

www.mmhio.de

WHERE

Knooper Weg 75
24116 Kiel

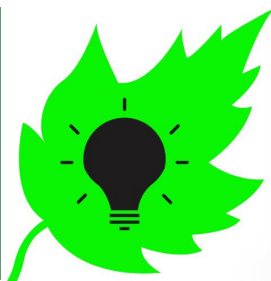
OPENING HOURS

Mon - Sun 09:00 - 17:00

WHAT

- nice place with good coffee, baked goods and lunch
- pleasant spot to get some work done, read a book or catch up with friends
- very sustainable concept: recycled take away packages etc.
- only vegetarian and vegan food, all fresh, regional, organic and mostly seasonal

RECREATION



SUBROSA KNEIPENKOLLEKTIV

subrosa.gaarden.net/cafe

WHERE

Elisabethstr. 25
24143 Kiel

OPENING HOURS

Tue - Sun 15:00 - 23:00

WHAT

- Organic*fairtrade café, bar and restaurant with vegetarian and vegan food
- A safe place for all people
- Occasional events and activities

KONDI TOREI CAFÉ SCHOKODEERN

www.schokodeern.de

WHERE

Holtenuer Straße 106
24105 Kiel

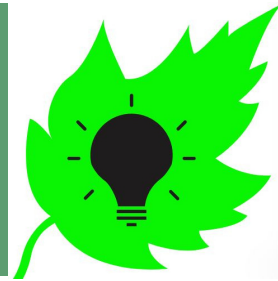
OPENING HOURS

Wed-Sat 10:00 - 18:00

WHAT

- Delicious pies and cakes, praline creations, the finest chocolate
- All ingredients come from certified organic cultivation
- A lot of things such as cream, eggs and marzipan come from local production

RECREATION



HANSA 48

www.hansa48.de

WHERE

Hansastraße 48
24118 Kiel

OPENING HOURS

Tue - Sat 19:00 - 01:30
Mon & Sun Closed

WHAT

- Whether it's concerts, readings, parties, cinema and theater Hansa48 has something to offer for everyone
- They also have a cool bar, there you can find cold drinks and great vegetarian snack options
- For their events, it's best to check out their printed monthly program, which is available in many locations in Kiel

VOGELMILCH

www.vogelmilch-textilwerkstatt.de

WHERE

Jungfernstieg 9
24103 Kiel

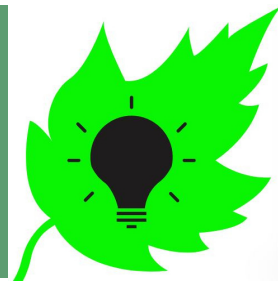
OPENING HOURS

Tue 10:00-13:00 & 18:00-21:00
Wed 10:00-13:00 & 16:00-19:00

WHAT

- Creative upcycling and sustainable sewing courses

RECREATION



ALTE MU

www.altemu.de

WHERE

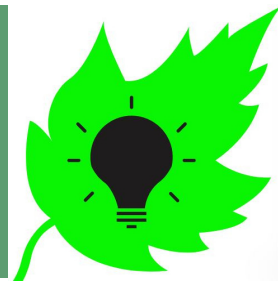
Lorentzendam 6-8
24103 Kiel

OPENING HOURS

Mon-Sun 00:00 - 24:00

WHAT

- **The MUDDI Markt e.V.** is an association that works as a project of the Alte Mu for education for sustainable development and for an alternative music, art and culture program mainly in the Kiel Week, but also for example at district festivals. The aim of MUDDI Markt eV is to inspire more sustainable consumption and behavior and a more sustainable lifestyle. You can get involved in this amazing project, take a note, they meet every third Thursday of the month at 7 p.m in the ThinkFarm of Alte Mu
- **Cradle to Cradle e.V.** is a German nonprofit organization with more than 700 active members throughout Germany. They have active members working in Kiel promoting workshops, and many events during the year related to their principles "Waste is nutrient", "Renewable energy" and "Celebrate diversity". Are you curious already? Everyone is welcome to join! The regional group Kiel meets every 1st and 3rd Wednesday of the month at 7 p.m. in the Alte Mu (room C20)



INTERNATIONAL CENTER CAU

www.international.uni-kiel.de

WHERE

Westring 400,
24118 Kiel

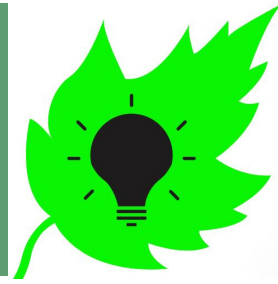
OPENING HOURS

Mon - Fri 09:00 - 24:00
Sat & Sun Closed

WHAT

- **Tutoren IC Kiel** is a program offered by the International Center of Kiel University. They offer excursions and events during the semester for the members of the Uni for a reasonable price. You can meet people while visiting Schleswig-Holstein and experience the nature we want to conserve. Registration takes place in the info room of the International Center. You can find them at Facebook: @tutoren.ic.kiel
- **CAU Segeln CC** During the sailing season (May until September) the International Center provides the opportunity to enjoy the Bay of Kiel and the Baltic Sea on its yacht, the Albertina. No sailing skills are necessary, as the yacht is manned by experienced crews. The sailing take place every weekend from 12:00 to 16:00. You can contact them by sending an email to: ic-segeln@uv.uni-kiel.de

Likewise, if you are looking for a complete list of all the cultural events that take place in the city, be sure to visit www.wasgehtinkiel.de/. On this page you will find information so that you do not miss any of the events that the city of Kiel offers you 365 days a year.



PCS - STUDENTS FOR FUTURE KIEL

www.studentsforfuture-kiel.de

WHAT

- **Public Climate School (PCS)** is an open university for all people who want to learn more about climate justice. During a week, scientists from a wide range of disciplines organise exciting lectures, discussions and workshops and it happens once a semester
- **Students for Future Kiel** is a group of students from different fields of study and bring the For Future movement to the universities of Kiel. They are committed to climate justice and a sustainable university life, If you feel connected to this amazing topics, contact them studis.kiel@fridaysforfuture.is
- Visit them at: **IG:** [@kiel.studentsforfuture](#) and **FB:** [studentsforfuturekiel](#)

Transportation



Bikes
Car-Pooling
Public Transport



SWAPFIETS

www.swapfiets.de

WHERE

Alter Markt 7
24103 Kiel

OPENING HOURS

Mon & Tue	14:00 - 18:00
Wed	10:00 - 14:00
Thu & Fri	14:00 - 18:00

WHAT

- offers high-quality bicycles for 19,95€ per month, including maintenance and repair whenever necessary
- insurance included

SPROTTENFLOTTE

www.nextbike.de

WHERE

30 bike stations
in and around Kiel

WHAT

- bike-sharing service, simply use their app to borrow a bike and return it back at one of 30 bike-stations in the Kiel area
- every ride up to 30min is free!



FAHRRADVERLEIH / RENT-A-BIKE

www.rentabike-kiel.de

WHERE

Hamburger Chaussee 26
24113 Kiel

OPENING HOURS

Mon - Fri 13:30 - 18:00
Sat 12:00 - 18:00

WHAT

- you know the deal, just rent a bike for a given deal per hour or day

FAHRRADSCHMIEDE WELLINGDORF

www.fahrradschmiede.shop

WHERE

Am Seefischmarkt 11-13
24148 Kiel

OPENING HOURS

Mon & Tue 09:00 - 18.00
Wed 09:00 - 14.00
Thu & Fri 09:00 - 18.00
Sat 10:00 - 14.00

WHAT

- here you can buy, rent or ask for help with repair of your bike



StattAuto

www.stattauto-hl.de

WHAT

- a car-sharing service that takes care of everything except driving itself
- access to a variety of car models with a membership card
- only pay for the time you actually need it - no costs for insurance, maintenance, etc.

BlaBlaCar

www.blablacar.de

WHAT

- come along someone's travel journey to or through your city of destination
- save money, CO2-emissions and meet new people along the way

PERSONAL CARSHARING

WHAT

- there are plenty of groups on facebook to reach out to people coming from your home-region, it's definitely worth looking
- link up and save money and CO2-emissions on your journey back home

TRANSPORTATION



CLEVERSHUTTLE

www.clevershuttle.de

WHAT

- book your ride via the CleverShuttle app and within minutes a shuttle running with electric- or hydrogen-engines will pick you up
- you share the shuttle with other people headed for a similar direction (so only minor delays!)
- it's called "RidePooling" and makes your commute cheaper by up to 50% compared to conventional taxis

PUBLIC TRANSPORT

www.kiel.de/de/umwelt_verkehr

WHAT

- an interesting aspect about public transport in Kiel is the fact that the city is striving for more sustainable mobility - busses are for a progressively big chunk hybrid versions, the new ferries due to start operating in the Förde area in the next few years will be hybrid as well. This is great news for everyone to easily travel around Kiel with a clear conscious

Tools/Repairs



Stations



SELF-HELP BICYCLE REPAIR SHOP AT HANSA48

www.hansa48.de

WHERE

Hansastraße 48
24118 Kiel

OPENING HOURS

Mon - Thu 13:00 - 18:00
Fri 15:00 - 20:00

WHAT

- for everyone in need of some spare parts for their bike or a little help with maintenance and repair
- they also do bike flea-markets twice a year (spring and autumn)

WERK STATT KONSUM

www.werkstattkonsum.de

WHERE

Lorentzendam 6-8
24106 Kiel

OPENING HOURS

Thu 16:00 - 20:00
Sun 12:00 - 16:00

WHAT

- broken furniture or need something else fixed? Here you will be provided with any necessary tools and guidance to help you fix your own stuff instead of throwing it away



REPARATUR-CAFÉ

www.kiel.de/de/wirtschaft_arbeit/wirtschaftsbuero_gaarden/reparatur_cafe

WHAT

- another neat place to get some expert help with repairing things that you would otherwise probably throw away
- takes place four times per year (check website for more info on time and place)

LEIHLADEN KIEL

www.leihladenkiel.de

WHERE

Wilhelm-Seelig-Platz 1a
24118 Kiel

OPENING HOURS

Mon - Thu 16:00 - 19:00

WHAT

- scroll threw the online catalog and find the huge range of available utensils that can be borrowed
- tools, games, electronic devices, outdoor equipment and more
- no rental fee, only deposit required

Call 2 Action

- Discover your individual shade of green -

Switch off the lights, don't leave water or the engine of your car running, unplug every device whenever possible. Most people have probably heard those quick pieces of advice about a dozen times. And since you're reading this guide, you're probably already on your way towards a more sustainable lifestyle, so we don't need to remind you of these small actions anymore, even though they're definitely still worth practising!

What does it mean to live a sustainable lifestyle? – For us, additionally to those practical actions, it is also an actual mind-set. It is an alternative to the fast-consumption that is almost normal in our society. Sustainable lifestyle, to us, means a conscious and mindful consumption that is rather need- than want-oriented. It requires awareness of our dealings with nature, of the importance and the will to see ourselves as a part and not on top of it and to pre-anticipate future consequences of our today actions. It is important to be aware, that everyone has to come up with their own interpretation, on the practical and mind level.

Discover your individual shade of green!

Regarding your individual journey we would like to give you the following advises on your way:

Be mindful of the expectations and ambitions you set for yourself. Don't try to change everything at once, but rather go step by step. To start with, focus on actually implementing a few things into your daily life instead of aiming for the moon.

Don't strive for perfection, strive for progress!

Another advice is to always keep in mind that even your small changes on the personal level are an important contribution. One can easily fall into a mindset of thinking that those small steps alone have no impact in the long run, but every small change adds up to something big and meaningful. Always remember that there's a point in making an effort, and what this effort can mean on a bigger scale.

Every small change is a success!

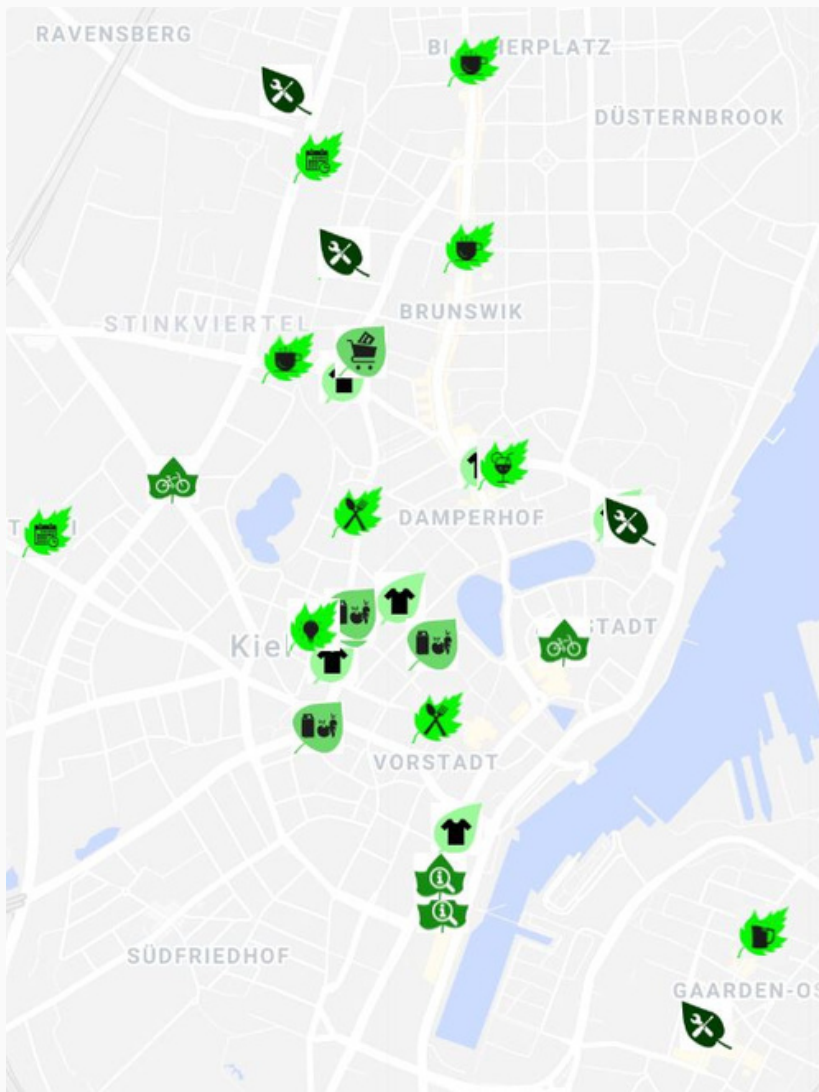
Since we all live our lives slightly differently depending on things like our values, interests, ambitions or desires in life, our motivations will differ in the changes we make in life, and how we adapt. So our advice is to challenge, but don't overwhelm yourself!

Aim for individual, realistic, small and actual change.

Taking a first step to shaping our personal journeys into more sustainable lives can start today. Thank you for being a part of our contribution.

Max, Melissa, Shadi, Nele & Vishu

Explore Kiel's Greenscape



*Click anywhere on
the exclusive map*

OR

*Scan the QR-Code to
explore the Greener
Shades of Kiel!*



About Us

We are a team of regular and international students from Christian-Albrecht University of Kiel.

*We cordially thank Prof. Christoph Corves for granting us an opportunity to bring our idea into life.
Our special thanks to Ms. Jana. Wilkening and Ms. Marie. Boutin for guiding and nurturing us.*

And lots of  to the readers.

Maximilian Drews, Melissa Capcha Eulogio, Nele Nolte, Shadi Mehrafza & Vishwanath Hiremath.