



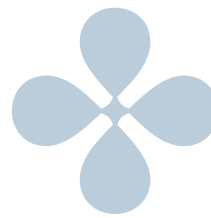
International Education
UNIVERSITY OF DENVER

GERMANY SUSTAINABILITY GUIDE



Congrats for choosing to study abroad in Germany! In addition to any cultural and social considerations you may have to make before and during your time abroad, you should consider how you want your actions to affect the ecosystems and communities that you will be a part of. This guide will walk you through ways to consciously and sustainably study abroad in Germany, including your options to shop locally, ride public transit, and give back to the communities you will be staying in.

HEIDELBERG



Public Transportation

- Heidelberg has both buses and trams (called Straßenbahn) which can take you all over the city. Both services are well connected to the main train station (Hauptbahnhof).
- Deutschebahn (DB) is the national train provider in Germany. Trains can be taken all over Germany and into other European countries.

Food Options

- Alnatura Super Natur Markt, and the market on Heidelberger Marktplatz have locally grown produce and locally made products.
- Many local products can be found in German supermarkets, even in cheap, low-cost supermarkets like Aldi.

Volunteering

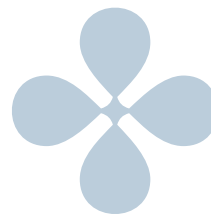
- There are multiple environmental clubs, sustainability clubs, and local volunteering opportunities in Heidelberg. Checkout Heidelberg City website, or the university website for details.

Recycling and Thrifting

- Germany has many Recycling options, the most prominent being Pfand – deposit. At grocery stores across Germany you can find Pfand machines, where you can earn Euros for depositing your used bottles and cans.
- Glass recycling can be found in most apartment complexes, or in a certain area of most neighborhoods. Glass is divided between White, Green, and Brown.



TÜBINGEN



Public Transportation

- Tübingen has a bus service which connects all parts of the town and allows access to larger towns or cities in the region. Tübingen also has a main train station which you can use to access the wider region, Germany, and Europe. Buses are free on Saturdays.

Food Options

- Alnatura Super Natur Markt, and the market on Wochenmarkt have locally grown produce and locally made products.
- Many local products can be found in German supermarkets, even in cheap, low-cost supermarkets like Aldi.

Volunteering

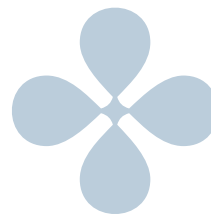
- There are multiple environmental clubs, sustainability clubs, and local volunteering opportunities in Tübingen. Checkout Tübingen City website, or the university website for details.

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BERLIN



Public Transportation

- Berlin has an extensive and excellent public transit network, comprising of trams, buses, commuter trains, and the subway (U-Bahn). Direct trains to other regions and cities are available from Berlin Hauptbahnhof, Berlin Ost-Kreuz, and Berlin Ostbahnhof.

Food Options

- Many local products can be found in German supermarkets, even in cheap, low-cost supermarkets like Aldi. Local markets and family-owned stores are also a good source of locally sourced products, while simultaneously supporting the community.

Volunteering

- There are multiple environmental clubs, sustainability clubs, and local volunteering opportunities in Berlin. Checkout local Berlin Facebook groups or university website for details.

Recycling and Thrifting

- Recycling in Berlin is easy and convenient. There are recycling containers for many materials around the city, and most apartment blocks have recycling sorting in the building. Berlin also has numerous second hand stores and thrift stores for clothing, furniture, bicycles etc.

