

2023/03

NACHHALTIG IN GRAZ

SUSTAINABLE LIVING IN GRAZ: A GUIDE FOR NEWCOMERS

Includes all you wished you knew when you moved to Graz.
Visit our website for more info: <https://nachhaltig-in-graz.at/>

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ABOUT NACHHALTIG IN GRAZ



Do you want to live sustainably and environmentally conscious in Graz? Then you've come to the right place!

Nachhaltig in Graz is a platform incl own free App where you can find different alternatives to live in a more environmentally sound manner.

The platform is constantly being expanded and updated.

Go on and discover all the information, shops, community groups and more that Nachhaltig in Graz has collected for you, your family and friends!

Website: www.nachhaltig-in-graz.at

App: <https://nachhaltig-in-graz.at/app-nachhaltig-in-graz/>

Instagram: <https://www.instagram.com/nachhaltigingraz/>

Facebook: <https://www.facebook.com/nachhaltigingraz>

E-Mail: bea@nachhaltig-in-graz.at

Nachhaltig in Graz is also looking forward to your help on the website or on social media channels! If you have an idea, get in touch!



THIS GUIDE



ABOUT THE PROJECT

This project is about helping everyone in Graz, with a specific focus on the newcomers, that want to live a sustainable lifestyle in the city. However, everyone can benefit from it. Graz has infinite possibilities to do this, but the only issue is knowing where to get the information that you need, when you need it. The guide was created as part of the course "Change Management and Learning for Sustainability" at the University of Graz. Every group had their own project and we created this guide. It is continuously updated and improved and translated into several languages.

"This is the guide that we would have loved to have when we moved into the city, which is exactly the reason why we have gathered the most important information for you! We hope you enjoy it and can implement some of the tips."

Also... do not forget to share if you know anyone who would also be interested in having these tips!

We look forward to receiving your wishes and feedback:
bea@nachhaltig-in-graz.at

AUTHORS

- Andrea Rodríguez
- Dicle Holzmann
- Enny Vöge
- Karla Prieto
- Laura Enciso
- Leonie Sayer
- Lina Pertuis

... and Beatrix Altendorfer - Nachhaltig in Graz

NACHHALTIG IN GRAZ

Powered by: Stadt Graz -
Abteilung für Bildung und Integration



WASTE SEGREGATION

DO YOUR PART AND SEPARATE YOUR-->



- Holding Graz is responsible for the collection of all sort of trash, residues and waste in the city of Graz. We have different bins to dispose our waste. Six of them are available for every household close by their houses to collect the most common types of waste. Proper waste separation is important for subsequent recycling. Help out!

- Are you wondering what to do with your used cooking-oil?

FETTY collects old cooking fats and oils in the city of Graz. Do not pour into the drain. You can bring it to the Giftmüllexpress.

DIFFERENT WASTE CONTAINERS

- PAPER (PAPIER) - **RED**
- GLASS PACKAGING MATERIALS (GLASVERPACKUNGEN) - **GREEN**
- LIGHTWEIGHT PACKAGING (LEICHTVERPACKUNGEN) - **YELLOW**
- METAL PACKAGING (METALLVERPACKUNGEN) - **BLUE**
- BIO-WASTE (BIOABFALL) - **BROWN**
- RESIDUAL WASTE (RESTMÜLL) - **GRAY**

To know specifically which items goes into which bin, please click [here](#) for the waste manual in English.

[Here](#) you can find the waste manual in different languages.

If your building does not have its own containers, [here](#) you can find a digital map to find the closest bins to your home.

Giftmüllexpress: A special truck is touring through Graz to collect hazardous waste but also small broken electrical items. Read more [here](#).



NACHHALTIG IN GRAZ

TRANSPORTATION: BIKE



BUY, RENT, REPAIR & SUPPORT

Facebook Groups

Look up various groups to buy a bike under the keywords: “Fahrradflohmmarkt”, “Fahrradbörse Graz”, “Fahrrad kaufen”, etc.

Willhaben

Online platform for, among other things, used bikes

Other platforms

[ebay](#), [fundgrube](#), [shpock](#), Flohmo, etc.

REBIKEL

offers service, spare parts, new bikes, city bikes, Dutch bikes, cargo bikes, rentals, and more

BICYCLE

offers at various locations: repair and service, rental, sale, bike service box, spare parts, washing station, cafe bike, and more

Styrian Chamber of Labor

offers a bicycle fair in the spring. Just click through the events on the website.

Re.use Weiz

offers repaired and recycled bikes.

Muchar Upcycles

offers new and used bikes but also repair and service.

Re.turn-city

offers new and restored used bikes, but also repair and service.

PP Radlshop

offers new and used bikes but also repair and service.

Shop Impossible

offers used bikes, repair and service.

UNICYCLE Bike Shop

offers new and used bikes but also repair and service.

Heels On Wheels

Bike store for women: repair, service, sale of new and used bikes

RAW Bikes Graz

offers restored used bikes.

Banana Bikes

offers repair and reconditioning.

Die Radlerei

offers repair, spare parts and restoration

SchubertNEST

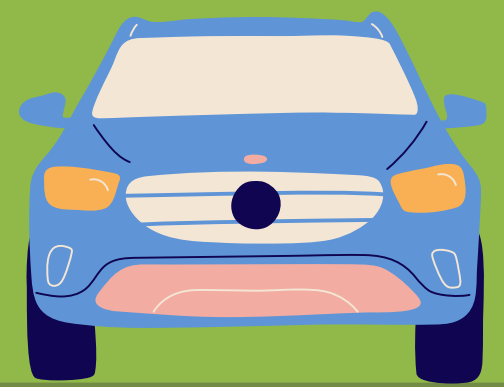
offers workshops for bike repairs and upcycling



TRANSPORTATION

RENT A CARGO BIKE & CARSHARING

- **TIM**
 - Rent a cargo bike or car
- **Radverteiler**
 - Rent a bike or cargo bike
- **ÖH Uni Graz**
 - Reserve beforehand via online form and borrow at the secretary's office for a deposit
- More renting locations for free here: [Gratis-Verleih Lastenräder Graz](#)
- **FAMILY OF POWER**
 - e-Carsharing
- **Getaround**
 - Private car rental and carsharing
- **BlaBlaCar**
 - Carpool App
- **ummadum**
 - App for carpooling



TRAVEL & HIKING

- **Bike Citizens**
 - Route planning for bike paths - also available as an app
- **Bikemap**: Bike routes in Styria
- **Radfahren in der Steiermark**
 - Biking in Styria - routes and more information
- **Komoot**: Find biking routes for any place
- **Bahn zum Berg**
 - Find public transportation for outdoor activities
- Hiking spots reachable with public transportation:
 - **Hüttenatlas Naturfreunde**
 - **AlpenvereinAktiv**
 - **Alpenverein Graz**
- **Schau auf's Land**:
 - Offers Camping at special farms





DIVERSE ARTICLES

- **Carla**

The Carla Shops in Graz offer the possibility to buy different items second hand at low prices. You can find Clothing & Shoes, Tableware, Home Textiles, Books, Decorative items and Toys. Here, you also can donate well-preserved items that you no longer need yourself!

- **Together-Point Graz**

In return for an appreciative donation, the Together-Point in Liebenau offers many used items but also rescued food.

- **KostNix-Läden**

There are several "KostNix" Stores, where you are welcome to bring things that are in good condition that you no longer need - and you are welcome to take something with you that other people no longer need. Please ask, if a donation is welcome.

1. **KostNix-Laden EggenLend**
2. **Verschenkeregaleggenberg**
3. **Verschenkecke Die Manufaktur**
4. **Verschenkeregale bei der ERfA in Gösting**



Other possibilities for second hand shopping in Graz?

➔ Check out our [list!](#)

SECOND HAND SHOPPING



SECOND HAND CLOTHING



- **HUMANA**

The two Humana stores in Graz offer “Vintage & Second Hand” clothing at fair prices. Apart from their normal sales, there are certain periods (before every new season) when the prices of clothes are reduced everyday until they reach 2€ per piece, so it's worth it to check the social media accounts.

- **Kleidertausch (Clothes Exchange Events or Swap-Party)**

There are several clothes exchange parties, in which you bring your clothing and take second hand clothing during the event. We recommend to look into the event page of Nachhaltig in Graz and look for the so-called “Kleidertausch” events.

1. **Eventcalendar of Nachhaltig in Graz**

2. **Swap Party: How does it work?**

3. If you need equipment for a clothing swap event, you can also **borrow it.**

- **BeThrifty Events**

Each year, BeThrifty organizes several events in different cities, and also in Graz. There you can buy vintage clothing and pay only a fixed amount each kilo. On their website, you can find information about their upcoming events.

- **Dogdays of Summer**

For the vintage clothing lover and a higher budget at their disposal, this shop is for you.

- **VinziShop Graz**

- **Mina Second Hand & Mehr**

- **Bordeaux second hand**

- and many more ...



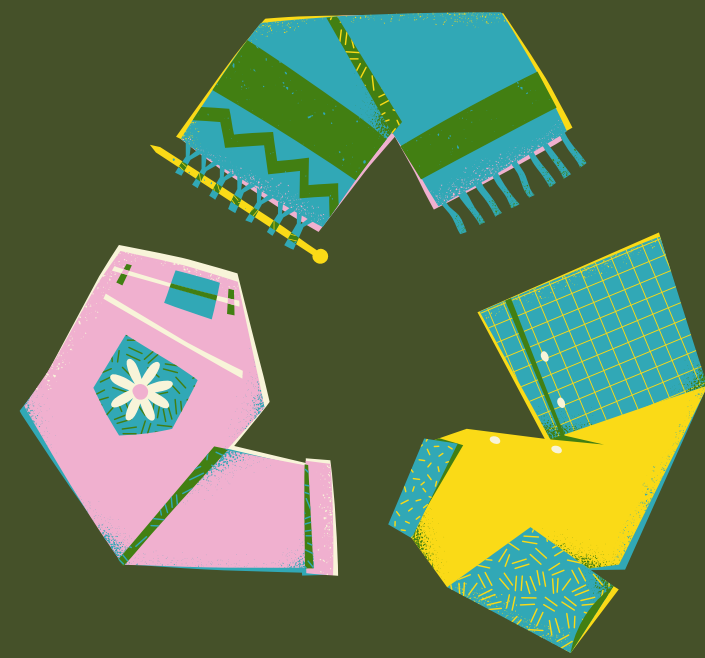


PRO TIP: WHAT TO DO WITH OLD CLOTHING?

- 1) Clothes in **good condition** can be sold or given away for free via online platforms such as “Willhaben” or “Vinted” or **offline** at flea markets.

- 2) **Donating** is a further solution for the disposal of clothing in good condition. Some drop-off points are:

- Carla Graz
- KostNix-Laden EggenLend
- KostNIXLaden Hart bei Graz
- Verschenkeregaleggenberg
- VinziShop Graz
- Used-clothes container
- Re-Use Box
- Ressourcenpark Sturzgasse: Re-Use-Zone
- **and many more**



- 3) If your clothing has **defects** but you want to save and keep it, let it repair or repair it yourself with a little help from the experts! Take advantage of the support of the following Sewing-Repair-Cafés:

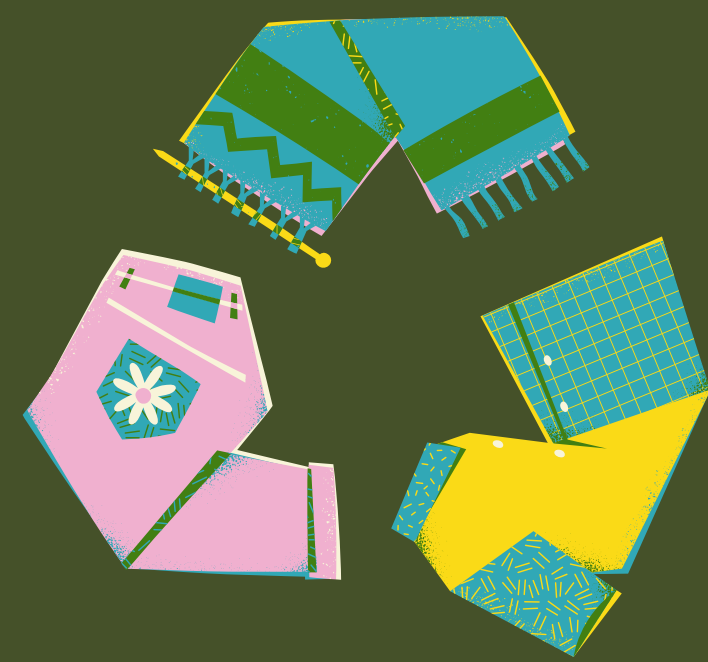
- Nähwerkstatt Freistil by ERfA
- Nähcafé Smart City Graz (each 2.+4. thursday)
- Kostnix-Nähberatung in Hart/Graz

Please find further alternatives in the chapter “Repairing”.



PRO TIP: WHAT TO DO WITH OLD CLOTHING?

- 4) **Upcycling** stores can use your old textiles and create new products from them. Check on their websites or directly what they would currently need:
 - [Maline Stoffmetamorphose](#)
 - [Heidenspass](#)
 - [Die Manufaktur](#)
 - [Frei_stil by ERfA](#)
 - [Offline Retail](#)
 - [tag.werk - Caritas der Diözese](#)
 - [milli lux](#)
 - etc



SECOND HAND SHOPPING



ONLINE PLATFORMS

- **Willhaben**

- From clothing to electronics - as private persons, anyone can create an account to buy and sell almost anything on the online marketplace "Willhaben". If you are fast enough, you can catch stuff at real bargain prices! Also for free, there is a great offer.

- **Verschenk-Facebook-Gruppen**

- There are various Facebook groups in Graz to match people that are looking to get rid off or gift things and people who are looking for these things. You can find a list of the main groups in the link.

- **Verschenk-Facebook-Gruppen**

- **Refurbed**

- Refurbed is the largest platform for refurbished electronics in Austria. The electronics you find there are modern, sold at a lower price, fully functional and have a minimum of a 12 month warranty.

- **Widado**

- Online marketplace of social initiatives

SECOND HAND FURNITURE



- **Möbelheld**

- Möbelheld is a business where you can buy used furniture for affordable prices. The available furniture pieces can be seen online or at certain times at the store. For a fee the furniture can even be brought to your home or be picked up from your home.

- **Möbellager der Stadt Graz**

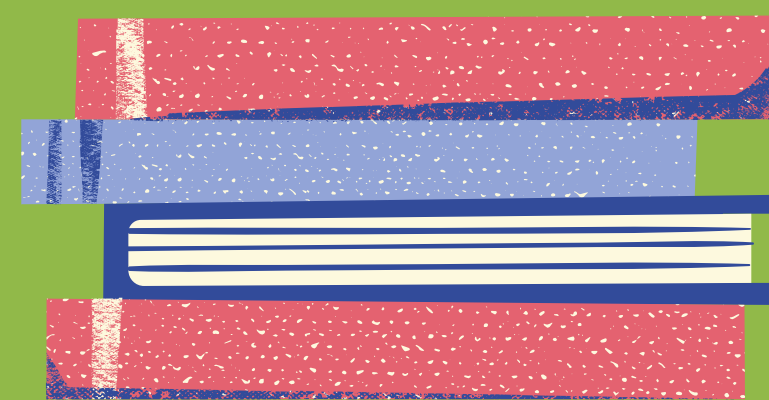
- You can donate old but well-preserved furniture or furniture that is no longer needed to the furniture store of the city of Graz. The furniture is then given to people in Graz who are in social need.

SECOND HAND SHOPPING



BOOKS

- **Books4Life**
 - Second hand books in a store nearby university
 - organizes in addition book flea markets 4 times a year
 - revenue goes to charitable associations
- **Carla Books and Media (Styria)**
 - online
- Books are available in many second-hand shops.
- It's fun to look through our little free libraries!



CHILDREN



- **Pascalino Kinder Second-Hand**
- **Pepino Kindermoden Second Hand**
- Children's clothes and toys are available in many second-hand stores and "Kostnix"-shops.

FLEA MARKETS

- There are frequent flea market events taking place in different parts of the city. To find a suitable location and date we recommend checking the event list.
 - **Flohmarkt Termine**
- And for many others second hand stores please check this extensive list:
 - **Second hand stores**



SHARING ECONOMY



BOOK LIBRARIES

Open bookshelves as free little libraries

- books for free
- distributed over dozens of locations in Graz
- pick and add whatever book you want
- Locations of these little libraries: [Nachhaltig in Graz](#)

[Die Manufaktur - Verschenkecke](#) collects books for the open bookshelves. They are then distributed with a cargo bike.



Stadtbibliothek Graz

- a wide range of books in the libraries of Graz
- low annual fee
- ebooks also available

AK-Bibliothek

- Books, audio books, ebooks, DVDs, newspapers and magazines available
- without fee

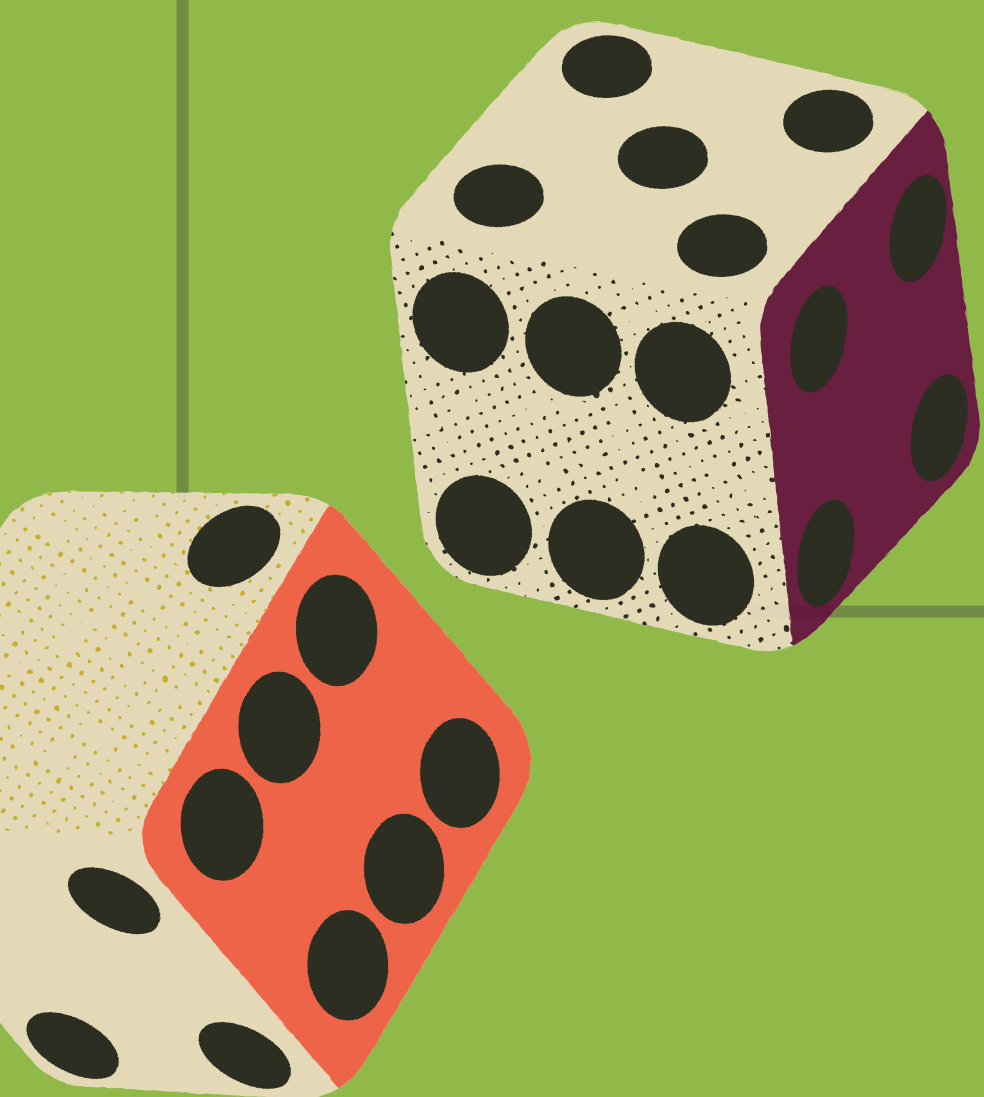
GAME LIBRARIES

Stadtbibliothek Graz

- various board games, video games, etc.
- low annual fee

Ludovico

- various board games, card games, etc.
- information about the fee available on the homepage



SHARING ECONOMY



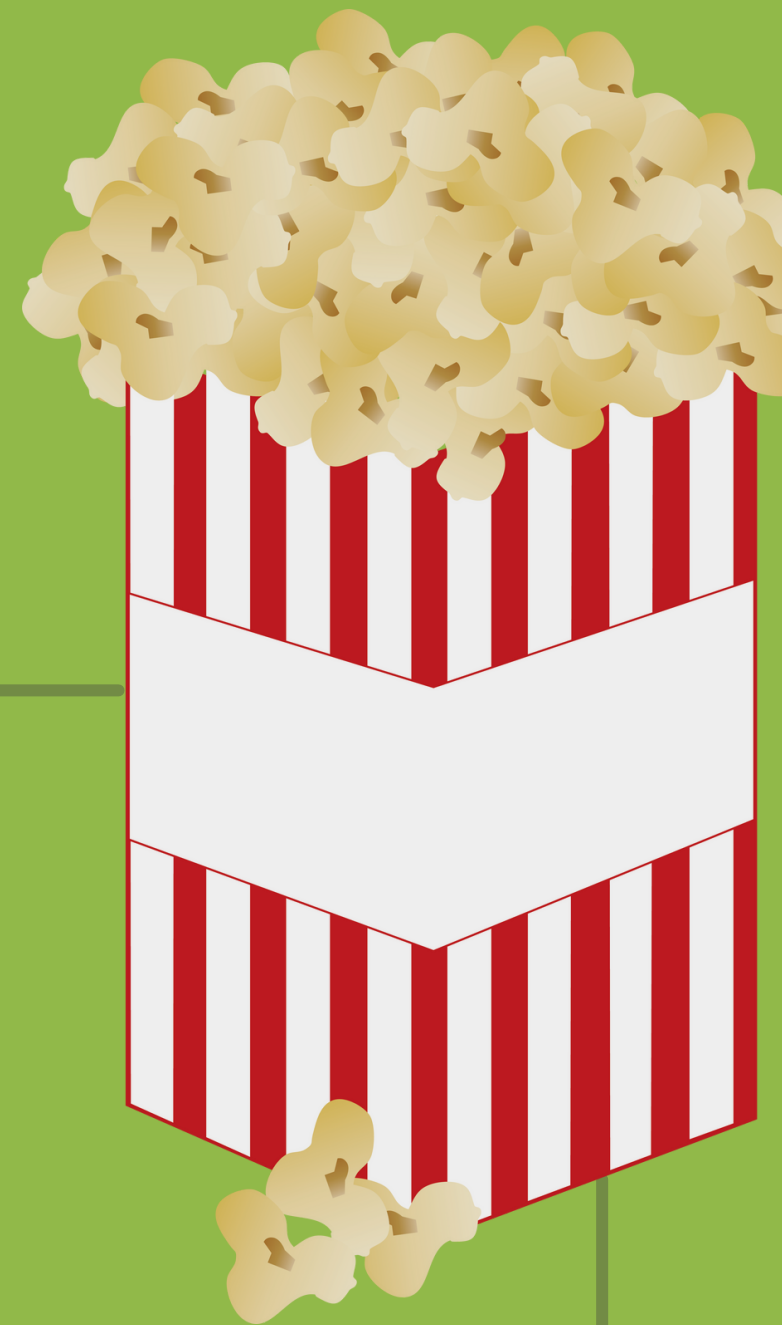
MOVIES & SERIES

Stadtbibliothek Graz

- with an account at "Stadtbibliothek Graz", you can watch movies and series via
 - Onleihe
 - Filmfreund
- low annual fee

AK-Bibliothek

- with an account at "AK-Bibliothek", you can watch movies and series via
 - Filmfreund
- without fee



TOOLS

You need special tools for your construction projects or the cleaning of specific furniture? Check the following stores to see if you can rent the tool you need:

1. Private rental platform Shareonimo
 2. DINGEBORG (Stadtbibliothek Graz)
 3. OBI
 4. Kärcher
 5. BAUHAUS
 6. Maschinenverleih Graz
 7. Böls
 8. Leihmax
 9. Lorencic
- etc

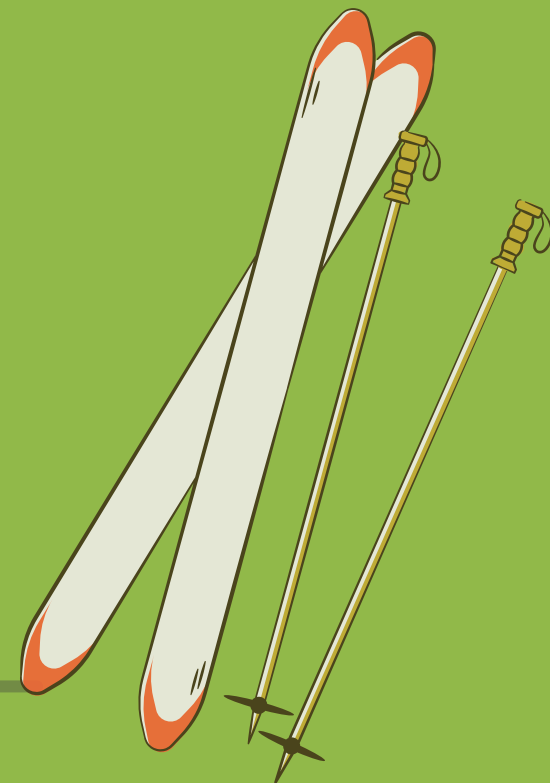
SHARING ECONOMY



SPORTS EQUIPMENT

Winter sports

- [Surf Service Graz](#): snowboards, skis, backpacks, etc.
- [Andrea's Ski Second Hand & Ski-Verleih](#): ski equipment, snowboards, ice skates, ice hockey equipment, sledges, etc.



Water sports

- [Surf Service Graz](#): Surfboards, surfriggs, SUP boards, kite gears, wakeboards, etc.
- [SUPXperience](#): SUP boards



Further outdoor sports

- Private rental platform [Needit](#): various items
- [DINGEBORG](#) (Stadtbibliothek Graz): slackline sets, table tennis sets, etc.



OTHER ITEMS

Find diverse items via

1. Private rental platform [Shareonimo](#)
2. [DINGEBORG](#) (Stadtbibliothek Graz) kitchen items, hobby items, instruments, etc.

News and further sharing-alternatives are available on the web page of [Nachhaltig in Graz](#).

[NACHHALTIG IN GRAZ](#)



PRO TIP: HOW TO PREVENT FOOD WASTE?

- 1) Buy goods that will expire soon (1/2 price) if possible - this way retailers won't throw them away and you'll save money too.
- 2) Don't just always buy perfect looking produce, you might save fruits and vegetables from being thrown away. Example: buy individual bananas or bruised apples.
- 3) Use your senses to check whether the food is still edible. The best-before date ONLY states the date up to which the manufacturer of the product guarantees its highest quality.
- 4) If only part of a fruit or vegetable is chipped, cut that part off and use the rest!
- 5) Ask the stores what they do with the leftover groceries (it shouldn't be taboo anymore).
- 6) Don't shop hungry (and only with a shopping list) - don't buy more than you need!
- 7) Share leftover food with others.
- 8) Consume older products first.
- 9) Store food correctly.



FOOD

INITIATIVES AGAINST FOOD WASTE



- **How to get to saved and reduced food in Graz?**

Here you can find a summary about all the possibilities to get rescued or discounted food and meals in Graz.

- **Foodsharing Graz**

Join the food rescue and sign up! Moreover a number of freely accessible boxes, shelves, and refrigerators are distributed through the city. Everyone is allowed to place edible food and everyone can take from it!

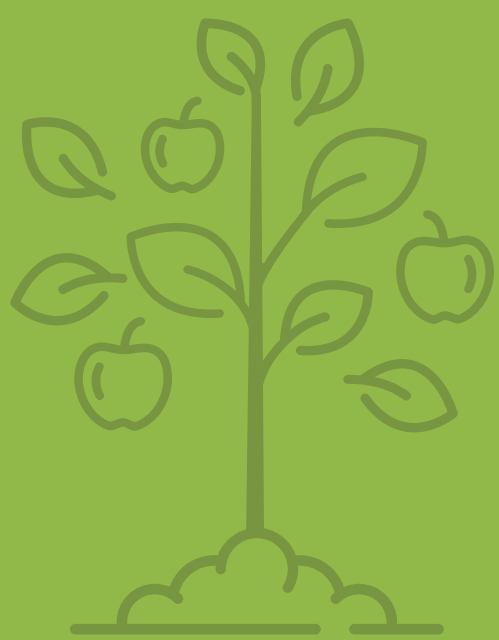


- **Too Good to Go**

This app enables businesses such as bakeries, restaurants, cafés, hotels and supermarkets to sell their surplus food at a lower price. Discover and buy the surprise bags businesses offer.

- **Dumpstern in Graz**

Another form of food rescue. Learn more about dumpster-diving. Join the Facebook group: Dumpstern Graz



- **Mundraub.org and Fruitmap.at**

Mundraub (mouthrobbery.org) is a german digital atlas of fruit trees that do not belong to anyone and can be picked by whoever wants them in order to save fruits from ending up in the grounds. With the same idea, Fruitmap.at is a platform that shows all the fruit trees in Graz.

- **Yesterday's Bread**

Some bakeries have locations where they give a second chance to yesterday's bread production and sell it at reduced prices: "PANE" by Martin Auer and "Gutes von gestern" from Sorger.














STORE FOOD CORRECTLY

Simple strategies to enjoy your fresh produce longer and minimize food waste! There are 3 things to look after: temperature, ethylene, and airflow.

- Some products need cool temperatures while others just room ones.
- Some fruits naturally release ethylene gas while others are ethylene-sensitive, so you should keep them separate.
- Some products need air circulation, others bags or sealed containers.

Fruit / Vegetable	Conditions	Container	Shelf life	Avoid
 Apples	fridge	plastic bag	> 2 weeks	cabbage, leafy greens, carrots
 Pears	room temperature then fridge	loose then plastic bag in fridge	< 2 weeks	cabbage, leafy greens, carrots
 Grapefruit / Oranges	fridge	loose or open container	RT: 1-2 weeks F: > 2 weeks	n/a
 Carrots	fridge	sealed container, remove greens	2-3 weeks	apples, pears
 Onions / Garlic	cool and dry environment	loose or open container	> 2 weeks	refrigerator, plastic bags
 Potatoes / Sweet potatoes	cool, humid and dark light	loose or open container	P: > 3 weeks SP: 1-2 weeks	refrigerator, plastic bags
 Lettuces	fridge	sealed container, unwashed	< 1 week	apples, pears, moisture
 Cabbage	fridge	loose, then sealed when cut	< 3 weeks	apples, pears
 Broccoli / Cauliflower	fridge	sealed container	< 2 weeks	apples, pears

Graphic by Sarah MacReading. Source: [Wirecutter from New York Times \(2020\)](#)

SUSTAINABLE SHOPPING

Preferably regional, organic and seasonal!

Check out the following blog-posts (in German) if you want to know more:

- [Why actually seasonal?](#)
- [Why actually regional?](#)
- [Why actually organic?](#)

→ [Our guide to regional food in Graz](#)

→ [Our guide to organic food in Graz](#)



FARMERS MARKETS

As an option you could buy your fruits and veggies in the different farmers or bio markets that the City of Graz has for you.

Place	Open times
Alt-Grottenhof	FRI 12.00 – 17.00
Andritz	THU, 12.00 – 18.00, SAT 7.00 – 13.00; from MAR-NOV also TUE 10.00 – 17.30
Citypark	FRI 10.00 – 16.00
Geidorfplatz	WED and SAT 7.00 – 13.00
Herz-Jesu-Kirche	TUE 14.00 – 18.00
Kaiser-Josef-Platz	MON – SAT 6.30 – 13.00
Lendplatz	MON – SA 6.00 – 13.00
Liebenau	FRI 13.00 – 18.00
Ragnitz	TUE and FRI 07.00 – 13.00
Smart City	THU 12.00 – 18.00
St. Leonhard	WED 12.00 – 15.00
St. Peter-Pfarrweg	THU 12.00 – 18.00, SAT 06.00 – 13.00; from MAR-NOV also TUE 14.00 – 19.00



Use our App to see which market is closer to your home.

For more information about organic and regional food, please visit the webpage [Nachhaltig in Graz](#)

FOOD



SUSTAINABLE SHOPPING PACKAGE-FREE AND REGIONAL

- **Minimali:**
 - Packaging-free store where you'll find vegan, plastic-free, fair and regional products.
- **Reformhaus Brantner:**
 - Large selection of products and spices.
- **Further information:**
 - Package free shopping in Graz



FROM FARM TO TABLE

- **FoodCoops:**
 - Very good and important - check out for more information!
- **SoLaWi/GeLaWi:**
 - click here for all offers in Graz
- **BioKisten:**
 - There are several farms that offer BioKisten, special boxes with organic, regional and seasonal food.
- **Abhof-Verkauf, Lebensmittelautomaten, Milchautomaten:**
 - farm sales, food vending machines, milk-machines
 - there are a lot of locations in Graz
- **Nah Genuss:**
 - Order organic meat and organic wine online from farmers for conscious enjoyment.
- **Kleinbauernmarkt.at:**
 - Digital marketplace where you can find a variety of high-quality, regional and seasonal food from small local farms and producers.





VEGAN/VEGETARIAN SPOTS:

Even though a lot of restaurants are increasing their vegan and vegetarian menu options, here is a list of some places where you could find mostly only vegan and vegetarian options:

- **Ginko**: vegan buffet and bakery
- **Erde**: vegan café and restaurant
- **Swing Kitchen**: vegan well-known fast food classics
- **Greenhouse**: cold-pressed juices, smoothies, cakes, bowls, soups and sandwiches
- **Mangold's**: salads, wide range buffet, café and bakery
- **Tischlein deck dich**
- **Das Liebig**
- **Eisperle**: pure vegan ice cream
- etc (here you can find more)



You'd like to order food to your home?
We recommend **Velofood**!



- **Refill Austria**
 - This special sticker comes with free drinking water.
- **Backcup**
 - Reusable cups for coffee & Co!

REPAIRING



Save resources by extending the useful life of goods. Either help yourself or visit profis who can repair your broken things. Helpful tips:

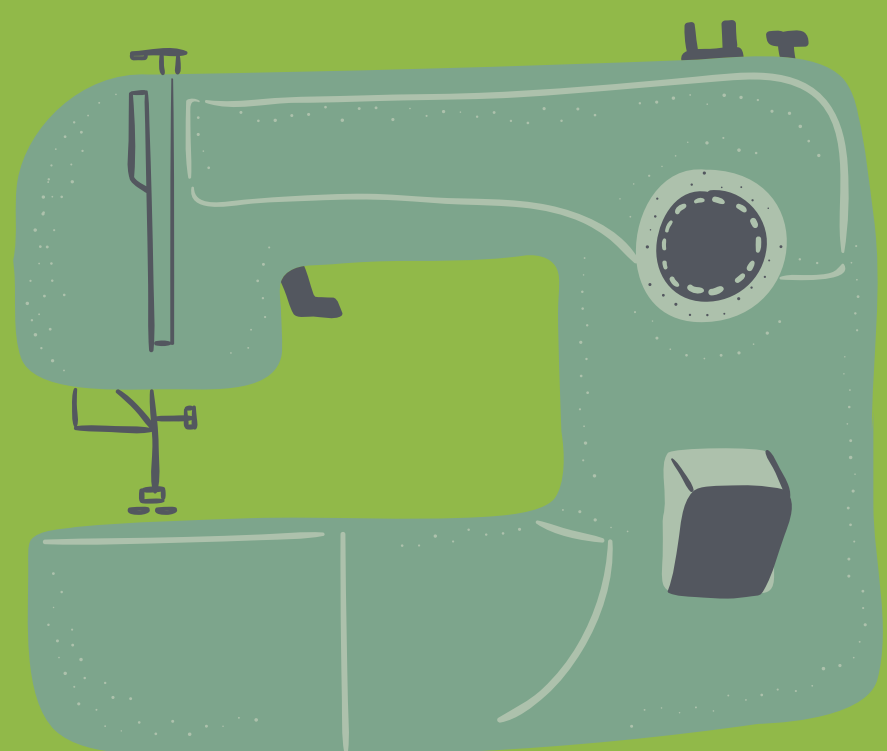


DO-IT-YOURSELF

- Tips for DIY: Repairing
- [schubertNEST](#) for “Do it Yourself bike repair workshops”

REPAIR-CAFÉS

- [Repair Café Graz](#): here you can find all dates for all Styrian Repair-Cafés
- There are Repair-Cafés in Graz (Lendkai), In-Café, at Echo, in EggenLend, Hart bei Graz, Premstätten, Hitzendorf, Lieboch, Stattegg, etc
- [Spots Repair-Cafés Graz and Styria](#)
- [Want to found a Repair-Café?](#)
- You like to repair? Just join in!



USEFUL

- [Reparaturbonus](#): Repairing is valued
- [Graz repariert](#): For finding businesses
- Pro-Tip: [Zipp-Fritz](#) repairs your broken zips - quickly and cheaply

You can find further information about [repairing](#) on the web page of Nachhaltig in Graz.

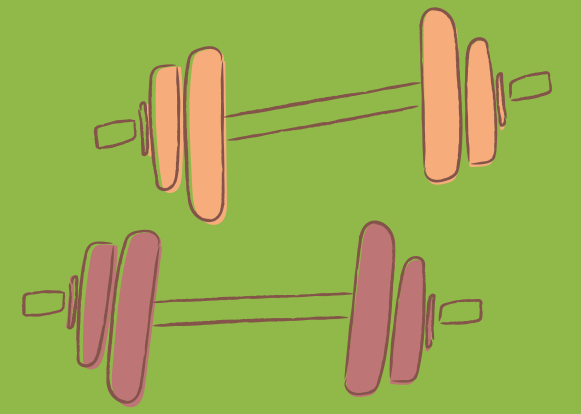
FREE SPORT OUTSIDE



SPORTS EVENTS

Sportstadt Graz

- Facebook group for sport events in Graz



ROUTES

hiking, biking, running, walking

Stadtwanderführer

- some hiking routes to discover Graz

Wander, Walking und Fahrradguide

- a digital guide for walking and cycling

Grazer Sport ABC

- some routes for running on Page 8-9



WHERE TO DO SPORTS?

Court Culture

- app helps you to find public sports fields in 28 sports
- start match and compare yourself in your city's league

Bewegt in Park

- find different types of sports in public parks/open spaces
- free and for all ages

Graz Sportkarte für öffentliche Sportplätze

- all public sports fields in Graz
- outdoor sports for free



Venuzle

- To find all activities in Graz
- All sports club addresses

NACHHALTIG IN GRAZ

SUSTAINABLE EVENTS



EVENTS & MORE

Nachhaltig in Graz - Calendar

- website and app
- many events about sustainability and climate action: eg workshops, talks, clothes swaps, meetings, films, etc.
- pick something, go there and join in!
- you miss an event? => bea@nachhaltig-in-graz.at

EVENT-ORGANISATION

Green events Styria

- a platform for a sustainable event culture and part of the Green events Austria network

Green Meeting und events

- more to meetings about ecology, sustainability...

SUSTAINABLE BUSINESS

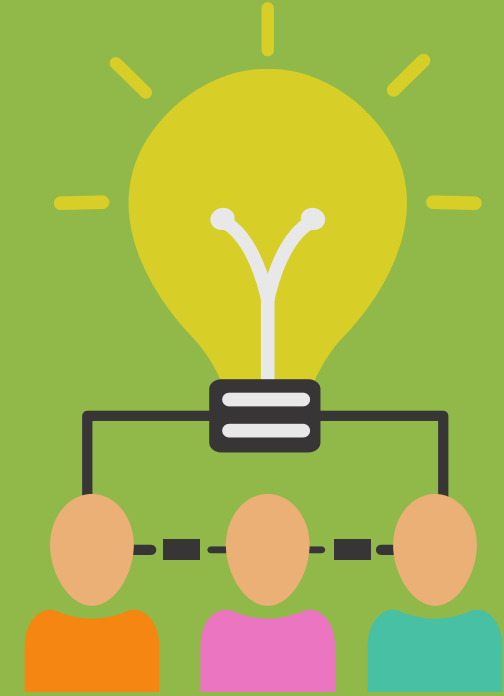
- **Social Business Hub Styria**
 - helps Start-Ups with various programs
- **Nachhaltig Wirtschaften**
 - networking and evaluation



HELPFUL INITIATIVES

WEBSITES & APPS

- [Nachhaltig in Graz](#) (incl. App)
- [Willhaben](#)
- Online second hand shops (e.g., [Refurbed](#))
- [Widado](#): Online marketplace of social initiatives



FACEBOOK GROUPS

- [Zero Waste Graz](#)
- [Nachhaltiges Graz](#)
- [Offene Bücherregale Graz & Umgebung](#)
- [FB Flohmarkt in Graz](#)
- [Graz verschenkt](#)
- [Müllsammelgemeinschaft No Time To Waste](#)
- [Veranstaltungen Graz](#)



INSTAGRAM PAGES

- [Nachhaltig in Graz](#)
- [Der Zero Waste Laden](#)
- [Further tips for Instagram pages](#)

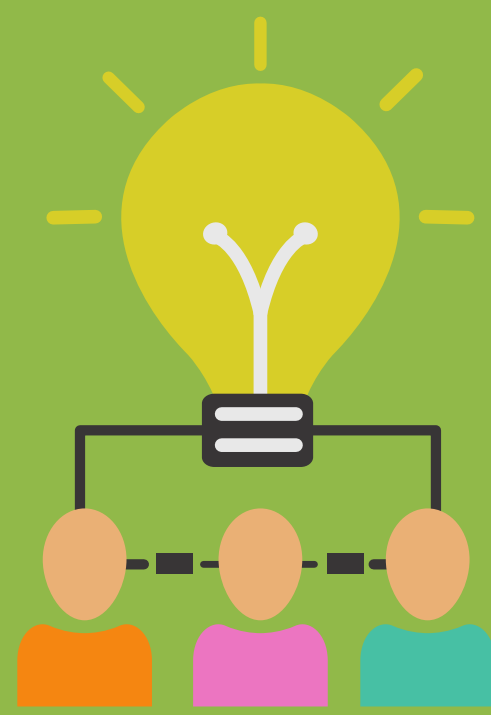


PODCASTS

- [List of sustainable podcasts](#)



INITIATIVES YOU CAN JOIN



GET ACTIVE

- [Oikos Graz:](#)
- [Platform 1,5 Graz](#)
- [Degrowth Graz](#)
- [Extinction Rebellion XR Graz](#)
- [Fridays for Future Graz](#)
- [Students for Future Graz](#)
- [Letzte Generation](#)
- [Zeitpolster:](#) Care Service for the elderly and children
- [Talente-Tausch Graz:](#) swap circle
- [Transition Graz](#)
- [Radlobby ARGUS Steiermark](#)
- [MoVe IT:](#) Sustainable mobility in Graz
- [Südwind](#)
- [Foodsharing Graz](#)
- [Attac](#)
- [Nachhaltig in Graz](#)
- and many more ...



MORE INITIATIVES

- More initiatives, organizations and movements in Styria that are committed to climate protection you can join: [List](#)



URBAN GARDENING

GROW YOUR OWN VEGGIES AND BUILD A COMMUNITY



Morgentaugärten (Morning dew gardens) offer an affordable and attractive opportunity to grow and harvest your own organic vegetables, even in densely populated urban areas.



HOW DOES IT WORK?

- The 'fields in the middle of the city' are divided by a team into so-called self-harvesting gardens of 20, 40 and 60 m² (from € 162 per season (March/April to October), bookings for one year) , the soil is professionally prepared and planted with high-quality organic vegetable plants. Basic knowledge and equipment (tools, watering can) and irrigation water are provided: **a successful harvest is guaranteed.**
- On average 120 kg of organic vegetables are harvested.



MORE NICE URBAN GARDENS

Likewise, there are other nice projects going on in Graz - of people sharing common gardens, or "Garden partners" in which your work-contribution to the garden would be paid with veggies and fruit. Check out the possibilities in Garten Paten or go and discover the many fruit trees around Graz in the Plattform Fruitmap or in Mundraub.



NACHHALTIG IN GRAZ

URBAN GARDENING

GROW A SHARED GARDEN AND BUILD A COMMUNITY

If you are a student and are close to Uni Graz, we recommend you to visit the Urban Gardening Community Allmende Leech, Zinzendorfgasse 3, 8010 Graz, a wonderful garden, completely organically managed, with a herb spiral, a biotope, two beehives with very active urban bees, flowers, vegetables and fruits, a greenhouse, a lawn and ... lots of space to enjoy and relax! Or visit the Attemsgarten in the inner courtyard of Attemsgasse 25, 8010 Graz.



MORE GARDENS AND COMMUNITY!

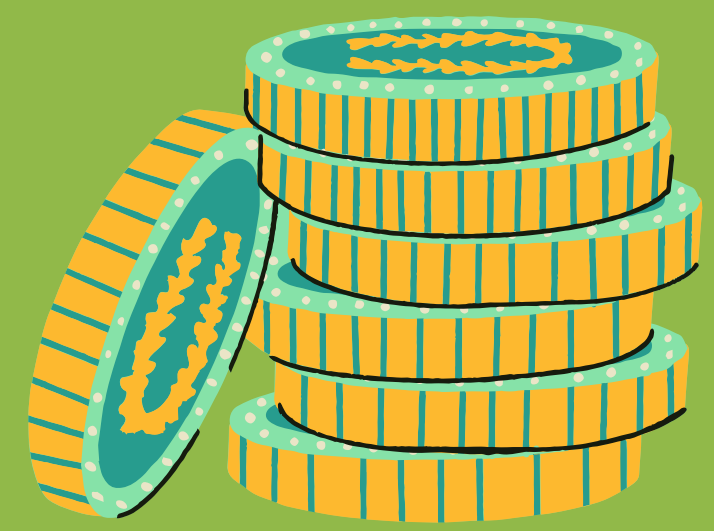


For more information about other Urban Gardens please visit Nachhaltig in Graz or join the Facebook Group.

Also very helpful: Where to get equipment for gardening?



LOW - BUDGET



There are many possibilities on how to take care of the environment and even save money at the same time.

Many sustainable options already described in this guide are very inexpensive and are listed below.

For more information about the options presented below, you can refer to the corresponding parts of the guide and more detailed on the website.

TRANSPORTATION

- **Cycling:** cheap, healthy and fun
- **Renting bikes** (e.g., Free rental for cargo bikes)
- **Bicycle Repair cafés:** [List](#)
- **Carsharing**
- **Public transport:** free use of trams in the inner city/ old town

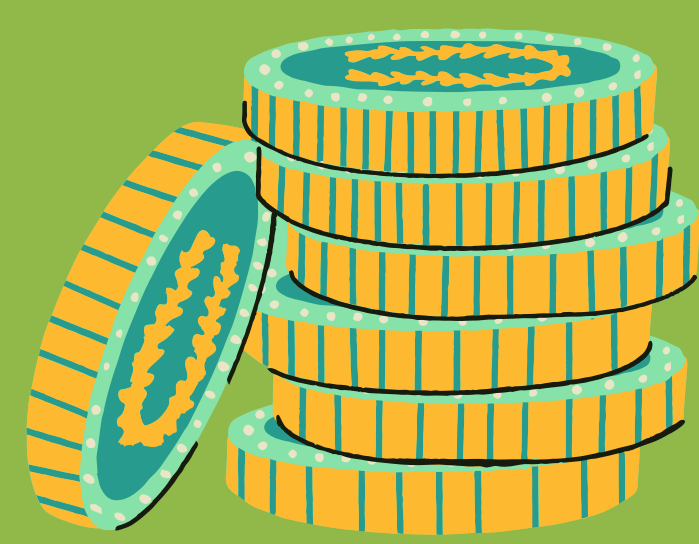


SHOPPING

- **Second hand stores:** [List](#)
- **Flea markets** ([List is coming soon](#))
- **Clothes swap:** [Dates visible in the calendar](#)
- **Kostnix-Läden in Graz & surroundings:**
[EggenLend](#), [Mosaik Seiersberg](#), [St. Marein bei Graz](#),
[Hart bei Graz](#), [Hitzendorf](#), [Stainz](#), [Gratkorn](#), [Gratwein-Straßengel](#)
- **[Kostnixladen Logo](#) in Graz, Karmeliterhof**
- **[Umsonstladen im Spektral](#), Lendkai**
- **Verschenkeregale:**
[Pfarre St. Leonhard](#), [Pfarre Graz-Ragnitz](#),
[Heilandskirche](#), [Verschenkeregal Eggenberg](#),
[,Die Manufaktur- Verschenkecke'](#) im Gries, etc
- **Facebook groups:** For details please check [here](#)
- [etc](#)



LOW - BUDGET



SHARED ECONOMY

- **Libraries for books, films, and games:**
 - Grazer Stadtbibliothek, Bibliothek der Arbeiterkammer
- **Open bookshelves:**
 - about 110 free libraries in Graz: [List](#)
- **Tool and sports equipment rental**
- **Rental for parties and clothing swap markets**
- **Talente-Tausch Graz**: Exchange of goods and services



FOOD

- Important Blogpost: [How to get to rescued or very cheap food](#)
- [Foodsharing Graz](#)
- [„Fair-Teiler“ locations](#) in Graz and surrounding areas
- [App: Too Good To Go](#)
- [Lidl – Rette mich Box für Obst & Gemüse](#)
- [Dumpstern Graz](#)
- [Verein Gmota](#) ('Essen essen')
- [NaNet Flosslend](#)
- [Büro der Nachbarschaften: Treffpunkt Esstisch](#)
- [Yesterday's Bread](#): zB [PANE](#), [Sorger](#)
- [etc](#)

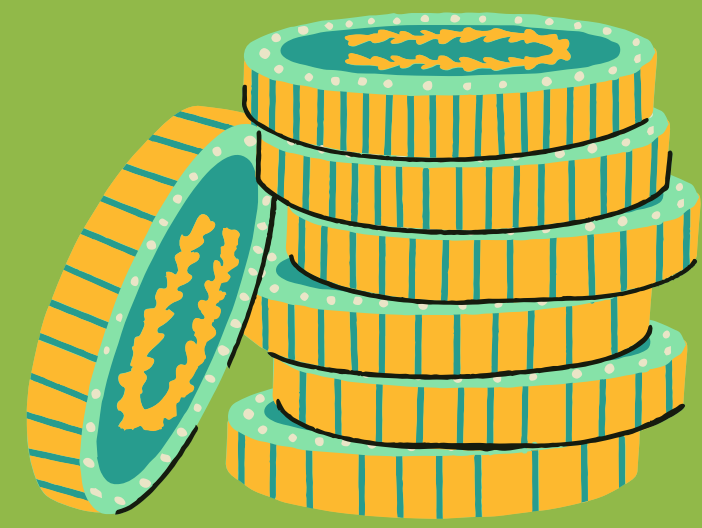


URBAN GARDENING

- all locations of **urban gardening** in the city: [list](#)
- Platform [Fruitmap](#)
- [Mundraub.org](#)



LOW - BUDGET



SPORTS

- **Free outdoor sport (Outdoor and Street Gym)**
E.g., Muchargasse/Körösisstraße in Geidorf, Augarten in Jakomini, Auwiesen in Liebenau, ORF-Park in St. Peter, Volksgarten in Lend
- **App Court Culture** (to find public sports locations)
- **For students: University offers sport courses via USI**
- **Yoga courses offered in the Augarten or Volksgarten**



ENTERTAINMENT

- **Summer cinema** (open air cinema)
- **Public barbecue places**
E.g., recreation area Auwiesen
- **13 städtische Grazer Jugendzentren**
Andritz, LOGin, Dietrichkeusch'n, Echo (Focus on handicraft), Eggenlend, Funtastic, Grünanger, Don Bosco, Umleitung, Domino, Yap, Jam/Mafalda, Explosiv
- Facebook-Group **Free Events in Graz**



DO-IT-YOURSELF (DIY)

DIY is cheap and makes fun. Some inspiration:

- **Der Knauserer** (Website)
- **DIY – Growing pots from toilet paper rolls**
- **DIY – Detergent from chestnuts**
- **DIY - Detergent from ivy**
- **DIY – Calendula ointment**



ENERGY SAVING



HOW TO MANAGE AND REDUCE ENERGY CONSUMPTION

- **Web-App: LABEL 2020 Effizienz Check**
The efficiency check supports in the selection of equipment and in the purchase decision
- **Blogposts on the topic** (all in German):
 - Sustainable heating
 - Energy saving for every day
 - EU-Energylabel
 - Water saving - our tips
 - Correct airing
 - Eco-Programs
 - Keep cool - Tips for hot summerdays
 - How to use your fridge
 - Fridge: With or without?
 - Netflix & Co: How to save emissions
 - How to dry your clothes in winter
 - fuel-efficiently car-driving
 - Tempo 100 instead of 130



We appreciate your interest in sustainable living, climate and environmental protection! Visit various events (calendar) and get to know like-minded people.



Get involved - many skills are needed!

Your feedback is also important to continuously improve this guide: bea@nachhaltig-in-graz.at