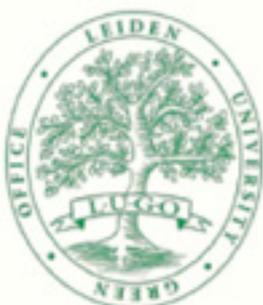


# SUSTAINABLE GUIDE FOR STUDENTS

**LEIDEN & THE HAGUE**



Leiden University  
Green Office

**AUGUST 2019**



# Leiden University Green Office

AKA LUGO

*LUGO is the hub in Leiden where students and staff members cooperate to make our University more sustainable. We were founded in 2016 with the following tasks :*

*To create awareness of and knowledge about sustainability among students and staff of the university.*

*To contribute to the reduction of the ecological footprint of the university by taking part in conversations with parties within the university or setting up campaigns to empower students and staff.*

*We are part of an international network of Green Offices, a model developed by Rootability, where physical platforms (Green Offices) focused on sustainability are set within a university for both students and staff. The team of a Green Office executes projects on sustainability and supports the realization of ideas on sustainability by the community or the university.*

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# INTRODUCTION

*This guide is the result of the work of your fellow students to make your experience at Leiden University more sustainable. You probably just moved here and we know the struggle: adapting to a new place, meeting new people and getting used to new systems can be difficult. What we also found more challenging when we first came here, was to get our heads around how to reduce our environmental impact in our everyday life. Many tips and tricks we came to know along the way, through word of mouth or by chance. Some things, like the local small grocery store you have been looking for the whole year, you only discover them at the very end. With the addresses listed in this guide, you will hopefully be able to find your way around much quicker!*

*Since our student community is very motivated in reducing our footprint, we decided to gather all the knowledge we could find on Leiden and The Hague in this little sustainable guide. We hope you will find it useful and that it will accompany you in a sustainable academic year from the very beginning.*

*Therefore, without further ado, here is your guide. We wish you an incredible year full of adventures and fun experiences!*

*Sara Bettinelli & Franciska Maarse*

For any questions, remarks or recommendations, please reach out to us via the contact information on our website: [www.leidenuniversitygreenoffice.nl](http://www.leidenuniversitygreenoffice.nl). Here you will also find more information about LUGO and its projects. Your feedback is appreciated!



# UNIVERSITY LIFE

## Waste

Our university is putting in a lot of effort to reduce its environmental footprint, starting from the waste system. To learn more about how to separate waste and recycle correctly in your days in the campus you may want to check our website <http://www.leidenuniversitygreenoffice.nl/waste-separation/> or the university's <https://www.universiteitleiden.nl/en/dossiers/the-sustainable-university/environmental-plan>.

However, while some parts of our waste system may feel familiar to you, some others may not. Here some additional tips\ clarifications:

### Cups

Since 2019, our University has improved its waste separation system by creating a separate recycling system for paper cups. You will find separate bins coloured in black specifically for your coffee cups. Coffee cups are incredibly hard to recycle as they have a plastic layer that keeps in the coffee. These cups, if separated correctly from the rest of the waste, will be recycled and the paper they are made of converted into tissues and toilet paper.



### Paper

When in the library you may use a lot of paper. While we invite you to print only what is strictly necessary, in case you have paper to throw away you can use the blue bins you will find all over the library. Those are for paper only and the paper you throw away will be recycled. In case you need paper to write notes or ideas, on the ground floor desks inside the library (next to the lockers where you can retire books) you will find upcycled paper sheets that you can re-use.



## Eating at UNI

Pure, the catering company that provides food for the university cafeterias, is a company committed towards a small environmental impact. You can learn more about it here <https://www.universiteitleiden.nl/en/news/2016/11/vegetarian-healthy-and-sustainable-pure-catering>

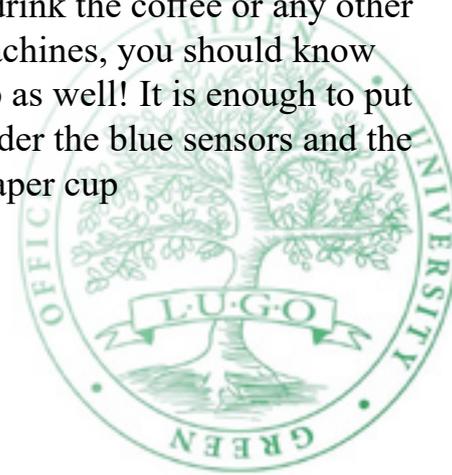
The cafeterias have a wide choice of vegetarian and vegan products with affordable prices and biodegradable packaging! If you don't want to spend money though we would invite you to bring your own food! In many cafeterias you also have a microwave and boiling water you can use to heat up your lunch or to make some tea.

### Water Points

While of course bottled water is available in the vending machines of the University, we all know how more sustainable it would be if everybody stopped using disposable bottles. This is why in our University LUGO collaborated with Join The Pipe to install water points in our campuses. The number of water points increases annually and you can find it updated on our website here <http://www.leidenuniversitygreenoffice.nl/water-points/> To decrease your environmental impact you can use these water points by bringing your own reusable bottle. In case you do not have one you can always buy the LUGO one that is available in every canteen in our campus.

### Coffee

As students we know that coffee is among our best allies, but it takes really a few steps to make the consumption of it more sustainable. We already mentioned how to correctly dispose of coffee cups, however not having to produce and recycle coffee cups at all, is the best solution. Because of this, please remember that in all the cafes of the University they will accept your own cup instead of a paper one if you ask them to. Also, if you drink the coffee or any other beverage from the vending machines, you should know that you can use your own cup as well! It is enough to put a white/light coloured mug under the blue sensors and the machine will not give you a paper cup



## Sharing is caring

If you have food, books, clothes or (functioning) electronic devices you want to get rid of and give a second life, remember that LUGO has a room in Reuvenplaats 2 (next to the Humanities Lab) that is specifically used for these sharing facilities. There you will find a Book as well as a Food sharing service, and in general goods and clothes, put there by other students, which you are free to take and bring home. You will find more info on this on our website.

## Events

University life is full of events regarding sustainability and environment, many of which organized by LUGO. We invite you to follow our facebook page and the University's social media for updates. Among these events, some are set appointments that take place every year

- Sustainability Week

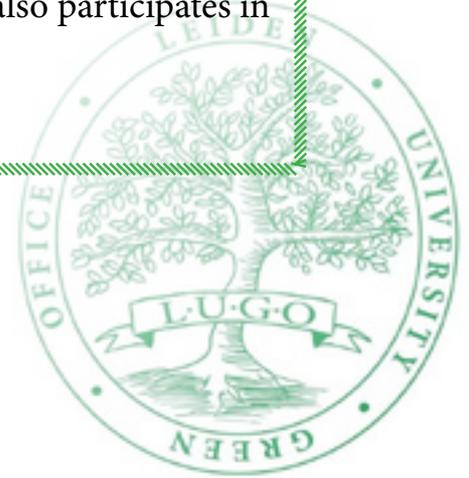
In February LUGO organizes a week full of events, talks, challenges and workshops to raise awareness for environmental issues and sustainability measures amongst the university community. It is one of the fullest weeks of the year, next to the Introduction Weeks.

- Warm Sweater Day

Again in February, often in conjunction with the Sustainability Week, LUGO encourages the university staff of faculties and buildings to turn down the heating to 16 degrees to show how easy it is to save energy and therefore pollute less. Important for this day is that you prepare for it, because it will be a bit chillier than usual. Check out when the day is and bring your warmest sweater!

- 10\10

On the 10th of October each year, there is the 'Day of Sustainability'. Across the nation different institutions organize sustainable activities or shed a light on the sustainability movement. LUGO also participates in this by organizing a sustainable activity.



## PERSONAL LIFE

Not only the university carries a responsibility to make sustainable living accessible for its students and staff, also you in your personal life can make a sustainable change! We would like to inform you on different actions and swaps you can incorporate in different areas of your life.

### Bathroom essentials

- Bamboo toothbrush (available at Normaal, Kruidvat, Alber Heijn and sometimes even in the University's vending machines)
- Toothpaste (plastic-free, or make your own with coconut oil and baking soda. Check recipes online)
- Deodorant (plastic-free, or make your own. Check recipes online)
- Face cleanser (check out articles on 'the oil cleansing method'. You will only need oil and a face cloth)
- Shampoo/Conditioner/Body (use soap bars, available at "Dille & Kamille", 'WAAR', 'LUSH', 'Holland & Barrett' etc.)
- Reusable cotton rounds (DIY it! Use cotton fabric from an old towel/t-shirt or microfiber cloth if your skin is very sensitive)
- Menstrual cup/reusable pads/leakfree underwear (menstrual cups available online or at the drug store such as 'Kruitvat' or 'Etos'. Pads and underwear available online, such as <https://www.facebook.com/CuteCottonNL>).
- Shaving (use a safety razor instead of disposable razors. You will only need to replace the small razor bit every once in a while, instead of the whole head)
- Moisturizer (use your favourite kind of oil to moisturize! Coconut oil is usually available in glass jars even in the supermarket, for other oils you can take a look in health stores such as 'Holland & Barrett' or 'Ekoplaza')

#### Quality labels

When you opt for a store-bought care product, you might want to take a look at the quality labels the products carries. Quality labels such as 'Vegan' and 'EU Ecolabel' have different areas of focus like the environment and/or animal welfare. For detailed information on these labels for cosmetics (or other products) see: <https://keurmerkenwijzer.nl/overzicht/?query=cosmetica>



## Plastic-free

### Kitchen:

Use plates/bowl instead of plastic wrap. Or if you feel like you need it, beeswax or Candelilla/soy food wraps are an option. They are also easy to make yourself, check the internet for tutorials!

Use Tupperware/glass jars to store and bring your food with you

Use cleaning cloths instead of paper towels



### Bathroom:

- Bamboo toothbrush
- Toothpaste or powder is available in glass (for example at Holland & Barrett) or sometimes you can return the container for it to be reused (at LUSH) or make your own with coconut oil and baking soda as a base (search for recipes online)
- Floss in glass (see for instance: [www.plasticfreeamsterdam.com](http://www.plasticfreeamsterdam.com))



### On the go:

- Reusable water bottle
- Reusable coffee cup
- Bamboo utensils on the go
- Cloth wrap (instead of napkins)
- Glass jar for snacks, food leftovers, trash etc.
- Shopping bag (tote or plastic bag)
- Produce bag(s)

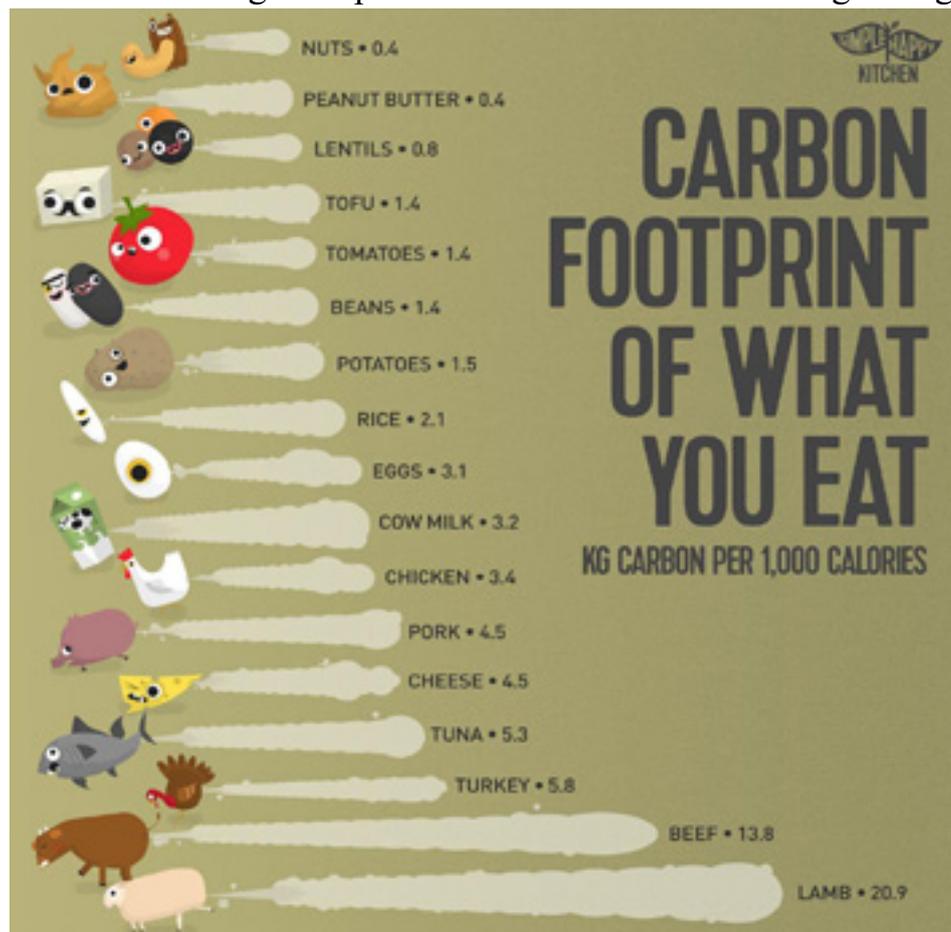
- As students, we suggest the Budget side of a 'Zero Waste essentials kit' ;)

Sustainable Guide  
Leiden and The Hague



## Diet (vegan/plant-based recipes)

A vegan or plant-based diet is a very impactful way of living a more sustainable life. Many more resources like water, land and energy go into the production of animal products compared to a more plant-based diet (Pimentel & Pimentel, 2003). Seventy (!) percent of farmland is currently used to produce livestock feed. It takes approximately 7 kilos of livestock feed to produce 1 kg of meat. It would be way more efficient to use this food production for human consumption directly. This way global hunger can be addressed as well. Furthermore, livestock farming is responsible for around 18% of the global greenhouse gas emissions like



methane and CO<sub>2</sub>. It also contributes largely to soil contamination, water –and air pollution, acidification and decrease in biodiversity (through deforestation). Isn't it then amazing, how we can contribute to a more stable and thriving environment, simply by eating more plants? It will not only be beneficial for our planet, but also for yourself. A plant-based diet has shown to decrease your chances on cardiovascular diseases, cancer and other diseases. You will get all the nutrients you need to stay healthy and energized ([www.veganisme.org](http://www.veganisme.org)). Even countless top athletes follow

a plant-based diet and have seen their performance increase.

Are you ready to give it a try? Even just one plant-based meal a deal will make a difference! On our website we already have a bunch of vegan recipes, but there are countless recipes to be found online. You can find your favourite meal, but “veganized”, or try a totally different recipe!

If you have any questions, you can always reach out to us via email or social media. Make sure to check out our recipes on the website: [www.leidenuniversitygreenoffice.nl/vegan-challenge](http://www.leidenuniversitygreenoffice.nl/vegan-challenge)



## Cleaning



- Dishwasher and laundry on 'cold' settings with a full load, preferably with a concentrated and environmentally friendly laundry detergent (or make your own!)

The two golden ingredients!

- Vinegar: used for cleaning floors, counter tops, and even the laundry! The smell will fade away when it dries.
- Baking soda: bathroom cleaning, laundry.

Look up more specific tips online on their many uses. One small note: do not use them mixed when cleaning. They neutralize each other. In my personal experience however, I have used them both to unclog the sink. I started by pouring in the baking soda first and then the vinegar (equal parts), letting it sit for 30 min. and then pouring over a large amount of hot water. Repeat this process until your sink is unclogged (should not take more than 3 times).

### Glass cleaner (credits: UN Youth Impact)

- o Ingredients:
- o 1 part rubbing alcohol
- o 1 part water
- o A little bit of white vinegar
- o Instructions:
- o Mix together in a container/spray bottle

### Degreaser (credits: UN Youth Impact)

- o Ingredients:
- o 2 cups of water
- o 2 tablespoons of lemon juice
- o ½ teaspoon liquid Castile soap
- o 1 tablespoon baking soda
- o 10 drops of essential oil
- o Instructions:
- o Mix together in a container/spray bottle

### All-purpose cleaner recipe (credits: UN Youth Impact)

- o Ingredients:
- o 1 part white vinegar
- o 1 part water
- o Optional: essential oil
- o Instructions:
- o Mix together in a container/spray bottle
- o Instead of using essential oil you can:
  - § Put orange (or any citrus fruit) peels in a glass container or spray bottle with the white vinegar
  - § Seal shut and leave in a dark space for about 2 weeks
  - § Mix together with water in a spray bottle



## Energy, light & water use

Usually as a student you will not have much of a say in for instance the energy supplier or the insulation of your home. Therefore, we would like to focus on some simple behavioral steps you can take that are within your control and will save you energy, light, and water expenses!

**Energy:** Turn devices off (instead of stand-by mode); do not leave your charger in when you are not using it; turn down the heat; fully fill up your dishwasher (which, surprisingly, is more efficient than hand wash) and washing machine; use a bowl for hand wash; air dry instead of using the dryer; wash cold and use less hot water in general; do not block your radiators.



**Light:** turn off the lights when you do not need them and replace most used (if not all) light bulbs which are energy draining (read: produce more heat than light) with more energy efficient light bulbs.

**Water:** this kind of interlinks with the energy saving measures, but some more specific measures for using less water are: do not shave in the shower (or turn off the water when you do); fill up your water kettle with the amount of water you actually need; do not leave the tap running; collect water in a bowl in a sink to use for your plants/garden.

## Travelling

A bicycle is key to living in a Dutch city such as Leiden and The Hague. The best way to get a cheap bike is to either look up a second-hand one online (Facebook groups/pages, or [www.marktplaats.nl](http://www.marktplaats.nl)) or to purchase a second-hand one at the store. Or if you are not staying for a very long period of time, you might want to consider ‘Swapfiets’



For more information on sustainable travel, see the ‘How-To’ document on our website called ‘How to travel more sustainably’. Or check out the report ‘Getting There Greener’ on travelling by the Union of Concerned Scientists ([https://www.ucsusa.org/sites/default/files/legacy/assets/documents/clean\\_vehicles/greentravel\\_report.pdf](https://www.ucsusa.org/sites/default/files/legacy/assets/documents/clean_vehicles/greentravel_report.pdf))



## Social

Simply by engaging in these sustainable behaviors yourself, you will inspire the people around you! If you ever thought that you as a single person could not make a difference: think again! Every effort you make will have an influence on the world around you, no matter how big or small. From personal experience we can tell you that friends have started to bring their own plastic bag to the grocery store, become curious and excited to create a vegan meal with you or tried out a plastic-free DIY recipe.

## Sustainable Challenges

A fun way to explore different kinds of sustainable habits is by challenging yourself for a certain period of time. Here are a few challenges you might want to try for yourself or together with friends:

- do plastic-free grocery shopping for a week
- organise a clothing swap with friends
- grow your own herbs/vegetables or plant flowers for the insects
- prepare a three-course vegan dinner
- make your own product, such as the one mentioned in this guide or anything you can find on the internet (for instance: shampoo, bathsalts, toothpaste, reusable cup)
- eat vegetarian for two weeks
- watch a documentary on a sustainability subject (see ‘Resources’ for examples)
- buy a second-hand item
- prepare your own food & drinks for a week
- transfer to a more sustainable bank (such as ASN Bank or Triodos Bank)
- do not throw away food for a week
- swap rooms with someone you know in another city as a mini-holiday

*This list is inspired by the book ‘Nog Groener!’ by Roos van Rijswijk.*



## CITY LIFE (LEIDEN)

### Free water tap points

An initiative called 'Publiek Water' works together with local shops/restaurants to provide you with the opportunity to (re)fill your own water bottle. You can recognize the participating businesses by the sticker here on the right or check the locations online: <https://publiekwater.nl/>

There are also public tapping points. For the exact locations, take a look at the map: <https://drinkwaterkaart.nl/waar-kan-ik-gratis-water-tappen/>



### Bring your own packaging

Zero Waste Nederland also launched an initiative where shops/restaurants can put an 'eigen verpakking' (= 'own packaging') sticker on their window.



This means that the business is open to serving you your drink/food in your own packaging. This is what the sticker looks like: For more information see: <https://zerowastenederland.nl/zero-waste-raam-sticker/>

### Discount stickers

You might want to keep an eye out when in the supermarket for discount stickers on produce that is nearing its expiration date. Supermarkets like Albert Heijn and Ekoplaza offer discounts from 20 to 50 percent off.



## Sustainable stores in Leiden

*Source:* most of the addresses in the list below have been found via the ‘Zero/Less Waste Leiden’-map as found on their Facebook page. Become a member of their page to get inspired and informed on living a zero/less waste lifestyle in Leiden. See the link for the map in the ‘Resources’ section. This map, however, also includes addresses outside of Leiden. These are not included in the list below

### Market

- “Leidse Markt” (vegetables, fruit, nuts, cheese, bread, fish) on Wednesday and Friday, along the Botermarkt, Vismarkt, Aalmarkt en Nieuwe Rijn

### Coffee & Tea

- Simon Lévelt (coffee, tea). Botermarkt 1, Leiden.
- Het Klaverblad (tea). Hogewoerd 15, Leiden.
- De Wereldkruidentuin (dried herbs, rice, soy, tea), Haarlemmerstraat 209, Leiden.
- Ekoplaza (fruits, vegetables, soap, milk in glass bottles etc.). Breestraat 127, Leiden
- Brandnetel (organic small supermarket). Vrouwensteeg 5, Leiden
- Zaailing (organic small supermarket with lots of gluten-free products). Hooigracht 41, Leiden



*Organic fruits and vegetables from the Wednesday market in Leiden*

### Fruits & Vegetables

- ZAM ZAM XL & Zamzam supermarkt (vegetables, fruit, nuts, bread, tapenade). Raamsteeg 73 & Kooilaan 49A, Leiden.
- Ekoplaza (fruits, vegetables, soap, milk in glass bottles etc.). Breestraat 127, Leiden.
- Helianth (fruits and vegetables). Herenstraat 5A, Leiden.
- Brandnetel (organic small supermarket). Vrouwensteeg 5, Leiden.
- Zaailing (organic small supermarket with lots of gluten-free products). Hooigracht 41, Leiden.
- Olyerhoek (fruits, vegetables). De Sitterlaan, Leiden.
- R. van den Bos (fruits, vegetables, legumes). Herenstraat 44, Leiden.



## Bread and baked goods

- Biowie (market stand with cheese, eggs, bread etc.). Aalmarkt (market Leiden on Wednesdays, across from 'De Waag').
- Van Manen aan tafel (bakery). Hogewoerd 6-8, Leiden.
- Bakker Jan (bakery). Herenstraat 32-34, Leiden.
- Mamie Gourmande (bakery). Gangetje 14, Leiden.
- Ekoplaza (fruits, vegetables, soap, milk in glass bottles etc.). Breestraat 127, Leiden
- Brandnetel (organic small supermarket). Vrouwensteeg 5, Leiden
- Friese Brood en Banketbakkerij Us Bertus (bakery). Groenhazengracht 10, Leiden (& Doezastraat 14, Leiden).
- Zaailing (organic small supermarket with lots of gluten-free products). Hooigracht 41, Leiden

## Dairy & Eggs

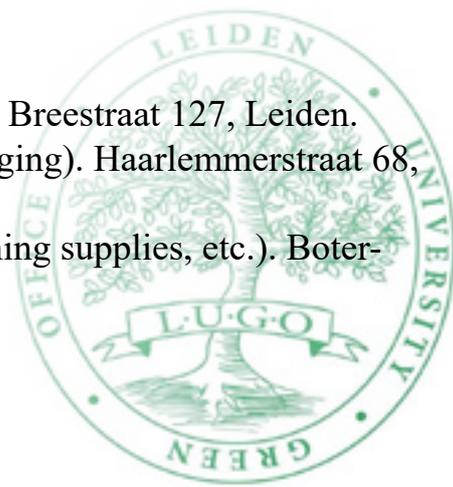
- Biowie (cheese, eggs, bread). Aalmarkt (market Leiden on Wednesdays, across from 'De Waag')
- Ekoplaza (fruits, vegetables, soap, milk in glass bottles etc.). Breestraat 127, Leiden
- Brandnetel (organic small supermarket). Vrouwensteeg 5, Leiden
- Zaailing (organic small supermarket with lots of gluten-free products). Hooigracht 41, Leiden
- Bollenasiel (eggs, honey, donate flowerbulbs). Parkzicht 100, Leiden.
- Activiteitencentrum Hoeve Cronesteijn (plants, flowers, picking produce yourself, eggs, bulbs). Cronesteyn 1, Leiden.

## Herbs & Spices

- De Wereldkruidtuin (dried herbs, rice, soy, tea). Haarlemmerstraat 209, Leiden
- Ekoplaza (fruits, vegetables, soap, milk in glass bottles etc.). Breestraat 127, Leiden
- Brandnetel (organic small supermarket). Vrouwensteeg 5, Leiden
- Zaailing (organic small supermarket with lots of gluten-free products). Hooigracht 41, Leiden
- Soap
- Ekoplaza (fruits, vegetables, soap, milk in glass bottles etc.). Breestraat 127, Leiden.
- Drogisterij Boerhaave (liquorice, some soaps in paper packaging). Haarlemmerstraat 68, Leiden
- Dille & Kamille (kitchen utensils, bathroom essentials, cleaning supplies, etc.). Botermarkt 10, Leiden.

## Soap

- Ekoplaza (fruits, vegetables, soap, milk in glass bottles etc.). Breestraat 127, Leiden.
- Drogisterij Boerhaave (liquorice, some soaps in paper packaging). Haarlemmerstraat 68, Leiden
- Dille & Kamille (kitchen utensils, bathroom essentials, cleaning supplies, etc.). Botermarkt 10, Leiden.



## • Other

- Going Nuts (nuts, chocolate nuts, dried fruits, hard cheeses, local products, products in glass). Haarlemmerstraat 56, Leiden.
- Oil & Vinegar (oil, vinegar, only clean bottles are accepted). Haarlemmerstraat 79, Leiden
- Het aardappelpakhuis (potatoes). Geregracht 25, Leiden
- Toko Nieuwe Wereld (tofu, package free). Nieuwe Rijn 30, Leiden.
- Drogisterij Boerhaave (liquorice, some soaps in paper packaging). Haarlemmerstraat 68, Leiden.
- Drogisterij Bik (drug store that offers package free liquorice). Doezastraat 4, Leiden.
- Olala Chocola (chocolate, possible package free). Botermarkt 14, Leiden.
- Van Lith chocolatiers (chocolate, possible package free). Lage Mare 44A, Leiden.
- Moira Coaching Workshops (local natural care products; reuses packaging if you return it). Koekoeksplaats 15, Leiden.
- Jamin (candy). Haarlemmerstraat 67, Leiden.
- Dille & Kamille (kitchen utensils, bathroom essentials, cleaning supplies, etc.). Botermarkt 10, Leiden.
- WAAR (gifts, cards, fair-trade). Haarlemmerstraat 53a, Leiden.

## Repair café:

- Buurtcentrum Op Eigen Wieken (repairs electronic products (except for computers); clothes; bicycles; furniture; toys). Donation based. Opened every second Saturday of the month between 13:00 – 16:00. Valkenpad 5, Leiden.
- Fixers Leiden (repairs phones, tablets, computers). Haarlemmerstraat 239, Leiden.

## Second-hand stores

- Second Trend. Langebrug 20G, Leiden.
- Kringloopbedrijf Het Warenhuis. Willem Barentszstraat 12, Leiden.
- Kringloopwinkel Leiden. Lammenschansweg 141D, Leiden.
- Kringloopmania. Lammenschansplein 6, Leiden.
- Weggeefwinkel Leiden (give and take products, no monetary transactions). Middelste-gracht 36, Leiden.
- Vereniging Kringloop Project Leiden. Volmolengracht 13, Leiden.
- Kringloopwinkel de Nieuwe Start. Hoge Rijndijk 94, Leiden.
- Appel & Ei Leiden. Haarlemmerstraat 245, Leiden.
- Bengels Speelgoed (toys). Oude Rijn 36, Leiden.
- VNTG. Botermarkt 11, Leiden.
- Vintage Island. Nieuwe Rijn 22, Leiden.
- Flamingo. Vrouwensteeg 9, Leiden.
- Leuke Zaak (new + used clothes and other products). Nieuwe Rijn 17, Leiden.
- Terre des Hommes. Burgsteeg 10, Leiden.
- Doorgeefwinkel De Ontsporing. Bielsenstraat 1B, Leiden.
- Kringloopwinkel het 3hoekje. Herensingel 7, Leiden.
- 'T Waere Thuys. Koornbrugsteeg 2, Leiden.
- Kringloopwinkel Het Warenhuis Zuidwest. Wagnerplein 11, Leiden.
- Hartendief. Breestraat 171, Leiden.



- Olive Oyl's Rusty Zipper. Pieterskerk-Choersteeg 30, Leiden.
- Warenhuis de Rex (furniture, clothes, and other products). Haarlemmerstraat 52, Leiden.
- CeX (DVD's, console games, electronics). Haarlemmerstraat 89, Leiden.
- Used Products Leiden. Hooigracht 88, Leiden.
- Plato Leiden (LP's). Vrouwensteeg 4, Leiden.
- Boutique van Gendt (new and resale designer fashion). Burgsteeg 8, Leiden.



*Vintage store 'Flamingo' in Leiden*

### Take-away & on the go (open to you bringing your own cup/tupperware)

- Barista café (coffee and lunch). Catharinasteeg 5, Leiden.
- Kiosk (drinks to go at the train station, €0.25 discount when you bring your own cup!). Stationsplein 3J, Leiden.
- Starbucks (drinks to go, €0.30 discount when your bring your own cup!). Stationsplein 3, Leiden.
- Julia's (discount when bringing your own cup!). Stationsplein, Leiden.
- Gelateria Café Bar Maxim's. Nieuwe Rijn 32, Leiden.
- BetterBagels Bakery. Lange Mare 96, Leiden.
- Bocconi Pasta Italiana. Burgsteeg 6, Leiden.
- Doppio Espresso Leiden (€0.10 discount when you bring your own cup!). Haarlemmerstraat 62, Leiden.
- Ekoplaza (coffee & tea to go). Breestraat 127, Leiden.
- Maoz (vegetarian). Haarlemmerstraat 61, Leiden.
- Het Slachthuis (vegan restaurant, not sure about packaging). Meelfabriekplein 1, Leiden.
- Logica (organic restaurant, not sure about packaging). Stille Rijn 11, Leiden.

### Garden & greenery

- Activiteitencentrum Hoeve Cronesteijn (plants, flowers, picking produce yourself, eggs, bulbs). Cronesteyn 1, Leiden.
- Plantenasiel Leiden (donate or bring home plants, every Friday from 13:00 – 17:00). Ballonpad 2, Leiden.
- Bollenasiel (eggs, honey, donate flowerbulbs). Parkzicht 100, Leiden.

### Bulk packages

- Zaailing. Hooigracht 41, Leiden.
- Molen de Put (flour). Park de Put 11, Leiden

### Books

- Boekhandel de Slegte (second-hand and reduced prices). Breestraat 73, Leiden.
- Boekenzolder (free books, donating or trading books). Admiraal Banckertweg 21, Leiden.
- Boekhandel De Kler b.v. (second-hand section). Breestraat 161, Leiden.
- Mayflower Bookshop (new + used books). Breestraat 142, Leiden.



- Albert Heijn\Hoogvliet (these supermarket sometimes offer book swap stations).
- Mini-libraries. Small bookshelves where people exchange/lend books. For locations see website: <https://minibieb.nl/?s=leiden&categories=0&locations=0&dir-search=yes>
- Library BplusC. Different locations around Leiden. Yearly membership costs €42,- (or €0 if under eighteen).

## CITY LIFE (THE HAGUE)

Some of the resources (water tap points, bring you own packaging stickers, etc.) as mentioned before in Leiden are also useful resources for in The Hague. Please read the parts on Leiden for more information on this. The stores listed below will be a bit less extensive than the list for Leiden, as the creators of this guide are both based in Leiden and have more knowledge on this area. Please let us know if you have an address that you feel should be part of the list and we will be glad to add it!

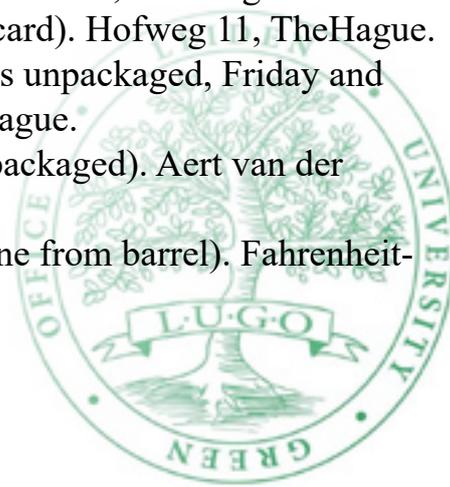
## Sustainable stores in The Hague

### Markets

- “De Haagse Markt” (fruits, vegetables, nuts, cheese, dips, olives etc.) on Monday, Wednesday, Friday and Saturday along the Herman Costerstraat
- Boerenmarkt Hofweg (mainly organic farmersmarket with bulk grains, and fruits, veggies etc.) on Wednesdays from 10:00 to 18:00 along Hofplaats, Hofweg and Lange Poten, The Hague.
- Markt Prins Hendrikplein (meat, fish, cheese, nuts, seeds, fruits, veggies). On Thursdays at Prins Hendrikplein, The Hague.
- Lekkernassuh (offers at three places in The Hague a market where you can pick up an organic vegetable box that you order via the website. The vegetables are local and unpackaged. Location at de Witte de Withstraat 127 offers unpackaged bread, oil, muesli etc.). Website: <http://lekkernassuh.org/>

### Food & Drinks

- Madal Bal (fruits, veggies, glutenfree & vegan products). Denneweg 126B, The Hague.
- Ekoplaza (fruits, veggies, glutenfree & vegan products, supplements etc.). Hofplaats, Grote Marktstraat 177, Kerkplein 6a & Weimarstraat 153, The Hague.
- G&W Gezondheidswinkel (health store). Dagelijkse Groenmarkt 24, The Hague.
- Marqt (local, mainly organic, seasonal. Only able to pay by card). Hofweg 11, TheHague.
- Italiaanse Wijnen & Delicatessen (during weekdays ricotta is unpackaged, Friday and Saturday mozzarella unpackaged). Piet Heinstraat 20, The Hague.
- Biologische Keurslagerij Ruud de Ruijter (organic meat, unpackaged). Aert van der Goesstraat 34, The Hague.
- VOM FASS (delicacy store with oil, vinegar, whisky and wine from barrel). Fahrenheitstraat 648, The Hague.



- Lekker Brood (organic bread, bakery). Herengracht 16 & at supermarket 'Mikros' at Piethuinstraat 136, The Hague.
- Lekkernassuh (organic, local produce and package free store). Witte de Withstraat 127, The Hague. Opening times on Wednesday from 16:00 - 19:00.

## Coffee & Tea

- Kali Tengah (tea in own packaging, coffee/tea to go in own cup). Weimarstraat 54, The Hague.

## House/Personal care products

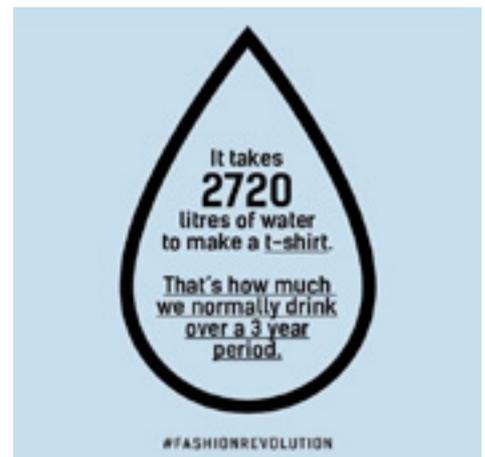
- LUSH (skin & hair care, package free). Spuistraat 3, The Hague.
- Dille & Kamille (house products, personal care products). Plaat 16, The Hague.
- Miss Bio (organic skincare). Groenland 14, The Hague.

## Restaurants

- InStock (combats foodwaste). Only paying by card is possible. Buitenhof 36, The Hague.
- The Shore (located near The Hague, in Scheveningen. Surfing & skating, with organic food and drinks). Strandweg 2a, The Hague.
- SLA (organic salad bar, lots of vegetarian & vegan options). Kerkplein 4a, The Hague.
- Love & Peas. Weimarstraat 37a, The Hague.
- Greens in the Park (combination of a restaurant and organic vegetable garden). Kapelweg 18 (Westbroekpark), The Hague.

## Second-hand

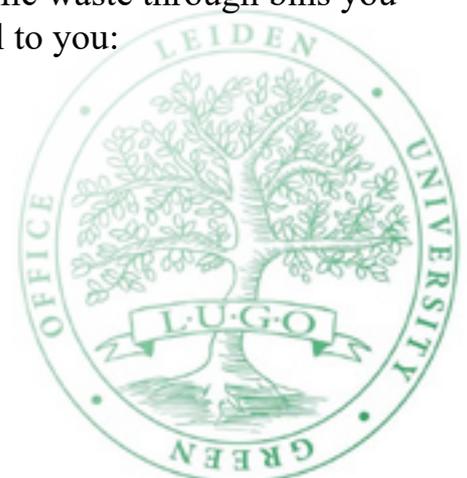
- Kringloop Schroeder. Piet Heinstraat 69, The Hague
- Kringloop. Weimarstraat 81, The Hague.
- JUST - Used Treasures. Molenstraat 43, The Hague.
- Second Best. Korte Molenstraat 7, The Hague.
- Heet Strijken. Prins Hedrikstraat 30b, The Hague.
- Zusjes Vintage Boetiek. Boekhorststraat 93, The Hague.
- ReShare Store. Paviljoensgracht 35, The Hague.
- All Labels. Stationsweg 55, The Hague.
- Evy's Vintage. Prinses Mariestraat 7c, The Hague.
- Emmaus. Prinsegracht 36, The Hague.
- Bar & Zo (second-hand, locally designed). Prins Hedrinkstraat 103, The Hague.



## Specific Waste

Apart from the “regular” bins you may need some specific ones to throw away, for example, electronic devices. Luckily many supermarkets dispose of specific waste through bins you will find at the entrance. Here a list of those that could be useful to you:

- Frying\cooking oil: Hoogvliet
- Phones: Hoogvliet and Jumbo
- Small electronic devices (like hair dryers etc) : Jumbo
- Light bulbs: Jumbo and Action



- **Batteries**: all stores that sell batteries should have the facility to dispose of batteries. Examples are Action and Jumbo
- **Clothes and textile**: Hoogvliet
- **Bulk Waste**: if you have specific waste that does not fit into these categories or that cannot be thrown away in the underground containers of the city, you must recur to the municipality. Here the instructions (english) <https://gemeente.leiden.nl/english/bulk-waste/>

## RESOURCES

### Online Resources

[Footprint Calculator](#) - If you ever wondered whether your lifestyle is sustainable, you can take a test here! This website will not only give you useful insights on your resource consumption, but also advise you on how to improve it!

[Ecopassenger](#) - On this website you can find out the emissions produced by your journey by car, bus, train and airplane. You will also find information on how to compensate it.

[Google Maps Zero Waste Leiden](#) - Do you want to find many of the places mentioned in the guide for Leiden, but then in a map? Here you have it!

[Ecosia](#) and [Black Google](#) - Sustainable online search engines

[Marktplaats](#) - Online second-hand in the Netherlands. You can post a free ad to sell/give away your things or to search for second-hand items.

[Milieucentraal](#) - Dutch website on everything sustainable: from travelling to housing.

[Duurzame Student](#) - Sustainable news by students for students (Dutch)

[Blablacar](#) - Travel together by car with other people. Either fill in your destination and see whether other people are planning on travelling there and join them for a small compensation. Or take people with you when you are travelling!

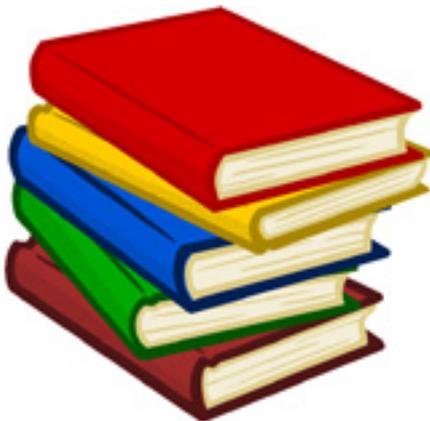
[Book Different](#) - Find a sustainable hotel.

[Rank a Brand](#) - Compare brands on their level of sustainability



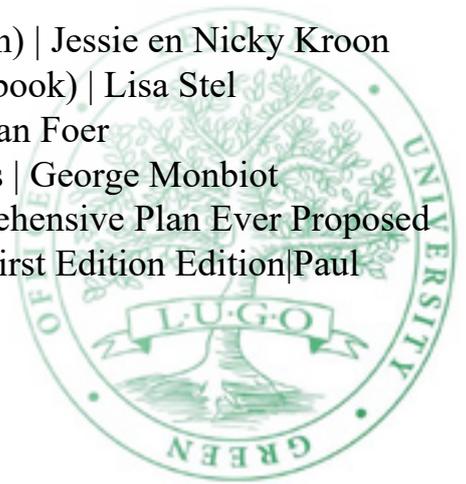
## Documentaries

- Ice on Fire and Before the Flood by Leonardo DiCaprio
- Cowspiracy
- The True Cost
- More Than Honey
- Planet Earth
- Minimalism
- Forks over Knives
- No impact man
- The story of stuff
- In our hands: seeding change
- Climate Change – The fact
- An inconvenient truth(w. Al Gore)
- An inconvenient sequel: Truth to power
- A Beautiful Planet
- This changes everything
- From Paris to Pittsburg



## Books

- The Upcycle: Beyond Sustainability – Designing for Abundance | Braungart
- Wear No Evil: How to Change the World with Your Wardrobe | Greta Eagan
- Quenching the Thirst: Sustainable Water Supply & Climate Change | George Annandale
- Diet for a Hot Planet: The Climate Crisis at the End of Your Fork | Anna Lappe
- Don't Even Think About It: Why Our Brains Are Wired to Ignore Climate Change' | George Marshall
- 'EcoBeauty: Scrubs, Rubs, Masks, Rinses, and Bath Bombs for You and Your Friends' | Lauren Cox and Janice Cox
- 'Simple Matters: Living with Less and Ending Up with More' | Erin Boyle
- Sustainable Nation: Urban Design Patterns for the Future| Douglas Farr
- Het Zero Waste Project (Dutch) | Jessie en Nicky Kroon
- Lisa goes Vegan (Dutch cookbook) | Lisa Stel
- Eating animals |Jonathan Safran Foer
- How did we get into this mess | George Monbiot
- Drawdown: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming First Edition Edition|Paul Hawken



## Podcasts

- The ECOSIA podcast
- The Sustainability Agenda
- The Climate Changers Podcast
- Sustainababble

## Ted Talks

<https://www.ted.com/topics/climate+change>



## Youtube

- Climate change explained in under 2 minutes <https://www.youtube.com/watch?v=-n4A0BssFd0>
- Climate Change explained in 5 minutes <https://www.youtube.com/watch?v=ifrHogDujXw>
- Climate Change 101 with Bill Nye | National Geographic <https://www.youtube.com/watch?v=EtW2rrLHs08>

## Apps

- **Forest**

Have you ever had any problem in focusing while studying? With Forest you decide for how long you want to take a break from your phone and focus. What happens during that time? You plant a virtual tree, and if you use the phone, the tree dies. You might wonder, what is sustainable about the app? Well, if you purchase the pro version (for 99 cents) you can convert your virtual trees in real ones: you can literally plant trees while studying!

- **TooGoodToGo**

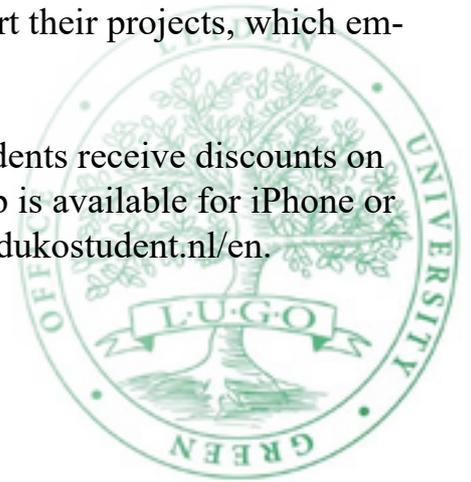
Before ordering a delicious meal through a mainstream delivery service, you definitely want to see what is on Too Good To Go (Android – iOS). This app will give you amazing reduced prices for food from restaurants, cafes or fast food restaurants for food that would otherwise be wasted the day after.

- **Ecosia**

Ecosia is an online search engine that plants trees out of the money they earn through ads, therefore the more you research, the more trees are planted. However, on their website you will also find articles, projects and sustainable e-shops to support their projects, which empower local communities around the world.

- **DuKo**

DuKo is a project run by students for students. With DuKo, students receive discounts on sustainable products in Utrecht, The Hague and online. The App is available for iPhone or Android - check the website for more information <https://www.dukostudent.nl/en>.



# ACTIVITIES LEIDEN & THE HAGUE

## Green Kitchen Leiden & Conscious Kitchen The Hague

Student-lead initiatives to combat foodwaste in both Leiden and The Hague. Volunteers pick up (free) produce, that otherwise would have been thrown away, at the markets and cook a large meal. Anyone is welcome to join in at the dinner or as a volunteer! See their Facebook pages:

Leiden: <https://www.facebook.com/GKLeiden/>

The Hague: <https://www.facebook.com/ConsciousKitchenNL/>

## PLNT (escape room) Leiden

Free escape room for students on the rooftop of the PLNT building. For more info see: <https://plnt.nl/en/event/3535/>

## Vrijplaats

(‘free place’ with theater, music, food, social activities, donation store). Middelstegracht 36, Leiden. Opening times available on google maps.



## Hortus Botanicus (botanical gardens).

Free entrance for Leiden’s students. Rapenburg 73, Leiden.

## Parks in Leiden (free entrance):

van der Werfpark, Leidse Hout, Het Plantsoen, het Heempark, Polderpark Cronesteyn.

## Valkenburgse Meer

Lake with small beach. Good water quality. Located in Katwijk, near Leiden. 15 minutes cycling from Leiden Central train station.

## Scheveningen (beach in the Hague),

<https://goo.gl/maps/bX6u59Hd5VTLawCv8>

## Katwijk aan Zee (beach near Leiden),

<https://www.google.com/maps/search/katwijk%20aan%20zee>

*Sustainable Guide  
Leiden and The Hague*



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## CREDITS

Zero/Less Waste Leiden for (most of) the addresses mentioned in Leiden (see their Facebook page: <https://www.facebook.com/groups/338588896761619/>).

UN Youth Impact for the personal care recipes. See their Facebook: [https://www.facebook.com/UNYouthImpact/?\\_\\_tn\\_\\_=%2Cd%2CP-R&eid=ARAab-mTjSczZj9\\_gr1y-SsLLX15Ja50-NS6exvLLveqMUFeKLLq17NUCXXPfiK7U3MxYFFVGg7HFDQj](https://www.facebook.com/UNYouthImpact/?__tn__=%2Cd%2CP-R&eid=ARAab-mTjSczZj9_gr1y-SsLLX15Ja50-NS6exvLLveqMUFeKLLq17NUCXXPfiK7U3MxYFFVGg7HFDQj)

Franciska Maarse for the Pictures of Leiden

Sara Bettinelli and Franciska Maarse for the main text

The Leiden University Green Office team and previous blog articles from the LUGO website: <http://www.leidenuniversitygreenoffice.nl>

