

# “A Sustainability Guide for Living and Studying in Maastricht”

In the scope of knowledge transfer and outreach activities, SDR Lab @UNU-MERIT and SITE4Society @UNU-MERIT held an interactive workshop, at the Precious Plastic Maastricht local sustainability festival, on Saturday, June 15<sup>th</sup>, 2019.

Participants exchanged ideas on how they make responsible consumption and production choices, in accordance with sustainability principles, in all possible aspects of their everyday life, ranging from housing, in-city transportation, clothing, eating, outer city travelling, entertainment, studying etc.

In the end, participants came up with a set of ideas on how to make sustainability an on-going, every day, local and global reality, and we collected information that allows us to present the

Version 7.2019

In collaboration with:



Maastricht University  
Green Office



## Housing

1. Heating: please consider setting heating to 19 degrees
2. Furniture: [Sharing is caring - Maastricht](#), Kringloop Zuid, Kringloop Vind-iets, Kringwinkel Smeermaas
3. Tool sharing: [Library of Things](#)

## Water & Hygiene

4. Brush (tooth): From plastics to eco-friendly: [Gedeelde Weelde Maastricht](#)
5. Paste (tooth): [Gedeelde Weelde Maastricht](#)
6. Shower: Water (5' min ), soap, shower gel/shampoo [Gedeelde Weelde Maastricht](#)
7. Cleaning Products: 'Sonett' at [Gedeelde Weelde Maastricht](#)

## Food & Nutrition

8. Breakfast: [FoodCoop Maastricht](#), [Gedeelde Weelde Maastricht](#), [Ekoplaza Rechtstraat and Theodoor Schaapkensstraat](#), [Bakery de Bisschopsmolen](#), [the shop at boerderij Daalhoeve](#)
9. Lunch: [Fresh cooked Maastricht](#) , [Bijzonder](#), [Bagels & Beans](#), [Bread Connection](#), [Preps](#), [Pluk Cats & Coffee](#), [CatoCato](#)
10. Dinner: Food sharing, [Foodbank Maastricht](#) (on Fridays at Landbouwbelang), Veggie, Fruits, [de Brandweerkantine](#), [Eetcafe Ceramique](#), [Marres Kitchen](#)
11. Coffee/Bar: [Bandito \(City Centre & Randwyck\)](#), [The Lab](#), [Café Zondag](#)
12. Cup: Reuse sustainable cups/mugs
13. Water bottle: HEMA
14. Daily groceries: Food Cooperative [Gedeelde Weelde Maastricht](#), Self-harvest your vegetables and fruits at [LOCOTuinen](#), [Natuurwinkels Maastricht](#), Organic Market on Thursdays in the Stationsstraat, Vegetables directly from local farmers at Boeren & Buuren/ Buurderij Maastricht, [TooGoodToGo - App](#)

## Clothing

15. Clothing: second-hand shops, [Doorgeefwinkel Maastricht](#) (shoes, clothes, flowers for free), [Mandrill Cultural and Political Centre](#), [Wear Vintage](#), [Magnolia Thrift Store](#), [Retro & Chic](#), [Trader's Pop](#), [Ecolinea](#), [Kringloop](#), Vintage kilo-sales and fleamarkets (regularly in MECC, Brandweerkantine, on the market on Saturdays/Sundays, and more)

## Mobility

16. Bike: Bike sharing ([Swapfiets](#))
17. Car: Car sharing options ([Blablacar](#))
18. Train: NS group tickets and day tickets (often at discounts at retailers such as HEMA or Kruidvat)

## Study/work

19. Study: [Arbor Sustainable Notebooks](#), [Recycled paper](#), pen, solar panel powered power banks

## Technical

20. Phone/Laptop Repair/2<sup>nd</sup> hand: [GSM Maastricht](#), [iDropped](#)

## Waste Management

21. Waste separation: [Recycling Platforms Maastricht](#)

## Initiatives and Communities

22. [Mondiaal Maastricht](#)
23. [Cube of truth Maastricht](#)
24. [Demotech Maastricht](#) (Re-designing concepts, tools, methods, ideas to make them accessible and affordable to everybody in the world)
25. [Library of Things - Maastricht](#)
26. [Climate Action Network Maastricht](#)
27. [Precious Plastic Maastricht](#)
28. [Shelter City Maastricht](#)
29. [Fossil Free Maastricht](#)
30. [Students for Climate](#)
31. [Extinction Rebellion](#)
32. [Bee Collective](#)
33. [Tapijn Urban Gardening](#)
34. [Green Office Maastricht](#)
35. [CNME Maastricht](#) (Centre for Nature and Environmental Education)

## Moving out

36. Moving in/out: Facebook groups
37. [Vernieuwend Wonen Maastricht](#) (Housing Cooperative)
38. Anti-kraak living in unused buildings (via Ad hoc, Maximus)
39. Possibility to live in cultural free zones (Mandrill, Landbouwbelang)

## What's more?

**Please help us to lengthen this living list with your ideas and recommendations!  
Send us your comments on categories and options you think we should add to this list**

[site4society@merit.unu.edu](mailto:site4society@merit.unu.edu)