



Tracking down sustainable products

A young consumer's guide to all things fair



Wanted: one planet Earth, good condition!

20% of the world's population consumes ~80% of its natural resources.

Most governments have recognized this imbalance. Back in 1992, sustainable development was set as a goal under the Agenda 21 action plan. 2015 saw this plan revised and Agenda 2030 adopted. But governments can't do this all by themselves, so everyone is invited to join in ...

... so that all people, present and future, find a healthy environment and have their basic needs met – whatever their age, colour, nationality, religion or gender.

An agenda is an action plan

There's a lot you can do as a consumer: when shopping, at school or in your leisure time.

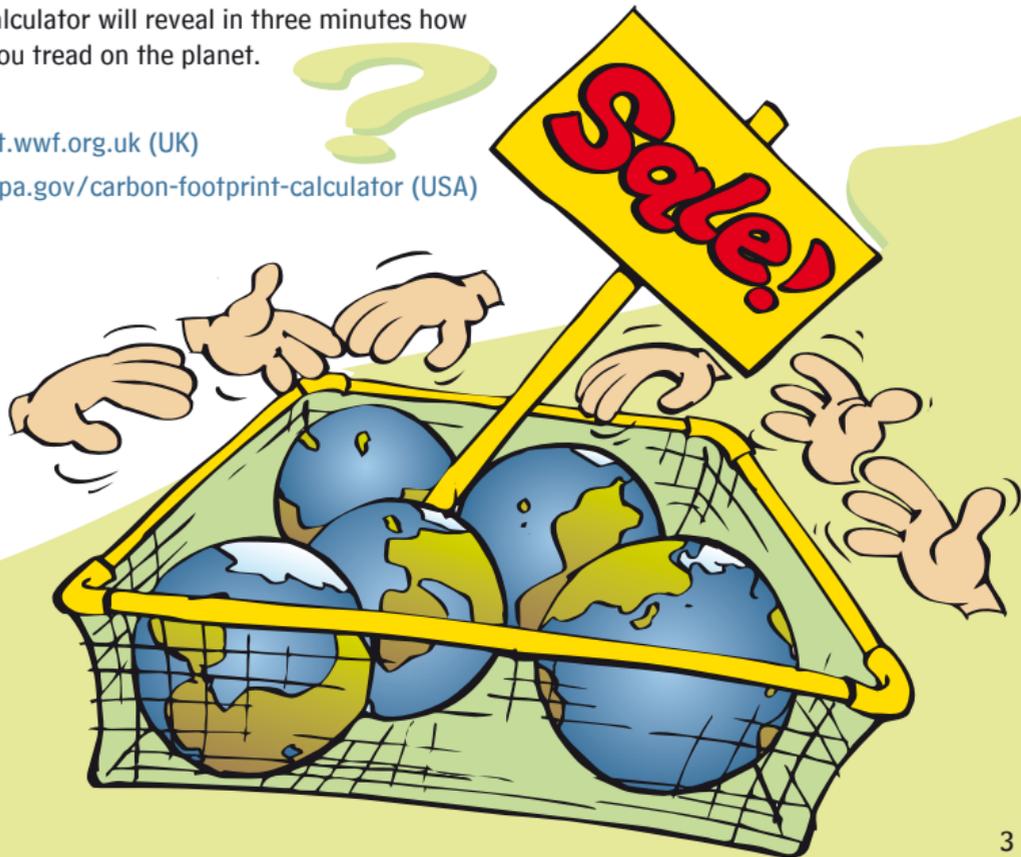
This little book provides ideas on how to take action.

Are you a Bigfoot?

A CO₂ calculator will reveal in three minutes how lightly you tread on the planet.

footprint.wwf.org.uk (UK)

www3.epa.gov/carbon-footprint-calculator (USA)



Your globetrotting jeans

Although jeans are so ubiquitous – you'll have some in your wardrobe – few of us know where and how they're produced. Here's the 'world tour' a typical pair might go on:

The cotton for the material is grown in a large plantation in India and sprayed ~25 times with toxic pesticides before harvesting.

In China, the cotton is spun into yarn by Swiss-made machines.

It's chemical indigo dye from Germany that gives the thread its colour – in Taiwan!

And it's then made into cloth in Poland using German looms.

Patterning and design take place in Sweden.

The washing label and lining are supplied from France.

Only then are the jeans stitched together by sewers in the Philippines.

For the stone-washed look, they are then washed in Greece using pumice stones.

The jeans are now ready for sale in Germany. It's this ever-stronger international connectedness and worldwide cooperation between industrial companies, traders and markets that we call globalization.

So, during their production, your jeans have travelled the world searching for the cheapest workers and the lowest social and environmental standards. People and the planet suffer as a result.

What you can do:

- Look for clothes made of certified organically grown cotton.
- Wear the clothes you buy for as long as possible.
- Take unwanted clothes to a swap party or flea market.
- Buy clothes in a second-hand store, where they're often as good as new.
- You can also buy new clothes from sellers of natural textiles. A wide range is already available online.
- If you no longer want something but it's still wearable, donate it to Oxfam, a *soziales Kaufhaus* (charity department store) or a *Kleiderkammer* (clothing bank).

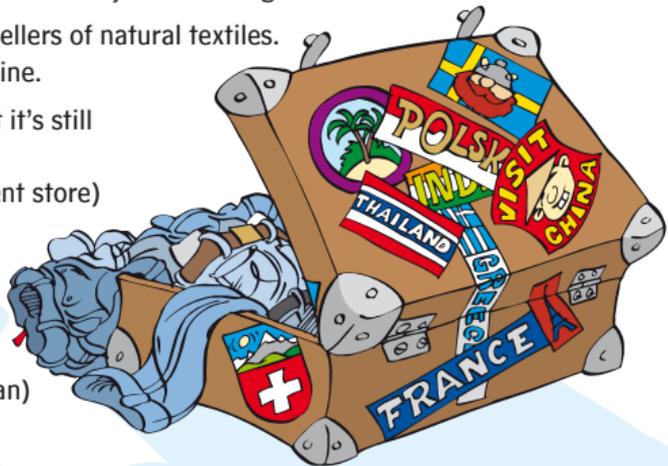
Find out more:

www.oxfam.de/english

www.fairkauf-hannover.de (in German)

www.gruenemode.de (in German)

www.pan-germany.org (in German)



Germany – world champions

at clothing consumption

In this country, our average spending on clothes and shoes is >100 euros per month. That's twice the typical monthly wage of a sewer somewhere like Bangladesh.

Almost all T-shirts and trousers are stitched together in Asia or Latin America.

The workforce, mostly young women, labours there in large factories under poor conditions for 12 or even 16 hours a day! With only half an hour break time.

Only those who accept the lowest wages and the longest hours keep their jobs. Anyone unwilling to put up with this is dismissed without further ado. Temperatures of almost 40°C in the overcrowded workshops are not uncommon. Under the pressure to work uninterrupted, the sewers often drink too little and fall ill. And they don't get a fair wage for the physically hard work they do: sewers may well earn less than two euros a day!

Which is barely enough to live on, even for a family in Asia.

What you can do:

- Get involved and find out about producers and working conditions. The Clean Clothes Campaign is a good organization for this, and for getting active.
- Look for both eco and social labels when you shop. There are many different ones. The Fair Wear Foundation and GOTS are the most reliable.



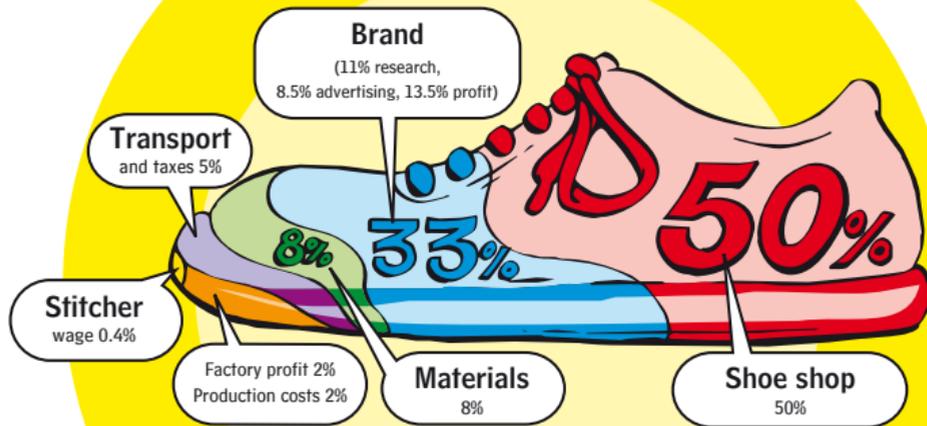
- Swap unwanted clothes here:
www.hannoverteilt.de (in German)
www.kleiderkreisel.de (in German)
www.greenpeace-hannover.de (in German)
- Become part of a worldwide movement:
www.fashionrevolution.org

Find out more:

cleanclothes.org
www.fairwear.org



The real cost of your shoes



A look at the label reveals most trainers are stitched in Asia. But the stitchers earn only about 40 euro cents on a shoe that sells for 100 euros. So who gets the rest?

The shoe shop gets the most: it keeps 50 euros. 33 euros goes to the brand owner, of which 13 euros is the profit it makes, with 11 euros going on research and 9 euros spent on advertising.

The material cost of a pair of shoes is a mere 8 euros – who'd have thought it?

Transport and tax account for 5 euros of the retail price, with another 4 euros going on other costs.

What you can do:

If the stitchers were to receive only 36 euro cents more for each pair of shoes, they'd have a reasonably fair wage and could send their children to school.

Unfortunately, we can't just leave an extra 36 euro cents in the shoe shop, as this money would never reach the workers.

But there is something you can do to help ensure better working conditions and fairer pay:

Simply send off Campaign for Clean Clothing cards to show that you care about the people who make your shoes.

Find out more:

www.inkota.de

www.suedwind-institut.de

www.ci-romero.de (in German)

www.utopia.de (in German)



Making footballs: cross from stitching?

In the Pakistani city of Sialkot, ~40 million footballs are handmade every year. That's 70% of the world's total production.

A football is made of 32 panels stitched together by hand. Skilled stitchers manage 4–8 balls a day. Workers are paid per item they produce, and by quality.

But their wages are often not enough for their families to live on. So, until a few years ago, child labour was used in football production.

Child labour has been officially banned in Pakistan since 1999 – but factory owners are still keen to hire children as they earn

less, are easier to intimidate and can't join trade unions.

Thanks to international protests, child labour in these factories has been abolished. Unfortunately, however, all this has done is displace the problem, as the parents still earn too little to feed the entire family. This means the children now need to work elsewhere to contribute to the family income.

This is why it's important the parents receive a fair and living wage so their children do not need to work but can go to school, giving them the chance of a better future.



What you can do:

Fairly produced sports balls are now available that meet professional standards and can be self-designed. Discuss at school or in your club whether you want to buy your own fair-trade ball.



Find out more:

www.playfair2008.org

What has the Congo war got to do with my phone?

Democratic Republic of Congo. Africa's 'First World War' has been raging since 1998 and has cost over three million lives so far (Werner and Weiss, 2010).

Troops and various armed groups are in conflict over tantalum, a metal obtained from an ore called coltan, which is required in the production of a wide range of electronic equipment. Workers extract it in mines, under hazardous conditions and sometimes with their bare hands. Many children are among the miners.

A boy reports:

"You sit in the dirt and are afraid the ground will cave in around you. There's always shooting going on, you're supervised by soldiers or the bush militia.

They take the stuff off you. If you're lucky, you get a few Congolese cents for your trouble ..."

The war for this valuable resource has already claimed many millions of victims. Villages are burned to the ground, people displaced and murdered, women and girls raped, and children recruited as soldiers or abducted. The mobile-phone boom and developments in the computer market have caused global prices for tantalum to skyrocket.



Businesses make deals with the combatants, who use some of their profits to buy new weapons.

The use of mobile phones also impacts our own lives. It isn't known whether radiation from these devices increases cancer risks. What is certain is that mobiles are a big environmental burden. Each discarded phone or computer creates e-waste that is hard to dispose of safely. Some of this is sent illegally to Asia or Africa where children scavenge rubbish dumps for valuable but toxic components from scrapped devices.

Find out more:

www.makeitfair.org

www.knowyourphone.de (in German)

www.handy-aktion.de (in German)

www.pcglobal.org (in German)

What you can do:

- Use your mobile for as long as you can! This reduces waste, is kinder to the environment and saves natural resources (e.g. tantalum).
- Never dispose of faulty mobiles in household waste. Make use of repair services that can save them.
- Old mobiles have to be taken back by the manufacturer. However, you can also dispose of them at a recycling centre, BUND Region Hannover e.V., Deutsche Umwelthilfe - DUH (Environmental Action Germany) or the Service Center at the entrance to Hannover Adventure Zoo.
- Ideally, the mobile phone (and PC) you buy should contain only a minimum of toxic materials. In Germany, the 'Blauer Engel' ('Blue Angel') mark is now awarded to mobiles that do not exceed certain threshold values.
- Find out from your mobile-phone manufacturer about its production and any negative impact.



Mateo, a coffee grower from Mexico, says: “We never used to know whether we’d sell our coffee harvest or not. You’d work all year, tend and cultivate the coffee plants and then, if you’re lucky, a middleman (or coyote, as we call them) would come.

Fair trade – a win-win deal!

“And he’d say: ‘Hey, I’ll take your coffee beans for half last year’s price, otherwise they can rot here in the hills.’ We couldn’t go on like that indefinitely.

“I joined forces with other small farmers to form a cooperative. And we were fortunate. Now we can sell our coffee to fair-trade markets. What does this mean? It’s quite simple: I currently get twice as much for my coffee beans as other coffee growers and – even more importantly – I know I’ll be able to sell my harvest for a good price again next year. So I can finally plan for the future with peace of mind.”

“Although I earn twice what I used to, our cooperative still has enough money left over to build a small health clinic in the village and open a cooperative shop with low-priced groceries.

Courses on organic farming are available, and we’ve even been able to buy a goods vehicle so we no longer have to pay anyone to get the coffee bags to port.

Which in turn saves us money.

Fair trade has made our lives much better.”

Find out more:

www.fairtrade.org.uk

wfto-europe.org

www.ethical.org.au (Australia)

www.jugendhandeltfair.de (in German)



What's in a label ?

There are an estimated 1,000 different quality labels on the market. The quantity and variety can make it confusing. They range from producers' own logos to independently awarded and regulated quality marks.

These labels indicate health, social, environmental and other aspects associated with products.

They are there to distinguish these products from other items used for the same purpose. This selection of recommended labels in the fair-trade and organic markets should serve as a useful guide.

Examples of fair-trade import organizations:



gepa
www.gepa.de



dwp
www.dwp-rv.de



El Puente
www.el-puente.de

Find out more:

www.siegelklarheit.de (in German)
www.label-online.de (in German)



Fairtrade logo
www.transfair.org



EU organic logo
<https://ec.europa.eu/agriculture/organic>



Naturland
www.naturland.de

Bioland

www.bioland.de



Der Blaue Engel
www.blauer-engel.de



Hand in Hand
www.rapunzel.de



GOTS
www.global-standard.org

Fair Wear Foundation
www.fairwear.org



Demeter
www.demeter.de

Chocolate

without the bitter taste of child labour

Have you tried fair-trade organic chocolate?

The cocoa beans used come from small farming families in Latin America or Africa. Fair-trade arrangements pay them much better than the corporate buyers that dominate the global market. Their children go to school instead of working in cocoa plantations. If you eat fair-trade chocolate, you can be sure exploitative child labour is not a hidden ingredient.

In West Africa, the largest cocoa-growing region, children are commonly victims of slave trafficking and sold to work on plantations.





Fair-trade chocolate bars can be bought at World Shops or supermarkets. How about your school shop stocking them?

You can obtain Columbian fair-trade chocolate from the Agenda 21 and Sustainability Office (see pp. 60/61).

Find out more:

www.fairtrade.org.uk

wfto-europe.org

www.inkota.de

www.nachhaltig-einkaufen.de
(in German)



Does your orange juice contain vitamin F?

Germany is world champion not only at buying clothes but also at drinking orange juice. Some 10 litres of OJ are consumed here per person, per year – a staggering 800 million litres in total!

Most of the orange juice available in this country is of Brazilian origin. Combined, orange plantations there are cover roughly the size of Ireland. The fruit is picked by hand, with harvesting restricted to four months a year. The working day lasts 10–14 hours, without any substantial breaks. And the pickers, who work as day

labourers on the plantations, receive extremely low wages for their trouble. Picking 2,000 oranges per day will earn them only 4–6 euros.

You will often see the words ‘mass balance’ on the packaging of fair-trade orange juice. As the proportion of fair-trade oranges used by juice producers is very low, it isn’t worth processing them separately. This results in fair-trade oranges being processed together with non-certified fruit. So a certain number of orange-juice packs, equivalent to this proportion, receive the fair-trade label.



Find out more:

www.fairtrade.org.uk

wfto-europe.org



What you can do:

 If you can, buy orange juice with 'vitamin F', i.e. fair-trade fruit. Look for the fair-trade symbol that you can find on the packaging of these products. If you can't find fair-trade juice at the supermarket, ask the store manager if they can stock it.

 How about a fair-trade and organic breakfast?

With socially and environmentally conscious orange juice, cocoa or tea, bread, jam and other spreads, fruit and vegetables, cheese, butter and milk!

The crooked banana business

Many of us are big banana eaters. But do we think about the people who grow them?

These people are at the mercy of four powerful corporations that dominate the banana trade all around the equator. Sometimes farmers are paid so little that they prefer to let the fruit rot on the tree. And plantation workers are exposed unprotected to pesticides and fall ill. Our supermarkets, waging banana price wars as they do, are complicit in the hardship of people in the regions where they're grown.





It doesn't have to be this way:

Health food stores and World Shops sell fair-trade bananas. Fair-trade schemes improve the lives of farmers. Organizations such as BanaFair have been fighting for workers' rights for years, and help cooperatives to build schools and warehouses and to grow vegetables for their own needs.

By the way, Switzerland's buying habits are much fairer than Germany's: 54% of all bananas there are fair-trade fruit, compared with only 5% in this country.

Delicious banana recipes (in German) can be found at

www.hannover-nachhaltigkeit.de



Find out more:

www.fairtrade.org.uk

wfto-europe.org

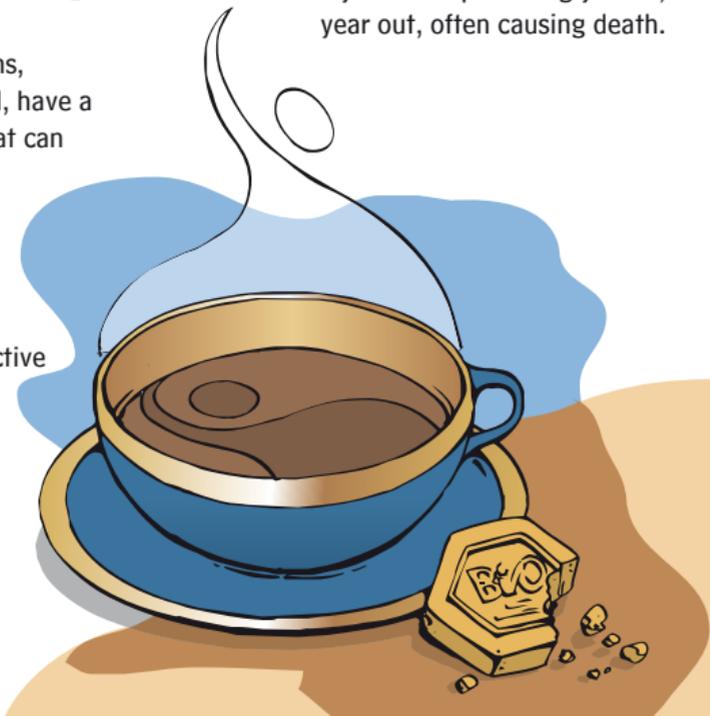
Coffee – caution, hazardous to health?

Not so much drinking it, but producing it, may be a health risk.

Workers on coffee plantations, who pick the berries by hand, have a physically demanding job that can damage their health.

These plantations are intensively sprayed with toxic pesticides which necessitate the use of protective clothing. But most workers don't know this, because they haven't learned to read or write and can't read the product warnings.

Even knowledge can't protect them, however: safety gear is barely affordable for most workers. The result: many cases of poisoning year in, year out, often causing death.



Workers are paid per kg picked. Wages are so low that their children often have to work too. Kids' health is particularly at risk as their immune system is not yet fully developed. Additionally, pesticide use causes environmental damage.

What you can do:

Fair-trade coffee products are a good alternative to conventional coffee. Some fair-trade items are also organic, i.e. produced entirely without pesticides. They are available in World Shops, health food stores and many supermarkets and convenience stores.



Our purchasing decisions help ensure that coffee companies offer more fair-trade items that are also produced under organic conditions.

Other firms have committed to a code of practice aimed at achieving more environmentally and worker-friendly conditions and methods. One problem, however, is that compliance with this code is voluntary and not monitored by independent organizations. Ask whether the coffee in your favourite café or eatery is a fair-trade product.

Find out more:

www.fairtrade.org.uk

wfto-europe.org

www.oeko-fair.de/clever-konsumieren (in German)

www.pan-germany.org (in German)

Where does your steak come from?

Farmed animals are, to a large extent, no longer kept outside on pasture. Instead, they are penned up in confined spaces on a massive scale.

They are often fed on cheap soybeans grown in Brazil and Argentina, for which large expanses of rainforest are destroyed.

Grain is also used as animal feed. Some 50% of the world's grain production ends up in the feeding troughs of cattle, pigs and chickens. It takes 10 plant-derived calories to produce one calorie of meat.

If crops were grown to feed people instead of animals, around 10 times as many of us could be fed as at present. This would greatly help to combat global hunger.

It would also slow climate change, as intensive livestock farming emits high quantities of greenhouse gases.

Find out more:

proveg.com

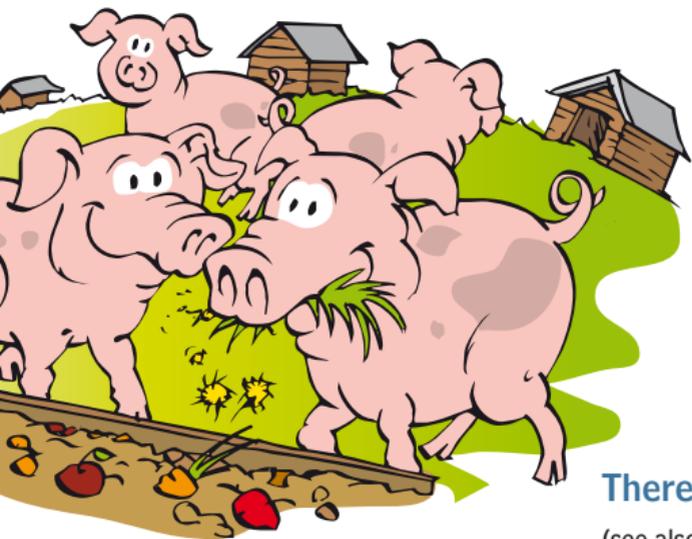
www.bmel.de

www.vgtm.de
(in German)



What you can do:

- Enjoy meat in small quantities, preferably organic.
- Discover the delights of vegetarian cooking.
- Ask where meat comes from and how the animals were kept: were they raised in factory farms? Is the meat locally sourced, preferably from organic growers?



- Visit an organic farm in your local area. Info for the Hannover region: www.bio.hannover.de.

- Ask questions at your school, too. Does your canteen serve organic meat yet?

- Meat from animals raised humanely and without imported feed is sold in health food shops and farmer's markets.

There's another way!

(see also Climate Cooking Workshop, pp. 48/49)

Fish: popular but in peril

80% of fish stocks are, according to a report by the UN's Food and Agriculture Organization, overfished or exploited up to critical biological limits.

To satisfy our enormous appetite for fish, the world's seas are plundered by high-tech fishing fleets. Numerous fish species are close to extinction. And many other creatures are caught in the huge nets, including turtles, whales, birds and sharks.

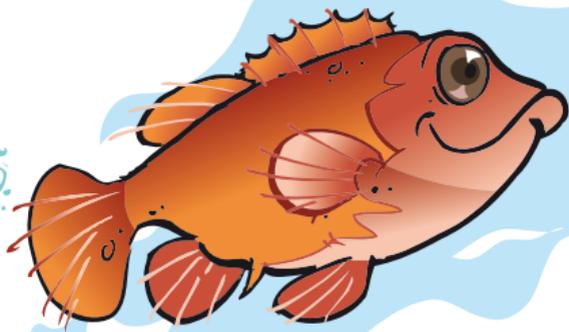
Fish farming (aquaculture) is also problematic. The fish have little space, are susceptible to disease, and many medicines and other chemicals are used. Natural food sources are replaced by industrially produced feed.

The good news: quality labels for fish are now awarded by organizations dedicated to sustainable fishing. The Marine Stewardship Council (MSC) certifies wild fisheries. The Aquaculture Stewardship Council (ASC) and GLOBALG.A.P. certify aquaculture products. Friends of the Sea (FOTS) certifies both.



What you can do:

- Be a conscious consumer of fish, and eat less of it.
- Buy domestically sourced fish such as herring or carp.
- When buying fish, look for relevant logos and, ideally, organically raised fish.
- Good sources of tips for fish consumers are the Fish Guides issued by the WWF and Greenpeace.



Find out more:

www.msc.org

www.greenpeace.org

wwf.panda.org

No future for our forests ?

Paper production is input-intensive: one kg (~220 sheets of A4) requires up to 2.4 kg of wood and 54 litres of water.

In Germany, each of us uses about 250 kg paper per year – for toilet paper, tissues, writing pads, etc. The wood comes from northern Europe, Russia, Canada or Brazil, from plantations or rainforests. To satisfy our appetite for paper, primeval forests are razed, ecosystems destroyed, water contaminated and people displaced. People who work with chlorine used to whiten and bleach paper suffer from skin conditions, coughs and respiratory problems. And all of this is unnecessary, as paper can be recycled.



Recycled paper has many advantages:

- It reduces wood consumption and impact on forests.
- It saves energy and water.
- It lowers water pollution.
- It reduces waste.

Find out more:

www.fscus.org/paper

www.papierwende.de (in German)

www.papierwende-hannover.de (in German)



What you can do:

- Use as little paper as possible and buy recycled paper – for writing, in the kitchen and in the loo.
- Find out what paper is in your school copier. No Blue Angel logo? That needs to change.
- With your class, take part in the 'Papierwende' (Paper Revolution) project. In conjunction with Bürgerinitiative Umweltschutz e.V. (a conservation action group), the Agenda 21 and Sustainability Office has resources for schools, including workshops, presentations, a buyer's guide and free school exercise books.

What has the rainforest got to do with us?

When we hear about threats to the rainforest, we first think about logging and poaching. But just by driving our cars, playing computer games or buying products in plastic packaging, we are impacting these forests.

All of these things require petroleum, some of which is extracted in tropical rainforests in Central and South America and Africa. Take the partly German-funded pipeline in Ecuador.

Laws were ignored and, for cost reasons, the pipeline was not built stably. The result: leaks, with 130,000–160,000 litres discharged into the soil and rivers every month. The ecological fallout is disastrous – a single drop of oil is enough to contaminate 10,000 litres of water! And the indigenous peoples who live there are badly affected. Indigenous communities in Siberia are being similarly impacted.

What you can do:

- Buy products with little or (preferably) no packaging.
- When shopping, take a rucksack or basket with you instead of using plastic bags.
- Rather than turning up the heating, put on a sweater.
- Turn off the heating when you air a room or go out.

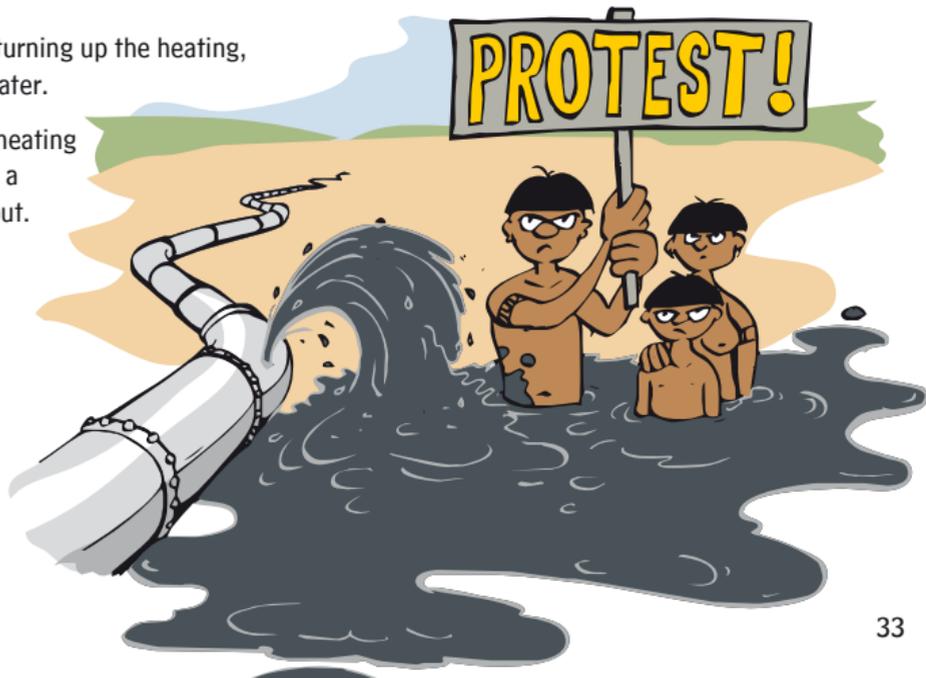
Find out more:

www.goingzerowaste.com

www.erdoelinamazonien.org

www.regenwald.org

www.klimabuendnis.org

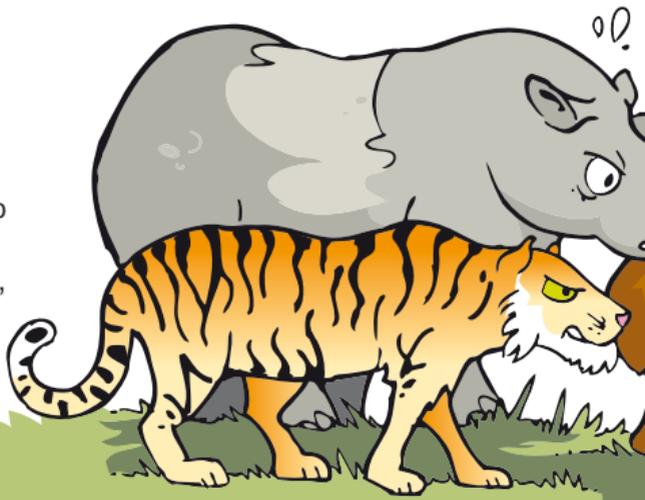


Palm oil

It's not only logging and oil extraction that threaten the rainforests. Palm oil production is also destroying tropical forests on a vast scale.

Pizza, biscuits, ice cream, margarine, lipstick, cleaning products ... almost every other product contains palm oil, obtained from the kernels of the oil palm fruit. Oil palms are grown in large plantations in Indonesia, Thailand, South America and Africa – faraway places, so we don't see the catastrophic damage wrought there. The rainforest is being recklessly cleared to plant palm oil; this is bad for the climate because CO₂ is released in large quantities, and biodiversity is under threat from monoculture.

The people, at-risk plants and animals that live there, such as the orangutan, tiger and rhino species, are thus robbed of their unique living environment and are dying out. Massive protests by environmentalists have led to initial attempts to draw up standards for sustainable palm oil production. However, few companies belonging to food multinationals are changing their purchasing policies.



What you can do:

- Don't use products containing palm oil.
- Talk to your friends about this issue. Many people are unaware of it.
- For a list of ingredients that may contain palm oil, go to www.umweltblick.de (German website).
- For cooking and baking, use European oils such as sunflower, olive, rapeseed or linseed oil.

Find out more:

www.greenpeace.org

www.regenwald.org

www.abenteuer-regenwald.de
(in German)



Grown for the garbage?

More than half of our food ends up in the bin! And most of it this waste occurs between the field and the shop: one in two lettuces and one in five loaves of bread are thrown away.

But food keeps us alive and we need to treat it with respect. One of the problems is the best-before date; these encourage us to discard perfectly good products. www.foodsharing.de is an online portal aimed at saving food from the rubbish bin. With the aid of the food-sharing community, we can prevent food being wasted and share it with others. Hannover is one place where there are refrigerators called *FairTeiler* ('fair distributors')





What you can do:

- Become a food saver!
- Don't buy too much, and use a shopping list.
- Don't give in to seductive offers like '3 for the price of 2'. Resist the temptation to consume more than you need.

Find out more:

www.zugutfuerdietonne.de (in German)

www.mundraub.org (in German)

www.foodsharing.de (in German)



Fight the global plastic plague

Try living without plastic. It's next to impossible. The stuff's used in virtually all products and, as waste, ubiquitous.

The oceans of the world contain six times more plastic than plankton, and it's even detectable in our bloodstream. Vast patches of floating garbage have a devastating impact: coral reefs die, seabirds and fish get entangled in plastic objects. They even feed their young with plastic. Every year it kills tens of thousands of animals. And it also ends up on our plates. Plastic takes up to 600 years to fully break down. In the process, it decomposes into smaller and smaller fragments that eventually enter the sea via rivers. Many cosmetics products contain microplastics, which also reach the oceans sooner or later.





These pass up through the food chain to us when we eat fish. The environmental toxins they contain may be harmful to health.

What you can do:

- Take a basket or rucksack when shopping.
- Buy products with a minimum of packaging.
- Drink tap water instead of buying water in PET bottles. It's much cheaper and often better.
- Avoid cosmetics containing microplastics. Here's a list of products: www.bund.net/meere/mikroplastik (in German).
- Don't use disposable plates etc. on picnics.

Find out more:

www.reset.org
foe.org
www.nabu.de

Stop climate change!

Snow in winter is now a rarity. The summers are hot and dry; there are violent storms or heavy rain. That's how climate change manifests itself here. In developing countries, people suffer famine caused by persistent drought, flooding, landslides, mudslides, and changes in distributions of wet and dry seasons.

It's us in the industrial countries that cause the largest share of the greenhouse gases that are pushing up temperatures worldwide. This is unfair, because our affluence comes at the expense of people in the Global South, who suffer tremendously due to climate change. So we all need to act: governments and businesses must switch our energy to environmentally friendly, renewable sources including the sun, wind and water.

But each one of us can do something. The best way to contribute is to save energy – which, by the way, will also save you money.

For tips and hints on how to save energy, visit:

www.saveonenergy.com/learning-center/ (USA)

www.foeeurope.org/yfoee

www.klima-sucht-schutz.de (in German)

What you can do:

- Find out where your power at home is sourced from and (if necessary) switch to green electricity.
- Replace old lightbulbs with power-saving LED bulbs.
- Don't leave electrical equipment like TVs and computers in standby mode: switch these off. A socket strip is a good idea here.
- Don't turn up the heating too high in winter. 1°C lower means a 6% energy saving.
- Look for regionally sourced products at farmers' markets, health food shops, supermarkets, etc. The shorter the distance they've been transported, the greener they are.
- Buy long-life products and ones that can be repaired, rather than continually buying new things.

Getting active...



This book gives you lots of ways to make a difference through your own actions, and to help create fairer living conditions. You might – together with friends – even like to organize activities yourselves.

There are so many possibilities: you could have a bake sale in your school, hold a flea market or a sponsored walk or run.

You can then use the funds raised to support projects and organizations working to improve the lives of people in poorer countries. You could apply to be a fair-trade school or suggest topics for project weeks at your school, such as fair working conditions, sustainable consumption and beating climate change. And the organization Terre des hommes has a 'school solidarity campaign' with ideas for specific projects (www.weltretter.de).

Of course, there are plenty of other options, so let your creativity and imagination run wild!

... On your marks ... get set ... go!

Living sustainably in Hannover

Here you'll find tips and addresses where you can buy, lend, borrow, give away or swap used things, and where you can get fair-trade products or items with little or no packaging.



Hannover gets sharing

If you want to swap, give away, lend, borrow or repair things, or are looking for used items yourself, www.hannoverteilt.de (in German) is a great site to place ads.

Clothes swap parties

Take clothes you no longer need to a Greenpeace-organized clothes swap party. www.greenpeace-hannover.de (in German)

Second-hand in Hainholz

Community organization Werkstatt-Treff Mecklenheide e.V. has second-hand shops ('Stöbertreffs') with plenty of used items at low prices, such as books, clothing, electricals, household articles, furniture and home accessories.

Public bookcases

These open-access bookshelves are available at all times. Anyone who wishes to read a book can take it and return it after a reasonable time, or keep it and replace it with another title.

www.hannover.de

A cargo bike called Hannah

Under this scheme, anyone in the region can borrow a cargo bike free of charge – an everyday transport solution that's fun and convenient.

www.hannah-lastenrad.de (in German)

Handicrafts

The Contigo Fairtrade Shop (address: Lister Meile 74) has toys and games, candles, gifts, bags and much more. And, of course, it's all fairly traded!

Fair fashions

All clothes available from these outlets are fair-trade items.

- Greenality, Osterstr. 1
- Eins, Am Lindener Marktplatz 10
- Maas Natur, Lister Meile 29





Buying without packaging

Hannover has a zero-waste bulk store. Called 'Lola', it's at Stephansplatz. There are also many health food shops where you can bring and fill your own container.

Shop fairly and organically

There are supermarkets and convenience stores that sell organic and fair-trade products.

Farmers' markets

Organic and regionally produced food is available at farmers' markets.

www.hannover.de

search term: farmers' markets

A Shopping Guide with addresses that stock fair-trade products can be obtained from the Agenda 21 and Sustainability Office.

Introducing JANUN e.V. Hannover



Its own radio show, ~10 international youth exchange trips every year, seminars and group theme holidays, city tours with a climate change or sustainability focus, workshops in schools, projects with young refugees, activities in its own Experience Nature garden, and children's teepee adventures in the Deister hills.

This (and more) is JANUN e.V., a Hannover-based youth organization that, together with children and young adults, is committed to the environment, tolerance, human rights and questioning globalization. Cooperative projects, ideas and new members are welcome.

Why not get in touch?

JANUN Hannover
Fröbelstr. 5, 30451 Hannover
Tel. +49 (0)511 5909190
buero@janun-hannover.de
www.janun-hannover.de (in German)



KONSUMENSCH

From classroom to city centre, exploring the international impact of our consumption: this city tour uses learning games, quizzes, and objects that vividly illustrate the issues to highlight how much globalization is part of our everyday lives.

KonsuMensch is designed mainly with school pupils aged 14 to 20 in mind, but is also suitable for confirmation and senior citizens' groups, vocational colleges, clubs and societies, etc. The tour shows the social and environmental effects of our consumption.

Find out more:

www.janun-hannover.de (in German)

the globalization-aware city tour

In 2003, Germany's then Federal President awarded the KonsuMensch project with the Otto Brenner Prize. Based on the same idea, JANUN also offers a 'temperaTOUR' city tour focussing on climate change and consumption. Students act as guides for this 90-minute tour, which costs 2 euros per head.



awarded
the Otto Brenner
Prize





Clever kochen fürs Klima

Cook smart – for our climate

A Climate Cooking Workshop for Hannover region pupils

Our climate and our food are directly interconnected – almost one-quarter of our ecological footprint is related to what we eat.

So it's obvious that regional, seasonal and vegetarian foods are good for the climate as well as us.

'Clever kochen fürs Klima' is the name of a mobile kitchen that you can invite to your school.

A specially trained team will show you how to make simple but healthy meals and snacks. Together you can try out tasty recipes and discover different foods. And, as a 'side dish', you'll also learn how what you eat affects the climate.

Eat down the heat!

Who can join in?

'Clever kochen fürs Klima' is suitable for all school years and school types in the Hannover region. The workshop is free; contact the 'Umweltzentrum Hannover e.V.' environmental-advice centre for enquiries.

'Clever kochen fürs Klima' is funded by means of Sparkassenbrief N+, a savings bond provided by the Sparkasse savings bank, and by the Environmental Foundation of Lower Saxony (NBU).

Find out more:

Umweltzentrum Hannover e.V.
Emma Leis, Tel. +49 (0)511 16403-11
e.leiss@umweltzentrum-hannover.de
www.umweltzentrum-hannover.de
(in German)



The Agenda 21 and Sustainability Office



In 1995, the City of Hannover joined Agenda 21, the global action plan for sustainable development, and set up an Agenda 21 office. Since then, a team has worked on issues such as fair trade, global justice, resource protection and sustainable consumption. Together with various organizations and initiatives, information resources are created, events organized,

educational opportunities developed and practical ideas for sustainable, responsible lifestyles highlighted. The team at the Agenda 21 and Sustainability Office also assists interested people with their ideas, projects and campaigns on social and environmental justice in Hannover and beyond. After all, global responsibility doesn't end at the city limits.

How the Agenda 21 and Sustainability Office keeps you informed

- **Hannover fairführt** (in German)

This listings publication provides an overview of events related to cultural diversity and sustainable living.

- **Zukunft gestalten** (in German)

This brochure, headed 'Shaping the Future', lists a wealth of opportunities for schools and child daycare facilities.

- **Agenda-Plenum**

This is a thrice-yearly open public forum held at the New Town Hall with information on exemplary projects and activities.

- **Newsletter** (in German)

To subscribe to our Newsletter, with news roundups, dates, educational opportunities and useful tips, send an e-mail to: agenda21@hannover-stadt.de.

- **Internet**

And www.hannover-nachhaltigkeit.de is always up to date.

Our educational opportunities

The Agenda 21 and Sustainability Office offers a range of educational opportunities on sustainable consumption, aimed both at schools and the general public.

Instruction units include:

Shopping - a fair deal?

You explore what's unfair about consumption and look for fair solutions. What, and how much, do I need to live? And what's a 'good life' anyway?

Oceans of plastic waste

Our seas contain vast plastic 'islands'. Problems include the durability of plastic, and microplastics absorbed by fish. What can we do to stem the plastic tide?

Jeans & Co.

Fashion is explored to critically illustrate our buying habits. Under what sort of working conditions is a pair of jeans made?

Chocolate and palm oil

Cocoa plantations often mean poor working conditions. Child labour still goes on. You'll discuss fair trade as an alternative and look at the palm oil issue.

Climate

You explore the greenhouse effect, its causes and impact, and discuss climate care ideas.

Paper and waste workshops

How can you avoid waste and shop sustainably? You'll find out why recycled paper makes sense and even make your own!



Find out more:

www.hannover-nachhaltigkeit.de

(opportunities for schools
and child daycare facilities)

Teaching guides and resources are also available on sustainable consumption.

Lesson boxes

These contain guidance and visual aids on topics such as Climate, Food, and Consumption, and can be lent out free of charge.

The Energy Detectives Mini-Book

You explore how we waste energy and become an expert on saving energy and climate care.

Children aren't slaves

Teaching guide on exploitative child labour

Malawi

Lesson unit on poverty, food security, education, health and fair trade with reference to Malawi

Make your school a fair place!

The chocolate in the school shop, the coffee in the staff room, the football used in PE or the paper in the copier – your school will have many products that originate in the Global South and aren't always produced under fair conditions.



One World school checklist

This checklist will help you thoroughly assess your school. Find out where there's room for improvement.

You'll get input on campaigning for fair trade or putting on a fair-trade school fête. And there are ideas on how to introduce fair-trade products in your school.



Find out more:

www.hannover-nachhaltigkeit.de
(opportunities for schools
and child daycare facilities)

Become a Fairtrade School

And there's another step your school can take. By being awarded Fairtrade School status, it can demonstrate commitment towards these values and global justice.

The campaign of the same name is supported by Cologne-based organization Transfair e.V., which also awards the familiar Fairtrade mark. To earn this status, five criteria must be met, of which two are: fair trade is a topic dealt with in lessons; fair-trade products are offered at the school.

The Agenda 21 and Sustainability Office will help your school fulfil these requirements. This includes advice on products your school can introduce.



Fairtrade Schools campaign



Find out more:

www.hannover-nachhaltigkeit.de
(Unsere Schule handelt fair! /
Our school trades fairly!)

www.fairtrade-schools.de (in German)
schools.fairtrade.org.uk (UK)
fairtradecampaigns.org (USA)

Hannover – taking on exploitative child labour

Many children in developing countries work in unimaginable conditions: in the textile, toy or food industry, on rubbish tips and in quarries.

Their childhood doesn't involve play or going to school – and all because they're making goods for us at the lowest prices possible. Hannover, along with other towns and cities, is working to ensure no products from exploitative child labour are bought. This makes them a key role model for industry, and also for each individual. As municipalities have huge purchasing budgets, what they ask for is a big factor in our economy. The City of Hannover's commitment is summed up in a council resolution headed 'Action against child labour'.



Visit this website

www.aktiv-gegen-kinderarbeit.de (in German)
to find out which producers are doing something about child exploitation.

Information in English can be found at
www.un.org/en/events/childlabourday.

Find out more:

www.weltretter.de (in German)

Hannover: active in the Climate Alliance

The City of Hannover is a founder member of the Climate Alliance of European cities with indigenous rainforest peoples.

Together with over 1,700 other European cities and towns, we want to reduce climate-harming emissions and help preserve the rainforest for its indigenous peoples. In conjunction with the Climate Alliance and other partners, the Agenda 21 and Sustainability Office organizes visits, interaction opportunities and talks by indigenous advocates, as well as projects and exhibitions to raise awareness of the rainforest's global importance and draw the connections to the lifestyles we lead here.



Contact the Agenda 21 and Sustainability Office if you're interested in having an indigenous advocate visit your school.

What you can do:

With your class, earn 'green miles' for the world's climate: www.kinder-meilen.de

Find out more:

www.klimabuendnis.de

Hannover goes Fairtrade...



On 3 May 2010, Hannover became the first Fairtrade Town in Lower Saxony. What led up to this was a council decision that the city and its municipal facilities would no longer obtain goods derived from exploitative child labour, but would favour fair-trade products.

Fair-trade coffee is served at meetings in the New Town Hall. Activities such as 'Faire Woche' (Fair Trade Week) are intended to raise public awareness of the issue. Fair-trade products are available in many shops and cafes. And many clubs, schools and churches are involved too.

...the first town in Lower Saxony to do so!



But this is no reason for complacency! This status, which cities have to re-apply for every two years, is also a call to set an example and to get other players in the urban community enthusiastic about fair-trade products – not only retailers, cafes and restaurants, but also companies and individual citizens.

So we invite everyone to get active. Everybody who buys fair-trade products helps make the world a slightly fairer place.

Find out more:

www.fairtradetowns.org

Municipal climate partnerships

As a Climate Alliance member, the City of Hannover is – under a municipal climate partnership – supporting small farmers in Belén de los Andaquies (Colombia), who want to save their rainforest from loggers by means of sustainable agriculture.



The small farming families grow cocoa sustainably in the rainforest, thus helping to preserve biodiversity and combat global climate change. They receive guidance on organic farming, on establishing tree nurseries, and on certification and on running cooperatives, so that the cocoa meets organic guidelines and fair-trade criteria. The cocoa then finally begins its long journey to Germany.

In a small chocolate factory in Odenwald, Germany, this cocoa is roasted, ground and processed into chocolate which then, labelled 'Ambassador for the rainforest', reaches Hannover. Here it is available not only as a mouth-watering contribution by the City of Hannover to battling climate change, preserving the rainforests, and fair trade. It's also a starting point for explaining global complexities and highlighting the effects of our consumption – on the rainforest, for example.



The Agenda 21 and Sustainability Office offers workshops in schools and elsewhere that explore cocoa, fair trade, climate care and global justice. The climate partnership was formed as part of the project '50 municipal climate partnerships by 2015', which is run by Engagement Global / Service Agency Communities in One World.

The Oxfam shop

So your summer outfit no longer fits and there are two copies of your favourite book on the shelf? No problem – Hannover's **Oxfam shop** will happily take (almost) anything that would be a shame to throw away, provided it's clean and in good condition. Just come by during opening hours and hand in your unwanted items to a member of the volunteer staff. This helps the environment, makes the new owners happy, and the profits go to aid and development organization Oxfam Germany. It will help them to provide people in disaster areas with water, sanitation services, etc. In poorer countries, Oxfam projects help women and men to change their lives for the better. Together with people in the Global South and Global North, Oxfam campaigns for political policies that benefit everyone.



The Oxfam shop offers everyone a simple way of making a difference – by donating items, volunteering one's time or buying. All these things make the world a slightly better place.

Karmarschstr. 38 · 30159 Hannover
Tel. +49 (0)511 1234827
www.oxfam-shops.de (in German)

Opening hours:

Mon.- Fri. 10 a.m. – 7 p.m.
Sat. 10 a.m. – 3 p.m.

Oxfam

World Shops – great alternative places to shop!

Allerweltsladen

A world in one store!

The ‘**Allerweltsladen**’ in Hannover’s Linden Nord district has a big selection of fair-trade food items, musical instruments, stationery, and other useful and beautiful things.

Part of this shop’s distinctive mix is the wide range of books and teaching resources on development issues, as well as novels by authors from Africa, Asia and Latin America that are available to buy (or to borrow from the in-store library). If you want to find out about countries and issues mentioned in this booklet, the Allerweltsladen is a great place to go. It was established in 1981 by pupils and teachers at the IGS-Linden secondary school.



Limmerstraße 44 · 30451 Hannover
Tel. +49 (0)511 2108887
www.allerweltsladen.de (in German)

Opening hours:

Mon.- Fri. 10 a.m. – 2 p.m.
and 2.30 p.m. – 6.30 p.m.
Sat. 10 a.m. – 4 p.m.

Repair Cafés

Your favourite coat has lost a button?
The kettle's playing up? No reason to
chuck them away!

In times of growing resource scarcity, recycling, reuse and sustainable consumption are becoming increasingly important. The first Repair Café was opened in Amsterdam in 2009, and more and more are being added. In 2014, four opened in Hannover alone – a meeting place where citizens can bring along faulty household appliances, furniture or toys, and save them from the waste bin by having them repaired by skilled volunteer fixers.



The volunteers provide the tools and the expertise needed.

The Repair Cafés are intended as sociable places where people come to chill over coffee and cake, and to get help fixing everyday items instead of having to buy new ones – an alternative to the throwaway society and a great way of saving money!

Repair

Throw it away?
No way!



Repair Café Hannover-Linden
Posthornstr. 27
30449 Hannover
HelfendeHaendeRT@-online.de
<http://portale.awo-hannover.de>

Repair-Café im Halven
Kopernikusstr. 14
30167 Hannover
hello@hafven.de
www.halven.de/repair-cafe (in German)

The Repair-Cafés in Hannover

Repair Café Hannover-Nordstadt
Kniestr. 10
30167 Hannover
info@repaircafe-hannover.de
<http://repaircafe-hannover.de> (in German)

Repair-Café Ahlem
Café Faire Bohne
Martin-Luther-Kirche church, Ahlem
Wunstorfer Landstr. 50 B
30453 Hannover
café@faire-bohne.de
www.martin-luther-ahlem.de (in German)

Repair Cafe Roderbruch
Spielarkaden (games arcades)
Buchnerstr. 13 B
30627 Hannover
www.seniorenberatung-hannover.de
(in German)

SUSTAINABLE DEVELOPMENT GOALS

The City of Hannover has signed up to the international Agenda 2030 for Sustainable Development, with its 17 Sustainable Development Goals (SDGs).

These goals apply to all states and are intended for implementation by 2030.

Government, local authorities, business, civil society – and each one of us – are called to action in a concerted effort to end poverty and hunger, promote equal opportunities and education, combat climate change, protect natural resources and build global partnerships.

If you want to explore the goals in a fun way, we recommend a mystery-packed geocaching tour called 'Nachhaltige Ge(o)heimnisse'.

Find out more:

sustainabledevelopment.un.org

www.globalgoals.org

www.hannover-nachhaltigkeit.de

www.bmz.de/de/ministerium/ziele/2030_agenda (in German)



1 No poverty



2 Zero hunger



3 Good health and well-being



4 Quality education



5 Gender equality



6 Clean water and sanitation



7 Affordable and clean energy



8 Decent work and economic growth



9 Industry, innovation and infrastructure



10 Reduced inequalities



11 Sustainable cities and communities



12 Responsible consumption and production



13 Climate action



14 Life below water



15 Life on land



16 Peace, justice and strong institutions



17 Partnerships for the goals

Media offerings for schools

There are many films, videos and documentaries which deal with living sustainably, globalization, fair trade, justice – and the issue of sustainability in general – that can't all be listed here.

At www.filmsfortheearth.org you'll find over 100 nature films, wildlife films and documentaries on the environment and sustainability that you can stream for free.

Find out more:

www.filmsfortheearth.org/en

www.utopia.de (in German)

Utopianale Film Festival 'Because there is a tomorrow'

At this documentary film festival for a sustainable society, films are shown that explore positive ideas on social change and whose message is 'each of us can help shape the future'. There are also film-related interviews and discussions. And, for schools, there are special workshops and project days.

www.utopianale.de
(in German)

Media Centre services

Region Hannover's 'Medienzentrum' and the 'Media Education Centre' (MPZ Hannover) jointly offer numerous projects, in-service training opportunities and seminars on video and audio techniques, film, educational methodology, multimedia and the Internet. Here you'll find guidance and support on (almost) all aspects of media.

The media centres also have a non-profit, generally free lending service with documentaries, feature films and instructional resources.

www.mpz-hannover.de (in German)

www.mzrh.de (in German)

Hannover's own 'Cinema School'

KinoSchule Hannover works with schools and other educational institutions in the Hannover region to help their students gain 'visual literacy' and an aesthetic education. The goal is to explore film and the language of film through awareness of its history and 'grammar'.

www.kinoschule-hannover.de (in German)





Find out more

List of addresses relevant to sustainable living and global justice

Agenda 21 and Sustainability Office of the City of Hannover

www.hannover-nachhaltigkeit.de

Allerweltsladen (fair-trade store)

www.allerweltsladen.de (in German)

Amnesty International

www.amnesty-hannover.de (in German)

affac Hannover

(global-justice organization)

affac-netzwerk.de/hannover (in German)

Brot für die Welt (aid agency)

hannovers.brot-fuer-die-welt.de

(in German)

Bürgerinitiative Umweltschutz

(conservation action group)

www.biu-hannover.de (in German)

Dritte Welt Forum in Hannover e.V.

(Third World Forum)

www.3wfhannover.de (in German)

Greenpeace Hannover group

www.greenpeace-hannover.de

(in German)

JANUN e.V. Hannover (youth org.)

www.janun-hannover.de (in German)

Kinderwald Hannover

(a wood for children)

www.kinderwald.de (in German)

Kirchlicher Entwicklungsdienst (KED)

(church development service)

www.ked.landeskirche-hannovers.de

(in German)

Medienpädagogisches Zentrum
(media education centre)
www.mpz-hannover.de (in German)

Medienzentrum der Region Hannover
(media centre)
www.mzrh.de (in German)

**Hannover School Biology Centre
(SBZH)**
www.schulbiologiezentrum.info
(in German)

Transition Town Hannover e.V.
www.tthannover.de (in German)

Umweltzentrum Hannover e.V.
(env. advice centre)
www.umweltzentrum-hannover.de
(in German)

**VEN – Verband Entwicklungspolitik
Niedersachsen**
(assoc. of development NGOs)
www.ven-nds.de (in German)

**VNB – Verein Niedersächsischer
Bildungsinitiativen e.V.**
(assoc. of education initiatives)
www.vno.de (in German)

**Viva con Agua de Sankt Pauli e.V.
Zelle Hannover**
www.vivaconagua.org (in English)

WandelWerte e.V.
(waste-recycling project)
www.wandelwerte.de (in German)

Werkstatt-Treff Mecklenheide e.V.
(employment project)
www.werkstatt-treff.de (in German)

Werk-staff-Schule e.V.
(education provider)
www.werkstattschule.de (in German)

Wissenschaftsladen Hannover e.V.
(‘science shop’)
www.wissenschaftsladen-hannover.de
(in German)

Landeshauptstadt

Hannover

The Lord Mayor

Agenda 21 and Sustainability Office



Town Hall

Trammplatz 2 | 30159 Hannover

Tel.

+49 (0)511 168 49838

e-mail

agenda21@hannover-stadt.de

Internet

www.hannover-nachhaltigkeit.de

In cooperation with

Janun e.V., www.janun-hannover.de

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