

## WELCOME AT GREEN MUK

Some tips for a sustainable stay in Vienna

- **VIENNA HAS MOUNTAIN SPRING WATER FROM THE TAP!** There is no need to buy bottled water. If you order Sodawasser at a restaurant, it is tap water with gas.
- **BUY AT LOCAL DESIGNERS | DESIGN MARKETS** e.g. Mondscheinbazar ([www.mondscheinbazar.at](http://www.mondscheinbazar.at)), Edelstoff Designmarkt ([edelstoff.or.at](http://edelstoff.or.at))
- **BUY | SWOP | GET SECOND-HAND FOR FREE** e.g. Austrian crag's list | ebay: ([www.willhaben.at](http://www.willhaben.at)), Parish fleamarkets ([www.flohmarkt.at/flohmaerkte/wien/45](http://www.flohmarkt.at/flohmaerkte/wien/45)), second-hand-shop by the catholic church ([www.carla-wien.at](http://www.carla-wien.at)), Vienna's collecting point of refuse-shop ([www.48ertandler.wien.gv.at](http://www.48ertandler.wien.gv.at)) or swop | get for free: [www.kostnixladen.at](http://www.kostnixladen.at)
- **HOW TO GET SUSTAINABLE (AND AFFORDABLE) FOOD:** Be part of a food-coop (Solidarische Landwirtschaft: [www.foodcoops.at/bestehende-foodcoops](http://www.foodcoops.at/bestehende-foodcoops)) or in an urban gardening club (Gemeinschaftsgarten) or buy at our well-known markets ([www.wien.gv.at/freizeit/einkaufen/maerkte](http://www.wien.gv.at/freizeit/einkaufen/maerkte)), use food-sharing ([www.foodsharing.at](http://www.foodsharing.at)) and have a look into crowdfarming ([www.crowdfarming.com](http://www.crowdfarming.com)). Also have a look on the website [www.mundraub.org](http://www.mundraub.org), where you can harvest fruits and veggies from ownerless plants for free. You also find sustainable food brands in the local grocery stores like Zurück zum Ursprung, Ja! Natürlich, Natur\*Pur. If you need a nice present of saved foods: unverschwendet.at. To empower everyone to take action against food waste: <https://toogoodtogo.de/>
- **IF POSSIBLE, USE SUSTAINABLE TRAVEL** Fly as rarely as possible (avoid short distances), less luggage is where possible, digital information is sufficient more often, nearby destinations can also be exciting (e.g. Vienna on foot: <https://www.wienzufuss.at/app/>), use public transport and bicycles on site you can also borrow a transport bike for free.
- **AVOID DIGITAL WASTE** As good as digitalization is and as also helps us to react climate-friendly in a way, as important it is to also have the following in mind: Toxic metals of electronic devices lead to air-/soil-/water pollution, so maintain your electronics and donate or recycle your electronic gadgets, buy energy star rated electronics, delete data and e-mails which you do not read or need anymore (waste cloud).

