

Economical Sustainability Guide of the Theater im Ballsaal for Artists, Ensembles, Companies and Collectives

Preface

Dear artists and team members,

We have set ourselves the goal of making our theater and our working methods environmentally friendly. We have changed our lighting technology to LED spotlights, we use recycled paper for our print products, we have installed an intelligent heating system for our entire premises, and we participated in the first "Staffellauf fürs Klima" in 2022 - to name just a few of our previous efforts.

To help you make your contribution, we would like to present our Economical Sustainability Guide.

It starts with the most important measures to save energy and water and to reduce the use of plastic.

This is followed by information on how to act in an environmentally friendly way in our house and in the theater in general. Using the symbols listed under "Caption", you can quickly see how you can reduce water, energy and plastic consumption.

In our premises you will find notices on which the most important points are summarized concisely and clearly. This guide also contains brief explanations and helpful links.

If you have any questions, suggestions or further tips for us, please feel free to inform your contact person from our team directly or send an e-mail to info@theater-im-ballsaal.de.

We are looking forward to your engagement and the use of our guide!

All the best,
the team of Theater im Ballsaal

Caption



Saving Water



Saving Energy



Avoiding Plastic

Economical Sustainability Guide of the Theater im Ballsaal

Saving Water

- only boil as much water / make as much coffee as needed
- to wash dishes, fill the sink with water and do not let it run continuously
- turn off the tap correctly

Avoiding Plastic

- shop groceries in unpacked stores
- buy food without plastic packaging
- when using plastic packaging, make sure it is made from recycled plastic
- buy drinks in glass bottles instead of plastic bottles
- reduce disposable products
- avoid plastic bags
- avoid products with microplastics
- use hygiene products sparingly
- raise awareness about unnecessary use of plastic via the app "ReplacePlastic"
(<https://www.replaceplastic.de/>)

Saving Energy

- put devices into standby mode when not in use for a short period of time
- switch off devices properly and unplug them from the mains / switch off the power outlet
- turn off lights when there is sufficient daylight
- switch off lights when leaving the room
- open refrigerator only briefly
- if possible, do not run washing machine overnight so that it is not in operation until the next morning
- streaming
 - choose platforms that use renewable energy
 - compress stream as much as possible

Sustainability in the premises of the Theater im Ballsaal

Kitchen & Catering

- turn off devices properly (no standby mode) and pull out the plug or socket 
- open refrigerator only briefly 
- switch off the lights when leaving the room 
- follow waste separation
- only boil as much water / make as much coffee as needed 
- reduce disposable packaging 
 - no to-go-cups/packaging
 - Pie me: choose a Recup or bring your own cup and use the deposit system “Vytal” (<https://www.vytal.org/>) for take away food
 - Fiddlers: for take-out meals, ask if their dishes can be used and return it promptly
 - bring food/drink from home or cook in the theater's kitchen
 - ➔ in the kitchen in the backstage area is an electric cooking plate and a microwave oven
- relinquish plastic bags 
 - e. g. when you buy vegetables or fruits
 - utilize reusable bags for vegetables and fruits instead (in some stores you do not need a bag at all)
 - use bags made of textile or paper instead of plastic
- if you know that in the evening or the next day the dishwasher will be used at the counter, bring dirty dishes there 
- to wash dishes, pour water into the sink and do not let it run continuously 

GROCERIES

- shop groceries in unpacked stores 
 - Duisdorf: <https://www.freikost.de/>
 - Center & Kessenich: <https://www.lieberunverpackt.de/>
 - Beuel: <https://limasfairpacktewelt.de/>
- buy regional and seasonal fruits and vegetables
 - <https://www.bzfe.de/nachhaltiger-konsum/orientierung-beim-einkauf/der-saison-kalender/app-der-saisonkalender/>
 - <https://www.verbraucherzentrale.de/wissen/lebensmittel/gesund-ernaehren/saison-kalender-obst-und-gemuese-frisch-und-saisonal-einkaufen-17229>
 - <https://www.bzfe.de/einfache-sprache/der-saisonkalender/>
- consider resources needed for the production, production and cultivation of fruits and vegetables
 - e. g. avocado (requires a lot of water; long delivery routes)
- buy Fairtrade-/Bio-/Eco-products
 - Verbraucherzentrale: <https://www.verbraucherzentrale.de/wissen/lebensmittel/kennzeichnung-und-inhaltsstoffe/lebensmittel-zahlen-zeichen-codes-und-siegel-8382>
 - Bundeszentrale für politische Bildung: <https://www.bpb.de/themen/medien-journalismus/netzdebatte/283493/welche-guetesiegel-gibt-es/>
 - Fairtrade Deutschland: <https://www.fairtrade-deutschland.de/was-ist-fairtrade/fairtrade-siegel>
 - Siegelklarheit (GIZ): <https://www.siegelklarheit.de/>

- avoid buying water and other products from Nestle and Storck
 - <https://www.nestle.de/marken>
 - <https://www.storck.com/de/marken/>
 - drink tap water
- avoid eating meat and fish as much as possible
 - <https://www.veggiefinder.de/de/bio>
 - choose non-animal alternative products
- buy glass bottles instead of plastic bottles 🔄
 - even better: bring your own bottle and drink tap water
- buy food without plastic packaging 🔄
 - especially fruits and vegetables
- only buy needed food
- use the app „Too good to go” (<https://toogoodtogo.at/de-at>) for food rescue
- donate food you do not need anymore instead of disposing it
 - <https://www.tafel.de/>
 - <https://foodsharing.de/>

Washrooms

- when using plastic packaging, make sure that it is made from recycled plastic 🔄
 - usually, it is written on the product packaging
- choose organic products/varieties
- switch off lights when leaving the room ★
- dispose of sanitary products in the trash can, not the toilet
- use hygiene products sparingly 🔄
 - e. g. do not use unnecessary amount of shampoo
- do not shower too hot ★
- turn off the tap correctly ●

Office

- use duplex printing
- use thin fonts for printing
 - reduces ink consumption
- use the search engine Ecosia (<https://www.ecosia.org/?c=de>) instead of Google
- put devices into standby mode when not in use for a short period of time ★
- switch off devices properly (no standby mode) if they are not used for a longer period of time ★
- pull out the mains plug / switch off the socket ★
- use laptop instead of desktop PC ★
 - can save up to 60% electricity
- switch off lights when there is enough daylight ★
- turn off lights when leaving the room ★
- follow waste separation instructions
- use as little paper as possible
- use printouts that are no longer needed as notepaper

Travel and Transport

- estimate emissions on arrival
- offset emissions from travel and/or transport
- use car sharing services
 - <https://www.dein-carsharing.de/stadt/bonn.html>
 - <https://scouter.de/bonn/>
 - <https://www.cambio-carsharing.de/bonn>
 - <https://ga.de/bonn/stadt-bonn/carsharing-in-bonn-anbieter-preise-und-informationen-aid-43766569>
- rent electric cars
 - alternative: hybrid cars or vehicles with low consumption
- form carpools 
- turn off the engine when not driving 
- travel by public transport or bicycle instead by car 
 - the Theater im Ballsaal has two bicycles that can be borrowed
 - timetable information of Deutsche Bahn: <https://www.bahn.de/> (also available as app)
 - timetable information of the regional public transport VRS: <https://www.vrs.de/> (also available as app)
 - bikes to rent in Bonn
 - ➔ City of Bonn / provider overview: <https://www.bonn.de/themen-entdecken/verkehr-mobilitaet/mietfahrraeder.php>
 - ➔ Nextbike: <https://www.nextbike.de/de/bonn/>
 - ➔ Swapfiets: <https://swapfiets.de/bonn?type=all>
 - ➔ Bike station of the Caritas Bonn: <https://www.radstationbonn.de/>
- ask for an electric or hybrid car when booking cab rides
 - Taxi Zentrale Bonn: <https://www.taxibonn.de/start.html>

Produktion

- calculate and offset emissions from events
 - <https://co2.myclimate.org/de/event-calculators/new>
- calculate ecological footprint
 - <https://www.bundjugend.de/oekologischer-fussabdruck>
 - <https://juliesbicycle.com/our-work/creative-green/creative-green-tools/>
- streaming 
 - Choose platforms that obtains renewable energy
 - ➔ <https://www.deutschlandfunknova.de/nachrichten/kostrom-ranking-netflix-laeuft-mit-kohle-und-atomstrom>
 - ask audience to stream via Wifi (not mobile data) and adapt playback quality to the end device

Acquisitions

- rent rarely needed equipment instead of buying it
- buy used if possible
 - https://www.bonnorange.de/fileadmin/user_upload/downloads/flyer/2022_Broschuere_Gesucht_und_gefunden.pdf
 - Second-Hand-Shops
- inform yourself about the climate friendliness of companies before you purchase a product
 - Commitment to environmental protection?
 - Clearing of large areas?
 - beware of greenwashing
- switch to sustainable procurement portals 
 - <https://www.memo.de/>
- pay attention to recyclability
 - use rechargeable batteries/accumulators
 - reusable cable ties 
- when purchasing/renting equipment, look for energy/quality labels, energy class and environmentally friendly materials 
 - overview of quality marks by product type: <https://www.kompass-nachhaltigkeit.de/produktsuche/oft-gesucht>
 - Seal directory of the federal government: <https://www.siegelklarheit.de/>
 - Seal directory of the consumer center: <https://label-online.de/>
 - Wood: FSC-Seal (<https://www.fsc-deutschland.de/de-de/der-fscr/das-kennzeichen>)
 - buy environmentally friendly, organic and/or fair trade varieties
 - Nabu Seal-App: <https://www.nabu.de/umwelt-und-ressourcen/oekologisch-leben/essen-und-trinken/bio-fair-regional/labels/16627.html>
 - Seal overview from Utopia: <https://utopia.de/siegel-guide/>
 - Scan4Chem (noxious substances): <https://www.umweltbundesamt.de/themen/chemikalien/chemikalien-reach/reach-fuer-verbraucherinnen-verbraucher/scan4chem-smartphone-app-web-app#erklarfilm-smartphone-app-scan4chem>
- pay attention to ingredients
 - avoid environmentally harmful substances such as formaldehyde, polyvinyl chloride, chromium
 - Codecheck-App (ingredients): <https://utopia.de/ratgeber/mit-codecheck-app-die-inhaltsstoffe-per-handy-auslesen/>
 - Nestbau-App (contained toxins): <https://nestbau.info/gut-zu-wissen/giftfrei-ein-kaufen-app/>
 - ToxFox (toxins & microplastic): <https://utopia.de/ratgeber/toxfox-mit-dem-handy-hormongifte-erkennen/>
- when purchasing products, pay attention to energy consumption and the environmental impact of production, transport, storage, sale and disposal (= gray energy) 
 - environmental harmfulness of the extraction of raw materials
- pay attention to production conditions and supply chains of products
 - e. g. working conditions
- ask suppliers for minimal packaging 
- ask (frequent) suppliers if packaging material can be returned for reuse 
- buy in local stores  
 - less (individual) shipping and packing material

- no/less CO2 emissions due to delivery
- support for local stores
- donate things that are no longer needed but are still good
- use water-based paints free of harmful substances
- get things fixed instead of throwing them away
- <https://www.repaircafebonn.de/>

Costume, Make Up, Requisites and Stage Design

- buy used if possible
- shop in local stores  
- water soluble liquids should be used for fog and smoke
- use flower confetti instead of traditional confetti
- borrow costumes and requisites
 - fundus cooperations and networks
- avoid products with microplastic 
 - CodeCheck: <https://www.codecheck.info/so-gehts/start>
- use recycled materials for the construction of stage sets
- pay attention to environmentally friendly material
 - do not use tropical wood
- donate things that are no longer needed, but are still good
- eco-friendly & animal-free cosmetics
 - BDIH Standard: <https://kontrollierte-naturkosmetik.de/>
 - Utopia: <https://utopia.de/siegel/bdi-h-kontrollierte-naturkosmetik/>
 - Utopia / Natrue: <https://utopia.de/siegel/natrue/>
 - Natrue-Seal: <https://www.natrue.org/de/>
- environmentally friendly make-up removal wipes
- use washable and reusable cotton pads
 - e. g. from Alnatura or Rossmann
- buy cotton swabs made of bamboo 

Press and Public Relations

- only print as much evening programs as needed and on both sides of the paper
 - orientation to reservations and already purchased tickets
- print QR code created that links to evening program available online
- purchase flyers and posters made from recycled paper
- ask suppliers for minimal shipping packaging

More Helpful Links

- Acquisitions & inventory: <https://www.bonnorange.de/nachhaltigkeit/reuse/initiativen>
- Guidebook: <https://www.bonnorange.de/nachhaltigkeit/tipps-tricks>
- <https://www.umweltbundesamt.de/>
- https://www.nachhaltige-beschaffung.info/DE/Home/home_node.html
- Guidebook: <https://www.kompass-nachhaltigkeit.de/kommunaler-kompass/nordrhein-westfalen>
- <https://www.dvnw.de/>
- Guidebook: <https://www.utopia.de>
- Projects: <https://juliesbicycle.com/>
- <https://www.kulturmanagement.net/>
- Counseling & Grants: <https://www.klimaschutz.de/de/projekte/culture4climate>
- <https://2n2k.net/aktuelles/>
- <https://www.nachhaltigkeitsrat.de/>
- <https://www.deutscher-nachhaltigkeitskodex.de/>
- <https://www.vivaconagua.org/warum-wasser/>
- <https://www.energy4climate.nrw/>

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