

Economical Sustainability Guide of the Theater im Ballsaal for Staff and Office Users

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

Caption



Saving Water



Saving Energy



Avoid Plastic

Sustainability in the premises of the Theater im Ballsaal

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

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 put on as much water/coffee as needed ●
- reduce disposable packaging ↘
 - avoid 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 returned 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
 - 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-saisonkalender/app-der-saisonkalender/>
- <https://www.verbraucherzentrale.de/wissen/lebensmittel/gesund-ernaehren/saisonkalender-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 for 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
- buy 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 ●

Arrival and Errands

- use car sharing offers
 - <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>

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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