

2019-2020

Ghent edition

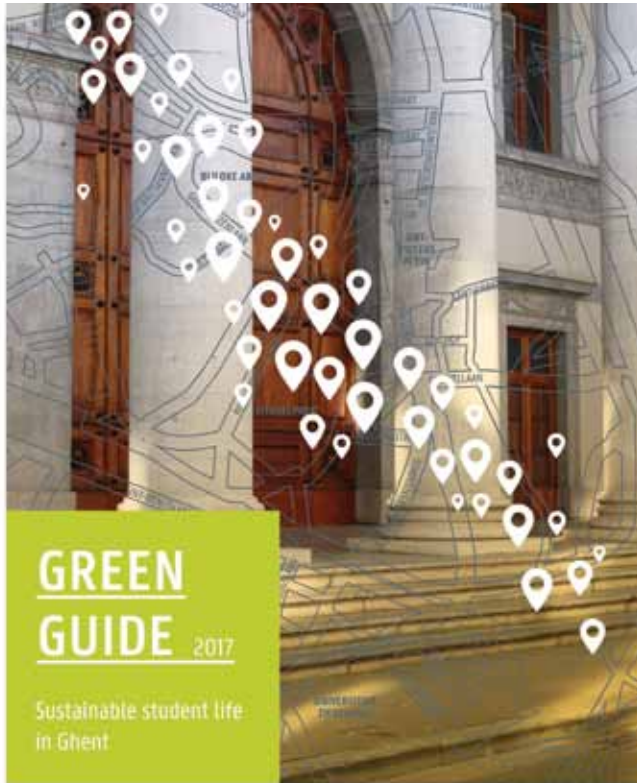


SUSTAINABILITY

guide tips & tricks for students
on how to live a sustainable life in the city of Ghent



artevelde university college ghent
MEMBER OF GHEENT UNIVERSITY ASSOCIATION



We would like to express words of **thanks & appreciation** to the Green Office of Ghent University.

They originally developed this 'green guide'. Since sustainability is a goal we share, they were so kind to share this information with us. We added some specific Artevelde University College (AUC) information, so you can easily find your way around Ghent and AUC.

Welcome

Welcome to the city of Ghent, your new home city! Not only is it one of the most authentic cities in the world, it is also a vibrant city where **sustainability is high on the agenda**. Ghent has some exciting plans for the future: it wants to be **climate neutral by 2050** and it is one of the SDG voices to promote the 17 sustainable development goals (SDGs) of the United Nations. However, Ghent knows this cannot be realised without YOU! Everyone should be involved: you, me, every institution and company ... Ghent aims to become the commons city of the future!

This city and its citizens have a clear vision on a sustainable future and a zillion of civil initiatives have emerged. **We will guide you through some of them in this guide**. We will show you around Artevelde University College Ghent (AUC) and help you find your way through the maze of streets in the city. Even if you've been living here for a while, you will find all sorts of tips and tricks to discover sustainable Ghent. So, dive in and find out where to shop and dine, how to get there and how to become an expert in waste management. Enjoy! If sustainability is your passion and **you want to join us**, contact the Artevelde student movement 't Bos In (see p. 6) or join the ClimateFactory which

is a movement of students and staff who want to promote a low carbon life style in and around Artevelde University College (contact them at **Climatefactory@arteveldehs.be**).



If you have any questions on the matter, you can contact Bea Merckx, Sustainability Advisor of Artevelde University College Ghent (**bea.merckx@arteveldehs.be**). Need information on the city, check the website of the city of Ghent **stad.gent/ghent-international**.



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Who's who

AT ARTEVELDE UNIVERSITY COLLEGE GHENT (AUC)?

INTERNATIONAL BACHELOR PROGRAMMES

INTERNATIONAL BUSINESS MANAGEMENT → 2

ibm@arteveldehs.be
+ 32 9 234 76 04

INTERNATIONAL OFFICE MANAGEMENT → 2

iom@arteveldehs.be
+ 32 9 234 77 07

INTERNATIONAL SEMESTER PROGRAMMES

3ID LABS

3IDLABS@arteveldehs.be
+32 9 234 72 67 or +32 9 234 71 95

ARTEVELDE BUSINESS SCHOOL → 2

griet.naeyaert@arteveldehs.be
+ 32 9 234 73 24

HEALTHCARE STUDIES → 2

ishc@arteveldehs.be
+32 9 234 71 40

MODULE IN COMMUNICATION MANAGEMENT (MOCOMA) → 2

roeland.pype@arteveldehs.be
+32 9 234 73 48

BRIDGES IN EDUCATION → 6

bridges@arteveldehs.be
+32 9 234 81 50

EVENT MANAGEMENT STUDIES → 2

BUSINESS & LANGUAGES
HUMAN RESOURCES MANAGEMENT
brecht.masschaele@arteveldehs.be
+ 32 9 234 76 55

SOCIAL WORK → 4

FOR A CHALLENGING SOCIETY
marijke.decleir@arteveldehs.be
+32 9 234 94 00

SOCIAL WORK IN URBAN AREAS → 4

International.socialwork@arteveldehs.be
+32 9 234 94 02

TOGETHER FOR SOCIAL EDUCATION → 7

Sofie.Debacker@arteveldehs.be
+32 9 234 91 52

ALSO INTERESTING

STUDENT SUPPORT SERVICES → 1

stuvo@arteveldehs.be
+32 9 234 92 30

OFFICE OF INTERNATIONALISATION → 1

international@arteveldehs.be
+32 9 234 90 00

AUC INFO → 1

info@arteveldehs.be
+32 9 234 90 00

't Bos In & D'URGENT

Artevelde University College has its own sustainability movement. It is a student platform for sustainable bottom-up projects; a place to share knowledge, undertake concrete action and activate students around the five pillars of sustainability (planet, people, prosperity, peace and partnership) and the 17 sustainable development goals of the United Nations. Ready to roll up your sleeves and act?! Join us! Any questions, ideas, proposals?

Contact 't Bos In at tbosin.durgent@gmail.com. You can also join their Facebook page www.facebook.com/tbosin.

't Bos In is part of D'URGENT, the student sustainability movement of Ghent. Both groups work on two levels: policy and awareness. They raise awareness through different events such as workshops on homemade cosmetics, seaweeds, insects and vegetarian cooking, debates, movie screenings and much more. Get to know and contact D'URGENT via durgent.com.

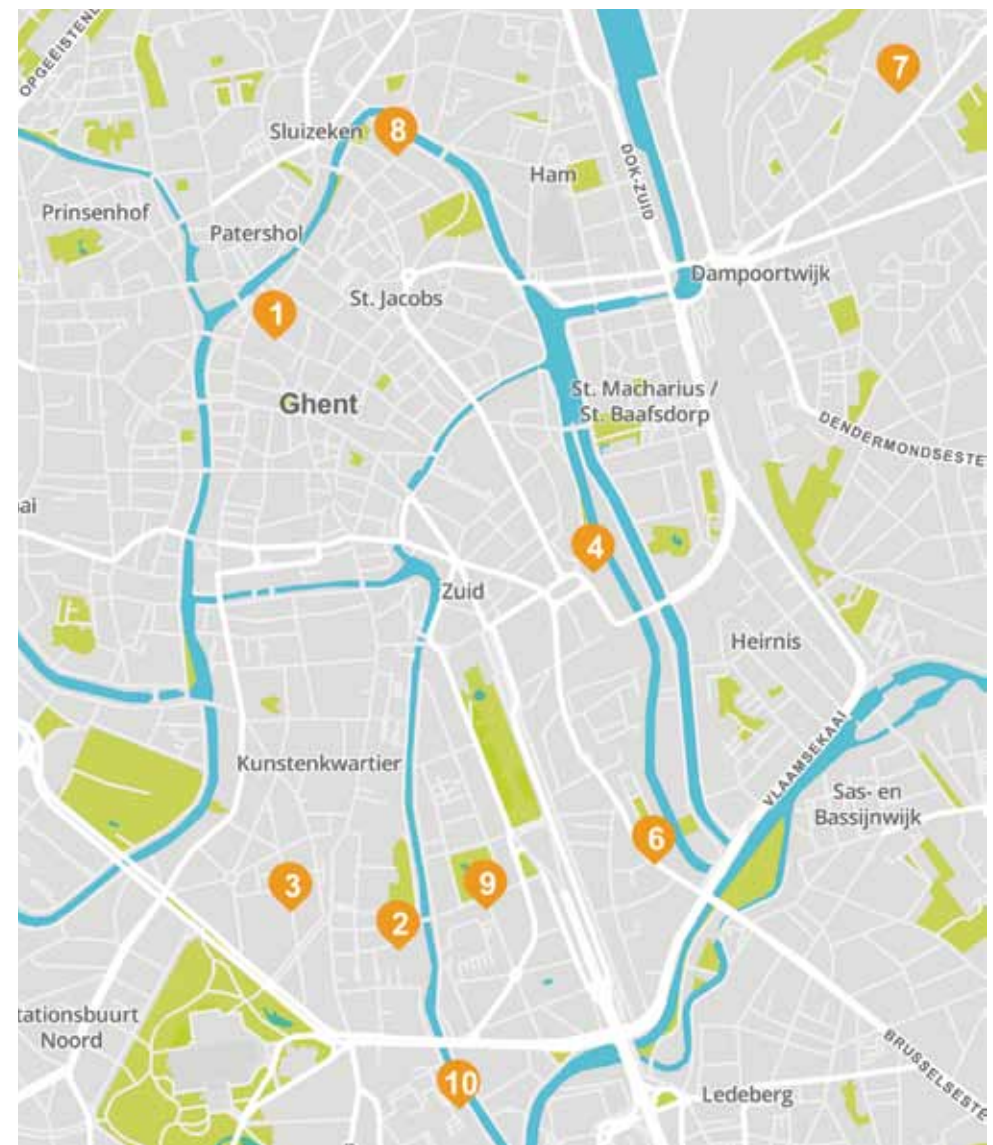


Campuses map



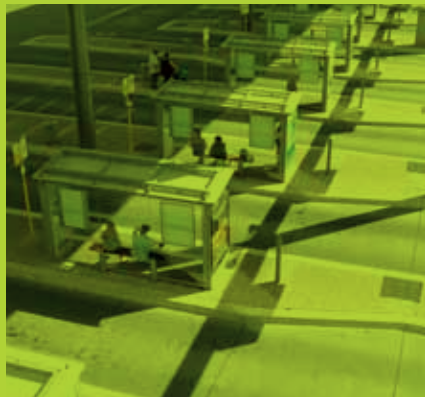
- 1 Campus **Hoogpoort**: Hoogpoort 15
- 2 Campus **Kantienberg**: Voetweg 66
- 3 Campus **Kattenberg**: Kattenberg 9
- 4 Campus **Sint-Anna**: Sint-Annaplein 31
- 5 Campus **Mariakerke**: Industrieweg 232
- 6 Campus **Brusselsepoortstaat**: Brusselsepoortstraat 93
- 7 Campus **Sint-Amandsberg**: J. Gérardstraat 18
- 8 Campus **Goudstraat**: Goudstraat 37
- 9 Campus **Leeuwstraat**: Leeuwstraat 1
- 10 Campus **Stropkaai**: Stropkaai 14
- 11 Campus **Tinelstraat**: Edgard Tinelstraat 92
- 12 Campus **Watersportbaan**: Watersportbaan 4

Follow Artevelde University College Ghent (AUC) on





transport



Rent a bike

From the very first moment you arrive in Ghent, you will notice this city is full of bikes! It's definitely the easiest, fastest and healthiest way to get around and it is the transport of choice for almost every student. There are some small challenges that require skilful biking, such as slippery cobblestones or crossing tram tracks, but no need to worry! You'll pick up city biking easy enough and in no time you'll be riding that bike as smoothly as any Ghentian. When you're not on your 'steel steed' or when the weather is very poor, our well organised public transportation system offers you a comfortable alternative. On the next few pages, you'll find some tips and tricks on how to use public transport in Ghent.

Pedestrian & bikers privilege

In some streets in the city centre (Mageleinstraat, Kalandestraat until Koestraat, Lange-munt and Donkersteeg), pedestrians are king from 11:00 until 18:00. So, get off your bike and take it by hand, or take a parallel street. Otherwise, you might need to pay €58!

On the other hand, if you find yourself in a fietsstraat, you are the king/queen of the road. Cars are not allowed to pass you in these streets. They have to keep driving behind you. You can recognise a fietsstraat by this sign (plus the pavement often has a bright orange/red coating).



De Fietsambassade . www.defietsambassade.gent

You can rent a bike from this bike rental service for 3 to 14 months at prices starting as low as €35 for 3 months to €60 for a year. The bikes are not only cheap, but always in good condition. No wonder you see them everywhere in Ghent!

All you need to get your trusty two wheeler is your student card or certificate of enrolment, your passport or identity card, €80 deposit and the rental fee. You can pay in cash or with a Belgian debit card. Be sure to bring it back clean and in good shape to retrieve your €80 deposit!

De Fietsambassade 1

Kattenberg 2

Open:

Monday 9:00 - 12:00 and 13:00 - 16:00 / Tuesday 12:00 - 16:00 / Wednesday 8:00 - 12:00 / Thursday 10:00 - 12:00 and 13:00 - 18:45.



Ghent Student bike

Swapfiets Carefree biking . www.swapfiets.be

If you're looking for an excellent service, try Swapfiets! For €15 per month you get a nearly new bike with blue tires delivered to your front door. If it breaks down, Swapfiets will come and fix it and gets you back out there within less than 12 hours, without any extra costs! All service and theft insurance is included. So, Swapfiets provides you with a bike that always works!

Swapfiets Carefree biking 4

Vlaanderenstraat 54

Open:

Monday 10:00 - 19:00.
Tuesday to Friday 10:00 - 20:00.
Saturday 10:00 - 18:00.
Remote service and bike swapping: 8:00 - 22:00.

Blue-Bike . www.blue-bike.be

Rent a bike for a maximum of 4 days at almost any Belgian train station* at any time of the day. Perfect for when you have short-term visitors! All you need to do is buy a membership card online (€12 per year for students) which allows you to rent up to two bikes simultaneously at an automatic key distributor, available 24/7. The rental fee is €3.15 per 24h, but starting from the 3rd day you'll have to pay €5 per 24h, and from the 5th day even €10 per 24h.

Blue-Bike rental point 1 2

Koningin Mathildeplein: at the rear entrance of Gent-Sint-Pieters railway station. The staffed bike point is situated a bit further at Voskenslaan 27.

Open:

Automatic key distributor 24/7 and staffed bike point. Monday to Friday from 7:00 - 19:00.

Blue-Bike rental point 2 3

Gent-Dampoort railway station: next to the bike parking.

Open:

Automatic key distributor 24/7 and staffed bike point. Monday to Friday from 7:00 - 19:00.

* You can find them in Ghent, Bruges, Antwerp, Brussels and Leuven among many other cities.
www.blue-bike.be

Bike repairs

Students and staff from Artevelde University College can make use of the bike repair shops or repair points of Ghent University for both rental and personal bikes. Every spot has the tools you need to repair your bike. You'll do most of the work yourself, but you can always ask for help! That way you only pay the replacement parts at a friendly price. Lamps, the chain, outer tires and brake pads are even replaced for free if they are worn down.

Repair Shop Kattenberg 1

Kattenberg 2

Open:

Monday 9:00 – 12:00 and 13:00 - 16:00 / Tuesday
12:00 – 16:00 / Wednesday 8:00 – 12:00 / Thurs-
day 10:00 – 12:00 and 13:00 – 18:45.

Is your bike a real wreck or are you not really a handy(wo)man? You can get your bike repaired quite cheaply in these shops where you can also get a replacement bike for €5 for the entire repair period. You'll notice you can't live without your 'steel steed' anymore once you've grown used to it!

Voskenslaan 2

Voskenslaan 27: near Gent-Sint-Pieters railway sta-
tion.

Open:

Monday to Friday 7:00 - 19:00.
Saturdays between 10:00 and 18:00 from March
till October.

Oktrooiplein 3

Oktrooiplein 10Z: near Gent-Dampoort railway
station.

Open:

Monday to Friday 7:00 - 19:00.

Emile Braunplein 5

Emile Braunplein: next to Belfort Stadscafé.

Open:

From March till the end of Oktober:

Monday to Friday 08:00 - 18:00.

Saturday to Sunday 10:00 - 18:00.

From November till the end of February:

Monday to Friday 10:30 - 18:00.

► Public Bicycle Pumps

Flat tire? No worries! There are several public and free to use bicycle pumps in the city:

- 1 **De Fietsambassade**, Kattenberg 2
- 2 **Bicycle repair shop Voskenslaan**, Voskenslaan 27 (at the entrance)
- 5 **Bicycle parking lot** beneath Emile Braunplein (during business hours)
- 6 **Bicycle parking lot** at Korenmarkt (under the Sint-Michiels bridge)
- 7 **N.E.S.T.** (Old Library), Woodrow Wilsonplein, at the right of the main entrance
- 1 **Gent Sint-Pieters**, underground bicycle parking lot (next to the APCOA bicycle repair shop)
- 2 **Oktrooiplein 10**, at Gent Dampoort train station



Buses & trams

In Ghent, buses and trams are omnipresent and can take you almost anywhere in the city. Wherever you are, you're never too far away from a bus or a tram stop.

FYI: Public transportation in Belgium is managed on the regional level. Hence, Flanders (De Lijn), Brussels (MIVB) and Wallonia (TEC) have separate public transport companies.

► De Lijn Tickets

The regional transport company of Flanders is called 'De Lijn'. The tickets are valid within the entire region.

SINGLE JOURNEY: In the city centre, a ticket is valid for 1 hour including any bus/tram changes without restriction. The price is €3 and you validate the ticket in one of the yellow machines on board at the beginning of your trip. Buying a ticket with your phone is cheaper: send a text with 'DL' to 4884 and pay €2.15 (including €0.15 for your provider) or buy an M-ticket using the Ticket Touch app for €1.80 (see app).

LIJNKAART: If you plan on using city buses or trams more than once, you are better off buying a

'Lijnkaart' (€16 in presale for 10 rides of an hour). You validate this ticket in the yellow machines on board at the beginning of your trip, as you would with a single ticket. Good to know: De Lijn tickets are valid anywhere in Flanders.

DAY PASS: A day pass allows you to travel through Flanders on any tram or bus for the entire day. It will cost you €9 if you buy it on the bus/tram and €7 in advance. Three day passes and five day passes are also available.

BUZZY PAZZ OR OMNIPAS: If you plan on using our buses and trams regularly and over a large period of time, it's probably a good idea to buy a Buzzy Pazz or an Omnipas, valid on any De Lijn bus or tram.

	1 month	3 months	12 months
Buzzy Pazz (ages 6-24)	€38	€85	€217
Omnipas (ages 25-64)	€54	€129	€324

NIGHT BUSES: Night buses are available every weekday until 1:00. You can use them in the city centre the same way you use them by day. If you need to get out of the city centre, check the De Lijn website on www.delijn.be/en.

MAKE USE OF THE APP OF DE LIJN!

- . Handy door-to-door route planner, including train connections
- . Buy your ticket online and buy it cheaper
- . Get a warning when to get off the bus or tram



A ticket vending machine at Gent-Sint-Pieters station



Bus station at Gent-Sint-Pieters station

► De Lijn Shops

To buy one of the tickets mentioned before or to buy a Buzzy Pazz or Omnipas:

- 1 **Korenmarkt**, Cataloniëstraat 4
Open: Monday to Friday 09:00 - 18:00 / Saturday 10:00 - 12:15 and 12:30 - 17:00
- 2 **Gent-Sint-Pieters railway station**, Koningin Fabiolalaan
Open: Monday to Friday 7:00 - 19:00 / Saturday 10:00 - 12:15 and 12:30 - 17:00
- 3 **Graaf van Vlaanderenplein** (Gent Zuid)
Open: Monday to Friday 10:00 - 12:15 and 12:30 - 17:00

► De Lijn Route Planner

The planner is available in English at www.delijn.be/en/routeplanner.

Enter the address of departure and arrival, the time and date and you'll get the easiest travel route by bus or tram and even train or metro if needed.

Trains

Ghent has two big train stations:

Gent-Sint-Pieters 1 (main station) and Gent-Dampoort 2. Here you will find connections to all major cities in Belgium.

► NMBS Tickets

The national railway company in Belgium is called 'NMBS' in Flanders and 'SNCB' in Wallonia. You can purchase a single ticket online (and print the ticket or show it on your smartphone or tablet) or at the ticket dispensers and ticket counters in the station. Tip: the ticket dispensers only take bank cards or coins. Be sure to buy a ticket in advance because buying one on the train will cost you an additional charge of €7. Let the ticket inspector know before you get on the train if you didn't get the chance to buy a ticket, otherwise you will get fined.

A 'Go Pass 10' or 'Rail Pass' is a multiple trip ticket and can be purchased at the ticket dispensers or at

the ticket counters in the railway station:

GO PASS 10: If you are younger than 26, and planning to travel frequently by train, the best option is to buy a Go Pass 10 (10 single rides between any two Belgian stations valid for one year). The entire card will cost you €53, so one single journey will only cost €5.30.

It's also possible to use the Go Pass with several people at the same time. The ticket is printed without your name, so if you don't use up all the rides you can resell them easily.

RAIL PASS: This ticket fits people of 26 or older. It works exactly like a Go Pass, but it's a bit more expensive: €83 for 10 rides or €8.30 per single ride. Good to know: there are many other ticket formulas that may suit your needs like Go Pass 1, Shopping Ticket, Weekend Ticket ... Check the website or ask at any station.

► NMBS Route Planner

There is also a route planner for trains, www.belgianrail.be/en, available in English.

Enter the address of departure and arrival, the time and date and you'll get the easiest travel route by train and by bus, tram or metro if needed.



Gent-Sint-Pieters, the main railway station of Ghent, with the bus terminals of De Lijn.



The bicycle storage beneath the bus terminals at Gent-Sint-Pieters train station.

MAKE YOUR LIFE EASY, USE THE NMBS APP!

- . Handy door-to-door route planner, including train connections
- . Get real time information on delays or track changes
- . Buy your ticket online (however, most of the time a Go Pass 10 or Rail Pass will be cheaper)



International travel

► By Car

Blablacar . www.nl.blablacar.be

Share a ride to neighbouring countries at a lower price than by bus or train! At www.nl.blablacar.be you can check who is travelling where, when, how many spots are left in their car and how much it will cost you. You can even post a ride yourself! Book your seat online and travel from city A to city B, even at the last minute.

Taxistop . www.taxistop.be/en

This Belgian initiative offers a wide range of carpool and car sharing services, always looking for new ways to benefit your wallet, the environment and society. Worth a look!

► Long Distance Buses

Flixbus, Eurolines, Megabus and some other companies offer a broad range of destinations in Belgium, France, The Netherlands, Germany, Spain, Italy and many other countries. Check out the promotions on their websites and if you're lucky, you can get away for less than €10.

► International Trains

Thalys: high-speed trains from Brussels to Paris, Amsterdam, Cologne, Schiphol, The Hague, Rotterdam, etc. www.thalys.com/be/en/

Eurostar: these trains will take you to London, Lille and a couple of other destinations in no time. www.eurostar.com/uk-en

Other international trains (ICE, TGV etc.)

www.b-europe.com/EN

be.voyages-sncf.com/en/

TIP: The earlier you book international trains, the cheaper the tickets.

WHAT ABOUT MY CARBON FOOTPRINT?

It is really surprising how much CO₂ emissions we produce in everyday life. These CO₂ emissions can easily be calculated with a carbon footprint calculator and then compensated by investing in a climate project. However, preventing CO₂ emissions is still the better option ...

At the website of [co2logic](http://co2logic.com): . find a CO₂-calculator

. find a way to compensate



► By Airplane

Belgium has two major international airports: Brussels Airport (Luchthaven Brussel Nationaal) in Zaventem and Charleroi Airport (Brussels South).

Brussels Airport: the train is a good option to get from Ghent to Brussels Airport or the other way around. You can use a Go Pass 10, a Go Pass 1 or a Rail Pass for the ride, but you will also need an additional Diabolo ticket for €5.40. Make sure to keep both your train ticket and your Diabolo ticket with you after leaving the train, otherwise you won't be allowed to enter the airport.

Charleroi Airport: taking the Flibco bus is your best option. You can purchase tickets online and the buses will pick you up in Ghent at the back of the Gent-Sint-Pieters station and leave you in front of the departure halls at the airport. Be sure to foresee enough time as buses can get stuck in traffic. www.flibco.be/en



Transport map

- 1 De Fietsambassade
- 2 Blue-Bike & Bike Repair
- 3 Blue-Bike & Bike Repair
- 4 Swapfiets Carefree Biking
- 5 Repair Shop & Public Bicycle Pump
- 6 Public Bicycle Pump
- 7 Public Bicycle Pump
- 1 De Lijn Shop
- 2 De Lijn Shop
- 3 De Lijn Shop
- 1 Sint-Pieters railway station and public bicycle pump
- 2 Dampoort railway station and public bicycle pump



food, health & sustainability

Ghent is a true heaven for foodies and a real hotspot for healthy, organic and tasty restaurants. To top it off, Ghent is the **'European capital' of vegetarian food** and the birth place of Thursday Veggie Day, promoting a weekly meatless day as part of a sustainable lifestyle. As a result, Ghent is a true veggie paradise waiting to be discovered. Take the time to explore some of these student-friendly addresses that are easy on the wallet, cosy and totally full of young Ghent vibes.

Of course, there is more to sustainable student life than reducing your meat consumption. We have lined up **five simple tips and tricks** to lead you towards a healthier and more sustainable way of life. Follow these, and you will see that sustainable living is more fun and easier than you would expect.

All addresses mentioned in this chapter either have a completely vegetarian menu, many vegetarian options in combination with locally grown/fair trade products or are involved in a social project of some kind.



100%
vegetarian



Locally
grown



Fair trade



Social
project



Free
tap water

Try a sustainable restaurant

Try some vegetarian restaurants or cafés with vegetarian and organic meals or have a veggie evening at home with some friends. Ghent has a wide range of great, cosy places, of which we included some in this guide.

► Student Restaurant at AUC

Artevelde University College has one student restaurant at Campus Kantienberg and two cafeterias, at Campus Sint-Amandsberg and Campus Mariakerke, that are open every week-day. The prices at the restaurant are the **lowest in town** (average price €4 per meal). The menu changes every day. When fish is served, it is from sustainable catch and has an MSC or ASC label. There is always a **vegetarian option**, even two on Veggie Thursdays! What's not to like about that?

The cafeterias at Campus Sint-Amandsberg and Campus Mariakerke serve cheap and tasty vegetarian soup for only €0.85. Be sure to bring your student card. Otherwise, you'll pay the standard price of the meal, which is much higher than the student price. The menu of the student restaurant can be found on the AUC intranet MijnDinar. You can also eat at the student restaurants of Ghent University. However, you will not always get a discount there.

€	<10 euro
€ €	10-20 euro
€ € €	>20 euro

► In the City

Greenway . www.greenway.be/en

€ - €€



Vegetarian and vegan finger foods and dishes. Try the perfect vegetarian version of all the classics: burgers, pasta, rice, salads and wraps.

Nederkouter 42

2

Open:

Monday to Sunday 11:00 - 22:00

Parnassus . www.parnassus.be

€ - €€



Enjoy a meal made with organic fruits and vegetables produced in Ghent. Both vegetarian and non-vegetarian options are available. Parnassus is a social employment project situated in a beautiful former Franciscan church. High on the list of must-see special places in Ghent!

Oude Houtlei 122

3

Open:

Monday to Friday 12:00 - 14:00

Komkommertijd . www.komkommertijd.be

€€



Gather some friends and get your stomachs filled at the vegan all-you-can-eat buffet. There's no better way to try out new vegan food and to discover your new favourite dish!

Reep 14B

4

Open:

Tuesday to Friday and Sunday 11:45 - 14:30 and 18:00 - 22:30 / Saturday 18:00 - 22:30

Tasty World . www.tastyworld.be/en

€ - €€



Veggie burgers in all shapes and flavours, delicious salads and freshly made smoothies. All of this deliciousness is wrapped only using biodegradable packaging. What's not to like?

Hoogpoort 1

5

Open:

Monday to Saturday 11:00 - 21:00

P.S. If you own a Knaek pass, you get one free soda with your menu.

Vooruit Café . www.vooruit.be/en

€€



A popular spot for students with great historic importance! Here, you'll find a variety of organic and fair trade drinks, soup, hearty vegetarian sandwiches and many other dishes. They also have a popular colourful terrace to hang out at during summertime.

Sint-Pietersnieuwstraat 23

6

Open:

Monday to Wednesday 10:00 - 01:00 / Thursday to Saturday 12:00 - 02:00 / Sunday 12:00 - 01:00 / Kitchen: Tuesday to Saturday 12:00 - 21:30 / Sunday to Monday 12:00 - 20:30



Rooftop of Vooruit Café. Did you know they have beehives here? AUC has beehives too. Keep an eye on the campus roofs to spot them.

Lokaal . www.facebook.com/LokaalGent

€ - €€



A small and charming eatery serving locally produced vegetarian and vegan meals at very reasonable prices. Also a great place for tea and vegan ice cream lovers.

Brabantdam 100

7

Open:

Tuesday to Saturday 11:30 - 14:30 and 17:30 - 21:00

Le Petit Botanique . www.lepetitbotanique.be

€ - €€



This restaurant serves only organic vegetables and herbs from the city farm of Ghent. Yes, you read that right, Ghent has joined the city farming trend! Go taste the results yourself and enjoy all that the city has to offer. On top of that, the restaurant only uses recycled materials for their interior and 1 litre of tap water only costs 50 cents.

Kammerstraat 19

8

Open:

Monday to Friday 12:00 - 16:00

Le Bal Infernal . www.facebook.com/lebalinfernal

€

A book lover's paradise! You can kill two birds with one stone at this place: Have a coffee and exchange your own book for a different one from the gigantic library of used books.

Kammerstraat 6

9

Open:

Monday to Thursday 12:00 - 01:00 / Friday and Saturday 12:00 - 03:00 / Sunday 12:00 - 00:00



Le Bal Infernal

Bar Italiano . www.facebook.com/ItaliaansInGent

€ - €€

If you want to end your foodie experience with some sustainable and vegan ice cream, head to Bar Italiano and take a scoop of their deliciousness. You can also get a hearty snack there.

Zwijnaardsesteenweg 83

10

Open:

Monday to Thursday 10:00 - 21:00 / Friday 10:00 - 18:00 / Saturday 12:00 - 19:00

Appelier . www.deappelier.be

€€



Get your vegetarian meal of the day in this cosy restaurant, or take it with you and bring your own container - you'll get a discount!

Citadellaan 47

11

Open:

Monday to Friday 11:30 - 14:00 and 17:30 - 20:30

Le Botaniste . www.lebotaniste.be

€ - €€



With 100% vegan and 99% organic dishes, Le Botaniste wants food to be the medicine you need.

Hoornstraat 13

12

Open:

Monday to Saturday 11:30 - 21:00

Lekker GEC . www.lekkergec.com

€ - €€



At this organic and vegetarian restaurant, you literally only pay for what you want. You fill up your plate with goods from the self-service, your plate is weighed, and you pay by the gram! Or kilogram if you're very, very hungry.

Koningin Maria-Hendrikaplein 6

13

Open:

Monday to Friday 09:00 - 22:00 / Saturday 12:00 - 22:00

Toreke . www.eetcafetoreke.be

€ - €€



A bar & restaurant which offers both traditional and vegetarian dishes. They aim to serve healthy and ecological responsible food. The business also serves as a training and employment project for those who have a disadvantaged position on the labour market.

Vlotstraat 22

14

Open:

Monday to Wednesday 11:00 - 16:00 / Thursday to Friday 11:00 - 22:30

De Walrus . www.walrus-gent.be

€ - €€



Offers a daily vegetarian and/or vegan special as well as many non-vegetarian options and organic beverages. They also have a big terrace with awesome murals to spend sunny afternoons and warm evenings while listening to some live music.

Coupure Links 497

15

Open:

Monday to Friday 11:00 - 00:00 / Saturday and Sunday 16:00 - 00:00 / Kitchen: 12:00 - 14:00 and 18:00 - 22:00

Trafiek . trafiek.blogspot.be

€



This small café has a terrace and is located between mosaic benches and a large grapevine in a lovely small park outside the centre of Ghent. It is the perfect place to enjoy a cup of fair trade coffee/tea or a vegetarian snack (like pasta, grilled sandwiches and pancakes) after a visit to the second-hand store next door.

Haspelstraat 37

16

Open:

Wednesday to Friday 11:00 - 20:00

Sunday 11:00 - 20:00

Kitchen:

Wednesday to Friday 11:30 - 14:00 and 17:00 - 19:30 / Sunday 11:30 - 19:30



Plus+



Trafiek

Plus+ . www.plus.gent

€ €



Plus+ aims to serve organic, local and seasonal foods. Every three months they change their super-healthy and pure menu. They're all about slow-food. It's a mix and match experience, so people with food-intolerances are very welcome.

Ajuinlei 14

17

Open:

Monday to Friday 08:30 - 16:00

Saturday 09:00 - 16:30

VEGGIEPLAN GENT

A map to guide you to most of the veggie cafes and restaurants. download it here: goo.gl/UwwTLV or on the website of EVA vzw (the non-profit organization that developed the plan): www.evavzw.be

THERE'S AN APP FOR THAT: **VEGETARIOUS (FREE) OR HAPPYCOW (€4,49)**

Find a vegetarian/vegan restaurant wherever you are and make some cows really happy. Both are available for Android and iOS.

THERE'S A WEBSITE FOR THAT: **WWW.EVAVZW.BE**

Ethical Vegetarian Alternative is a Ghent based non-profit organisation (Steendam 84) that wants to promote the maximal production and consumption of plant based food to create a more humane, animal and environment friendly society. Their most famous campaign is Thursday Veggieday. They also have all kinds of booklets and veggie maps which you can download from www.evavzw.be/publicaties

► At Home

Preparing a vegetarian or vegan dish doesn't only broaden your cooking skills and impress your fellow students, it also drastically lowers your **carbon footprint** per meal and **reduces animal suffering**. You'll find many creative and delicious ways online to replace the meat, fish and/or dairy on your plate with a **plant-based alternative**.

In almost any supermarket in Ghent you'll find different kinds of meat and dairy substitutes such as Quorn, seitan, tofu, soy/almond/rice milk and many others. You can try it all out during the **'40 Days Without Meat' challenge** in the second semester!

Deliveroo . www.deliveroo.be/en or install the app

Don't feel like cooking nor going out, but still want a delicious meal? Deliveroo **delivers great restaurant dishes** to your door, and all of this by bike! Greenway, Tasty World and Le Botaniste are some of the vegetarian/vegan options among many others. Order at www.deliveroo.be/en or install the app.



► What's Typically Belgian and When Do I Eat It?

Autumn

Beet, black radish, mushrooms, parsnip, pumpkin, turnips, leek, onion, lamb's lettuce, endives, Belgian endive, cabbages, broccoli, spinach, sprouts, tomato, all kinds of pears and apples, kiwi berry

Spring

Pak choi, radish, chard, mushrooms, turnips, beet, onion, lamb's lettuce, Belgian endive, leek, spinach, kohlrabi, asparagus, green beans, leafy greens, carrots, rhubarb

Winter

Beet, black radish, mushrooms, turnips, onion, lamb's lettuce, Belgian endive, purslane, endives, cabbages, spinach, sprouts, leek, salsify, parsnip, all kinds of pears and apples

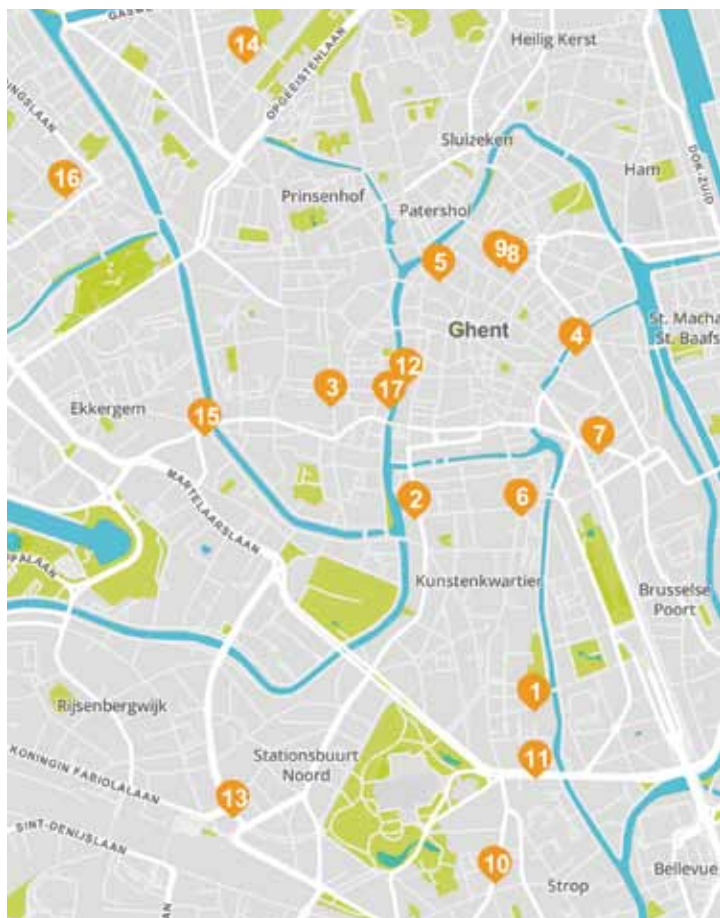
Summer

Leafy greens, radish, tomato, mushrooms, aubergine, onion, lamb's lettuce, cucumber, pepper, cauliflower, broccoli, zucchini, spinach, corn, green beans, fennel, beet, strawberries, blueberries, raspberries, blackberries, juniper berries, black and red currant, prune, cherry, grapes

TIP 1: you'll find all of these lovely veggies and fruits in the Mizuna packages (see p. 30).


TIP 2: you can download a seasonal vegetable and fruit calendar from www.velt.be/kalenders-van-velt

Resto map



- | | | |
|-----------------------------|----------------------|---------------|
| 1 Student Resto Kantienberg | 7 Lokaal | 13 Lekker Gec |
| 2 Greenway | 8 Le Petit Botanique | 14 Toreke |
| 3 Parnassus | 9 Le Bal Infernal | 15 De Walrus |
| 4 Komkommertijd | 10 Bar Italiano | 16 Trafiek |
| 5 Tasty World 1 | 11 Appelier | 17 Plus+ |
| 6 Vooruit Café | 12 Le Botaniste | |

Drink tap water

All tap water is **perfectly drinkable** in Belgium, except for the rare cases when this  pictogram is shown. The **quality check** of our tap water is very thorough and some say this even makes the tap water healthier and safer than bottled water.

► At the University College


Reusable Water Bottles

Start your life at Artevelde University College by using a reusable water bottle. It pays off very quickly as you don't need to buy bottled water. You can get a unique AUC bottle at your arrival. Another option is to buy a Doppo water bottle in the Oxfam shop. This stylish bottle is recyclable - send it back for free to the company and they'll recycle it - it's BPA-free and the company invests in social water projects.



► In the City

Tap Water at Cafes and Restaurants

It is not customary in Belgium to automatically get a free glass of tap water with your meal. However, in many restaurants, bars and cafes you can ask for one. Just give it a try! We've added a  symbol to the cafes or restaurants mentioned in this chapter serving free tap water.

► At Home

Drinking water from the tap at home also has many advantages! It will save you a lot of money since it's about 100 times cheaper to drink tap water instead of bottled water. Also, no need to drag kilos of water up the stairs of your place.

Reduce or reuse leftovers

You know that feeling when your plate isn't empty yet but your **stomach is way too full** to eat another bite? And you're left with the choice between feeling sick or throwing away that lovely food? The city of Ghent's got your back!

► At Artevelde University College

Do you like the meals of our student restaurants so much you want to take them home? Bring your own box and use it for **take away** or to bring home

your leftovers! This greatly reduces both food waste and packaging, adding to your sustainable lifestyle.



The doggy bag 'restorestje'

► In the City

Doggy Bags Ghent has reintroduced the doggy bag - or 'restorestje' as we call it - in restaurants to take your leftovers home. You can find the more than 100 places that have joined the campaign on the following map: goo.gl/qZEG2f. Don't be afraid to ask for your 'restorestje' anywhere in Ghent even if they aren't in the guide!

► At Home

You'll find many tips and tricks online on how to avoid food waste in your own home. Take a look and **save a whole lot of money and food!**

Here are 29 tips to start off with: greatist.com/health/how-to-ways-reduce-food-waste

WONKY, THE TASTY WAY TO RESCUE FOOD!

Wonky literally **rescues bits and pieces of vegetables** that would get thrown away: tomato ends, funky looking vegetables ... anything that would end up in the garbage. They collect them from companies, transform them into delicious dips and resell them in stores and restaurants.

Here's a list of places where you can get/try them: goo.gl/vKjXXC

Fill your reusable shopping bag

with local, organic and seasonal produce

The local and **seasonal fruits and vegetables** in Ghent are so tasty, refreshing and healthy you'll have a hard time going back to the supermarket afterwards! Discover all the products Ghent has to offer, support the local producers and farms and truly feel like a local hero.

► Student Association

Mizuna . mizuna.be/english



Students taking care of students, we love it! Mizuna is a group of students who compose and distribute weekly packages of fresh, locally grown, organic and seasonal fruits and vegetables. They are tailor-made for student life, so you won't need to cook every day to finish all the vegetables before they go bad. A superb solution when you have to survive on a tight budget as it is only €7 per package (fruit, vegetables, potatoes or a mix). Definitely worth a try! mizuna.be/english. Two out of three collection points are nearby the Artevelde campuses. If you are really into fruits and vegetables, you can join them as a volunteer!

The Green Hub (pick-up point)
Sint-Pietersnieuwstraat 31
Pick up:
Monday 17:00 - 19:00

1

Stuvo Luca (pick-up point)
Hoogstraat 41 (ring the bell!)
Pick up:
Monday 15:00 - 17:00

2

► In the City

Bioplanet . www.bioplanet.be

Find the organic version of everything you need to survive in this large eco-friendly supermarket. In this shop you will find free samples and coffee at all times, making grocery shopping fun!

Drongensesteenweg 134

Open:
Monday to Thursday 9:00 - 19:30 / Friday 9:00 - 20:00 / Saturday 9:00 - 19:30

3

Origin'O . www.origino.be

Organic grocery shop with fruits and vegetables, vegetarian products, sustainable household products and make-up.

Kortrijksesteenweg 148

4

Open:

Monday to Friday 8:30 - 18:30 / Saturday 8:30 - 18:00

Ayuno . www.ayuno.be

Organic grocery shop close to Kouter with a broad healthy and vegetarian offer including make-up and much more. Stop by for a freshly made snack, they'll even warm it up for you!

Korte meer 22B

5

Open:

Monday to Friday 9:30 - 18:30 / Saturday 9:30 - 18:00

Bioshop Pimpernel . www.bioshop.be/nl/winkels/bio-shop-gent-pimpernel

Organic grocery shop close to Overpoort where you can also have a lovely sandwich with soup or satisfy your other organic cravings. Need some organic bread but everything's closed already? Pimpernel owns a bread vending machine to meet your bread needs 24/7!

Charles de Kerckhovelaan 423

6

Open:

Monday to Friday 9:00 - 18:30 / Saturday 9:00 - 17:00

Madam Bakster . www.madambakster.be

This guilt-free bakery was created by a passionate student at Ghent University. They make entirely vegan desserts like scones, cakes, pies, etc. without refined sugars, without preservatives and most of all, delicious and beautiful! Sounds like paradise? You can find their desserts in a couple of stores or you can order online.

Brabantdam 142

7

Open:

Wednesday to Sunday 10:00 - 18:00



Madam Bakster

ORGANIC MARKETS

Markets are a **great way** to really get to know **the food traditions** of a city. Not surprisingly Ghent has three organic markets. These are perfect for a morning stroll.

Groentenmarkt

Small market with a big vegetable stall, a bread stall and a long cheese stall. Typically Belgian!

Open:

Friday 7:30 - 13:00

8

Maria Hendrikaplein

Fruits and vegetables, goat dairy, edible flowers, wine etc.

(in front of Gent-Sint-Pieters station)

Open:

Sunday 8:00 - 13:00

9

Beo-Markt . www.beo-markt.be

Fruits and vegetables straight from the growers. Can you taste the difference? Big barrels of pasta, rice, nuts, etc. are also available to fill up a bag with the exact amount you need.

Heilige Geeststraat 6

Open:

Wednesday to Saturday 10:00 - 18:30
Sunday 10:00 - 16:00

10

Lousbergmarkt . www.lousbergmarkt.be

What you get when four great initiatives get together: 'de Vroente', 'Copain', 'De Bergen' and 'het Hinkelspel'. They sell their organic fruits and vegetables, sourdough bread, mostly veggie meals and incredible cheeses all in one place.

F. Lousbergskaa 33

Open:

de Vroente: 8:30 - 18:00
Copain: 8:00 - 18:00
De Bergen: Monday to Saturday 08:00 - 18:00
Het Hinkelspel: 8:30-18:00

11

11

FARMERS' MARKETS

What's better than products fresh from the field?

Centrumplein, Ledeberg

Fruits and vegetables, eggs, dairy products, bread, meat and fresh herbs.

Open:
Wednesday 14:00 - 17:00

12

Vogelenzang near Blaisantvest

Fruits and vegetables, milk, eggs, etc.

Open:
Thursday 13:00 - 17:00

13

Spijkstraat-Halvemaanstraat, Sint-Amandsberg

Fruits and vegetables, milk and eggs.

Open:
Saturday 9:00 - 12:00

14

Charles l'Eepeplein

Fruits and vegetables, dairy, fair trade products, etc.

Open:
Sunday 8:00 - 12:30

15

► Typical Belgian

De Frietketel

You might have noticed, but we Belgians are very fond and proud of our national dish: French fries. Exactly, French fries are actually Belgian! De Frietketel is one of the most famous 'frituren' of Ghent. Half of their snacks are vegetarian and homemade. The fries are baked in vegetable oil and come in large portions.

Papegaaistraat 89
Open:
Tuesday to Friday 11:00 – 14:00 and 17:00 – 23:00
Sunday to Monday 17:00 – 22:00

16

Roomer . www.roomer.be

A strong alcoholic all natural beverage with elderflower brewed inside the city. You can find it in a lot of cafés (Vooruit Café, De Walrus, etc.) or buy it in a shop. The beautifully shaped bottle with small flowers inside makes it a very popular gift. For a map of where to get yours: www.roomer.be/waar_zoeken.php



Roomer

De Wilde Brouwers . www.dewildebrouwers.be

De Wilde brouwers is a small brewery just outside of Ghent. They create three different organic beers. One of them is made from old bread. Talking about upcycling! Currently they work together with the University of Ghent to find a solution to reduce water use during the brewing process, for

example by using rainwater. For more information, tastings and visits to the brewery: www.dewildebrouwers.be

Buy products with no or minimal packaging

There are so many ways to **reduce the waste** you produce. You can start easily by reducing the waste your food is wrapped in. Use reusable shopping bags, reusable fruit and vegetable bags, buy the products you need in larger amounts, with recyclable packaging ... The list goes on. Ghent also offers two **packaging-free stores** where you can bring your own boxes and bags to take your food home!

► In the City

OHNE . ohne.be/gent

Bring your own jars, bottles, bags or boxes and fill them up with products in the shop. Apart from fruits and vegetables, OHNE sells dairy products, meats, cornflakes, pasta, household materials and much more! Always with a focus on local and organic products. Don't worry if you don't have any jars or bottles at home, you can buy them in the shop.

Ohne 1: Steendam 59

Open:

Monday to Thursday 10:00 - 19:00 / Friday and Saturday 10:00 - 18:00

Ohne 2: Koningin Elisabethlaan 22
(near Ghent Sint-Pieters station)

17

Moor&Moor . www.moormoor.be

Although you won't find all that many packaging-free products here – mostly pasta, grains and coffee – everything is local, vegetarian/vegan and organic. You can also taste their delicious coffee and sandwiches at the shop.

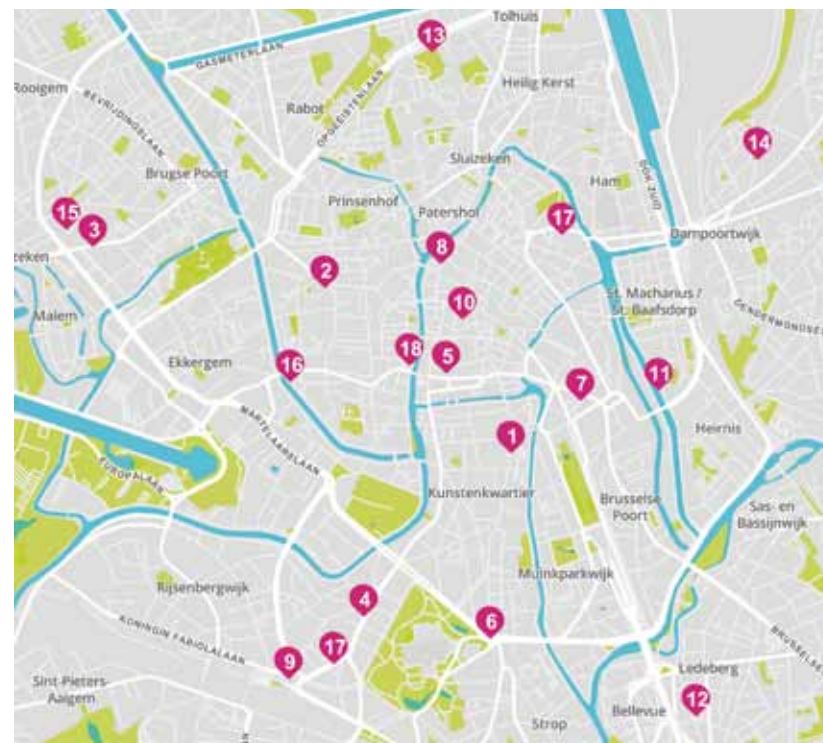
Jakobijnenstraat 7

Open:

Saturday - Thursday: 9:00 - 18:00 / Friday: 9:00 - 19:00

18

Food map



Mizuna:

1 The Green Hub

2 Stuvo Luca

Organic food stores:

3 Bioplanet

4 Origin'O

5 Ayuno

6 Bioshop Pimpernel

7 Madam Bakster

Organic Markets:

8 9

10 Beo-Markt

11 Lousbergmarkt

Farmers' Market:

12 13 14 15

Typical Belgian:

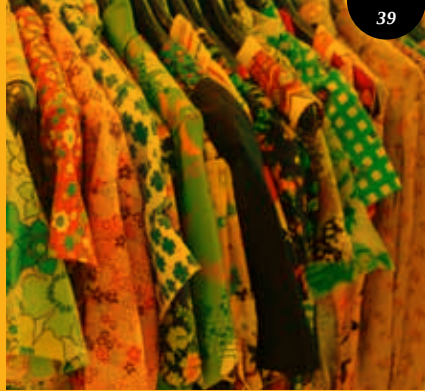
16 De Frietketel

No packaging & More:

17 Ohne

18 Moor&Moor

shopping



Giveaways, shares or swaps

The choices **you** make as a consumer **can make a difference**, so make them count! In this chapter, you'll find all sorts of ways to contribute to an environmentally conscious way of consuming, all the while contributing to your wallet and well-being.

► At the University College

Gift Shelves

At Campus Sint-Anna and Campus Brusselsepoortstraat you'll find our gift shelves, or as we call them, 'weggeefkast' (give-away-shelf). Do you have stuff you don't need anymore but which could still be useful for others? Put it on the shelf! Your things will find their way to a new owner and you get extra points for your good karma. Do you see something on the gift shelf that you can use? Give it a new home!

► In the City

Peerby.com

A website that helps you borrow items from your neighbours. It has a wide range of shareable items, such as bike repair kits, kitchen supplies (blenders, baking moulds, etc.), ladders, hammers, suitcases, tents, travel plugs and books. Create a free account, fill in your address in Ghent, go to 'my request' and post the item you want to borrow. Peerby then shares the request with people in your neighbourhood. If someone can help you out, they will contact you through the website. No more need to buy unnecessary things that you'll only use once or twice. You're not only saving money, you're also helping others!



Closet Sales

You'll find many closet sales organised throughout the year in our lovely city. Look for events on Facebook or Google search with the keywords: closet sales, ruilmarkt, rommelmarkt, braderie, vlömärkt and Gent/Ghent.

Kringloop Shops

Have too much stuff but no time to sell it or give it away? Just drop it all off at one of the many Kringloop shops in Ghent (see p. 44). You can even drop off damaged bikes and electronics, Kringwinkel Ateljee will try to fix them so they can be sold again. Can't carry it to the shop by yourself? Just give them a call at +32 9 224 07 15 or contact them at info@uwkringwinkel.be and they'll come pick it up for free!



Trafiek

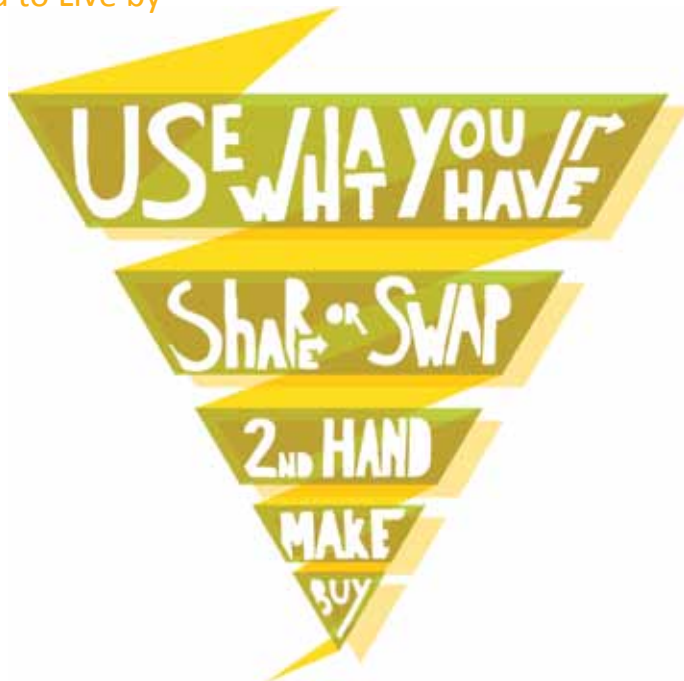
► At Home

One man's trash is another man's treasure. Do you have stuff laying around you never use? Don't throw it away! Be kind and leave it at the gift shelves. You can also put an announcement in the Facebook groups 'GIFT | Gent' or 'Freecycle Gent'.

These groups were created purely for giveaways or to find what you need for free.

Disclaimer: Facebook groups can get deleted, but usually they'll pop back up after a while, so don't worry if you can't find them at first!

► A Pyramid to Live by



Second-hand stores

► Decoration and Furnishing

Stukot.stucloud.be

Perfect for pimping your student room. Find second-hand items for yourself or share your leftover things. You get the picture by now ...

ESN Gent second-hand market

'ESN Gent - Erasmus Student Network' has a Facebook group for international students in Ghent to buy or sell second-hand items from/to other students. Here you can find and sell bikes, kitchen utensils, mattresses, beds, couches, and much more. This Facebook group is also another way to meet your fellow international students in Ghent!

► Second-Hand Book Stores

Oxfam bookshop

This is a great second-hand bookstore to discover during your time in Ghent. A beautiful shop with a large collection of books in French, English and German as well as a small supply of Italian, Spanish, Swedish and Russian books.

Sint-Amandstraat 16

Open:

Monday to Saturday 10:00 - 18:00



Oxfam bookshop

De Slegte . www.deslegte.be/gent

De Slegte offers a huge selection of second-hand books as well as regular books. Over 5,000 English books are available in their shop in Ghent. You'll also find books in French, Spanish, Italian and many other languages. You can buy the books online and pick them up in the store or do it the old-fashioned way and simply check out the huge offer in the store itself.

Voldersstraat 7

2

Open:

Monday to Saturday 10:00 - 18:00

Second-hand book market

Every Sunday you can stroll around and browse through the books at Ajuinlei from 9:00 to 13:00.

Ajuinlei

3

Open:

Every Sunday from 10:00 to 14:00

De kaft . www.dekaft.be

This book store inside Leen's living room originally opened in 1972 and is still going strong. You'll find many fiction and non-fiction second-hand books here, stop by or order yours online.

Zwartzustersstraat 32

4

Open:

Tuesday to Saturday 10:30 - 18:00

StuBooks . www.stubooks.be

A website with a large selection of second-hand textbooks to buy and sell. You can search for books using the title, ISBN digits or by school and field of

study. Find the textbooks you need at lower prices than brand new ones or sell your own to retrieve some of the money you spent.

Bikes

Be sure to check the Facebook groups mentioned previously if you're looking to buy a bike ('GIFT | Gent' or 'Freecycle Gent') or to hire one (see p. 10-11). Here are some places you'll find a whole lot of them.

Second-Hand Bike Sale

Twice a year, the city of Ghent organises a huge second-hand bike sale, the 'Tweedehandsfietsenmarkt', at Oude Beestenmarkt. This usually happens at the beginning and at the end of the school year, so be sure to check online for the next date (google: Tweedehandsfietsenmarkt Gent). Every Sunday from 7:00 to 13:00, you can find a smaller amount of second-hand bikes at the same Oude Beestenmarkt.

Kringloop shops

Some of the second-hand Kringloop shops offer bikes. See p. 44 which Kringloop shops offer bikes.

Clothing**Anne B**

Colourful and trendy second-hand dresses and clothes, especially for you girls! If you're looking for brands, this is the place to be.

Sint-Pietersnieuwstraat 84

1

Open:

Monday to Friday 11:00 - 17:00 / Saturday 10:30 - 12:00

Think twice . thinktwice-secondhand.be

Large collection of vintage clothing, shoes and accessories for both men and women, divided over two shops. Don't like anything you see in the store? Try again next month. Every 5 weeks they stock the store with a completely new collection and the week before that, prices sink as low as €1 in the entire shop! Also keep an eye on their Facebook page to check for their Happy Hours.

Nederkouter 118

2

Open:

Monday to Saturday 10:00 - 18:00

Ajuinlei 15A

3

Open:

Monday to Saturday 10:00 - 18:00 / Sunday 10:00 - 14:00

Fann . www.fann.be

A small second-hand store with women's clothing that underwent a rigorous inspection and selection process. Prices are a bit higher since they focus on brands and the clothing is fairly new, so if you're looking for fancy pieces, this is the place to be. Warning: you won't find any vintage here!

Burgstraat 36

Open:

Monday 11:00 - 18:00

Wednesday to Thursday 11:00 - 18:00

Friday 13:30 - 18:00

Saturday 11:00 - 18:00

4



Fann

DID YOU KNOW?

It is estimated that \pm 2,700 litres of water is needed to produce a single t-shirt. If every Artevelde student buys a second hand t-shirt instead of a new one, approximately 3,240,000 litres of water (or 945,000 five-minute showers, or the equivalent of 330,000 baths) can be saved!

► Kringloop Thrift Shops

Home delivery of second-hand furniture makes moving a lot easier. Be sure to ask your second-hand store for more information.

Kringwinkel Ateljee . www.uwkringwinkel.be or take a look at their web shop www.uwkringding.be

A social project offering education and jobs to people who struggle to find their place on the regular job market. Ateljee supports many projects such as social restaurants, an organic farm, a bicycle repair shop and many second-hand stores.

Ateljee even has its own accessory line called GENTMADE! Their handbags, tablet and smartphone cases, toiletry bags etc. are designed and produced by the staff, using only second-hand materials. Every piece is high quality, unique, affordable and 100% Made in Ghent.



Open:

Monday to Friday 10:00 - 18:00 / Saturday 10:00 - 17:00

Kringwinkel Prinses Clementinalaan:

Prinses Clementinalaan 189

WHAT? Clothes and textile only!

Kringwinkel Kortrijksepoortstraat

& GENTMADE:

Kortrijksepoortstraat 44

WHAT? Clothes, textile and GENTMADE products only!

Kringwinkel Vlaamsekaai, GENTMADE

& Het Restaurant:

Vlaamsekaai 10

WHAT? Clothes, textile and GENTMADE products only! You can also enjoy a lovely meal or snack and support Ateljee by doing so. / *Het Restaurant is open from Monday to Friday (11:30 - 13:00)*

Kringwinkel Pijnderstraat & GENTMADE:

Pijnderstraat 52 (Gent Dampoort)

WHAT? Kitchen utensils, furniture, books, clothes, textile and GENTMADE products.

Kringwinkel Getouwstraat:

Getouwstraat 5

WHAT? Clothes, textiles, furniture, books, electronics, ...

Kringwinkel Brugsesteenweg:

Brugsesteenweg 354

WHAT? Kitchen utensils, furniture, books, bikes, clothes, textile and electronics.



Kringloop thrift shops

Kringwinkel Brugse Poort . www.kringloopwinkelgent.be



Kitchen utensils, furniture, books, bikes, clothes, textile and electronics.

Haspelstraat 49
Open:
 Monday to Saturday 10:00 - 17:30

7

► Other Thrift Shops & Markets

Oxfam Shop . www.oxfam-secondemain.be

Mainly clothing, books, laptops and other IT products.

Steendam 73
Open:
 Tuesday to Saturday 10:00 - 18:00

8

Ecoshop . www.ecoshop.be

Bring in your used stuff, Ecoshop will sell it for you! Or simply get whatever you need in this huge store.

Afrikalaan 50 (near Gent Dampoort)
Open:
 Monday to Friday 10:00 - 18:00 / Saturday 9:00 - 18:00 / Sunday 10:00 - 12:00 and 14:00 - 18:00

10

Tweedehandsshop . www.2dehandsshop.be

If you're looking for anything vintage, exotic or crazy, this is the place to be! 1,100 m² of truly unique pieces await you.

Afrikalaan 40 (near Gent Dampoort)
Open:
 Monday to Saturday 10:00 - 18:00

11

► Flea Markets

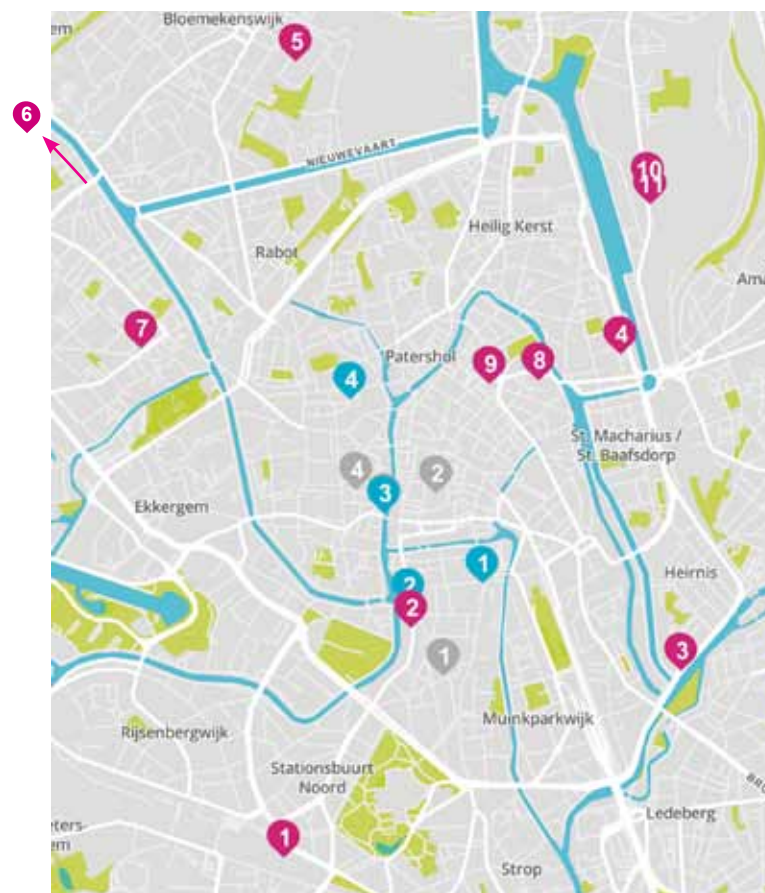
The Flea Market

A lovely market on one of the nicest squares in Ghent. The place is lined with many nice cafés to sit and enjoy a nice cup of coffee or a beer after a visit to the market.

Bij Sint-Jacobs and Beverhoutplein
Open:
 Friday and Saturday 8:00 - 13:00 / Sunday 8:00 - 14:00

9

Second-hand map



Second-hand book

stores:

- 1 Oxfam Bookshop
- 2 De Slegte
- 3 Second-hand Book Market
- 4 De Kaft

Second-hand fashion

stores:

- 1 Anne B
- 2 Think Twice
- 3 Think Twice
- 4 Fann

Kringloop Thrift Shops:

1 2 3 4 5 6 7

Other second-hand stores & markets:

- 8 Oxfam Shop
- 9 Flea Market
- 10 Ecoshop
- 11 Tweedehandsshop

Fair trade & other sustainable shops

► Fair Trade

Oxfam Wereldwinkel . www.oxfamwereldwinkels.be

Everything you'll find in these shops is fair trade and bought straight from the producers. The company also takes social and environmental aspects into consideration during the process. The shops are filled with delicious snacks, drinks, handmade gifts and accessories. Check it out for the perfect guilt-free gift idea!

Lammerstraat 16 
Open:
 Monday to Saturday 10:00 – 18:30
 Maria-Hendrikaplein 59 
Open:
 Tuesday to Friday 11:30 - 19:30

► Sustainable, eco-friendly and fair fashion

You too can wear ethical clothing! Here are some ethical and sustainable fashion shops in Ghent.

You will surely find some nice cloths according to your style or taste:


Yak & Yeti . www.yak-yeti.be

Yak & Yeti stands for ethnically inspired fair clothing for conscious consumers. The clothes are produced in a fair trade workplace in Kathmandu, Nepal.

Mageleinstraat 13 
Open:
 Monday to Thursday 11:00 - 18:00 / Friday to Saturday 11:00 - 18:30


Ethnique . ethnique.be

Ethnique is another fair trade store with beautiful clothes produced in the same fair trade workplace in Kathmandu as Yak & Yeti.

Donkersteeg 18/A 
Open:
 Monday to Saturday 11:00 - 18:00


Fair Eco Fashion . www.fairecofashion.com

A warm, friendly, mom & son store that offers fair-trade & ecologic organic clothing, shoes & accessories for both men and women. You'll find it right next to Yak & Yeti.

Mageleinstraat 11 
Open:
 Monday to Saturday 10:30 - 18:30 / Every first Sunday of the month 13:00 - 17:00


Supergoods . www.supergoods.be

Fair fashion & ecodesign store with an online shop. You'll find clothing, accessories and gifts there.

Brabantdam 56B 
Open:
 Monday to Saturday 10:00 - 18:00

Visitrice . www.visitrice.be

Visitrice is a clothing store with a small selection of magazines and books. The sold brands are carefully selected to be sustainable, vegan and sweatshop free. All of this topped off with a sense of style that is minimal yet classic.

Kortrijksepoortstraat 7 
Open:
 Monday 14:00 - 18:30 / Tuesday to Saturday 11:00 - 18:30

Negenduust . Look for shops on the internet

If you already feel like a proud Ghentian you can buy a fair trade eco sweater or T-shirt from the brand 'Negenduust'.

Negenduust is the local dialect for 9000, the postal code of Ghent. Look for shops on the internet.

Just Hazel . www.justhazel.be

Just Hazel is all about feeling good. It's a fair fashion (&food!) project. They have a selection of budget friendly fair-clothing with good karma.

Brabantdam 136 
Open:
 Wednesday to Saturday 11:00 - 19:00

► Cosmetics

Lush . www.lush.com

Lush offers handmade, fresh, cruelty free and environmentally friendly cosmetics such as soap, hair products, make-up, skin masks, toothpaste tablets and much more. They have a wide variety of products that will provide a solution for any of your cosmetic needs.

Langemunt 1

Open:

Monday to Thursday 10:00 - 18:00 / Friday and Saturday 10:00 - 18:30 / Sunday 12:00 - 18:00



Lush

► Nature exploration

JNM shop . www.jnm.be/afdeling/gent

JNM is the youth department of Natuurpunt, an NGO committed to protect the vulnerable and endangered nature in Flanders. JNM has a shop where you can get information about Natuurpunt/JNM and their activities but also buy binoculars, nature guides, dopper bottles etc.

Kortrijksepoortstraat 192

Open:

Tuesday to Saturday 14:00 - 18:00

WHAT IS CRUELTY FREE?

Don't want your cosmetics to be tested on animals but don't know how to find out? There's an app for that! For all you Android users: **Choose Cruelty Free**. For all you iOS users: **Bunny Free**.

Just search for the brand or the product you are about to buy in the list and find out if it's cruelty free.

SENSE

A student organisation tackling issues involving animal suffering.

Interested in animal rights and veganism? Join them at one of their events!

student.ugent.be/sense

Sustainable shopping map



- 1 Oxfam Wereldwinkel
- 2 Oxfam Wereldwinkel
- 3 Yak & Yeti
- 3 Fair Eco Fashion
- 4 Ethnique
- 5 Supergoods
- 6 Visitrice
- 7 Just Hazel
- 1 Lush
- 2 JNM Shop



a healthy
mind in a
healthy body

We are convinced that your stay at Artevelde University College Ghent will most certainly live up to your expectations, as well as the attractive **social, cultural and sports** activities the city of Ghent offers. Every AUC campus has an Office of Student Support. For contact details and information on who to look for at your campus, check our website:

www.arteveldehogeschool.be/contact/studentenvoorzieningen

► SPORTS AT AUC

The Sports Sticker

For only 20 euros, insurance included, **you can play sports from October till December**. Combine as many sports as you want. Go and buy your sports sticker at Stuvo on the campus or at the Sports Services. We offer a variety of sports: badminton, zumba, volleyball, indoor soccer, calorie crush, bootcamp and even powersculpt. Check the offer of Ghent University: www.ugent.be/en/facilities/sport/overview.htm and HoGent: www.hogent.be/en/student/health-sports and discover your advantage as a AUC student.

Check out the brand-new sports hall of Artevelde University College at Watersportlaan! New sports offers are available!



Want to Take a Dip in the Pool?

Buy the **Ghent Swim Pass** with extra discount at Stuvo on the campus or at the Sports Services. You pay 10 euros for an 11 session card. Students older than 26 pay 20 euros.

Sports Question?

We're there for you! **Cool idea?** When possible and affordable, we will organise it for you. Contact the Sports Services: sport@arteveldehs.be

► CULTURE

Stuvo offers culture in Ghent for only 5 euros a ticket! Theatre, concerts, film, dance, performances, ... make your choice at Studio Skoop, Sphinx, Democrazy, CAMPO, Vooruit, Handelsbeurs and NTGent.

Maximum 6 tickets per student per academic year!
Buy these tickets at the Stuvo office on your campus.

2018 / 2019

**Cultuur in Ghent
voor 5 euro
per ticket!**

#cultuurnietduur #stuvosteuntcultuur #mercistuvo



waste & recycling



Belgians are proud **recycling champions**. Living in Ghent? Join the club.

Every country has its own ways of recycling and the differences can be somewhat confusing. In this chapter we'll tell you all the do's and don'ts of waste and recycling in Ghent. You will be the king/queen of garbage! We have also added some fun and easy ideas to reuse and upcycle the stuff you already have.

Such a waste

In Ghent, the sturdy men and women of IVAGO take care of your garbage. There are **five main categories of garbage** they collect, each in a different way and at a different time, depending on where in Ghent you live.

To know on which day those handsome men and women pick up the garbage in your street, fill in your address on the following website and a personalised calendar will pop up: goo.gl/L3JeaK

To avoid any problems, place your garbage on the street after 19:00 on the day before they pick it up, or before 7:00 on the day itself. However, if you live **in the student neighbourhood**, you should put your garbage out between 5:00 and 12:00 on the day of the pick-up to avoid drunk students creating waste confetti in the streets. The streets with this special regime are listed here: goo.gl/zWrRH9.

► At Home

When you rent an apartment on the private market and the complex you stay at has more than 10 residential units, you will have **special collection containers** for household waste, glass, paper and cardboard, PMD (recyclable plastics and metals) and possibly GFT (vegetable, fruit and green waste). Your landlord will explain to you how it works!

Regular Garbage

All non-dangerous waste (that does not belong in one of the below mentioned categories) must be placed in **the official yellow IVAGO bag** for regular waste. These bags can be bought in supermarkets (ask the cashier), the city shop or some convenience stores and are offered in two sizes (30 l or 60 l). The yellow bags will be picked up once every week on a fixed day (the link to the calendar is mentioned above).

TIP: in order to encourage recycling, the city of Ghent has made the yellow bags the most expensive ones. So, less regular waste and more recycling equals saving money.



Picture from Stad Gent website of the yellow IVAGO bag for normal garbage, a medium sized GFT container, a plastic box for glass, a cardboard box for paper and a blue bag for PMD waste.

DO'S: general waste which can be burned, including yoghurt cups, butter containers, plastic bags and plastic drinking cups.

DON'TS: injection needles, paint, medication, lamps and anything recyclable.

PMD (Plastic Bottles/Flasks, Metal Packaging & Drink Cartons)

It is required to separate **plastic bottles and flasks, metal packaging and drink cartons** (TETRA) from the normal garbage. For this waste, you need to purchase the official (and cheap) blue IVAGO waste bags. These can be purchased at the same places as where you buy its yellow brother. These see-through blue bags will be picked up every two weeks. Don't forget, plastics like drinking cups, yogurt cups and plastic bags don't belong in this blue fellow. Only plastic bottles for drinks and flasks (for washing products etc.) should be placed in PMD.

DO'S: plastic bottles and flasks, metal cans, spraying cans which contained food (e.g. whipped cream) or cosmetics (e.g. deodorant, hairspray), aluminium dishes and trays, metal lids and caps. Drinking cartons of all sizes and shapes.

DON'TS: other plastics, plastic bags and foils, plastic toys, foam, aluminium foil, packages which contained motor oil, poisonous or corrosive products.

GFT (Vegetable, Fruit and Green Waste)

To make the streets even more colourful, you can also use designated green GFT containers. These are used for leftover vegetables and fruits, kitchen waste such as cooked food (however no bones, nor shells from mussels and oysters), as well as waste from the garden and your dear dead houseplants that you forgot to water (no, that plastic flower doesn't count). These containers are emptied biweekly as well.

The yellow regular garbage bags are costly. Separating your greens into the GFT container will be about 50 % cheaper. It is a great investment that helps the environment and your wallet, so don't hesitate to order one! With the GFT container you also get a free small basket and a roll of biodegradable plastic bags to collect the leftovers in your kitchen and keep the container clean.

Three golden tips:

- 1) put a newspaper at the bottom of the container
- 2) never throw bones or shells from mussels and oysters in it
- 3) clean your container from time to time

You can order the above described green containers online: www.ivago.be/thuisafval/gftikdoemee.

Batteries

These don't belong in any of the bags or containers above. In Ghent you will find numerous collection points of Bebat, a company who recycles them. You will find a collection point **in almost any supermarket**. Most student residencies also have one, easy peasy!

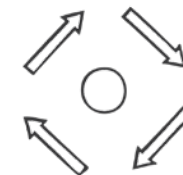
To find a collection point: www.bebat.be/en/look-collection-point

Glass

Transparent, empty and mostly clean glass bottles, bowls and flasks are **collected** in a **plastic bucket** or **solid plastic box** with closed bottom and lateral walls provided by you. IVAGO picks up the glass once a month. Don't use cardboard boxes as a container or you could be fined. Don't forget, for most beer bottles you have paid a deposit, which is often 10 cents/bottle or 4.5 euro for an entire crate. Bring those bottles to the supermarket to get the deposit back and get yourself an extra drink.

DO'S: transparent glass bottles, jars and flasks.

DON'TS: lids, screwcaps, heat resistant glass, porcelain and pottery, stone bottles, windows, mirrors, lamps, medicine bottles, white glass.



Look for this symbol on your bottle. If you find it, this means you will get a deposit at the store.

Paper and Cardboard

Newspapers, magazines, books, cardboard boxes, egg cartons and other paper and cardboard will be picked up monthly in a closed cardboard box. You are also allowed to tie everything together with a string. Please, don't make the box too heavy and shelter it from the rain as much as possible. These boxes can get pretty heavy, especially if they get wet.

DO'S: newspapers, magazines, letters and envelopes, old books, advertising leaflets (without non-paper packaging), printing paper, folded boxes, paper and carton packaging, egg cartons, toilet rolls.

DON'TS: dirty or greasy paper, paper towels, tissues, paper tablecloth, kitchen paper, stickers or self-adhesive paper, toilet paper, carbon paper, drinking cartons, wallpaper, plastic bags, Styrofoam.



On goo.gl/5I9kdc you can fill in your name and address in order to receive a free sticker that says you don't want to receive advertising folders and regional press in your mailbox. How sustainable is that!



RECYCLE!

This app will answer all your waste questions and it will even let you know when you need to put out your trash. Available for Android & iOS.



Waste reduction

► Repair & Upcycle

Repair Cafés

Don't immediately throw away your broken things! A lot of broken items can easily be fixed, but sometimes you don't have the right tools or you need some help and expertise. No problem is too big for the inventive citizens of Ghent.

Twice a month you are welcome at a repair café in your neighbourhood, a planned event where people from your neighbourhood meet to help each other repair broken items.

Experienced people with magical hands and skills will help you fix your problem in no time (bikes, computers, toasters, clothes ...). You can get your stuff fixed for free, and meet new people in your neighbourhood!

A list of the dates of the next repair cafés:

www.ivago.be/thuisafval/repair-caf-s

Upcycle

The urban dictionary describes it as 'using ordinary objects to make something extraordinary', and if you take a look at all the ideas on websites like Pinterest or Tumblr you will know they are right. There is some pretty awesome stuff you can make. For inspiration, search 'upcycle' or 'DIY' on Google and you will find countless ideas! With a little bit of glue, tape and creativity, you can make hundreds of items from recycled materials.

► Printing

Printing is something we all need to do from time to time. First of all, ask yourself: **does this really need to be printed?** If so, there are a couple of ways to reduce the negative impact on the environment:

Clever Lay-out

FONT SIZE: Less is more when it comes to font size! Of course you still need to be able to read your copies, but a smaller font can reduce the amount of paper and ink a whole lot.

ECOFONT: A special font with teeny tiny and therefore invisible holes in it. You'll hardly notice it, but your ink cartridge will! You can download Ecofont Vera Sans for free at www.ecofont.com

LEADING: The blank space between sentences. It's normally set at 1.5, try the 1.0, you won't even notice the difference.

MARGIN: The blank space on the sides of your document. Try the 1.5 cm settings and use your pages to the fullest!

Paper

- **BLUE ANGEL PAPER:** entirely recycled paper
- **FSC LABELLED PAPER:** comes from sustainably managed forests

Print Economically

- Print on **both sides** and use grey scale.
- Put multiple PowerPoint Slides on the same page.

Topcopy Green Printing Service

- Uses only FSC or Blue Angel paper
- Re-uses and recycles
- Provides you with scrap paper that's only printed on one side
- Just come pick up the amount of scrap paper you need, you don't even have to print something!

Zerocopy Printers

Low in cash and you need some stuff printed? This student initiative allows you **to print for free!** How is that even possible you might ask? The guys from Zerocopy convinced companies to invest a part of their advertisement budget that usually goes into the printing of huge posters into free printing for students. Instead of those huge posters, they put a small bar with advertisements adapted to your profile on the bottom of the page, printed on eco-efficient paper. But watch out: only double-sided printing is available, since it's more sustainable.

How does it work? Go to www.zerocopy.be, create an account and upload your documents (only PDF-files allowed, but there are many ways to convert Word into PDF). You then head over to one of the printing points listed below, look for the Zerocopy printer, log on, and print! Be careful when printing tickets with a barcode: since the pages shrink a little in order to put the advertisement, some scanners won't be able to scan the code.

De Slegte (see also p. 41) - www.deslegte.be - Voldersstraat 7

Open: Monday to Saturday 10:00 – 18:00

Broodnodig - Zwijnaardsesteenweg 49

Open: Monday to Thursday 9:00 - 15:00 / Friday: 9:00-14:00

More, more, more...

Looking for even more and newer initiatives, certainly take a look at the websites below to keep up to date. Find out how the citizens of Ghent work together to create a sustainable city. Momentarily these websites are only available in Dutch, so pal up with some Flemish students to guide you around. This is the best way to indulge in the Belgian way of living ...

- gentengarde.stad.gent/kaart
- wiki.commonsgent/
- klimaat.stad.gent/

Roots

► THANKS TO GREEN OFFICE GENT!

The **Green Office Gent** originally developed this guide! They did the research to collect all these sustainable initiatives and supplied us with the original texts and photos. We were free to adapt the guide to our own needs and context. Without them, this sustainability guide wouldn't be here. We would like to **thank** the original editors and authors Lotte Simons, Maité Liekens, David Van der Ha. We would like to thank all the other original contributors: Lars Dijkstra, Aline Mortier, Daniel Preglau, Laurens Beke, Frederik De Decker, Riet Van de Velde, Pieter Van Vooren, Lieze Sohier, Nina Sarens, Jose Manuel Llopis Ortiz, Green Office Maastricht, Environment Office UGent and Green Office Gent for suggestions and/or proofreading of the original publication. We also would like to thank the following services of AUC for their contribution to this guide: the AUC Office of Student Support, the International Office and Communication Office.

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► COLOPHON

Disclaimer

This Sustainability Guide does not provide a complete overview of all sustainable initiatives in Ghent. All data are without guarantee. Please contact bea.merckx@arteveldes.be for suggestions, comments and requests for further information.

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