



THE GREEN GUIDE ENSCHEDA

A local guide to live a
sustainable life in Enschede

University of Twente

July 2023

UNIVERSITY
OF TWENTE.

Green
Hub
Twente

SUSTAIN



Credits: Kim around the world

ABOUT THE GREEN GUIDE

This second edition of the Green Guide Enschede, presents a range of sustainable locations in and around Enschede. This guide was developed by a group of students at the University of Twente, to hopefully make it easier for you to live a sustainable life in Enschede.

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GROCERIES



Credits: Uit in Enschede

EKOPLAZA

Supermarket & Proefpuurplaza restaurant

Ekoplaza is a biological, organic supermarket. All their products are 100% organically checked and they offer our farmers, growers and producers a good price for this. The store includes Proefpuurplaza, a catering facility with a 100% organic kitchen for coffee/tea, high tea and take-away service.

DISCOUNT: show your student card at the register at Ekoplaza to get a 2-4% discount card (excluding current offers).



Credits: Tubantia

VAN HEEKPLEIN MARKET

Outdoor market

Tuesday & Saturday 8:00 - 17:00

Various market traders sell their products here. Fresh products such as vegetables, fruit, bread, cheese and fish, but also clothing, goods and articles, fabrics and haberdashery can be found here for a competitive price.

DISCOUNT: the stand with organic produce next to the 'Ei van Ko' artwork will give you 10% discount as a student.

EARTH CAFE & MARKET

Shop, cafe, and restaurant

Earth Cafe & Market is an organic, vegan shop and restaurant that provides for all your healthy food and lifestyle needs. Their vision is rooted in the words “One Peaceful World Through Nutrition.” Check out their website for current opening times of the store & cafe, and the restaurant.



Credits: Uit in Enschede

TIP: check out Earth Cafe & Market’s leftover organic bread for special prices!



Credits: Uit in Enschede

VIERMARKEN

Farm

The Viermarken is a farm close to the UT Campus, where they grow vegetables, and make fresh cakes, jam and much more! And oh yes, there are chickens scratching around happily. Visit their farm shop or visit their tea house at Farm Oldenhof. Check their website for opening times.

DISCOUNT: students get a 10% discount on Viermarken’s own branded products.



Credits: Alexander Schimmeck

EKOTWENTE

Online supermarket

Eko Twente is an online biological supermarket (with a physical store in Enschede) where you can order your weekly groceries. You can choose from an extensive range of products: vegetables, fruit and meat from the organic butcher, as well as gluten-free products. Most products are locally sourced.

TOO GOOD TO GO

App

Too Good To Go is an app that fights food waste. Look for your favourite shops and restaurants in the area and rescue unsold food by buying surprise bags at a great price. Don't just eat well, but also make an impact.



Credits: Too Good To Go

RESTAURANTS

HET PARADIJS

Plant-based restaurant

Het Paradijs is an atmospheric place, full of art and greenery, where sustainability is central. Everything served is homemade; they mainly use local and organic products for our dishes. The dinner menu changes every three months, so that as many local products as possible are used.



Credits: Theater.nl

TIP: Het Paradijs also serves lunch during the weekends.

TANKSTATION CULTUREEL VULPUNT

Vegetarian restaurant & cultural space

Tankstation is a transnational and cross-cultural public space where ideas, creations, and experiences are exchanged. This collaborative project has several platforms established, such as a vibrant common kitchen. Other platforms include art exhibitions, a lively stage for performers, and a 'Give & Take shop' that promotes sharing, reusing, and recycling things.



Credits: Tankstation



Credits: ETN Saladbar

ETN SALADBAR

Salad bar & Vegan Bakery

At this salad bar you can prepare your own salad from fresh local products. You can relax and enjoy a healthy salad or have the salad delivered to your home. Don't feel like salad? Then you can get a bowl of soup, a tasty wrap, some toast or a delicious piece of cake.



Credits: Lovely Local

LOVELY LOCAL

Restaurant

Lovely Local is a cozy restaurant that works with many local, sustainable and organic products. They offer a different menu every month. Make sure to make a reservation in advance.

FOODBAR RAUW

Vegan foodbar in Twentsche Foodhal

Foodbar Rauw brings comfort food to a new level, 100% cruelty free! They are the first vegan foodbar in Enschede, located in the Twentsche Foodhal at the Performance Factory, there are many options for food and nice drinks!



Credits: RestauPlant

TIP: visit Zoetekauw afterwards for amazing 100% natural and local dessert!

THRIFT STORES

STUDIO SPITSBAARD VINTAGE

Vintage clothing & accessories

Studio Spitsbaard brings you the most beautiful, special curated pieces, but also the more mainstream vintage items. They focus on the 1960s to the mid 90s. In addition, you will find vintage items for your home, such as ceramics, rugs, small furniture and even plants. Follow them on Instagram to check out their latest items!



Credits: Studio Spitsbaard Vintage

DISCOUNT: students can get a 10% discount at Studio Spitsbaard Vintage.



Credits: Appel & Ei

APPEL & EI

Second-hand clothing store

Appel en Ei has the appearance of an ordinary store, but this store offers second-hand items. The store is filled with a constantly changing range of stylish and contemporary designer clothes, and accessories at good prices.

VINDIETS

Second-hand clothing store

Together with all her clients, Annemiek, the owner of Vindiets, happily contributes to a sustainable and circular economy. All styles and brands, 'from TerStal to Prada', are gathered in this place and what you will find is a surprise every time.



Credits: Uit in Enschede

DISCOUNT: Vindiets gives a 10% discount to students.

GRANNYCOOL.VINTAGE

Vintage and second-hand clothing

GrannyCool. Vintage offers you a carefully curated, handpicked collection of vintage clothing, accessories and tableware items. You can drop by for sets of vintage glasses, ceramic bowls, plates and everything in between while also browsing through the racks to find a new, vintage outfit. Besides the city centre store, you can also find GrannyCool.Vintage on Instagram.



Credits: Granny Cool Vintage

TERRES DES HOMMES

Thrift store

Terre des Hommes is a thrift store where you can find women's, men's and children's clothing, shoes, accessories, toys, books, and small household items. The profits go to the projects of Terre des Hommes, which fight against child exploitation.



Credits: Uit in Enschede

DISCOUNT: Terres des Hommes gives a 10% discount to students.



Credits: In de buurt

DANDY'S SNUFFELHAL

Thrift store

From furniture and home accessories to tools and clothing, you will find it all at Dandy's Snuffelhal. Check out their facebook!



Credits: In de buurt

HET GOED

Thrift store

This thrift shop creates work through reuse by giving used items a second life. They carefully sort and check all used items, and have products such as clothing, shoes, household goods, toys, books and electronics.



Credits: In de buurt

KRINGLOOP ENSCHEDE

Thrift store

Kringloop Enschede has books, household appliances, home and furnishing, clothing, furniture, music, toys and tools.

TIP: Kringloop Enschede is across the street from Earth Cafe & Market, so make sure to visit both!



Credits: Ik ben Iris niet

JOUW MARKTKRAAM

Thrift store

Do you want to give your stuff a second chance? Are you so creative that you make things yourself or do you need a place to sell new stuff, such as from your webshop? Jouw Marktkraam is the place where you can sell and buy new, homemade and used items.

TANTE COR

Second-hand clothing shop and thrift store

Tante Cor is a shop for second-hand clothing for men and women. In addition, they also sell household items such as linens and duvets. Everything of high quality and solid materials.



Credits: Tante Cor

LIFESTYLE

WAAR

Gift shop

At WAAR you can always find a nice gift with a good story. waar offers a wide range of fashion and home accessories, books and food. All their products are sustainably produced, fair trade, organic, ecological, recycled or made in sheltered workshops.



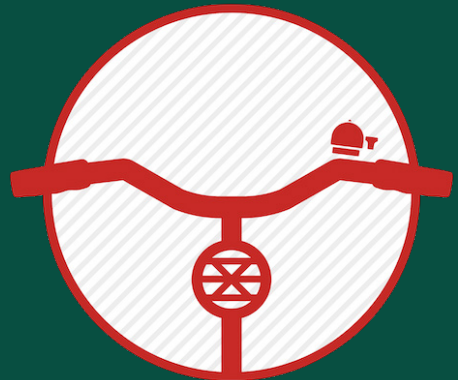
Credits: Uit in Enschede

DISCOUNT: with the study in Enschede card, you can get 20% off all products excluding prints, food, and sale item.

ENSCHEDÉ FIETST APP

App

Enschede wants citizens to take the bike as often as possible. So, they decided to reward cycling! With the Enschede Fietsts app you earn points every time you take the bike. You can buy a range of different vouchers for local businesses with your points. And what's even better is that the app makes sure the traffic lights you approach will turn green faster! No more waiting to cross the road.



Credits: Enschede Fietsstad

HIGHTREE SUSTAINABLE ART CO

Sustainable art/gift shop (online)

Handmade, fair, and eco-friendly. At Hightree Sustainable Art Co, you can find sustainable art prints, posters and greeting cards with great attention for the environment.

Visit: www.hightreesustainable.com



Credits: Hightree Sustainable Art Co



Credits: In de buurt

CONCORDIA SHOP

Gift shop

Concordia has its own gift shop – if you are looking for a unique and surprising gift. Their range is local, conscious and surprising. They also have an online webshop.

UT CAMPUS

GREEN HUB TWENTE

Green Hub Twente is the central point for sustainability knowledge and initiatives at the University of Twente. The Green Hub plays an active role in shaping, realizing, implementing and following the UT's policy related to sustainability.



SUSTAIN

Sustain is a group of students who are enthusiastic about realizing a truly sustainable University of Twente. It is the first association focused primarily on raising awareness about sustainability and improving the sustainability of the University of Twente. It is also a place to meet like-minded people who form a passionate community.



VEGAN STUDENT ASSOCIATION TWENTE

Vegan Student Association Twente is a community for all vegan-minded students in the Twente region. They organise events and activities all about veganism, such as pot lucks, movie nights, and excursions.



Credits: University of Twente

UNIVERSITY OF TWENTE CLIMATE CENTRE

University of Twente's mission is to empower students, staff, and society to maximise their impact on the world's climate challenged. Their goal is to connect climate-related research and educational strengths, collaborate with stakeholders to enhance impact, facilitate a sense of community, and represent and provide a clear ear, face, and voice to the world.

COMMUNITY GARDEN

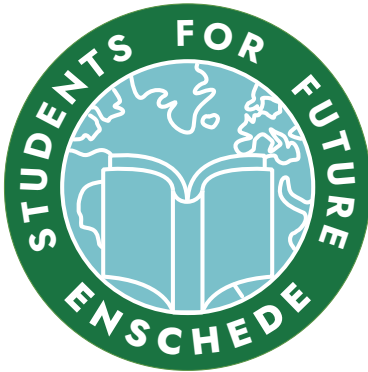
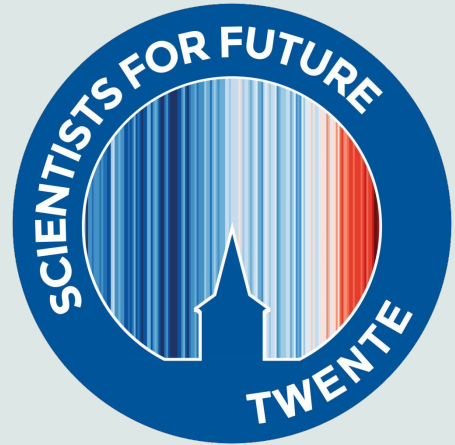
Green Hub Twente & SUSTAIN have recently set up community gardens on campus. This has been kicked off as a pilot project, with 1 x 1 meter plots where you can share and plant your own vegetables, fruits, and flowers. When people know how their food is made, they appreciate it more and throw away less food as they know how difficult it is to make it. We want students and staff of UT to experience having to eat vegetables/fruits grown in their own garden.



Credits: Ronja Sauter

SCIENTISTS FOR FUTURE TWENTE

Scientists for Future Twente enables scientifically trained professionals and students (in all scientific fields) who are concerned about the future, to connect with each other, and to empower citizens and organizations in Twente (and beyond) by strengthening 'climate literacy' and advocating for a science- and evidence-based approach to the climate emergency and other environmental crises.

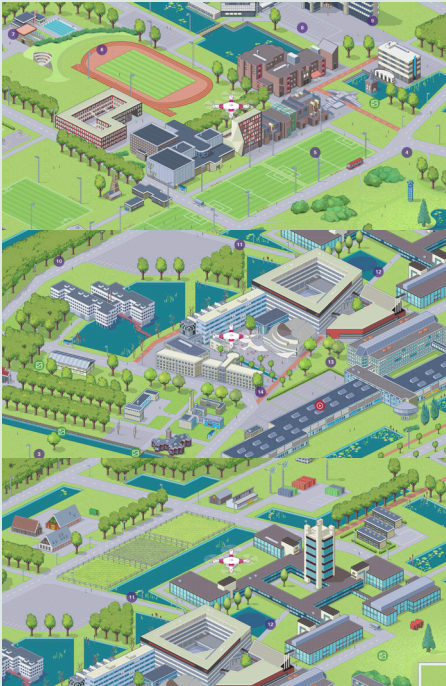


STUDENTS FOR FUTURE ENSCHDE

Students for future was founded out of a deep concern for the future of our planet. We are a group of dynamic students who are fighting for a better future. We want to spread awareness about climate change and what can be done to prevent it. We made it our goal to foster discussions, organise climate marches and events for people to gather and learn from each other about the future of our planet. If you share our vision and would like to be part of it, you are more than welcome to reach out to us via Instagram.

EXTINCTION REBELLION

Extinction Rebellion (XR) Enschede is a diverse group of ordinary friendly people who are deeply concerned about the climate and ecological crises. In less than a year, they have grown from a small group of people to a competent, powerful and fun social movement with hundreds of local groups in almost sixty countries.



SUSTAINABILITY CAMPUS WALK

The University of Twente is located on a beautiful green campus in the Netherlands, between the cities of Enschede and Hengelo. In this virtual tour, you can explore the campus- and discover some of the sustainability measures the university has taken to become more sustainable. You can click anywhere to fly a drone to that location. You can follow the numbers to get the full tour- or click on the locations that interest you. Have fun!

Visit: utwente.nl/en/sustainability/sustainability-walk/

CONTACT US

Are you a sustainable business or location in Enschede? Make sure to contact us and we will consider you in the next edition of the Green Guide Enschede!

Green Hub Twente

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utwente.nl/en/sustainability/green-hub-twente/

SUSTAIN

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For more on sustainability on the UT Campus, visit:

www.utwente.nl/en/sustainability/

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