

## Rally through the Sustainable Model Apartment

In the Sustainable Model Apartment, you'll see how each of us can save energy and CO2 through simple everyday decisions. In the areas of energy, mobility, food, consumption, and waste, you'll find easy everyday tips and tricks for more sustainability in your own home. Important: You are encouraged to lift and open everything! Inside, you'll find essential information on how each tip contributes to climate protection. It's not just about "doing something good for our planet." Many signs also explain how we benefit personally—health-wise or financially. Additionally, everything we do impacts others. So, it's also about the societal effects of our actions.

**Task:** Explore the apartment using the rally. Go through the apartment alone or with another person, and when prompted, find others to discuss the topics with.

1) In general, it doesn't matter if you wash dishes by hand or use a dishwasher, if available. Check this statement and discuss how it's done in your household.

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2) Should you always preheat the oven, or not? Find out!

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3) List four ways to make more climate-friendly choices when shopping. Discuss the challenges and benefits you see with others.

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4) Electrical devices at home: Write down three tips from the apartment regarding electrical devices that you can check at home afterwards.

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5) Before you enter the bathroom, estimate how many liters of water flow through a showerhead per minute. How long do you shower? Do you turn off the water while soaping up? Discuss possible water-saving tips (in the bathroom, kitchen, etc.) with others.

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6) Find out which foods are in season at the time you visit the Sustainability Center. Write them down and think of one or more dishes you could prepare with them.

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7) People in Germany use \_\_\_\_ billion plastic bags every year. That's about \_\_\_\_\_ bags per minute, which amounts to \_\_\_\_\_ tons of plastic each year. This weight is equivalent to \_\_\_\_\_ VW Golfs. If we laid all the plastic bags end to end, the chain would circle the Earth \_\_\_\_\_ times.

8) Estimate what percentage of a phone's lifecycle energy is used for manufacturing and how much for its eventual use. Note the correct percentages afterward. (Tip: Have you heard of [refurbed.de](https://www.refurbed.de) for second-hand devices?)

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9) List two everyday tips that not only save energy and are climate-friendly but also save money. Ask others for their suggestions and write down two additional tips.

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10) Eco-friendly internet use: Think about which three tips you can easily implement.

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11) How many clothing items do you buy each year? Discuss with others whether you really need them and if you have ideas for more eco-friendly clothing purchases. Write down your ideas.

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12) Write down three tips (from different areas) that you want to apply in your daily life (and that might even be new to you).

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