



# GREEN GUIDE

Sustainable student life  
in Ghent



GHENT  
UNIVERSITY



# GREEN GUIDE

Sustainable student life in Ghent

Welcome to Ghent,

city of knowledge and, for now, your home! If you don't know Ghent as well as you'd like, this Green Guide will change that for the better, filled with tips and tricks to discover Ghent sustainably.

So, dive into this guide and into student life.

Find your way around, learn where to shop and dine sustainably, find out how to produce less waste and discover the green oases in the city.

Enjoy!



Sustainable student life in Ghent

Green Office Gent - Ghent University  
Sint-Pietersnieuwstraat 33, 9000 Gent  
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This Green Guide is proudly presented to you by

# GREEN OFFICE GENT

MAKING  
IDEAS  
GROW

### The-green-what-now?

The students and staff of Green Office Gent initiate and support sustainable projects throughout the university, connecting people and ideas. We work on improving the sustainability policy




### With your help, we can make a change!

Join one of the Green Teams, become a beloved member of our Green Community and join like-minded people in paving the way to a better future for all of us.

### Sounds like your kind of mission?

Give a yell at [duurzaam@ugent.be](mailto:duurzaam@ugent.be), and we'll send you all the information you need. Make sure to follow us on Facebook, Instagram and SoundCloud!

### See you on the green side!

-  green office gent
-  green\_office\_gent
-  greenofficegent



[www.ugent.be/greenofficegent](http://www.ugent.be/greenofficegent)  
[www.greencommunity.be](http://www.greencommunity.be)



### The Green Hub: where the action takes place

The Green Hub is THE place to be for everyone who works on making Ghent University sustainable: a growing Green Community of students, employees, scientists, activists and policy makers.



Green Hub,  
Ufo building, Sint-Pietersnieuwstraat 33  
9000 Gent



The entrance of the Green Hub is located at street level, close to the Vooruit, next to the stairs leading up to the UFO building.



D'URGENT  
D'URGENT

D'URGENT is a student platform for sustainable bottom-up projects; a place to share knowledge, undertake concrete action and activate students around the three pillars of sustainability: ecology, economy and society.

D'URGENT works on two levels: policy and awareness. We make a change on the policy level through projects such as the auto-niet-mijn-maat to push Ghent University to get rid of the vending machines or more recent projects like Vegan at resto that tries to make the student restaurants more vegan-friendly. We raise awareness through different events such as workshops on homemade cosmetics and vegetarian cooking, debates, movie nights, readings, and so much more.

Also don't forget you can join Stujardin, the urban student gardening project on campus!

[facebook.com/stujardin](https://www.facebook.com/stujardin)

[www.durgent.be](http://www.durgent.be)

[www.greencommunity.be](http://www.greencommunity.be)

Any questions, ideas, proposals?

Contact us at [voorzitter.durgent@gmail.com](mailto:voorzitter.durgent@gmail.com)



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TRANKORBI

FOOD

SHOPPING

WASTE

GREEN

# TRANSPORT & MOBILITY



**When you take a look around, you'll immediately notice Ghent is loaded with bicycles.**

They are definitely the easiest and fastest means of transportation within the city borders and the top choice for almost every student. Some obstacles will require skilled biking, such as slippery cobblestones or crossing tram tracks, but no need to worry: you'll pick up city biking soon enough, and in no time you'll be riding your bike as any Ghentian.

When you're not into biking or the weather is appalling, the well-organized public transport offers you a comfortable alternative. You'll find some tips and tricks on the next few pages.

## RENT A BIKE

### De Fietsambassade Gent

You can rent a bike from the city's bike rental service from 1 up to 14 months at prices starting as low as € 35,00 for 3 months. The bikes are not only cheap but also always in good condition. No wonder you see them everywhere in Ghent!

You can reserve your bike through [defietsambassade.wowconnect.be](https://defietsambassade.wowconnect.be). To get your trusty two-wheeler you need your student card or certificate of enrolment (to be found on Oasis), your passport or identity card, € 80,00 deposit and the rental fee. You can pay in cash or with a Belgian debit card. Be sure to bring your bike back clean and in good shape to retrieve your deposit!

TIP: you can use the bike wash station at the rental shop for free.



#### Bike Point Kattenberg - Kattenberg 2 <sup>1</sup>

Open: Monday and Tuesday 8:30 - 12:15 & 13:00 - 16:15; Wednesday: 08:30 - 12:15; Thursday 8:30 - 12:15 & 13:00 - 18:00; Friday closed

#### Bike Point Railway Station Gent Sint-Pieters - Voskenslaan 27 <sup>2</sup>

Open: Weekdays 7:00 - 19:00; Saturday 10:00 - 18:00

#### Bike Point Railway Station Dampoort - Oktrooiplein 10Z

Open: Weekdays 7:00 - 19:00

#### Bike Point Centrum - Emile Braunplein <sup>3</sup>

(next to Belfort Stadscafé) Open: Monday to Friday 8:00 - 18:00; Saturday, Sunday and holidays 10:00-18:00

[fietsambassade.gent.be/en](https://fietsambassade.gent.be/en)

### Blue-bike

Rent a bike for a maximum of 4 days at most Belgian train stations\* 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 (€ 12,00 per year) which allows you to rent up to two bikes simultaneously at an automatic key distributor, available 24/7. The rental fee is normally € 3,15 per 24h,

although most small cities charge only € 1,15. However, if you hold on to the bike after that, the charges go up to € 10,00 per day, so watch out! You'll receive a monthly overview of the rides you used, and payment is made automatically through your bank account.

**Gent Sint-Pieters railway station <sup>4</sup>** - at the front and rear entrance. The staffed bike point is situated a bit further at Voskenslaan 27 <sup>2</sup>

Open: Automatic key distributors 24/7; staffed Fietsambassade repair point, Monday to Friday from 7:00 - 19:00 and Saturday 10:00 - 18:00

**Gent Dampoort railway station** - next to the bike parking  
Open: automatic key distributor 24/7; staffed Fietsambassade bicycle point, Monday to Friday from 7:00 - 19:00

(\* You can find them in Ghent, Bruges, Antwerp, Brussels and Leuven among many others.

[www.blue-bike.be](https://www.blue-bike.be)

### Swapfiets: carefree biking

If you're looking for a bit more service, try Swapfiets. For €15,00 per month - no deposit - you get a nearly new bike delivered to your front door. If it breaks down, they come to fix it and get you back out there in under 24 hours, without any extra costs!

#### [www.swapfiets.be](https://www.swapfiets.be) - Vlaanderenstraat 54 <sup>5</sup>

Open: Monday to Saturday 10:00 - 19:00; Remote service and bike swapping: 8:00 - 22:00

### Pedestrian privilage

Almost any street in Ghent is open for bikers! But the Mageleinstraat, Kalandestraat until Koestraat, Kalandeborg, Donkersteeg and shopping street Langemunt in the city center are exceptions. Here, pedestrians are kings from 11:00 until 18:00. From June till the end of September, also the beloved Graslei is forbidden territory for your bike.

To avoid a € 58,00 fine, get off your bike and take it by the hand or choose a parallel road.

# GETTING YOUR BIKE REPAIRED

## Bike repairs at Ghent University

Students and university staff can make use of the bike repair points of Ghent University. Every spot has the tools you need to repair small issues with your bike.

### FIXIT repair points on campus

- 1/ Campus Sterre, between Building S4 and S5 **6**
- 2/ Campus Coupure, bike shed across from building B **7**
- 3/ Tech Lane Ghent Science Park Campus A, beside the road near the roundabout
- 4/ Home Groningen, Stalhof 43, at the public bike shed **8**

### Bicycle pumps

Almost any campus has a bike pump. You can find their locations at [www.ugent.be/fietsen](http://www.ugent.be/fietsen)

## De Fietsambassade Gent

Is your bike a real wreck or are you not really a handy(wo)man? Fietsambassade is there to help you out! You can get your bicycle quite cheaply repaired in their shop, and you can get a replacement bike for € 5,00 for the entire repair period. (You'll notice you can't live without your 'steel steed' anymore once you've grown used to it!)

You can bring your rental bike of de Fietsambassade for bike repair to all four of their mentioned rental points. Be aware that you have to be present at least 15' before the closing hour (see information on bike rental). With your own bike, you are welcome at Bike Points Centrum, Sint Pieters & Dampoort.

### Bike Point Kattenberg - Kattenberg 2 **1**

Open: Monday and Tuesday 8:30 - 12:15 & 13:00 - 16:15; Wednesday: 08:30 - 12:15; Thursday 8:30 - 12:15 & 13:00 - 18:00; Friday closed

### Bike Point Railway Station Gent Sint-Pieters - Voskenslaan 27 **2**

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### Bike Point Railway Station Dampoort - Oktrooiplein 10Z

Open: Weekdays 7:00 - 19:00

### Bike Point Centrum - Emile Braunplein **3**

(next to Belfort Stadscafé) Open: Monday to Friday 8:00 - 18:00; Saturday, Sunday and holidays 10:00-18:00

The bike repair bus is at your service at Campus Merelbeke, Luca School of Arts, Technology Campus Odisee, UZ Gent campus, the GUSB and HOGENT campus Schoonmeersen.

More info at [fietsambassade.gent.be/en](http://fietsambassade.gent.be/en)

## Public bicycle pumps

De Fietsambassade: **Kattenberg 2 **1****; **Voskenslaan 27**, at the entrance **2**; **Oktrooiplein 10**, at Gent Dampoort train station; **Maaltebruggestraat 191 **9****;

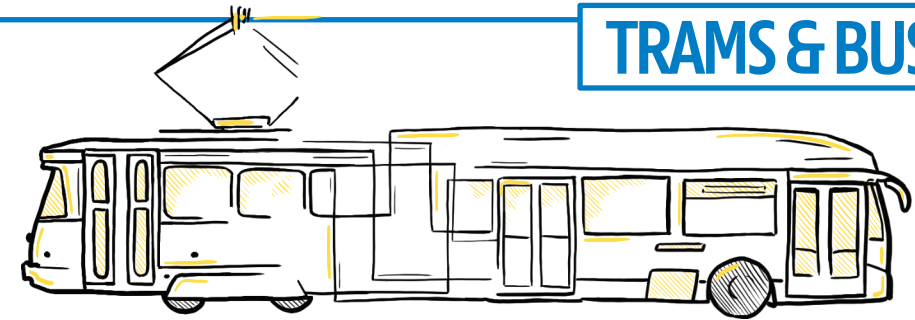
**Gent Sint-Pieters railway station **4****: in the underground bicycle parking lot, next to the APCOA bicycle repair shop.



^ The underground bicycle parking below the bus platforms at Gent Sint-Pieters railway station.

TIP: This map shows you all the bike (repair) shops in Ghent and the repair points, bike parkings, bike pumps and depot of De Fietsambassade: <https://tinyurl.com/y87e65m2>

# TRAMS & BUSES



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.

Public transportation in Belgium is managed on the regional level by different companies: De Lijn in Flanders, MIVB/STIB in Brussels and TEC in Wallonia.

## De Lijn tickets

All tickets of De Lijn are valid within the entire region of Flanders.

### Single journey

In the city centre, a ticket is valid for 1 hour, including any bus/tram changes without restriction. You cannot get a ticket from the bus driver anymore! In the vending machines at the bus platform, in de Lijn Shops and on most buses (contactless), you can get a ticket for € 2,50. You validate the ticket in one of the machines on board at the beginning of your trip. You can also buy a ticket with your phone for € 2,65 (including € 0,15 for your provider) by texting 'DL' to 4884. By far the cheapest option is to buy an M-ticket using the Ticket Touch app for € 1,80.

### Lijnkaart / M-card

If you plan on using buses or trams sporadically, you are better off buying a 'Lijnkaart', a ticket for 10 rides (€ 16,00). Just like with a single ticket, you validate it on board at the beginning of your trip. If you buy the digital version through the app of De Lijn, it is called an 'M-Card' and you pay € 15,00.

### Day Pass

This allows you to travel through Flanders on any tram or bus for the entire day. It will cost you € 7,50 in pre-sale, through SMS (+ service cost) or the app. Three-day passes are also available.

### Buzzy Pazz or Omnipas

If you plan on taking buses and trams frequently for several weeks or months, you could profit from buying a Buzzy Pazz or an Omnipas, valid on any bus or tram of De Lijn:

	1 month	3 months	12 months
<b>Buzzy Pazz</b> (ages 12-25)	€ 33,00	€ 81,00	€ 215,00
<b>Omnipas</b> (ages 26-59)	€ 49,00	€ 128,00	€ 329,00



### Night buses

The night buses cover eight of the most common tram and bus routes until 1:00. Tickets and prices are the same as during the day. Check the De Lijn website on [www.delijn.be/en](http://www.delijn.be/en).

### De Lijn shops

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

#### 1) Korenmarkt, Cataloniëstraat 4 <sup>10</sup>

Open: Weekdays 9:00 - 18:00 and Saturday 10:00 - 12:15 and 12:30 - 17:00

#### 3) Woodrow Wilsonplein (Gent Zuid) <sup>11</sup>

Open: Weekdays 10:00 - 12:15 and 12:30-17:00

#### 2) Gent Sint-Pieters railway station <sup>3</sup>

Open: Weekdays 7:00 - 19:00 / Saturday 10:00 - 12:15 and 12:30 - 17:00

### Route planner De Lijn

The planner is available in English at [www.delijn.be/en/routepanner](http://www.delijn.be/en/routepanner)

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. The De Lijn app is also useful, as is Google Maps.

## TRAINS

The city of Ghent has two railway stations: Gent Sint-Pieters (central station) and Gent-Dampoort (best connection to Antwerp). 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 'SNCF' in Wallonia. You can purchase a single ticket online or at the ticket dispensers and ticket counters in the station.

A 'Youth Multi' or 'Standard Multi' is a multiple trip ticket and can be purchased at the ticket dispensers or at the ticket counters in the railway station:

#### Youth Multi

If you are younger than 26, and planning to travel frequently by train, the best option is to buy a Youth Multi (10 single rides between any two Belgian stations valid for one year). The entire card will cost you € 53,00 so one single journey

will only cost € 5,30. It's also possible to use the Youth Multi 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 at the end of your exchange.

#### Standard Multi

This ticket fits people of 26 or older. It works exactly like a Youth Multi, but it's a bit more expensive: € 83,00 for 10 rides or € 8,30 per single ride.

#### Weekend ticket

Travelling back and forth somewhere between Friday 19:00 and Sunday night? The Weekend ticket awards you a near 50% discount, so it's often your best choice.

#### Good to know

Many other ticket formulae may suit your needs like the Youth Ticket, Youth Holidays, Local Multi, ... . Check the website or ask at any railway station.

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 minimal € 7,00. If you didn't get a ticket, let the ticket inspector know before you get on the train; otherwise you will get fined.

### Route planner NMBS

There is also a route planner for trains, available in English at [www.belgianrail.be/en](http://www.belgianrail.be/en).

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. The NMBS app comes in handy too for buying tickets and finding out train hours and connections.

## INTERNATIONAL TRAVEL

### Blablacar

Share a ride to neighbouring countries at a lower price than by bus or train. At [blablacar.be](http://blablacar.be) you can check where and when someone is travelling, how many spots are left in the car and how much it will cost you. You can also post the ride you are looking for. Book your seat online and travel from city A to city B, even at the last minute.

### Taxistop

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! [taxistop.be/en](http://taxistop.be/en)

### Long-distance buses

Flixbus, Eurolines, Isilines, Megabus and Ouibus are some of the companies offering 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 € 10,00. Flixbus even offers the possibility to compensate for your CO<sub>2</sub> emissions with a small extra fee.

### International trains

As Ghent is in the heart of Europe, it is a superb hub for a train ride to many great cities. With [www.trainline.eu](http://www.trainline.eu) you have a great travel mate to help you pick your best option. Make sure to check out [seat61.com](http://seat61.com), a superb site to start travelling through Europe by train.

#### Thalys

High-speed trains from Brussels to Paris, Amsterdam, Köln, Schiphol, Den Haag, Rotterdam, etc. [www.thalys.com](http://www.thalys.com)

#### Eurostar

These trains will take you to London, Lille and a couple of other destinations in no time. [www.eurostar.com](http://www.eurostar.com)



## By aeroplane

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

### Brussels Airport

To get from Ghent to Brussels Airport or the other way around, the train is the best option. You can use a Youth Ticket, Youth Multi or Standard Multi, but you will also need an additional 'Supplement Brussels Airport' for € 5,50. Be sure to keep both your train ticket and Supplement Brussels Airport with you after leaving the train; if not, you won't be able to enter the airport.

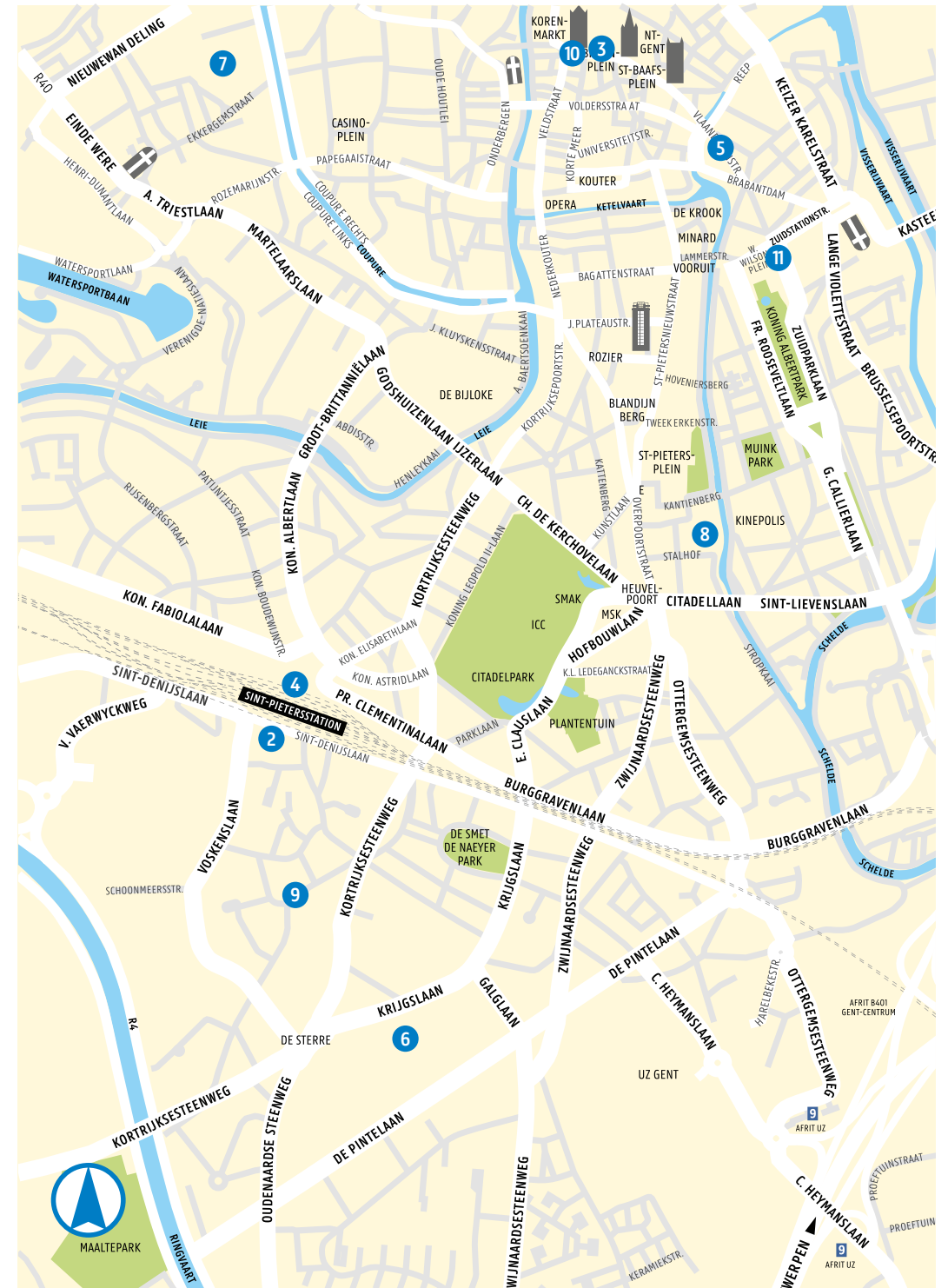
### Charleroi Airport

Taking the Flibco bus is your best option to go to Charleroi Airport from Ghent. You can purchase tickets online, and the bus will pick you up at the back of the Gent Sint-Pieters train station and drop you off 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](http://www.flibco.be/en)

# MAP

- 1 Bike Point Kattenberg
- 2 Bike Point Railway Station Gent Sint-Pieters
- 3 Bike Point Centrum
- 4 Gent Sint-Pieters railway station
- 5 Swapfiets
- 6 FIXIT repair point Campus Sterre
- 7 FIXIT repair point Campus Coupure
- 8 FIXIT repair point Home Groningen
- 9 Public bicycle pump Fietsambassade
- 10 De Lijn shop Korenmarkt
- 11 De Lijn Woodrow Wilsonplein





# FOOD



PLANT-BASED



VEGETARIAN



SOCIAL



FAIRTRADE



BIO/ORGANIC



LOCALLY GROWN



FREE TAP WATER

**Ghent is a true paradise for foodies and a real hotspot for healthy, organic and tasty restaurants.**

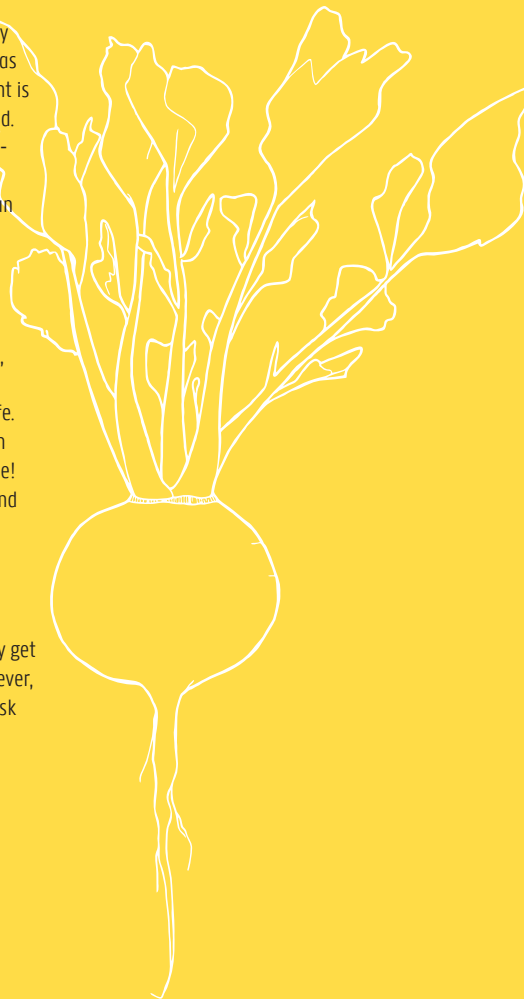
To top it off, Ghent is the 'European capital' of vegetarian food. It is the birthplace of Thursday Veggie Day, promoting a weekly meatless day as part of a sustainable lifestyle. As a result, Ghent is a pure veggie paradise waiting to be discovered. Take the time to explore the following student-friendly addresses offering great food at reasonable prices. Be adventurous and have fun discovering these hidden gems in Ghent!

### Food, health & sustainability

Making some changes to what you eat is a fun, easy and very effective way to contribute to a more sustainable way of living your student life. Not only what you eat, but also where it's from and what it's wrapped in can make a difference! We've lined up five simple tips and tricks to send you on your way.

### Tap water

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!



## EAT VEGAN OR VEGETARIAN

### At the university

#### Student restaurants and cafeterias

The university has eleven cafeterias where you can get sandwiches, soup and snacks and seven restaurants spread all over the city, open every weekday. The prices at these restaurants are the lowest in town (under € 5,00 per meal). What's not to like about that? The menu changes every day, and there is always a vegetarian option. On Veggie Thursdays, there are even three vegetarian options!

The cafeterias serve cheap and tasty sandwiches filled with vegetables and your choice of spread. Try the ecological sandwich ('ecologisch broodje') with a weekly changing vegetarian spread. If you want to go vegan, have a look at this page to know when our spreads are plant-based: <https://tinyurl.com/ybfzukup>

#### De Brug

The student restaurant 'De Brug' is by far the most frequented restaurant, with even more meal options and a salad bar. It is also the place to be if you prefer a later meal as it is also open from 17:30 until 21:00 on weekdays in addition to the regular lunch service.

**De Brug, Sint-Pietersnieuwstraat 45** <sup>1</sup>  
On weekdays: 11:15 - 14:00 and 17:30 - 21:00

Be sure to bring your student card. Otherwise, you'll pay the standard price of the meal, which is almost three times higher than the student price. You can order an extra sandwich for someone else, but NOT a second warm meal. Be warned that you can only pay electronically. With maestro, VISA, Mastercard or our own payment system e-purse, which turns your student card into a payment card.

<https://epurse.ugent.be>

The locations, opening hours, and menus of the student restaurants and cafeterias can be found on [www.ugent.be/en/facilities/restaurants](http://www.ugent.be/en/facilities/restaurants)



## In the city

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

### Hot meals

#### GREENWAY

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



[www.greenway.be](http://www.greenway.be) - Nederkouter 42 **2**

Open: Monday to Sunday 11:00 - 22:00

#### PARNASSUS

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!



[www.parnassus.be](http://www.parnassus.be) - Oude Houtlei 122 **3**

Open: Monday to Friday 12:00 - 14:00

#### KOMKOMMERTIJD

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



[www.komkommertijd.be](http://www.komkommertijd.be) - 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

Veggie burgers in all shapes and flavours, freshly made smoothies, vegan ice cream and all of this deliciousness is wrapped only using biodegradable packaging. What's not to like? Also, you get 10% off with your student card.



[www.tastyworld.be](http://www.tastyworld.be) - Hoogpoort 1

Open: Monday to Saturday 11:00 - 22:00



#### LE BOTANISTE [a]

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



[www.lebotaniste.be](http://www.lebotaniste.be) - Hoornstraat 13 **5**

Open: Monday to Sunday 11:30 - 21:00

#### VOORUIT CAFÉ

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



[www.vooruit.be](http://www.vooruit.be) - Sint-Pietersnieuwstraat 23 **6**

Open: Monday to Wednesday 10:00 - 1:00 / Thursday to Saturday 12:00 - 02:00 / Sunday 12:00 - 01:00 Kitchen: Monday to Sunday 12:00 - 21:00

#### PACHA MAMA

This hidden gem close to resto De Brug serves delicious veggie food for a very affordable price. Each day comes with a new dish, in a small, large and/or vegan version. Your plate is often filled with a pallet of tastes. The free tap water and sunny terrace are a nice extra.



[f Restaurant Pacha Mama](https://www.facebook.com/restaurantpachamama) - Guinardstraat 9 **7**

Open: Monday to Friday 11:30 - 14:00



#### DE WALRUS

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.



[www.walrus-ghent.be](http://www.walrus-ghent.be) - Coupure Links 497 **8**

Open: Monday to Wednesday 10:00 - 1:00 / Thursday to Saturday 10:00 - 2:00 / Sunday 12:00 - 1:00 / Kitchen: 12:00 - 21:00

#### LOKAAL

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.



[lokaal.ghent](http://lokaal.ghent) - Brabantdam 100 **9**

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

#### DE APPELLIER

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!



[www.deappelier.be](http://www.deappelier.be) - Citadellaan 47 **10**

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

#### TRAFIEK [b]

This small cafe 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 fairtrade coffee/tea or a vegetarian snack (like pasta, grilled sandwiches and pancakes) after a visit to the second-hand store next door.



[trafiek.blogspot.be](http://trafiek.blogspot.be) - Haspelstraat 37

Open: Wednesday to Friday and Sunday 11:00 - 20:00 / Kitchen: Wednesday to Friday 11:30 - 14:00 and 17:00 - 19:30 / Sunday 11:30 - 19:30

#### V-BOX

The V is for Vegan, but also for Very impressive menu. Vegan street food with funky names such as 'Charming Casanova' or 'Finger Licking Explosion'. Take your friends and try them all!



[www.v-box.be](http://www.v-box.be) - Inside square @ Dok Noord 7

Tuesday to Friday 10:00 - 18:00 / Saturday 10:00 - 20:00

## LEKKER GEC

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.



[www.lekkergec.com](http://www.lekkergec.com) – K.M. Hendrikaplein 6 **11**

Open: Monday to Friday 9:00 – 22:00 / Saturday 12:00 – 22:00

## TUIN VAN ETEN

More than 20 years in business and best known for its ever-changing veggie meal. You will also find salads, veggie burgers and quiches here.



[restauranttuinvaneten.be](http://restauranttuinvaneten.be) – Kortrijksesteenweg 573 **12**

Open: Monday to Thursday 12:00 – 20:00 / Friday 12:00 – 14:30

## CASTOR & POLLUX

This new restaurant has multiple vegetarian options, a menu following the seasons and partially local and biological, free tap water and the possibility to take your leftovers home. Give it a try!



[www.castorenpollux.be](http://www.castorenpollux.be) – Sleepstraat 210

Open: Wednesday to Saturday 18:00 – 22:00

## OTOMAT

"In heavenly pizza we crust" is their device, which says it all. Otomat serves two vegan pizzas, multiple vegan salads and plenty of vegetarian options.



[www.otomat.be](http://www.otomat.be) – Kleine Vismarkt 3

Open: Sunday to Thursday 12:00 – 22:00 / Friday to Saturday 12:00 – 23:00

## FITCHEN

Fitchen stands for fast fit food: it is a restaurant that supports a healthy positive lifestyle by making healthy wraps and bowls. Every dish can be ordered as a veggie or vegan dish.



[fitchen.be](http://fitchen.be) – Vlaanderenstraat 129 **13**

& Kalandestraat 17 **14**

Open: @Vlaanderenstraat Monday to Sunday 11:00 – 22:00;  
@Kalandestraat Monday to Saturday 11:00 – 19:00; @Kortemunt 4  
Monday to Saturday 11:30 – 20:30 / Sunday 11:30 – 18:00

## Breakfast, brunch or lunch

### O'YO

Yoghurt is their speciality, but they also serve other stuff. Breakfast, lunch, coffee and cake, always healthy, and with lots of vegetarian and vegan options.



[www.oyobar.be](http://www.oyobar.be) – Brabantdam 82 **15**

Open: Thursday to Tuesday 9:00 – 17:00

### MIE VIE

This all-vegan place has a lot to offer: brunch, lunch, sweet stuff, sandwiches, drinks and much more. In need of professional advice concerning your vegan or vegetarian lifestyle or looking for a diet? Make an appointment and get your personal advice.



[www.mievie.be](http://www.mievie.be) – Serpentstraat 28

Open: Monday to Friday 11:30 – 16u30 / Saturday 10:00 – 17:00

### BE O VERSBAR [b]

Looking for breakfast, lunch or apero and the perfect match of delicious, sustainable and healthy food? Everything BE O Versbar serves is homemade, 100% biological and plant-based. Each season has its own menu. When you go, combine it with a visit to the BEO market next to it.



[beo-markt.be/beobar](http://beo-markt.be/beobar) – Heilige Geeststraat 30 **16**

Open: Tuesday to Saturday 10:00 – 18:00 / Sunday 10:00 – 16:00



## OATS DAY LONG

If you're totally crazy about oatmeal, you should definitely go here. Next to various sweet options, they also serve savoury oat bowls. There are many vegan options, including vegan pancakes.



[oatsdaylong.com](http://oatsdaylong.com) – Nederkouter 55 **17**

Open: Monday to Friday 7:30 – 16:00 / Saturday and Sunday 9:30 – 16:00

## Cafes and sweets

### TAKE FIVE ESPRESSO BAR

Take Five is a jazzy place where you can get organic and fair teas, vegan coffees, hot chocolates, cake, breakfast, brunch and lunch. If you're looking for a bar to grab a quick coffee in the centre, Take Five is a good place to start.



[www.take-five-espressobar.be](http://www.take-five-espressobar.be) – Volderstraat 10 **18**

Open: Monday to Friday 8:30 – 18:00 / Saturday 9:00 – 18:00 / Sunday 10:00 – 18:00

### FULL CIRCLE COFFEE

This cosy coffee bar serves delicious drinks and cake. The best part? It's Belgium's first 100% plant-based coffee bar! You can enjoy your drink outside on the terrace whenever the shy Belgian sun comes out.



[fullcircleghent.com](http://fullcircleghent.com) – Zuidstationstraat 5 **19**

Open: Monday to Friday 8:00 – 23:00 / Saturday 9:00 – 23:00 / Sunday 10:00 – 23:00

## LE BAL INFERNAL

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.



[lebalinfernale.be](http://lebalinfernale.be) – Kammerstraat 6

Open: Monday to Thursday 12:00 – 1:00 / Friday and Saturday 12:00 – 3:00 / Sunday 12:00 – 00:00

## DREAMCATCHERS

DreamCATchers is an adoption café for cats that spent a long time at a shelter. Whilst enjoying a vegan drink or treat you help the cats to regain their trust in people. They slowly start to flourish, making it easier to find them a new loving home. If you have such a home on offer, you can adopt!



[www.wearedreamcatchers.be](http://www.wearedreamcatchers.be) – Schepenhuisstraat 17

Open: Wednesday & Saturday 11:00 – 18:00

## BAKKERIJ FRIMOUT

This typical Belgian bakery comes with an extra touch... It has a large offer of plant-based koffiekoeken, donuts, pastries and even sausage bread. And believe us, they are delicious and world-famous!



[bakkerfrimout.be](http://bakkerfrimout.be) – Zwijnaardsesteenweg 278 **20**

Open: Monday to Thursday 6:00 – 18:30 / Friday 6:00 – 18:00

## MADAM BAKSTER [a]

This guilt-free bakery was created by a former 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? Order the desserts online or taste them with a delicious vegan coffee at their coffee house!



[www.madambakster.be](http://www.madambakster.be) – Brabantdam 142 **21**

Open: Wednesday to Sunday 10:00-18:00

## There's a site for that: bevegan.be

Next to the handy app Happy Cow, there is a website, bundling all interesting plant-based addresses in Ghent and Belgium. Check it out: [bevegan.be/nl/vegan-ghent-onze-hotspotguide](http://bevegan.be/nl/vegan-ghent-onze-hotspotguide)



## At home

Preparing a vegetarian or vegan dish doesn't only broaden your cooking skills and impresses 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 something plant-based.

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.

If you don't feel like cooking nor going out, but still want a delicious meal, you can get it delivered to your door by bike. Most sustainable and plant-based restaurants are in business for take-away. By themselves or with a commercial bike courier.

## What's typically Belgian and when do I eat it?

### Autumn

Beet, black radish, mushrooms, pumpkin, endives, cabbages, broccoli, spinach, sprouts, lamb's lettuce, tomato, all kinds of pears and apples, clementines, kiwi berry

### Winter

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

### Spring


Pak choi, chard, leek, spinach, kohlrabi, asparagus, green beans, leafy greens, carrots, rhubarb

### Summer

Leafy greens, tomato, eggplant, pepper, cauliflower, broccoli zucchini, spinach, corn, green beans, fennel, beet, strawberries, blueberries, raspberries, blackberries, juniper berries, black and red currant, prune, cherry

## NO OR MINIMAL PACKAGING

## At the university Reusable water bottles

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 extensive, making tap water as healthy and safe as bottled water. We are currently making tap water more available to you by installing water coolers in public places at our institution. Make good use of them!

Start your life at Ghent University by acquiring a reusable water bottle. It pays off very quickly as you won't need to pay 10 cents per plastic cup in the student restaurants and cafeterias.

Another option is to buy a Dopper water bottle at the (web)shop of the university. The 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.



[ugent.unigear.eu](http://ugent.unigear.eu)

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.

## Keepcup®



The student restaurants of Ghent University serve more than 600.000 warm meals and 400.000 sandwiches per year! This makes for quite a carbon footprint. That's why we keep on trying to make our restaurants and your dishes as sustainable as possible. You'll notice that you'll have to pay 10 cents for a disposable plastic cup. When you bring your own water bottle, you'll get a smile instead of a bill.

If you use a Keepcup® (and only a Keepcup®) for your soup, you won't have to pay 10 cents for a paper soup cup! These sustainable cups, suitable for any hot drink, can be purchased in the student restaurants and at the Ghent University (web)shop.

[ugent.unigear.eu](http://ugent.unigear.eu)

## In the city

There are so many ways to reduce the waste you produce, and you can start 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!

### OHNE [a]

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.be/gent](http://ohne.be/gent) - Steendam 68 & Koningin Elisabethlaan 22   
Open: Monday to Thursday 10:00 -19:00 / Friday and Saturday 10:00- 18:00

### MOORE&MOOR [b]

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.

[www.moormoor.be](http://www.moormoor.be) - Jakobijnenstraat 7   
Open: Monday – Sunday: 9:00-18:00

### BE O GENT

Fruits and vegetables straight from the growers. Can you taste the difference? Big barrels of pasta, rice, nuts and even liquids are also available to buy in bulk. Fill up your own pots and bags with the exact amount you need, reducing food and packaging waste!

[www.beo-markt.be](http://www.beo-markt.be) - Heilige Geeststraat 6   
Open: Tuesday to Saturday 10:00 – 18:30 / Sunday 10:00 – 16:00



# REDUCE OR RE-USE LEFTOVERS

## Too good too go

This amazing and well-known initiative has one goal: end food waste.

Download the app, look for restaurants or stores selling their leftovers and enjoy being a hero! Your chance to eat fancy for a student price! Available for iOS and Android. [www.toogoodtogo.be](http://www.toogoodtogo.be)



## Wonky

Wonky literally rescues bits and pieces of vegetables that would get thrown away: tomato ends, funky looking vegetables ... 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: [www.wonkyfood.be/where-to-buy](http://www.wonkyfood.be/where-to-buy)



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 got your back!

## In the city Doggy bags

Ghent has reintroduced the doggy bag - or as we call it 'restorestje' - in restaurants to take your leftovers home. You can find the more than 100 places who have joined the campaign on the following map: <http://goo.gl/qZEG2f>

Don't be afraid to ask for doggy bags anywhere in Ghent even if they are not mentioned on the map!

## 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 some tips to start off with: [www.fda.gov/food/consumers/tips-reduce-food-waste](http://www.fda.gov/food/consumers/tips-reduce-food-waste)

# LOCAL, ORGANIC & SEASONAL

The local and seasonal fruits and vegetables in Ghent are so tasty, refreshing and healthy that 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.

## At the university Stujardin

Get down and dirty at the fruit and vegetable gardens run by students. There's always work to do, especially during springtime. The daily harvest is distributed among the people who worked at the garden that day. You won't find any fresher food than this!

[facebook.com/stujardin/](https://www.facebook.com/stujardin/)

Vegetable gardens @ Faculty of Science - Krijgslaan 281 <sup>24</sup>; @ Faculty of Bioscience Engineering - Coupure Links 653 <sup>25</sup>.

## In the city Organic grocery shops

### BIOPLANET

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!

[www.bioplanet.be](http://www.bioplanet.be) - Drongensesteenweg 134

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

### ORIGIN'O

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

[www.origino.be](http://www.origino.be) - Kortrijksesteenweg 148 <sup>26</sup>

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

### AYUNO

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

[www.ayuno.be](http://www.ayuno.be) - Korte Meer 22 <sup>27</sup>

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

### BIOSHOP PIMPERNEL

Organic grocery shop close to Overpoort, get your organic cravings or a lovely sandwich with soup. Need some organic bread, but everything's closed already? Pimpernel owns a bread vending machine to meet your bread needs 24/7.

[www.bioshop.be](http://www.bioshop.be) - Charles de Kerchovelaan 423 <sup>28</sup>

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

### TAVONTUUR

Bio health food store stocking fresh bread and pastry, fresh vegetables and fruit, vegetarian specialities and personal care products. You can also buy some of the products in bulk, so you can reduce your packaging waste!

Burgstraat 137

Open: Monday to Saturday 9:30 - 18:00

## Farmers' markets

What's better than products fresh from the field? All of them will give you the chance to get your short-chain fruits, vegetables, dairy, milk, eggs, bread, meat and fresh herbs.

Centrumplein, Ledeborg

Wednesday 13:30 - 17:30

Kerkstraat, Gentbrugge

Wednesday 13:00 - 17:00

Blaisantvest

Thursday 12:30 - 17:00

Spijkstraat-Halve Maanstraat, Sint-Amandsberg

Saturday 9:00 - 12:00

Charles l'Epeeplein

Sunday 8:00 - 12:00

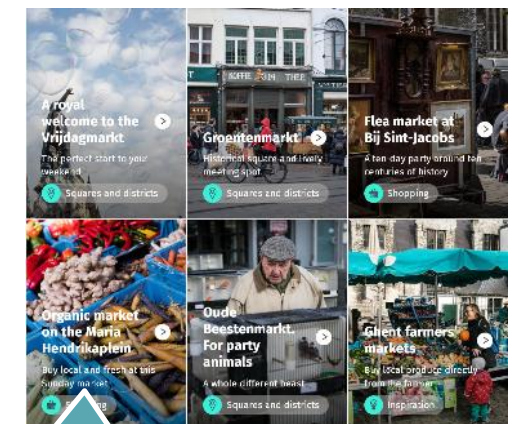
Casinoplein <sup>29</sup>

Friday 14:00 - 17:30

Lokaalmarkt - Peter Benoitlaan 78, Gentbrugge

Friday 15:00 - 19:00

A new kid in town, and it comes with a roof and a kid's paradise. This indoor market comes with quite some local produce.



Ghent has many markets, all with their specific character. Check out [visit.gent.be/en/tag/markets](http://visit.gent.be/en/tag/markets) to get an overview of your best market options.



## Typically Belgian

### De Frietketel

You might have noticed, but 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 'frituur' of Ghent. Half of their snacks are vegetarian and homemade. The fries are baked in vegetable oil and come in large portions. You can even get vegan ice cream from Heppie Cow as dessert!

[visit.gent.be/en/resto-de-frietketel](http://visit.gent.be/en/resto-de-frietketel)

Papegaaistraat 89 **30**

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

### ROOMER

A strong alcoholic all-natural beverage with elderflower, brewed inside the city. You can find it in a lot of cafes (Vooruit Café, De Walrus, etc.) or buy it in a shop. The beautifully shaped bottle with small flowers inside makes it a trendy gift. For a map of where to get yours:

[www.roomer.be/plaatsen](http://www.roomer.be/plaatsen)



## MAP

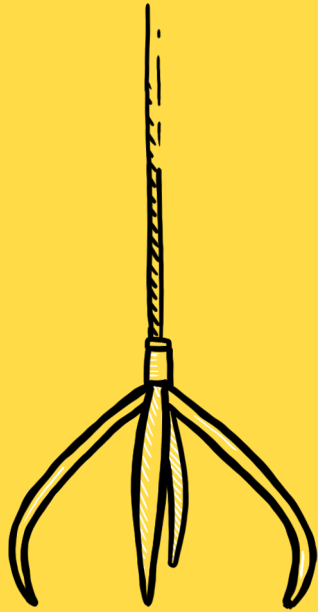
- 1 De Brug
- 2 Greenway
- 3 Parnassus
- 4 Komkommertijd
- 5 Le Botaniste
- 6 Vooruit
- 7 Pacha Mama
- 8 De Walrus
- 9 Lokaal
- 10 De Appelier
- 11 Lekker GEC
- 12 Tuin van Eten
- 13 Fitchen
- 14 O'yo
- 15 Be O Versbar
- 16 Oats Day Long
- 17 Take Five Espresso
- 18 Full Circle Coffee
- 19 Bakkerij Frimout
- 20 Madam Bakster
- 21 OHNE
- 22 Moor&Moor
- 23 Vegetable gardens Stujardin
- 24 Origin'o
- 25 Ayuno
- 26 Bioshop Pimpernel
- 27 Farmers' market Casinoplein
- 28 De Frietketel



# SHOPPING

The choices you make as a consumer make a difference, so let them be the difference.

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.



## GIVE-AWAYS, SHARES & SWAPS

### At the university

#### Gift shelves

At the student house 'De Thermanal', as well as at the student residences, you'll find our gift shelves or as we call them, give-away-shelves. 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 good karma. Do you see something on the gift shelf that you can use? Give it a new home!

#### Student House 'De Thermanal'

Hoveniersberg 24 1

#### Green Hub (Ufo building)

Sint-Pietersnieuwstraat 33 2

#### Faculty of Arts and Philosophy (coffee corner)

Blandijnberg 2 3

#### Common room Home Canterbury

Stalhof 51 4

#### The Swap Shop

Before the start of each semester, items donated by the outgoing students residing at the homes are swiftly collected by the Home Konvent and handed out at The Swap Shop. Laundry racks, cleaning products, cutlery, office supplies, and so much more.

#### Swap Shop

Home Göttingen, Stalhof 45 4



### 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, books, etc. 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 and can't take back home with you. You're not only saving money, but you're also helping others!

#### Closet sales

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

#### Kringloop thrift shops

You most likely won't be able to take all your belongings back home after your stay. If you can't sell it and don't have

the time to give everything away, just drop it all off at one of the many Kringloop shops in Ghent (see p. 30). Bikes and electronics can be damaged or broken, 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](mailto:info@uwkringwinkel.be) and they'll come to pick it up for free!

[www.uwkringwinkel.be/nl/home](http://www.uwkringwinkel.be/nl/home)

### At home

One man's trash is another man's treasure. You put an announcement in the Facebook groups 'GIFT | Gent', 'Gratis geven Gent' or 'De geef van 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!

# SECOND-HAND STORES



## At the university

### KRINGLOOPWINKEL MAGAZIJN

Enter through the main entrance of Campus Sterre. Before you arrive at building S1, turn left, continue straight and then turn to the right. In the courtyard, you'll see a sign marked 'magazijnen'. Enter the shop through the side door.

**Building S24 Campus Sterre, Galglaan 4** 5

Open: Monday to Friday 8:00 – 12:00 and 13:00 – 16:00

Important: You can only pay with a debit card here. They offer home-delivery, for an extra cost of €20.

## In the city

### Decoration and furnishing

#### STUKOT.STUCLLOUD.BE

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

[stukot.stucloud.be](http://stukot.stucloud.be)

#### ESN GENT SECOND-HAND MARKET

Erasmus Student Network (ESN) Gent 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!

## Books

### OXFAM BOOKSHOP

This is 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.

[www.oxfamso.be/nl/oxfam-bookshop-gent](http://www.oxfamso.be/nl/oxfam-bookshop-gent)

**Sint-Amandstraat 16** 6

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

### DE SLEGTE

De Slegte offers a huge selection of second-hand books as well as regular books, and 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.

[www.deslegte.be/gent](http://www.deslegte.be/gent) - Volderstraat 7 7

Open: Monday to Saturday 10:00 – 18:00 / Every first Sunday 13:00 – 18:00

### 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.

[stubooks.be](http://stubooks.be)

### DE KAFT

This book store inside Leen's living room originally opened in 1974 and is still going strong. You'll find much fiction and non-fiction secondhand books here. Stop by or order yours online.

[www.dekaft.be](http://www.dekaft.be) – Zwartezustersstraat 32 8

Open: Tuesday to Saturday 10:30 – 18:00

### SECOND-HAND BOOK MARKET

Every Sunday you can stroll around and browse through the books at Ajuinlei from 10:00 – 14:00. 9



## Bikes

Be sure to check the Facebook groups mentioned before if you're looking for a bike. Here are some places you'll find a whole lot of them.

### SECOND-HAND BIKE MARKET (Tweedehandsfietsmarkt)

Twice a year, the city of Ghent organizes a huge second-hand bike sale, the 'Tweedehandsfietsmarkt', 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.

Every Sunday from 7:00 – 13:00, you can find a smaller amount of second-hand bikes at the same Oude Beestenmarkt. 10

### KRINGLOOP SHOPS

Some of the second hand Kringloop shops offer bikes:

**Brugsesteenweg 354**

Open: Monday to Friday 10:00 – 18:00 / Saturday 10:00 – 17:00

**Getouwstraat 5**

Open: Monday to Friday 10:00 – 18:00 / Saturday 10:00 – 17:00

**Haspelstraat 49**

Open: Monday to Saturday 10:00 – 17:30

## Clothes

### THINK TWICE

Large collections 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 € 1,00 in the entire shop. Also, keep an eye on their Facebook page to check for their Happy Hours.

[www.thinktwice-secondhand.be](http://www.thinktwice-secondhand.be)

**Ajuinlei 15a** 9 & **Nederkouter 118** 11

@Ajuinlei open: Monday to Saturday 10:00 – 18:00 / Sunday 09:00 – 14:00 / @Nederkouter open: Monday to Saturday 10:00 – 18:00



### Fann

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!

[www.fann.be](http://www.fann.be) – Burgstraat 41

Open: Monday to Thursday 11:00 – 18:00 / Friday 12:00 – 18:00 / Saturday 11:00 – 18:00

### CROSSOVER

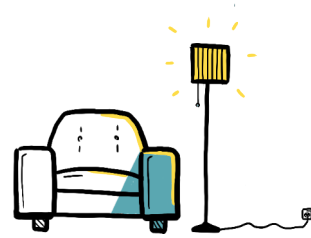
This second-hand store offers a large collection of brands such as Jean-Paul Gaultier, Dries Van Noten, Essentiel, D&G, Liu Jo, Caroline Biss, Tommy Hilfiger, Terre Bleu, Scapa, Strelli, Superdry, CKS, Steve Madden, Mc Gregor, Ralph Lauren Polo, Hugo Boss, Riverwoods, G-star, Jack & Jones, Nike and many more. Clothing, shoes, accessories, you'll find it all! Tip: every first Wednesday all prices range from € 1,00 – € 10,00.

[www.crossover-crossover.be](http://www.crossover-crossover.be) – C. Andrieslaan 7 12

Open: Wednesday – Friday: 12:00 – 18:00



# THRIFT SHOPS



## Kringwinkel Ateljee

A social project offering education and jobs to people who struggle to find their place in 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.

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

[www.uwkringwinkel.be](http://www.uwkringwinkel.be) & [www.uwkringding.be](http://www.uwkringding.be) (webshop)

**Prinses Clementinalaan 189** – Clothes and textile only. **13**

**Kortrijksepoortstraat 44** – Clothes, textile and GENTMADE products only. **14**

**Vlaamsekaai 10** – Clothes, textile and GENTMADE products only. You can also enjoy a lovely meal or snack at 'Het Restaurant' and support Ateljee by doing so. 'Het restaurant' is open from Monday to Friday, from 11:30 – 13:00.

**Pijnderstraat 52** (Gent Dampoort) – Kitchen utensils, furniture, books, clothes, textile and GENTMADE products.

**Brugsesteenweg 354** – Kitchen utensils, furniture, books, bikes, clothes, textile and electronics.

**Getouwstraat 5** – The largest of them all. Clothes, furniture, books, bikes and more.

Open: Monday to Friday 10:00 – 18:00 / Saturday 10:00 – 17:00

## Kringwinkel Brugse Poort

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

[www.openplaats.be/nl/kringwinkels](http://www.openplaats.be/nl/kringwinkels) – Haspelstraat 49

Open: Monday to Saturday 10:00 – 17:30



# OTHER SUSTAINABLE SHOPS



## At the university

### GHENT UNIVERSITY GIFT SHOP

Leaving Ghent without treating yourself or your family and friends to a souvenir from our own gift shop would be a pity. Plus, having a souvenir will let you remember the good times you had in our city! You'll probably know by now that sustainability is fundamental to Ghent University, that's why we revamped our collection into a more sustainable version. You should definitely get your hands on one of our organic and fair trade sweaters or t-shirts. But there's more! Discover our Ghent University multi-lingual book about Ghent, power banks, sustainable pens, reusable Doppo bottles and much more! Order online or go straight to one of the selling points.

[www.shop.ugent.be](http://www.shop.ugent.be)

**Onderbergen 1** - Reception Desk at Congress Center

Het Pand **15**

Open: Monday to Friday 09:00 – 18:00

**Sint Pietersnieuwstraat 25** - Reception Desk at

Rectoraat **16**

Open: Monday to Friday 8:30 – 17:45

**Sint-Kwintensberg 87** - Boekhandel ACCO Gent **17**

Open: Monday to Friday 9:00 – 17:00

## In the city

### LUSH

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.

[www.lush.com](http://www.lush.com) - Langemunt 1

Open: Monday to Thursday 10:00 – 18:00 / Friday and Saturday 10:00 – 18:30

### NYX PROFESSIONAL MAKEUP BELGIUM

Looking for cruelty-free, professional makeup? You'll find everything you need at NYX.

[www.nyxcosmetics.com](http://www.nyxcosmetics.com) - Langemunt 56-60

Open: Monday to Thursday 10:00 – 18:00 / Friday and Saturday 10 – 18:30

### EQUIVALENZA

This perfume store is good for your wallet and the environment. Based on who you are and what you like, Equivalenza creates a personal perfume, bottles it, and refills it – with a discount! – whenever your bottle is empty. They only use plant-based alcohol, no animal testing is involved, and the bottles are reused. Get your sustainable scent here!

[www.equivalenza.com/en](http://www.equivalenza.com/en) - Donkersteeg 24

Open: Monday to Saturday 10:00 – 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! Just search for the brand and find out if it's cruelty-free.

For all you Android users: **Choose Cruelty-Free**  
For all you iOS users: **Bunny Free**





### FAIR ECO FASHION

This independent mother & son store provides you with a unique and guilt-free selection of stylish, sustainable and fair trade clothing, underwear, shoes and accessories.

👉 [www.fairecofashion.com](http://www.fairecofashion.com) - Mageleinstraat 11 **18**

Open: Monday to Saturday 10:30 – 18:30 / Every first Sunday 13:00 – 17:00

### SUPERGOODS – ECO + FAIR FASHION

"Good stuff for good people", this sustainable, fair store is another place to be for all your fashion cravings. They also sell cosmetics, menstrual cups and even chocolate. Also available online!

👉 [www.supergoods.be](http://www.supergoods.be) – Brabantdam 56B **19**

Open: Monday 11:00 – 18:00 / Tuesday to Saturday 10:00 – 18:00 / Every first Sunday 13:00 – 18:00

### OXFAM WERELDWINKEL

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!

👉 [www.oxfamwereldwinkels.be](http://www.oxfamwereldwinkels.be)

Lammerstraat 16 **20** & Maria-Hendrikaplein 5 **21**

Open: Monday to Saturday 10:00 – 18:30

### WALK THE LINE

This shop only sells shoes produced in Europe, sweatshop-free and sustainable.

👉 [www.walktheline.shoes](http://www.walktheline.shoes) - Vlaanderenstraat 90 **22**

Open: Monday 11:00 – 18:00 / Tuesday to Saturday 10:00 – 18:00 / Every first Sunday 13:00 – 18:00

### ETHNIQUE AND YAK & YETI

Fair wear & accessories for men, women and children. All their products come straight from their producers in Nepal.

👉 [www.ethnique.be](http://www.ethnique.be) - Donkersteeg 18a

Open: Monday to Saturday 11:00 – 18:00

👉 [www.yak-yeti.be](http://www.yak-yeti.be) - Mageleinstraat 13 **23**

Open: Monday to Thursday 11:00 – 18:00 / Friday to Saturday 11:00 – 18:30 / Every first Sunday 12:00 – 17:00

### MIEKE - NON EVIL FASHION

As the name of the shop suggests, you'll only find fair and sustainably produced clothes and shoes here.

👉 [mieke.business.site](http://mieke.business.site) - Burgstraat 87

Open: Monday and Tuesday 14:00 – 18:00 / Wednesday to Saturday 11:00 – 18:00

### JUST HAZEL

Everything here is produced 'just': fair fashion, eco deco and (lifestyle-) accessories.

👉 [www.justhazel.be](http://www.justhazel.be) - Burgstraat 14

Open: Monday to Saturday: 10:00 – 18:30 / Every first Sunday 13:00 – 17:00


### MARMOD

MARMOD is a concept vintage shop where you can find 2<sup>nd</sup> hand clothes, as well as local art and drinks.

👉 [marmodshop.tumblr.com](http://marmodshop.tumblr.com) - Brabantdam 136 **24**

Open: Tuesday to Saturday 13:00 – 18:30

### Got some more budget tot spend?

You'll find even more food and shopping addresses on [greenguideghent.com](http://greenguideghent.com). Yes, you read that correctly. It's just such a great name. 

## GIRLS ONLY

Did you know? It's been said women use approximately over 11.000 tampons and pads in a lifetime. That's a lot of waste, but luckily there are some more sustainable ways to get through your period. We've listed some reusable alternatives for you to choose from, together with the stores where you can get them.

### Menstrual cup

This reusable cup works like a tampon, just don't throw it away after using it! If you take good care of it, you can use the same cup for years and years. Look up the specifics online, there are plenty of reviews and buying guides.



Where to buy? **OHNE** (see p. 21), Tante Rosa ([www.tanterosa.be](http://www.tanterosa.be)), **Supergoods eco + fashion** (see p. 32), **Ayuno** (see p. 23), **Bioplanet** and many other stores and webshops.

### Period panties

Underwear with incorporated pads, so you don't need any pads or tampons at all. Depending on the brand and your flow, you can wear one pair of panties per day and be safe from leaking.

Where to buy? Online. These are a couple of brands you can check out: PantyProp, Lunapanties, Thinx, Anigan, Vv SkiVvys, Dear Kate, Modibodi, Period Panteez, Knix Wear, Cheeky Wipes Period Panties.



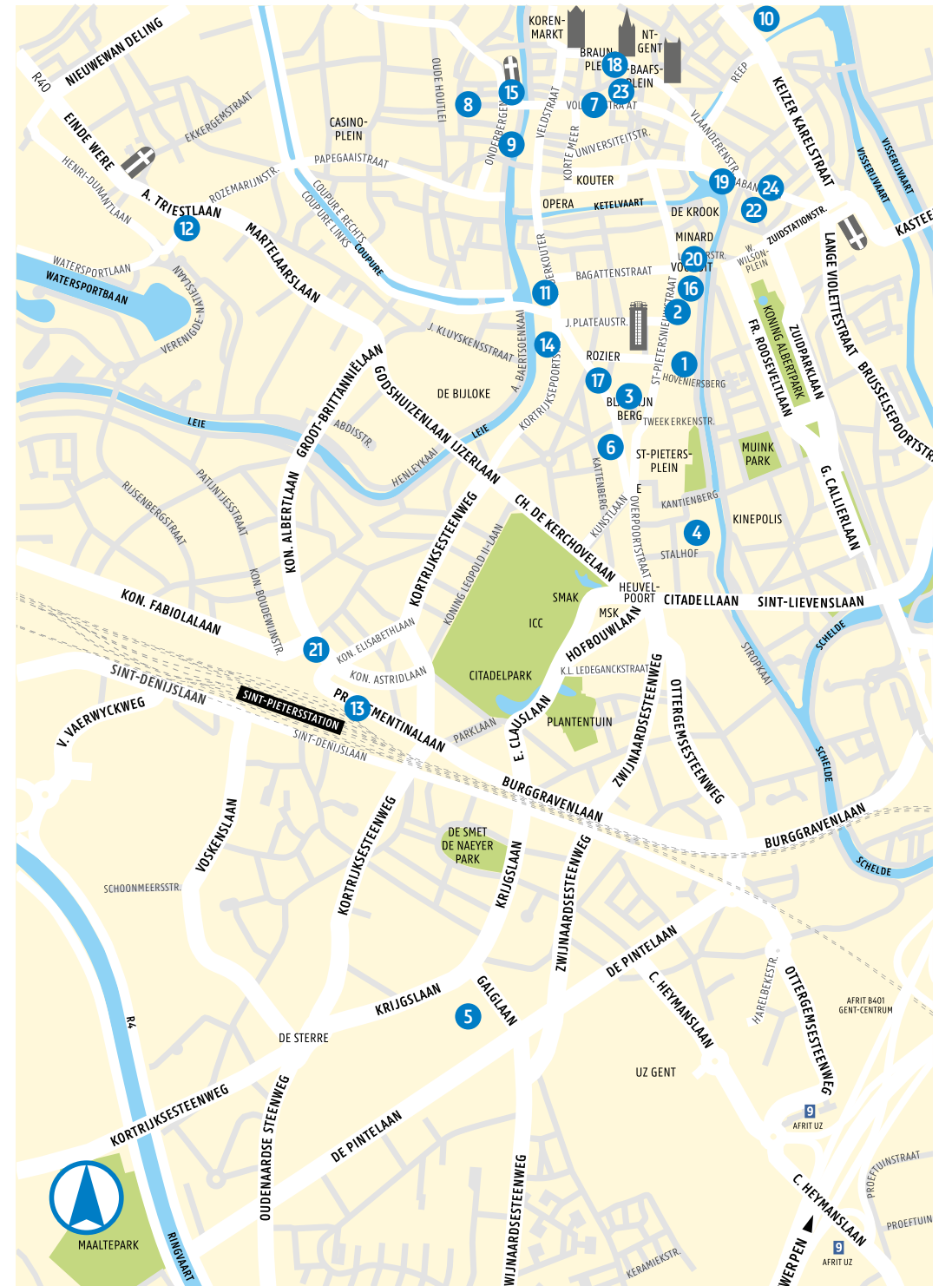
### Washable menstrual pads

They're mostly brightly coloured pads you can wash instead of throwing it away after one use. Be sure to read the instructions on how to wash them properly, to prevent the stains from staying.

Where to buy? **OHNE** (see p. 21), **Tante Rosa** ([www.tanterosa.be](http://www.tanterosa.be)), **Supergoods eco + fashion** (see p. 32)

# MAP

- 1 Student house Thermanal
- 2 Green Hub
- 3 Faculty of Arts and Philosophy
- 4 Home Canterbury (Gift shelve) & Home Göttingen (The Swap Shop)
- 5 Kringloopwinkel Magazijn
- 6 Oxfam Bookshop
- 7 De Slegte
- 8 De Kaft
- 9 2<sup>nd</sup> book market & Think Twice T2
- 10 2<sup>nd</sup> hand bike market
- 11 Think Twice T2
- 12 Crossover
- 13 Kringwinkel
- 14 Kringwinkel
- 15 UGent Shop @ Het Pand
- 16 UGent Shop @ Rectoraat
- 17 UGent Shop @ ACCO
- 18 Fair Eco Fashion
- 19 Supergoods - Eco + Fair
- 20 Oxfam Wereldwinkel
- 21 Walk the Line
- 22 Yak & Yeti
- 23 MARMOD



# WASTE & RECYCLING

**Belgians are proud recycling champions. Even better is to avoid waste. 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 waste. There are five main categories of waste they collect, each in a different way and at a different time in Ghent, depending on where 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 personalized calendar will pop-up: [ivago.be/nl/particulier/afval/ophaling](http://ivago.be/nl/particulier/afval/ophaling)

To avoid any problems, place your garbage on the street after 19:00 on the day before they pick it up, but before 7:00. However, if you live in the students' neighbourhood, you should put your garbage out between 5:00 and 11:00 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 on [ivago.be/nl/particulier/diensten/scholen-verenigingen/studenten](http://ivago.be/nl/particulier/diensten/scholen-verenigingen/studenten)

### At home

When you rent an apartment on the private market in a building with more than 10 units, individual containers for household waste, glass, paper and cardboard, PMD (recyclable plastics and metals) and possibly GFT (vegetable, fruit, green and food waste) will be provided. Your landlord will explain to you how it works!



#### Organic waste (vegetable, fruit, green & food waste)

To make the streets even more colourful, you can also use designated green GFT containers. These are used for leftover vegetables, fruits and food, 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.

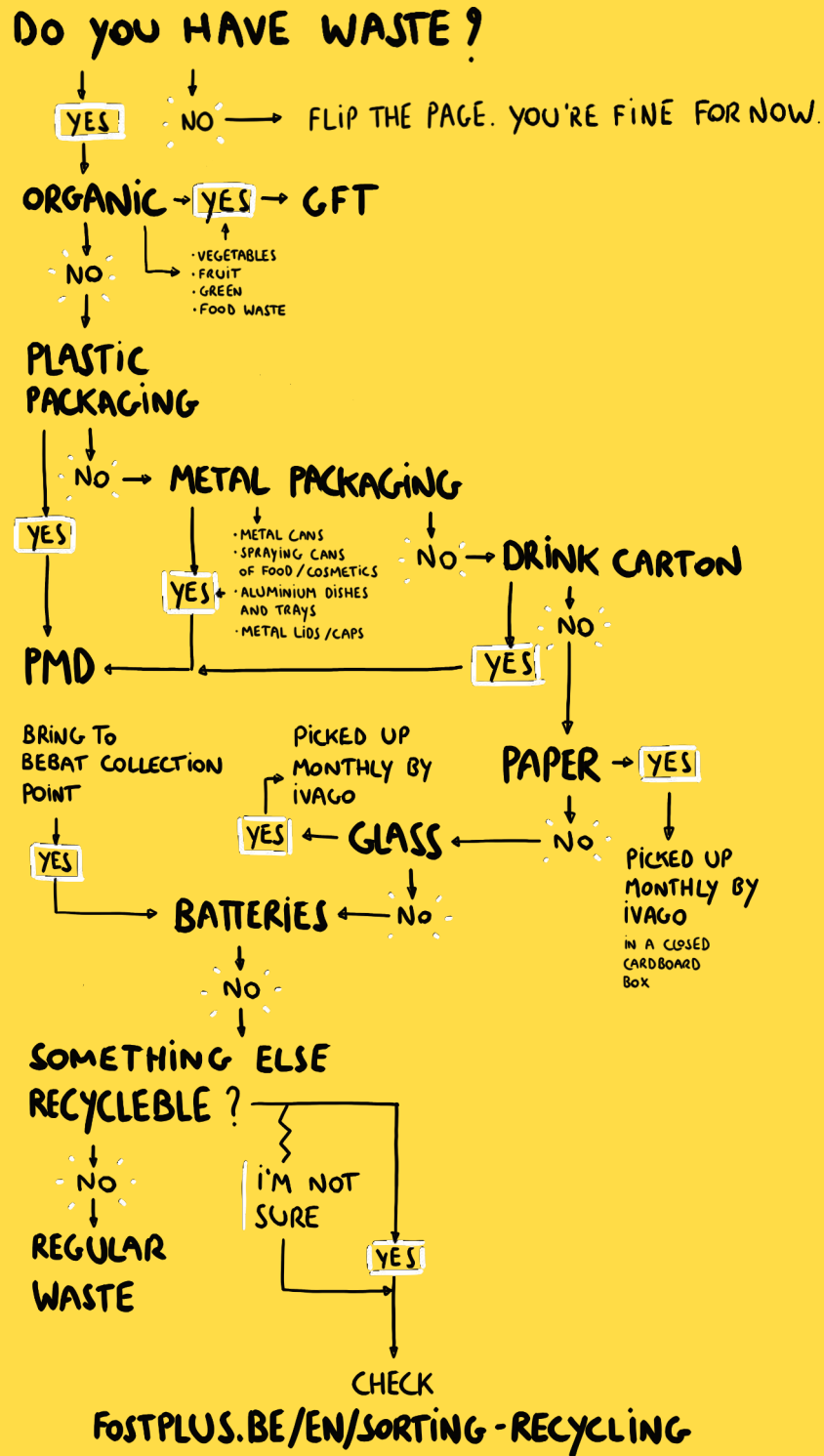
The green garbage bags for non-recyclable waste are costly, so separating your greens into the GFT container will be about 50% cheaper. It is an excellent investment that helps the environment and your wallet, so don't hesitate to order one! With the GFT container, you also get a free small basket and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

You can order the above described green containers online at [ivago.be/nl/particulier/dienst/containers#gentcont](http://ivago.be/nl/particulier/dienst/containers#gentcont)

#### Three golden tips

1) put a newspaper at the bottom of the container; 2) don't leave your container standing for weeks; 3) clean your container from time to time.

# WASTE AID DIAGRAM



## PMD (plastic packaging, metal packaging & drink cartons)

It is required to separate plastic and metal packaging and drink cartons (TETRA) from the non-recyclable regular garbage. For this waste, you need to purchase the official (and cheap) blue IVAGO waste bags. You can do so at the supermarket (ask the cashier), the city shop and selected convenience stores. This waste fraction is picked up every two weeks.

Since 2020, also drinking cups, yoghurt cups, plastic trays and plastic foils and bags belong to this blue fraction.

### Do's

All plastic packaging. 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

Bioplastics, plastic toys, foam, aluminium foil, packages which contained motor oil, poisonous or corrosive products.



## Paper & cardboard

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.

Tip: on [ivago.be/nl/particulier/dienst/sticker-geen-reclamedrukwerk](https://ivago.be/nl/particulier/dienst/sticker-geen-reclamedrukwerk) you can fill in your name and address 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!



## Glass

Empty and mostly clean glass bottles, bowls and flasks are collected in a plastic bucket or solid plastic box with a 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. For some glass bottles, a mandatory deposit-refund system applies. You will pay a deposit of 10 cents for most beer bottles. An entire tray is worth € 4,50. So get yourself an extra drink by bringing back the bottles to your supermarket or (night)shop.

### 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.



## Batteries

These don't belong in any of the other bags or containers mentioned in this chapter. In Ghent you will find numerous collection points of Bebat, a company that recycles them. You will find a collection point in almost any supermarket. Student house 'De Thermanal' and most student residencies also have one, easy peasy!

When in doubt, check  
FostPlus

[www.fostplus.be/en/sorting-recycling](http://www.fostplus.be/en/sorting-recycling)  
will answer all your waste questions.  
Enlightenment awaits. There's also an app  
for that: RECYCLE!



## Non-recyclable garbage

All non-dangerous waste that does not belong in one of the before-mentioned categories is considered non-recyclable regular waste and belongs in the official green IVAGO bag. These bags can be bought in two sizes (30l or 60l) at the supermarket (ask the cashier), the city shop and selected convenience stores.

Tip: to encourage recycling, the city of Ghent has made the green bags for regular waste the most expensive ones. So, less regular waste and more recycling, equals saving money.

### Do's

Not many things belong to the non-recyclable fraction anymore. General waste which can only be burned, such as dirty paper material after a visit to the 'frituur', aluminium foil, pizza boxes, bioplastics, tea bags, coffee capsules...

### Don'ts

Injection needles, paint, medication, lamps and anything recyclable. Make sure to dispose of plastic packaging (foils, cups, trays, ...) into the blue PMD-bag.

# WASTE REDUCTION

## 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. Usually twice a month, you are welcome at a repair cafe in your neighbourhood. Experienced people with magical hands and skills will help you to fix your problem in no time (bikes, computers, toasters, clothes...). You can get your stuff fixed for free and meet new people in your area!

A list of the dates of the next repair cafes:  
[ivago.be/nl/particulier/afval/wegbrengen?types=49](http://ivago.be/nl/particulier/afval/wegbrengen?types=49)

## 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 it is true. 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.

## Better ways of printing

Even though printing is something we all need to do from time to time, there are a couple of ways to reduce the negative impact on the environment:

### 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 particular font with teeny tiny 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](http://www.ecofont.com)

### Leading

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

### Margin

The empty space on the sides of your document. Try the 1,5 cm settings and use your pages to the fullest!

### Blue Angel paper

Choose for this entirely recycled paper.

### FSC labeled paper

Comes from sustainably managed forests.

### Top Copy Green

A print & copy service company that only uses FSC or Blue Angel paper / re-uses and recycles / provides you with one side printed scrap paper. Just come pick up the amount of scrap paper you need, you don't even have to print something!

[www.topcopy.be](http://www.topcopy.be) - Sint-Pietersnieuwstraat 138

Open: Monday-Thursday from 9:00-18:00 / Friday from 9:00-17:00 /  
School holidays from 10:00-17:00

### Zerocopy

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 posters into free printing for students. In return, 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 [zerocopy.be](http://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 to put the advertisement, some scanners won't be able to scan the code.

**De Slegte** (see page 28)

[www.deslegte.be](http://www.deslegte.be) - Voldersstraat 7

### Dunant Print

Dunant Gardens, Einde Were 23c

### Bond Moyson

Vrijdagmarkt 10

### Luca school of art

Alexianenplein 1

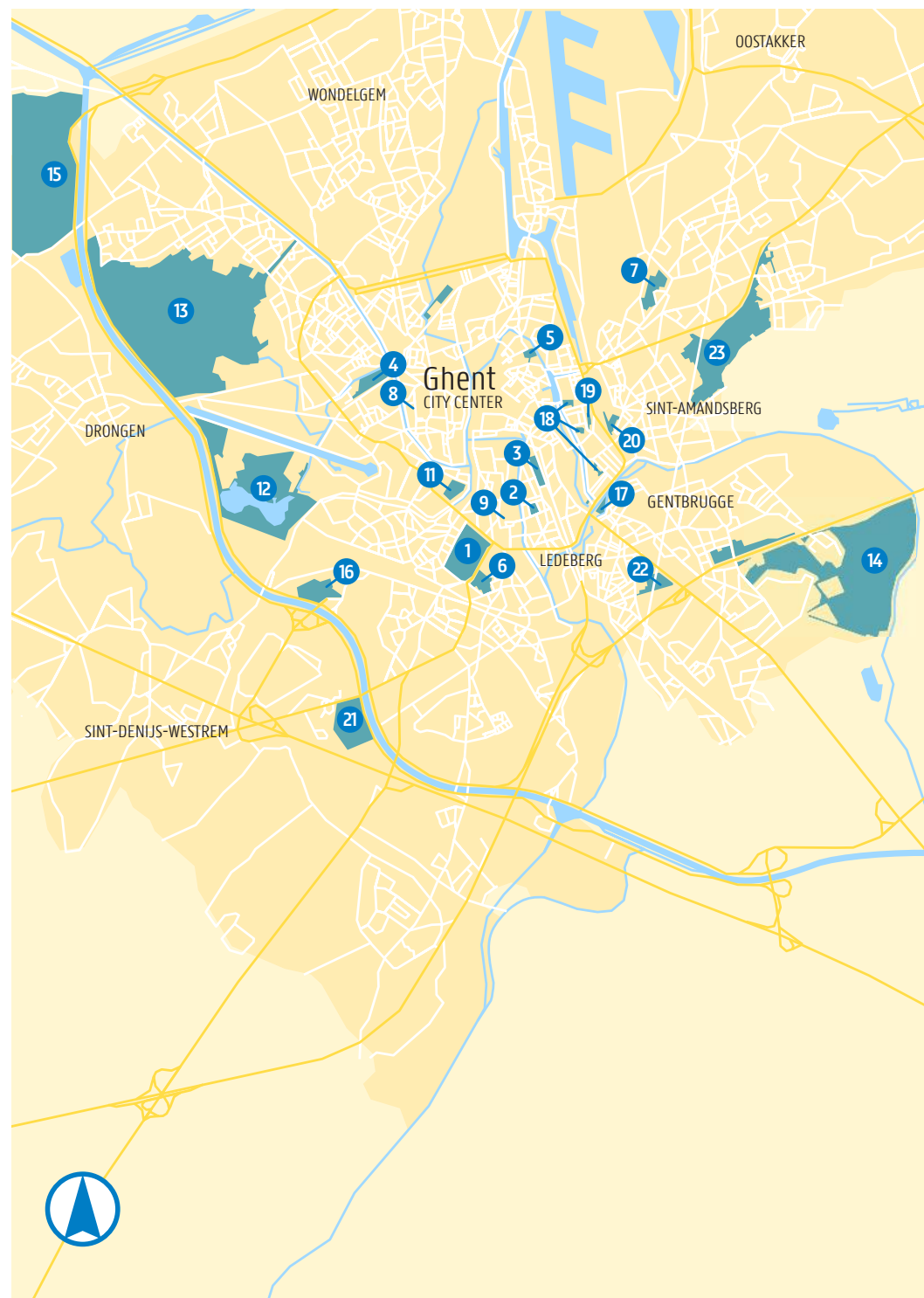
### Mise en Place

Koningin Elisabethlaan 49

# GREEN

Ghent does not only have a lot of breathtaking buildings, but also some surprising green spots. Find your own favourite place to enjoy nature, a picnic, book, hike or run.

Visit Gent gives a nice overview of the best green sceneries Ghent has to offer:  
[visit.gent.be/en/good-know/practical-information/getting-around/walking-nature-tips](https://www.visitgent.be/en/good-know/practical-information/getting-around/walking-nature-tips)



# OXYGEN IN THE CITY

The city centre of Ghent could still use some extra trees, but still there are a lot of parks to enjoy.

## CITADELPARK

The Citadelpark is the largest park in the city centre. The name of the park refers to the citadel which stood there in the 19<sup>th</sup> century. The entrance gate near the museum of modern arts is the only part of the citadel that remains. The park also has a mid-20<sup>th</sup>-century open-air theatre, which is not easy to find, but a treat when you stumble onto it. The hills and rock formations within the park are part of the English landscape style that was popular at the time of its design. The park houses the museum of modern art (SMAK), the museum of fine arts (MSK), a conference centre (ICC) and an indoor cycling velodrome (Het Kuipke).

[visit.gent.be/en/see-do/citadelpark-ghent](https://visit.gent.be/en/see-do/citadelpark-ghent)

Charles de Kerckhovelaan 1

## MUINKPARK

This small park is laid out in the English landscape style and is the last vestige of a zoo from the 19th century. It is the heart of a charming neighbourhood at a stone's throw from Koning Albertpark/Zuidpark and cinema Kinepolis.

[visit.gent.be/en/see-do/muinkpark](https://visit.gent.be/en/see-do/muinkpark)

Muinklaan 2

## KONING ALBERTPARK/ZUIDPARK

Koning Albertpark / Zuidpark is a straight stretch of lawn and trees starting at the Woodrow Wilsonplein. It's ideal for a 'Start to Run' session under the ancient plane trees surrounding this neo-baroque park. The eye-catcher of the park is the statue of King Albert I, seated on his horse as a soldier. The park has a skate area, a playground for kids and long, characteristic benches where you can spend many hours in the sun.

[visit.gent.be/en/see-do/koning-albertpark-zuidpark](https://visit.gent.be/en/see-do/koning-albertpark-zuidpark)

Zuidparklaan 3

## GROENEVALLEIPARK

Close to campus Coupure and our prison, you can relax in the Groenevalleipark. When the weather is nice, you can use the barbecue area, throw a frisbee, or play some basket- or football. The park consists of a classic part with big green lawns, but also comes with a wilder part consisting of a small forest. Everyone will find something here they like.

Nieuwewandeling 4

## BAUDELOPARK

Not many Ghentians can mention Baudelopark without thinking about folk music. During Ghent Festival in July, Baudelopark is the place to be to enjoy folk music. The park is located in the city centre at Baudelostraat/Koning Willem I-kaai and is getting a make-over the coming years.

<https://visit.gent.be/en/see-do/baudelopark>

Baudelostraat 5

From April until October, several parks feature (pink) picnic tables.

## KUBB

The Swedes invented it; we love it. Kubbing is a lawn game where the objective is to knock over wooden blocks (kubbs) by throwing wooden batons at them. Kubbing can be described as a combination of bowling and horseshoes. Ideal for a warm evening, with some drinks and good company. Also its sibling Möllky is a hit. You can buy the wooden sets in many shops, including De Banier in the city centre ([www.debanier.be/kubb.html](http://www.debanier.be/kubb.html)).





## HIDDEN GEMS

### GHENT UNIVERSITY BOTANICAL GARDEN

Yes, we have our own garden on a stone's throw of the Overpoort! Behind the huge Ledeganck-building and next to the famous Citadelpark, you can find the Botanical Garden of Ghent University. The garden dates back to 1902 and forms a green oasis of almost 3 hectares, including 4.000 m<sup>2</sup> of greenhouses, harbouring about 10.000 species. The best part of it is that you can visit it for free! Enjoy the relaxed atmosphere, sit down in the grass, read a book on a bench or visit the greenhouses with exotic plants. While you are there, check out our brand new science museum GUM.

Entrance on the corner of the **K.L. Ledeganckstraat** and the **E. Clauslaan**. 6

[visit.gent.be/en/see-do/ghent-university-botanical-garden](http://visit.gent.be/en/see-do/ghent-university-botanical-garden)

Open: Monday till Friday from 9:00 till 16:30. In the weekend and on holidays from 9:00 till 12:00.

### CAMPO SANTO

Campo Santo in Sint-Amandsberg is the odd man out in this chapter. It is a park-like cemetery, the 'Père Lachaise' of Ghent, a green and quiet place with some breathtaking monuments for those who passed away.

[visit.gent.be/en/see-do/campo-santo-artistic-cemetery](http://visit.gent.be/en/see-do/campo-santo-artistic-cemetery)  
Visitatiestraat 7

### HOTEL D'HANE STEENHUYSE

When you are shopping in the Veldstraat and you need a break, you can walk through the gate of door number 55. This historic building has a beautiful enclosed garden, acting as an oasis of peace.

Veldstraat 55 8

Open: Friday to Sunday from 14:00 till 18:00.

### GARDEN OF ST PETER'S ABBEY

Right in the heart of the student centre, you can go to the inner courtyard of the St Peter's Abbey. Enjoy the lavender, vines and cherry trees overlooking the river.

[visit.gent.be/en/see-do/garden-st-peters-abbey](http://visit.gent.be/en/see-do/garden-st-peters-abbey)

Sint-Pietersplein 9 9

Open: Tuesday to Sunday from 10:00 till 18:00

### LIEVEKAAI

It ain't no park, but this quiet quay next to the channel 'Lieve' is an awesome place to relax, play with a frisbee, get over an ex-boy/girlfriend or read a book. Extra points for the fact that both the characterful Patershol and Prinsenhof quarters are just next door!

Lievekaai, next to Youth hostel De Draecke 10

### BIJLOKESITE

Around the STAM (the city museum of Ghent) there are large green lawns that are perfect for a picnic or a game of Kubbs.

Godshuizenlaan 2 11

### BLAARMEERSEN

The Blaarmeersen is a sizeable recreational domain with a focus on sports. It has a large central pond with a beach, a swimming zone, a diving zone and a sports beach. The area also has a camping site, several sports fields, courts and gyms, running and hiking tracks and a skate park. Far too much to mention. In summer, many people living close to Ghent gather here for some holiday fun. So, gather some friends and go for it.

[visit.gent.be/en/see-do/blaarmeersen-sports-and-recreation](http://visit.gent.be/en/see-do/blaarmeersen-sports-and-recreation)

Zuiderlaan 12

## CITY BEACH

## OUR GREEN LUNGS

The city centre of Ghent could still use some extra trees, there are a lot of large parks to enjoy in the outskirts of the city.

### BOURGOYEN-OSSEMEERSEN

Bourgoyen-Ossemeersen is the giant in this chapter, a nature reserve with 220 hectares of marshy meadows. The perfect place to go to for a longer walk or to spot a fox or rare water bird. Loved by hikers as well as nature photographers in each season. The sustainable cafeteria in the park is a great plus after a hike. With a bike, it is just 10' away from the city centre.

[visit.gent.be/en/see-do/bourgoyen-ossemeersen](http://visit.gent.be/en/see-do/bourgoyen-ossemeersen)

Brugsesteenweg 13

### GENTBRUGSE MEERSEN, FRANS TOCHPARK & RATTENDEALEPARK

In Gentbrugge you can find another green lung, the Gentbrugse Meersen. The Meersen (wetlands) is a nature reserve in development, roughly divided into three parts. It has a recreational area, with a large playground, sports facilities and vegetable gardens, a southern part of about 100 hectares with a play forest, a birth forest, a peace monument and a grazing zone for cows, and a northern part which, in time, will become a new forest. The Frans Tochpark, Rattendaele Park and the domain of Castle Coninxdonck existed before the development of the Meersen started and are as such part of the domain.

[visit.gent.be/en/see-do/gentbrugse-meersen](http://visit.gent.be/en/see-do/gentbrugse-meersen)

Braemkasteelstraat 14

### VINDERHOUTSE BOSSEN

The new kid on the block and worth a bike ride to Drongen, a submunicipality of Ghent. It will take another 25 years to finish this ambitious project which will result in 640 hectares of enjoyable and biodiverse nature, but it's now already attractive enough to keep hikers and even bikers happy for a while. A nice escape from the city!

There are several marked trails (4 till 11 km) with different starting points. The 'Leeuwenhof', Beekstraat 46 - Drongen, Gent is your best option.

## WONDERFUL WATER EXPERIENCES

You might have noticed, but water is all over the city. Discovering the city from on top of the waters should be one of the highlights during your stay. Especially at dawn or sunrise. There are several affordable options to rent your own kayak. It gives you a lot of freedom while a large amount of fun is assured!

### DOKANO

Would you like to combine fun with sustainable engagement? We have the perfect combo for you. Dokano helps you to improve the water quality in Ghent. If you collect a bucket of floating debris, you can use their canoe sometimes for free, while exploring the water channels.

[dokano.be](http://dokano.be)

### VLOTGENT

Navigate the waters of Ghent in a sustainable way with VlotGent. They offer rafts powered by solar- or windpower!

[vlotgent.be](http://vlotgent.be)

### KAJAKS KORENLEI

Kajaks Korenlei is operated by the famous Uppelink hostel crew. You start at the Graslei, in the middle of the old city! They are open during the whole year, with starting slots at 10:00, 13:00, 16:00 and 19:00. It's recommended to make a reservation on sunny days. Members of ESN get 10% discount on bookings.

[www.kajakskorenlei.be](http://www.kajakskorenlei.be)

## KAJAK GENT

If you are in for a kayak trip through a green scenery, than Kajak Gent is a great option. They have their home base a bit outside of the city centre, in the green settings surrounding the river 'Leie'. It is feasible to kayak from here to the city centre and back in three hours, which gives you the best of both worlds.

[www.kajakgent.be](http://www.kajakgent.be)

## MORE SHADES OF GREEN

### NATURE PARK OVERMEERS

In walking distance from Gent Sint-Pieters, across from HOGENT Campus Schoonmeersen, is nature park Overmeers. It is about 7 hectares in size and has a large pond with many water birds and amphibians. You can enter the park at **Sint-Denijslaan** (next to the bus stop Wiemersdreef) and the **V. Vaerwyckweg** (via the bicycle path). **16**

### VISSERIJPARK & KEIZERSPARK

Visserijpark is the small green connection between the two branches of the **Visserijvaart** before they flow into the river Schelde. The path across the park is a nice example of the re-use of materials, made out of discarded curbs from sidewalks.

When you cross the pedestrian/bicycle bridge from the Visserij over the river Schelde towards Ledeborg, you end up at the larger Keizerspark. The park has a playground and is a pleasant hangout on a sunny day. You can have a lay down on the grass riverbank with a nice view of the Schelde. **17**

[visit.gent.be/en/see-do/keizerpark](http://visit.gent.be/en/see-do/keizerpark)

### COYENDANSPARK, KONINGIN ASTRIDPARK & LOUSBERGPARK

At **Fredinand Lousbergkaai** you can find Lousbergpark, Koningin Astridpark & Coyendanspark. Lousbergpark is a recently landscaped neighbourhood park with a playground, hidden between Visserijvaart and Karperstraat. **18**



Koningin Astridpark is located next to Lousbergmarkt and is one hectare in size. The park used to be private the garden of Villa De Groote until the city acquired both the villa and the garden in 1949.

[visit.gent.be/en/see-do/koningin-astridpark](https://visit.gent.be/en/see-do/koningin-astridpark)

Coyendanspark is located next to the archaeological site of Sint-Baafs Abbey. The park has a lifesize blueprint in hornbeam hedges of the abbey church which was destroyed by Emperor Charles in the 16<sup>th</sup> century. Coyendanspark is also home to the eye-catching Herberg Macharius, an event location entirely run by the volunteers of the Neighbours of the Abbey. The park has a large grass lawn and is the primary location for the street theatre festival Miramiro during the first days of Ghent Festival in July.

[visit.gent.be/en/see-do/st-bavos-abbey-hidden-oasis](https://visit.gent.be/en/see-do/st-bavos-abbey-hidden-oasis)

#### ROMMELWATERPARK

This recently landscaped neighbourhood park is the heart of a city block, hidden away between **Kasteellaan** and **Ossenstraat**. 19

<https://visit.gent.be/en/see-do/rommelwaterpark>

#### BIJGAARDEPARK

In the neighbourhood of the railway station Gent-Dampoort you can find Bijgaardepark. The park has a playground and is home to a community-driven urban vegetable garden. The main entrance is of the park is at **Nijverheidstraat**. 20

#### MAALTEBRUGGEPARK

Not well-known outside of its neighbourhood, but with 10,5 hectares Maaltebruggepark one of the larger parks in Ghent. A romantic park, designed in English landscape style. It has a playground and a BBQ area where it's allowed to bring your BBQ.

**Kortrijksesteenweg** (near Campus Sterre) 21

#### PARK DE VIJVERS

In Ledeborg near the border with Gentbrugge is a five hectares patch of green called Parkbos. The park is the former garden of a castle and is recently redeveloped. One of the few green areas Ledeborg has to offer.

**Brusselsesteenweg** 22

#### ROZENBROEKENPARK

Quite different than the before-mentioned Blaarmeersen, but also a hotspot for sports and recreation. Since its redevelopment in 2012, the park harbours a subtropic swimming pool, an Olympic swimming pool, an open-air pool, several gyms, a running track throughout the park, a playground and more.

[visit.gent.be/en/see-do/sint-baafskouterpark](https://visit.gent.be/en/see-do/sint-baafskouterpark)

[visit.gent.be/en/see-do/lago-ghent-rozebroeken-go-it](https://visit.gent.be/en/see-do/lago-ghent-rozebroeken-go-it)

**Victor Breackmanlaan** 23



# DISCOVERING GREEN FLANDERS

## Fietsknooppunten (Bicycle nodes)

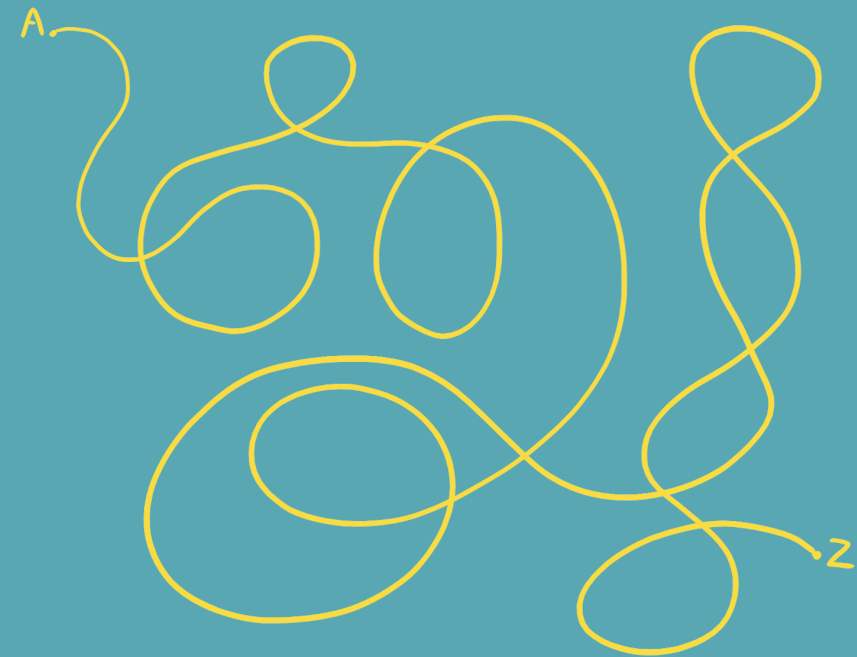
We Belgians copied a great concept from our Dutch neighbours, who are number one in cycling. All over Belgium, there is a network of 'bicycle nodes'. The concept is easy: before you start, you just write down the numbers of nodes you have to pass by. You start at the first node and you follow the marks to the next node. This allows you to outline your own trip without the need of a map or gps!

Start planning your own bike trip through [www.vlaanderen-fietsland.be/routeplanner](http://www.vlaanderen-fietsland.be/routeplanner) and/or the free app 'Vlaanderen Fietsland'.

## Green Stops

Getting tired of Ghent? Flanders and Belgium have a large variety of sceneries to discover. The West-Flemish war polders (reclaimed land), the Antwerp heide (heather), the blossoms of Limburg and of course the Flemish Ardennes are awaiting you. A bit far to start from Ghent, but Blue Bikes and rental bikes await you in a lot of railway stations. For 4 euro (one way), you can also take your bike on the train. It's even possible that you can take your bike for free in the near future!

For hikers and bikers, we have another simple but great concept, the Green Stops. You take a train to one station, hike a marked trail to another one, where you can take the train back. Simple as that. Check it out at [www.belgiantrain.be/en/leisure/b-excursions/more/green-stops](http://www.belgiantrain.be/en/leisure/b-excursions/more/green-stops)



# OUR OTHER PUBLICATIONS

What else? Check out the other publications of Green Office Gent

## Sustainable Catering List

Our Sustainable Catering list provides an overview of caterers in Ghent who meet the minimum requirements to be considered 'sustainable'. We also evaluated ten other relevant sustainable aspects of the participating caterers. Those aspects may help you to make a choice, but they also show the effort made by the caterer beyond the menus they offer.

The Sustainable Catering list is published both in English and in Dutch. The guide for caterers, defining all aspects and ratings, is available in Dutch.

Disclaimer: the Sustainable Catering list helps you to choose sustainably; it does not rate the quality of the food or the services provided.

EN [ugent.be/sustainability/sustainablecatering.htm](https://ugent.be/sustainability/sustainablecatering.htm)  
NL [ugent.be/duurzamecatering](https://ugent.be/duurzamecatering)

## Sustainability Reports

The sustainability reports map the progress made by Ghent University on the road towards becoming a sustainable university. The report is published every two years and is available digitally and in print, both in English and Dutch.

EN [ugent.be/sustainability/overview.htm#Publications](https://ugent.be/sustainability/overview.htm#Publications)  
NL [ugent.be/duurzaam/duurzaamheidsverslag](https://ugent.be/duurzaam/duurzaamheidsverslag)

## [ugent.be/sustainability](https://ugent.be/sustainability)

The place to be to learn more about the sustainability policy of Ghent University.

Looking for the more extensive Dutch version of this site? Go to [ugent.be/duurzaam](https://ugent.be/duurzaam)

## Memorandum of the Green Community Think Tank (Transitie UGent)




The Sustainability Report looks at where we stand. In the Memorandum, the Green Community Think Tank offers its take on the future. Not the policy as it is, but what the Think Tank seems needed to become a sustainable and 2050-proof institution. The Memorandum is published every two years, digitally and in print, but is only available in Dutch.

NL [ugent.be/duurzaam](https://ugent.be/duurzaam) → Publications

## [www.greencommunity.be](https://www.greencommunity.be)

This website is dedicated to everyone and everything sustainable at Ghent University. It provides an on-growing overview from A to Z of the sustainable network of which Green Office Gent is merely a part.

Subscribe to the Green Office Newsletter(s) at [greencommunity.be/newsletter](https://greencommunity.be/newsletter)

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