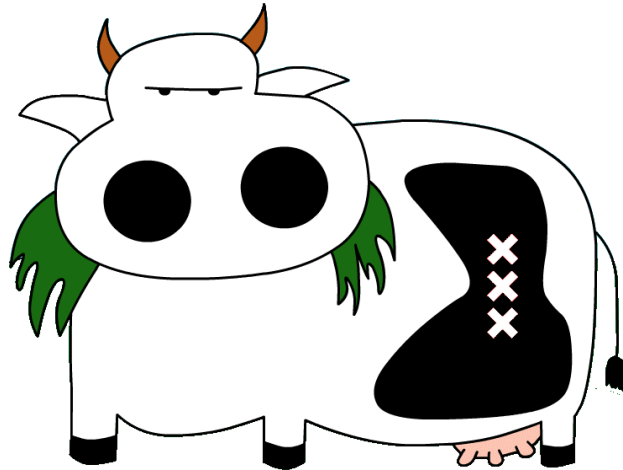


Green Guide to Amsterdam 2008

Sustainable shopping and barhopping



The Green Guide to Amsterdam is made by LHUMP - the Dutch students network for sustainable development - in cooperation with JMA - Young Friends of the Earth Netherlands.

Why a green guide?

AEGEE Amsterdam asked us to give some ideas for the Sustainable day that they would be organizing in January 2008. That wasn't a big problem, because sustainability is that one thing that we're proud to say we're good at!

By giving you this green guide we want to show you that it isn't very hard to find 'green addresses' in Amsterdam. Just some ideas for a biologic meal, beer or new outfit to wear while you're drinking that beer!

Being conscious about what you eat, drink, wear or consume, doesn't automatically mean that you're a boring tree-hugging person. In times like these, with more and more attention for the climate problems it is not surprising when you think twice about your pattern of consuming.

With this green guide of Amsterdam, we want to pay attention to the possibilities for a less spoiling or destructing lifestyle. But the most important thing for this afternoon is of course that you'll get to know and like Amsterdam. You'll get to know and enjoy the 'green light district' instead of the well known red light district. And that's much more useful!

This afternoon you can explore the city of Amsterdam, using the "Green Guide to Amsterdam". This small guidebook shows where you can go for sustainable shopping and barhopping. Visit trendy clothing stores, second-hand shops, the local brewery including bar, the farmer-market and relax in some of the pubs and restaurants.

Enjoy!

LHUMP

The Dutch students network for sustainable development

Chris, Licia, WingF and Daphne

Cook your own meal!

From now on you're no longer living with your mom and dad, which means that you'll have to cook your own meal! It's easy to go to a big supermarket that's at every corner of the street. But it's much more sustainable, responsible and most of the times better tasting to go to an ecological market. That may be too big of a step for you, than just go to the Albert Heijn and try to buy your groceries from their AH Biological house brand. It's not to expensive and still very sustainable and better for nature and animals.

Suggestion! This EKO- inspection stamp marks all the ecological products in the Netherlands, independent what store you are in.



Some addresses for a good, green meal:

De Natuurwinkel

1e Constantijn Huygensstraat 49-55

1e Van Swindenstraat 30-32

Elandsgracht 118

Haarlemmerdijk 168

Van Woustraat 80-82

Aalsmeerweg 8

Scheldestraat 53

Weteringschans 133

Natuurvoeding De Belly

Nieuwe Leliestraat 174

Greenpoint

Amstelveenseweg 176-178

Het Zonnemeer

Nieuwe Kerkstraat 8

Van Der Veldt

Kinkerstraat 112

Van der Veldt Reformhuis

Westerstraat 107

Weyers Gezondheidswinkel

Tussenmeer 83

Oase

J. P. Heijestraat 105

Peter & Michel DOES
Buikslotermeerplein 257

De Weegschaal
Jodenbreestraat 20HS

De Aanzet
Frans Halsstraat 27

Suggestion! Every Saturday from 10.00 – 16.00 there is a farm-market with ecological food at the Noordermarkt and the Nieuwmarkt. It's less expensive to shop at such a market instead of a store, so take your chance!

Besides ecological food, you can also pay attention to responsible food, that means coffee with an honest price or chocolate that isn't picked by child slaves. You can buy these kinds of products in some supermarkets, but you can find most of them in so called 'fair stores' like the Fair Trade Shop.

Some addresses for a fair meal (or gifts):

Wereldwinkel Pangaea Art
Beukenweg 4/3

Abal Wereldwinkel
Ceintuurbaan 266

Fair Trade Shop Amsterdam
Heiligeweg 45

Nukuhiva
Haarlemmerstraat 36

Suggestion! Pay attention to the Fair Trade inspection label! It's on all products that are produced fair, so without child slavery or underpaid workers in development countries.



Eat, drink and relax!

Once in a while you want to go out for dinner or drinks. Maybe you've just received your scholarship, salary or parent's money 😊. Of course you can go to the McDonald's or Burger King, but these places are bad for your weight, reputation and the environment! We've got some addresses where you can enjoy your meal without feeling guilty.

Some addresses for a sustainable evening in the city:

De Bolhoed

Prinsengracht 60-62
020 626 18 03

De Groene Gewoonte

2e Helmersstraat 3
020 689 89 52

De Toestand in de Keuken

Da Costastraat 33 III hoog
020 475 20 68

De Vliegende Schotel

Nieuwe Leliestraat 162,
020 625 20 41
www.vliingendeschotel.com

De Waaghals

Frans Halsstraat 29
020 679 96 09

De Witte Uyl

Frans Halsstraat 26
020 670 04 58
www.witteuyl.com

Esoterica (*vegetarian*)

Overtoom 409
020 689 72 26

Green Planet (*vegetarian*)

Spuistraat 122
020 625 82 80
www.greenplanet.nl

Café Nielsen (*lunch*)

Berenstraat 19
020-3306006

Suggestion! In big cities like Amsterdam there are most of the time also squatting houses where you can eat vegetarian meals for little money. You can ask your fellow students for these (more underground) addresses.

Some addresses for a sustainable snack:

Shakie's
Amsterdam CS
www.shakies.com

Dolores (*vegetarian*)
Nieuwezijds Voorburgwal t.o. 289
020 620 33 02

Deshima Freshop & Take Away
Weteringschans 65
020 423 03 91

Atrium/ Agora (UvA)
Atrium: Binnengasthuis
Agora: Roeterseiland

You've had a great meal and it's getting later and later...
If you want to drink a last beer, wine or whatever, and you're still able to realize that you want to go to a sustainable bar, we've got some addresses!
So drink another glass of beer or wine, because it won't harm anybody or anything!

Some addresses for a beer without a nasty taste:

Café Arendsnest
Specialised in Dutch beers
Herengracht 90
020 4212057

The Minds
Spuistraat 245
020 6236784

Vrankrijk
Spuistraat 216

Brouwerij het IJ (*brewery*)

Made in Amsterdam, therefore a real local product! They sell organic beer:
'Scharrel IJwit'

Funenkade 7

020 6228325

Suggestion! When you buy some beer to drink at home with friends, supermarkets sell Alfa, Gulpener Korenwolf en Limburgs Land. These brands brew mostly in an organic way!

Looking spicy!

When you go dancing or meeting friends, you want to look fabulous! Everyone buys clothes that are produced using child slavery or environmental harming fabrics. It's hard to avoid these products. But when you go shopping try to be conscious about these things, or even sometimes go to second hand stores or boutiques where they sell organic clothes. You won't be wearing something everyone has in his or her closet and it's much cheaper!

Suggestion! At the Waterlooplein, there are lots of secondhand sellers. CDs, clothes, furniture or other gadgets, you can find it every day at the market of the Waterlooplein.

Some addresses for a nice organic outfit:

Nukuhiva
Haarlemmerstraat 36

Hemp Works
Organic hemp clothes
Nieuwendijk 13

Bio-Natuurkleding
Haarlemmerdijk 120

Wikkel Indus'trees'
Blauwburgwal 9
www.wikkelindustries.com

Suggestion! When you're tired of your old clothes that you've been wearing for a long time, then organize an evening with friends where everyone should take two good looking pieces of clothing with him. This way you can exchange your old clothes for some new good looking outfit!

Some addresses for a second hand (and original!) outfit:

Zipper
Huidenstraat 7
Nieuwe Hoogstraat 10

Tutti Frutti
De Clerqstraat 112

Daffodil Damesmode
Jacob Obrechtstraat 41

Puck Yesterday Clothes
Nieuwe Hoogstraat 1

Moriaan
2e Anjeliërsdwarsstraat 19

Petticoat 2e hands kleding
Lindengracht 99

Sam Sam 2e hands kleding
Eerste Boomdwarsstraat 10

Berend Botje
Zocherstraat 87

De Klederij
Van Woustraat 116

Fifty Fifty
Newtonstraat 63

Hans en Grietje boetiek
Overtoom 255

Old Fashion
Gerard Doustraat 216

Wollepop
Bosboom Toussainstraat 49

Suggestion! Bring your old clothes that are still looking good but that you've worn to many times to a 'kringloop' (second hand store). It's better than putting it outside with the garbage and other people can buy your clothes for little money (that goes to charity).

Pimp your room!

You're new in the Netherlands and you've probably got a new room or apartment in Amsterdam. To make you feel more at home, we've got some ideas to 'pimp your room' for little money, without harming the environment or society.

Some addresses for second hand furniture:

Betatex
Deccaweg 6

Cash Converters (*electronic device*)
Amstelveenseweg 33

Ceintuurs Gebruikte Goederen
Ceintuurbaan 446

Het Derde Servies
Sint Nicolaasstraat 38

Drakensteijn
Eerste Helmersstraat 71

Giles Trading
MS van Riemsdijkweg 55

Juttersdok Kringloop
Postjeskade 23

Over en Weer
Rijnstraat 234

De Ruilhoek
Maasstraat 145

Second Best
Wolvenstraat 18

Second Change
Javastraat 12

De Tweede Ronde
Haarlemmerweg 325

Kringloopwinkel Dodo
Eerste van der Helstraat 21

Lethe Gebruikte Goederen
Baetostraat 22

Lilly Second Hand Shop
Kastelenstraat 267

De Lokatie Kringloopbedrijf
Oranje-Vrijstaatkade 47

Mask Tweedehands Artikelen
De Clerqstraat 61

Zo Goed Als Nieuw
Marathonweg 52

Sustainable tour in Amsterdam

In this short route you'll be walking this afternoon, you'll pass a couple of spots that is written about in this green guide. You'll see the farm-market, a second hand store and you can get a drink at a bar. The tour will give you a little impression of the addresses that are in this green guide. After this afternoon off course it's all up to you to consume sustainable and fair!

Enjoy this route!

Addresses which you can visit during the green tour:

Nukuhiva is a trendy store that has just opened. The Dutch television personality Floortje Dessing is the owner of this fair trade store that sells clothes, gifts and decorations.

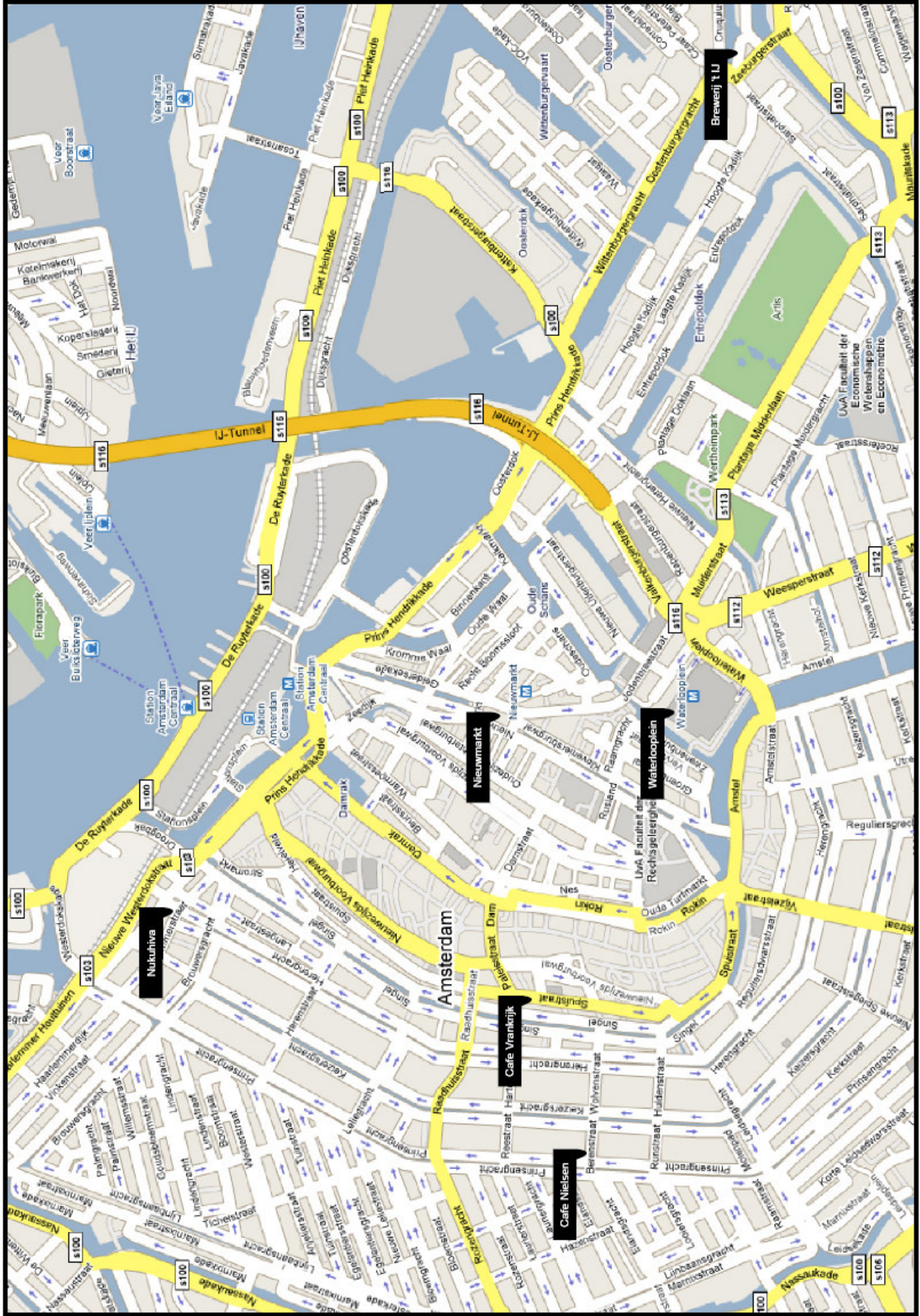
The **Farm-market at the Nieuwmarkt** is a good place to buy your dairy products. Everything is ecological and cheaper than in store because of the direct selling by the farmer himself!

Café Vrankrijk is closed at the day, but you should just take a look at the outside of the building that is covered with graffiti.

The tour is bringing you to the **Waterlooplein**, a place with lots of secondhand clothing, CDs and furniture. You can walk for hours at this great place and check everything out. Good for you, this market is opened every day!

Café Nielsen provides good ecological lunches in a modern environment. It's a trendy café where all kinds of people come. Here you can take a sit and enjoy an ecological drink!

When you visit **Brewery het IJ**, you can taste beer that's made in Amsterdam, and therefore a real local product! The brewery sells organic beer 'Scharrel IJwit'.



Nukuhiva

Nieuwmarkt

Waterlooplein

Brewerij t.u

Cafe Vranckwijk

Cafe Nielsen