

LOCAL *sustainability* GUIDE



Students for
Sustainable Action



Content



welcome to jönköping!	4
where to get what you need	8
clean out, declutter, recycle	16
transportation	20
studying	22
all about food	24
social sustainability and health	32
want to do more?	36





Welcome
to Jönköping

ng!

Hej!

We are the Students for Sustainable Action (SSA). This guide provides you with the cities' top eco-hotspots and insider tips to help you have an amazing time in Jönköping while living your best sustainable life. Making sustainable choices can be so easy if you just know where to go.

Take this guide and join the Green Side!



sustainable development goals

The United Nations implemented the Sustainable Development Goals (SDGs) in the 2030 Agenda back in 2015. The 17 Goals are a blueprint to achieve peace and prosperity for people and the planet, to create a better and more sustainable future for all. The Goals are an urgent call for action, addressing global challenges such as poverty, inequality, climate change, environmental degradation, peace and justice.

(UN.org) <https://sdgs.un.org/goals>



“Humanity’s
21st
century
challenge
is to meet
the needs
of all
within the
means of
the planet.”

—Kate Raworth

“meeting
the needs of
the present
without
compromising
the ability
of future
generations
to meet their
own needs.”

— The UN
Brundtland Commission



new to sustainability?

Sustainability includes three dimensions: ecological, economical, and social sustainability. You will find tips for all three of them in this guide.

ECOLOGICAL SUSTAINABILITY

planet

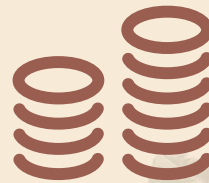
The planet is used within its natural boundaries.



ECONOMIC SUSTAINABILITY

profit

Natural and artificial resources are used efficiently and responsibly and are fairly distributed.



SOCIAL SUSTAINABILITY

people

A consistently good social well being that can be maintained in the long term.



where to go
what you



get you need



Shopping sustainably goes beyond looking for eco-stores and bio-certificates. There are plenty of options to get what you need without buying it new right away!

The “buyerarchy of needs” depicts all the possibilities there are and with the help of this guide you will know exactly where to borrow, swap, thrift and buy stuff!

BORROW

From now on you don't have to worry about your plants anymore when you leave for winter or summer break, you can use the SSA plant-sitters to take care of your beloved greens!

Instagram: [@ssa.jkpg](#)



Jönköpings City Library has a lot of english books in all genres and also some movies! You can get a library card for free.

553 22 Jönköping

bibliotek.jonkoping.se/

At Fritidsbanken you can borrow sports and leisure equipment, like a sled or roller skates...
for free for 14 days.

551 50 Huskvarna

jonkoping.se/fritidsbanken

If you join the Cardboard Association you can borrow card games and board games.

Instagram: [@cardboard.ju](#)

PS. If you live in Råslätt you can also borrow games in Sockertoppen with your student ID card.



You can find a book-swapping shelf in Café Rio. Also keep a lookout for swapping events organized by SSA at Jönköping University! Those events are announced on the SSA social media channels.

A minimalist wardrobe scene featuring a white clothing rack against a white wall. The rack holds several items of white clothing, including a long-sleeved top and a pair of trousers, along with a vibrant orange garment. A potted plant with large, dark green, oval-shaped leaves is positioned in the foreground, partially obscuring the white items. The overall aesthetic is clean and modern, with a focus on neutral tones and natural elements.

THRIFT

preloved stuff

Erikshälpen Second Hand

From tough gym equipment to soft sofas, from vintage coats to modern shirts, from plates to frisbees, you can basically find anything in this huge store. It has two branches and an online shop as well! There is a store in Jönköping and one in Huskvarna. You can find lots of furniture and houseware, so it is a great place to find stuff for your new room and there is a section of clothes as well. They both take donations and also have a cozy little café.

Erikshälpen is also a children's rights organization working to combat poverty and vulnerability by realising children's rights.

Herkulesvägen 56
553 02 Jönköping

website:
erikshjalpen.se

Birkagatan 38
561 33 Huskvarna

online shop:
secondhand.se



Myrorna

For those who are more into vintage fashion, this is where you'll find the most variety of clothes, both for men and women. Their style ranges from vintage, weird (in a good way), and new clothes. You'll always come out with a good finding! Tip: go upstairs! They have a section of houseware, furniture, and books. Remember to ask for the 10% student discount!

Herkulesvägen 6
553 03 Jönköping
myrorna.se



Sam-Hjälp

A second hand shop with the main focus and goal to provide humanitarian aid based on Christian values to Eastern Europe.

Kungsängsvägen 5
554 56 Jönköping
samhjalp.se

Röda Korset

In this second hand store you can mainly get household goods but if you're lucky, nice clothing can also be found. All profit goes to the Red Cross, so whatever you buy makes a difference.

Klostergatan 3
553 17 Jönköping
rodakorset.se

PMU Second Hand

A small second hand store offering a little bit of everything, but mainly houseware and clothing with a small section of books and fabrics.

The money goes towards development and disaster work nationally and internationally: PMU as an organization supports about 160 projects in 35 different countries.

They take a variety of donations like jewelry, bags, shoes, clothes, porcelain, household utensils, books, vinyl, CD and small furniture during their regular opening hours - things should be clean and in good condition though to not create additional work for the employees.

Smedjegatan 27
553 20 Jönköping
pmu.se

Stallqvarn

In this cute old barn you can find fun antique and vintage stuff.

Hulukvarnsgatan 10
553 11 Jönköping
stallqvarn.se

Busfrö

In this second hand store you can find fresh clothing in really good condition for men, women, and kids. There is a small section of home decorations as well. They have a system where you can donate clothes and get back 40% of the selling price. Just make sure the clothes are freshly washed and in good condition.

Smedjegatan 23c
553 20 Jönköping
busfro.se

Online

You can also shop second hand online! The most popular website is blocket, but a lot is also sold through Facebook Marketplace.

blocket.se
[Facebook Marketplace](https://www.facebook.com/marketplace)



SHOP+BUY

eco-friendly & local



Rekoshoppen.se

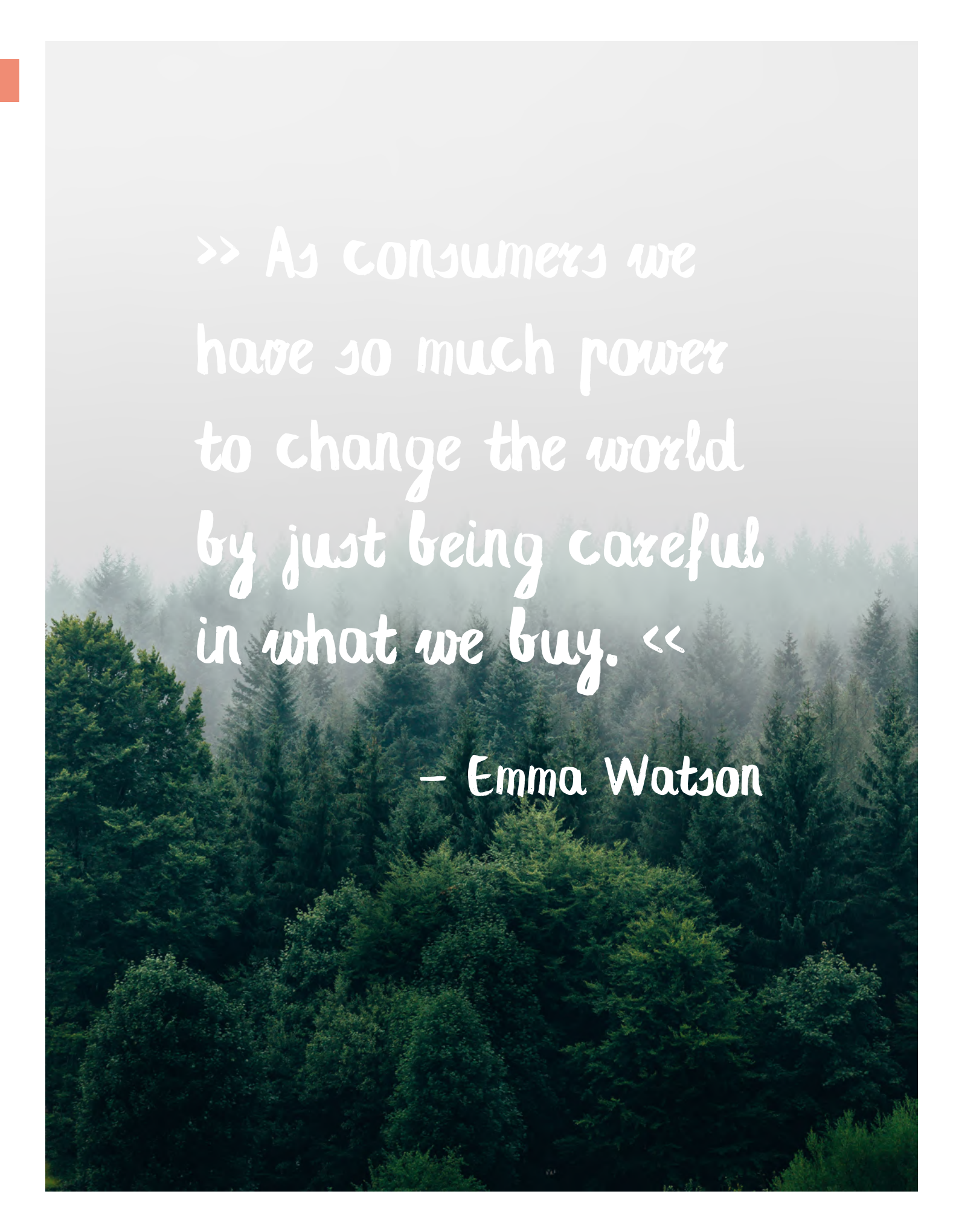
You can find many different things in this popular, ecological shop with an even bigger shop online.

M2-Center Ryhovsgatan 3-5
553 03 Jönköping
rekoshoppen.se

REKOringen

REKO works as a buy-and-sell platform between consumers and local producers in Jönköping and the region without intermediaries. You can order directly from local producers in their facebook group.

facebook.com/groups/reko.jkpgghva/

A photograph of a dense forest of evergreen trees, likely spruce or fir, with a misty or foggy atmosphere in the background. The trees are dark green and fill the lower two-thirds of the image. The upper third is a lighter, hazy grey, creating a soft, ethereal background for the text.

>> As consumers we
have so much power
to change the world
by just being careful
in what we buy. <<

– Emma Watson

Clean out, and recycle



declutter

Clearing out your flat and/ or closet?

- Look out for the clothing, furniture and ovve swaps from the SSA. Maybe you will find something nice in return!
- Donate your stuff to second hand shops or use clothing bins (there is also one in Sockertoppen in Råslätt).
- You can bring your electronics to the second hand shop Busfrö!
- Did you know that the SSA has a recycling team? Send a message to join them!



Recycling

clear glass:

Clear glass bottles

Clear glass jars

coloured glass:

Coloured glass bottles

Coloured glass jars

Coloured and clear packaging are sorted individually and must not be mixed as this reduces the quality of the new glass. Metal caps should be removed from bottles, but the cap rings may remain.

GLASS

Flower, plants (no soil)

Food scraps

Teabags

Paper towel

Egg shells

Coffee waste

important!

Organic waste must be put in food waste bags, never in plastic bags. Food bags are provided or you can get them for free at supermarkets.

good to know:

The food waste bag should be filled up to the dashed line on the bag and then closed by folding it at the top before disposing of it. Small amounts of cooking oil should be disposed of by cleaning the cooking pans with a paper towel.

Food waste is then sent to the biogas plant at Torsvik. The biogas is used as fuel for the city's buses and local authority vehicles.

FOODWASTE

Newspapers

Catalogues

Advertisement material

Paperbacks

Magazines

Sheet paper

remember:

Envelopes and 'post-it' labels must be disposed of as residual waste.

NEWSPAPERS

Metal lids **Metal caps**

Metal tubes **Tin cans**

Aluminium foil

Deposit all metal packaging for recycling. Even small items such as bottle caps, lids and the foil on sour cream containers and screw caps. All packaging is important and becomes new raw material for new metal products. Squeeze out as much as you can from metal tubes, let the cap remain to avoid unpleasant odors.

tip!

Beverage cans are sorted as PANT and can be exchanged for money in supermarkets. Tin cans do not have to be fully washed before disposal, but removing any organic waste from it is required.

METAL

Wrapping paper

Cereal boxes **Pizza boxes**

Milk packaging **Egg boxes**

Fold and flatten paper packaging so that it takes up less space. You can also put smaller packaging in larger once. Plastic screw caps on milk, yoghurt and juice cartons should be removed and placed in the bin of plastic packaging. The plastic part on the cartons can remain in place.

PAPER

Crisp packaging

Styrofoam **Plastic bags**

Shampoo bottles

Toothpaste tubes

Sauce bottles

Plastic does not have to be fully washed before disposal, but removing any organic waste from it is required.

PLASTIC

Used tissues **Dishcloths**

Envelopes **Chewing gum**

Vacuum cleaner bags

Baking paper

Leftover oil must be tied in a bag or container before disposing of it.

tip!

If you are not sure about where the packaging waste should go, check the information on the packaging itself. It should be clearly stated where it belongs.

RESIDUAL
WASTE

Transport



ation



Cykelköket

Swing by here if your bike needs some extra loving. You can finally repair that flat tire or squeaky chain in a nice environment in the south end of Munksjön. There are always a couple of helpful bike-repair experts here to help you, twice a week. The best thing of all is that it's all free. You can also pay 100 kr to become a member and receive a bike that may need some extra loving.

Syrgasvägen 7
553 02 Jönköping
cykelkoketjkg.se

Torpa cykelservice

A small and personal bike shop where you can get your bike fixed by professionals. You can also buy new and old bikes here.

Klostergatan 53
553 35 Jönköping
torpacykelservice.se

Bike pumps

- Barnarpsgatan 39
 - Järnvägsgatan 10
 - Lillsjögränd
- hittacykelpump.se



studying

green on campus

While the SSA is trying to make life on campus more sustainable, here are a few things you can do too:

Get the books you need in the library. If they are not available physically, chances are you can get them through the library online as a PDF or ebook. Otherwise you can let them know what you need and they will order it.

Ask around in second or third year student groups for books.

Only print out things you really need.

You can borrow chargers and headphones in the library if you forget yours at home.

Get a loop cup! It is a reusable cup you can give back to Café Rio and a coffee is only 5 SEK with it.

a n i n t e r n s h i p i n s u s t a i n a b i l i t y

Climate Council

The Climate Council works to realise the vision of becoming an 'energy-plus county' by 2050. Part of the council are Jönköping University, regional authorities, the counties municipalities, companies and NGOs.

klimatradet.se

Kvinno- och Tjejjouren

The women's and girls' shelter works actively to prevent violence and to support and protect women and children who are or have been exposed to violence.

unizonjourer.se/kvinnoochtjejjourenjonkoping

JUSN

Jönköping Universitys Sustainability Network is a university platform, where faculty and staff can meet and exchange ideas on how to work with sustainability and get students engaged in these issues.

ju.se/en/about-us/jonkoping-university/sustainability

Jönköpings Kommun

You can also work for Jönköpings municipality.

jonkoping.se

Husqvarna

Husqvarna creates products and services for customers around the world, shaping green spaces and the urban environment.

husqvarna.com/se

Circular Center

The Circular Center helps companies and organizations to transform residual products into new sustainable materials and they also create jobs for those who have the most difficulty entering the labor market.

circularcentre.se

Elmia

Elmia AB is a Nordic trade show organiser, arranges fairs annually within a wide range of business areas and hosts conferences.

elmia.se





all about F

Food!



This chapter is all about showing you where to get the most delicious, fresh and sustainable food in Jönköping. Whether you are vegetarian, vegan or just love good food, this is the chapter for you!

1. g r o c e r y s h o p p i n g
2. g r o w i n g f o o d
3. c a f e s
4. r e s t a u r a n t s

GROCERY SHOPPING

the best places to get your daily essentials

Västra Torget Farmers Market



Local products and groceries from producers and farms close to the city every saturday.

Oxtorgsgatan 26
553 17 Jönköping

Bikupan Ecological Shop



Ecologic shop with zero waste shopping options! Here you can find legumes and grains in bulk, as well as local and organic vegetables and products.

Tändsticksgränd 3
553 15 Jönköping
bikupan.org

Brödsmedjan



A bread-bakery that uses old, classic swedish recipes and homemade flour. The bread could potentially be the best and healthiest in Jönköping! The flour and other products can be bought on their website.

Vitmossevägen 6
554 75 Jönköping
brodsmedjan.se

GROWING FOOD

it doesn't get any fresher than this

A small but nice garden in the south end of Munksjön. Here you will discover all sorts of plants like tomatoes, salads, grapes and flowers.

Syrgasvägen 7
553 02 Jönköping
kvarteretodlan.se



A big, lovely garden with a nice little community, located in the city. There's a big variety of plants, vegetables and flowers. Tip: make sure to follow them on Facebook.

Svavelsticksgård 7
55315 Jönköping
facebook.com/stickansstadsodling



Jönköping University's rooftop garden located in HLK building. Want to join? Send a message to their Instagram page or on Facebook.

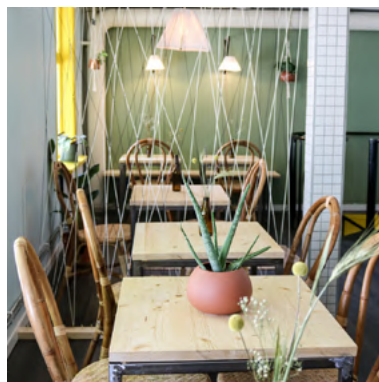
instagram.com/urbanfarming.ju
facebook.com/JUurbanfarming



Ödlans Innergård

**Tändstickans
Stadsodling**

Urban Farming JU



OAS

Oas is a cute cafe, great to have small fika or stay for hours to study, read or write that thesis. The café has a relaxing, organic vibe and welcomes vegans with a great variety of cakes and healthy lunch options.

Borgmästargränd 5
553 20 Jönköping
oasroastery.com

Hälsokällan Café and Bistro

The clean, healthy, green-smoothy-style bistro you would be expecting next to a gym. They offer different kinds of small snacks from salads to sandwiches to sweets as well as a variety of tea and coffee (vegetarian and vegan options). They have a student discount of 10%.

Södra Strandgatan 7a
553 20 Jönköping
cafehalsokallan.se



Kafé Braheparken

Lovely cafe for the plant eaters among us. All of their pastries and lunch options are 100% vegan and they have a discount for students!

kafebraheparken.se

Chokladverkstan

Handmade chocolate, bread and pastries made in an old and picturesque barn. The ingredients are ecological- and fairtrade marked. The coffee is locally from Gårdsrosteriet in Huskvarna.

Tokarp Södergård 1
556 28 Jönköping
chokladverkstan.se



Vistakulle fruktodling

Apple cultivation fields with a shop, which offers cider, jams, juices and freshly roasted coffee from Gårdsrosteriet Vista.

Bosgård Norrgård 1
561 92 Huskvarna

vistakullefruktodling.se



Flättinge Gårdscafé

Enjoy homemade bread, pastries and coffee in a house from the 1600's surrounded by picturesque fields and animals.

Flättinge uppegård 4
561 91 Huskvarna

flattingegardscafe.se

Brunstorp Trädgårdscafé

A house dating back to the 1300's surrounded by a vast garden now serves as a café. They offer both snacks and simple meals which you can eat inside, on the patio or under the trees with a picnic basket.

Brunstorps Gård
561 36 Huskvarna

brunstorpscafe.com



Café Ödlan

Eat breakfast, lunch or fika here with a view over Munksjön or Ödlans innergård. Everything on the menu is vegetarian, but you can also ask for vegan options. Sometimes sustainability-seminars are held here by Circular Center.

Syrgasvägen 7
553 02 Jönköping

kvarteretodlan.se/verksamheter/cafe-odlan



let's go and fika!



RESTAURANTS



STUK

This is a little fancier, Instagram appropriate option: a mixture of café and restaurant. You can either stop by for a fika to taste some great kanelbullar made from scratch with local flour or stay for some great pizza. The restaurant takes great care in choosing their ingredients and offers some great vegan and vegetarian options. Don't forget to get your student discount!

Lantmätargränd 3
553 20 Jönköping
stukjonkoping.se

Hasse på sjökanten

Swedish cuisine made from local vegetables (from Rudenstams Bär & Fukt) and organic, fairtrade coffee.

Rekrytvägen 5
553 05 Jönköping
rocksjon.se





Rudenstams Gårdsbutik & Kafé

Small farm, mainly focused on apple trees, they have a shop and café where they serve seasonal and local homemade products. The farm also supplies some restaurants and supermarkets in the area with their fruit while making the most of the fruit that might not be “pretty enough” to sell to make cake or apple vinegar.

Rudu 50
561 92 Huskvarna
rudenstam.se

Glädje

Nice restaurant and bar for a pancake brunch, lunch or dinner with local products. It is however maybe not the best option for vegans and vegetarians.

Västra Storgatan 9
553 15 Jönköping
restauranggladje.se





IN
social just

and
health

NEED SOME- tainability

equality
mental health
health care



where to find help

If you have been subject to discrimination you can find help from Jönköping University on the website [here](#). (Go to ju.se > Home > Studies > Equal Opportunities > If you have been subject to discrimination).

The student health center on campus can help you with physical as well as mental health issues. They offer counselling and treatments (and free condoms). It is free of charge, you can visit it on campus or contact them: studenthalsan@ju.se. You can also contact 1177.se/ +46 771 11 77 00 for general health care.

If you want to help others, check out SPECTRA. It is a project group under the SSA at JU that works for human rights (IG [@spectra.ju](#)) And don't forget to join in on the amazing Pride celebrations Jönköping has each year!

Circular Center



Brahegatan 46
553 34 Jönköping
circularcentre.se

The Circular Centers vision is zero people in exclusion and zero residual products in society because they believe that everyone has a place in a circular society. Did you know the world is only 8.7% circular? This, and creating new jobs, is what Circular Center would like to change. Fabric left-overs are reused and made into bags or new clothes. You can also repair or remake your clothes here and they arrange different seminars with the same theme - sustainability. On top of that they have a nice café.

Kvarteret Ödla



Syrgasvägen 7
553 02 Jönköping
kvarteretodlan.se

This is a great culture spot. They have, for example, a literature association, a painting studio and a workshop for creativity. From time to time they offer concerts, lectures, exhibitions, theater- and dance events that take place here. Many of these events are also free.

Kulturhuset



Svavelsticksgränd 7
553 15 Jönköping
kulturhusetjonkoping.se

Divided into 2500 sqm, Kulturhuset has several different stages, about ten rehearsal rooms, five open workshops, a recording studio, a cinema, a freeshop, a member-run café and a number of different rooms for dance, theater, concerts, stand-up, lectures, meetings and much more.

want to do

1. Join SSA!



more?

2. Take Action

3. Volunteer

JOIN US!

students for
sustainable action

Students for Sustainable Action consists of passionate students who want to work towards a more sustainable campus and encourage students from all schools to pursue more sustainable lifestyles.

You can work with us on our many projects, take part in our regular events and don't hesitate to apply for a position on the SSA Board! If you have any new ideas, we'd love to hear them!

Instagram:

[@ssa.jkpg](#)

Facebook:

Students for
Sustainable Action
[@ssa.jonkoping](#)

Email:

ssastud@js.ju.se



Students for
Sustainable Action

Our Projects

- Urban Gardening
- Creative Team
- Recycling Team
- Spectra Team
- Swap Team
- Solidarity Team
- Sponsorship Team
- Event Team

TAKE ACTION

lets change this world for good

Let's go and make change together! Join the Climate Strikes, the Keep Jönköping Clean trash pick ups and the Pride Celebrations in the city.

JU also organizes a Sustainability Festival every year with interactive sessions, workshops, keynotes aiming at exploring how to co-create a sustainable future.

Main themes of the year are Innovation Race, Urban Farming, Circular Economy and Health & Wellbeing.

Keep Jönköping Clean

Climate Strike

Pride

JU Sustainability Festival



VOLUNTEER

help out where it's needed



There are a lot of places where help is needed and volunteers are greatly appreciated. You can volunteer via the SSA Solidarity Team at a lot of places, for example:

YoBikupan

Hela Människan

Dela

Samhjälp

Eriksjälpen

Cykelköket



Students for
Sustainable Action

Created by:
Jannika Nowak & Susan Rozema