

*Some of you may remember my **100 days project of different good deeds** that kept me busy during 100 consecutive days in the summer and fall of 2020. Since “the internet never forgets”, you can find the original documentation in my LinkedIn posts, #100daysproject.*

This personal project has helped me to grow out of my novice shoes when it comes to good deeds, and I am happily sharing my suggestions with you:

You want to make it personal?

There are organizations that match you with people who are new to your country and want to get in touch with the inhabitants. Others match you with people who are living in an asylum and have only little or no contact to the outside world. You can either meet your match face to face, online or send letters (yes, hand-written ones).

start-with-a-friend.de | stiftundpapier.org

You want it really easy and real cheap?

Write a postcard to someone you already know or like someone's post on LinkedIn, comment on it or even share it.

My favourite good deed: My former English teacher and I became learning buddies, so she could prepare for her German exam and I could keep practicing everything she had taught me beforehand.

You want it more political?

Following the advice: “If you see something – say something!” You can be a promotor of topics that are important to you. Hang a flag out of your window, wear a button, put a sticker on your phone, bag, homepage and broadcast what you did via social media.

11000fahnen.de

You want it really easy and real cheap?

Sign a petition – there are different websites where you can either sign an existing petition or create your own and thereby exercise your rights in a democracy.

Change.org | epetitionen.bundestag.de

My favourite good deed: When the gay community hijacked the hashtag “#proudboys” from the white supremacists and right-wing militias I searched for it on LinkedIn and applauded.

You want to reduce CO2?

Plant a tree in your backyard, or join an initiative that plants trees in forests, pay others to plant or care for a tree or water a tree during the dry season yourself. Compensate your emission when you go on a trip via plane or cruise ship. Try to exchange food made from animals by vegan alternatives. Obtain your power / gas / oil from a company that provides renewable energy.

bergwaldprojekt.de | trinkwasserwald.de | thegenerationforest.com | Nabu.de | atmosfair.de

You want it really easy and real cheap?

Turn off your electronic devices by turning off the connector strip. Join "one for the planet", where you donate 1 Euro every month and get to decide which project should receive the monthly pot.

onefortheplanet.de

My favourite good deed: During the pandemic I increased the miles I drove by bike. I even rode my bicycle when it rained and could hear the voices of two people in my head that were full of encouragement and support.

For one the voice of my deceased track and field coach: "Let's hit the track, you are not made from sugar!" and secondly the voice of my friend Anja: "I have come to the conclusion that if a guy asks you out who does not own a rain jacket, you should decline."

You want to support people?

Donate items that are no longer of use to yourself. You can support kids that need laptops or tablets for home-schooling, give away any household-goods, even your old glasses. Shop local at the farm store or a farmer's market. Ask around amongst your friends and colleagues to see if they support a project or an institution that you could support, too. Or check crowdfunding platforms to support creative people with a good idea.

Labdoo.org | heyalter.com | oxfam.de | nebenan.de | brillenweltweit.de | startnext.com | kickstarter.com

Or even save their lives?

Donate blood, register as a donor for stem cells, decide if you want to become an organ donor. Give food to the homeless or money to organizations that do.

DKMS.org | kunst-hilft-geben.de | strassenwaechter.de | care4cologne.org

You want it really easy and real cheap?

Take a break at a café that is run by Lebenshilfe or other institutions that employ people with limitations. Keep your eyes open for supermarkets that donate your bottle deposit or give your loyalty card to a beggar once you collected your 10 stamps to get a free coffee.

kunsthaukat18.de in Cologne | ask google: Lebenshilfe + Kaffee

My favourite good deed: When my friend Philipp organized a marketing campaign for the association, he volunteered his time to (helptoday.de), I contributed my kudo card design and paid for the adjustments that needed to be made to the cards so that they fitted his needs.

You want to reduce waste?

Shop goods without packaging

That actually has become quite simple. There are more and more zero waste shops around and even the first supermarkets have put up dispensers where people can fill their personal containers with dried foods. Switch to beauty products without micro plastic and packaging e.g., a bar of soap, bar of shampoo, bar of conditioner. Use beewax wrapping instead of cling wrap, wrap your presents in fabric and re-use it. If you love food and drinks to go, borrow cups and boxes from the shops – or, if regulations allow, bring your own containers.

Tanteolga.de | Migori.de | Vytal.de | recup.de

Recycle like there is no tomorrow

Separate your waste - the all-time favourites like paper, organic waste, glass, plastic, ... as well as cork from wine bottles, cigarette butts, crown corks, markers, toner cartridges.

Nabu.de | Tobacycle.de | Blechwech.de | Terracycle.de | your printer company

Save food

Give away spare food; the one you are tired of eating because you grew too much in your backyard. The one you received as a present (maybe you received one of those popular gift baskets for Christmas) or bought in a multi-pack but did not like the first pack. Or consume food that would be thrown away by shops (because it has passed its best before date) or restaurants.

foodsharing.de | mundraub.org | the-good-food.de |
toogoodtogo.org

Repair

Give broken things a second life – mend the pieces of broken china together by using the kintsugi method – which means that highlight the cracks by using golden glue.

You want it really easy and real cheap?

Invite companies to produce less waste

Or request that companies replace plastic from their packaging by scanning the products barcode.

Replace plastic app

My favourite good deed: I was introduced to a webpage called smarticular.net and was impressed by the different tips people are sharing when it comes to reusing (like coffee grounds for cleaning or fertilizing your flowers) or exchanging soda, citric acid and vinegar for classical detergents.

You want to get rid of existing waste / rubbish?

Next time you go for a walk, take a bag along and collect the rubbish you come by, or make it an happening and join others to clean the banks of a close by river – or, if you are easily disgusted support others who collect the waste.

krake.koeln | rhinecleanup.org | the-honu-movement.com

You want it really easy and real cheap?

Go back to set 5/7 of inspirations for your New Year's resolutions 2021 and help reducing waste in the beginning.

My favourite good deed: I noticed that the bike stands and the bike cellar of the apartment building I live in, became inhabited by bikes with flat tires and dusty saddles that had been left behind by former tenants. I found an organization that was happily giving them a second live by repairing them together with people who could not afford their own bike.

You have skills that are a great resource for others?

Volunteer your time and your competencies to people who cannot afford to pay you or another expert otherwise. If you offer a training, organize a conference, sell a webinar – give away one ticket for free to people who can't pay your price. Become a mentor for others.

My favourite good deed: One day I raved to my colleague Merle about a training on Nancy Kline's Thinking Environment that I had attended. She replied: That is exactly what people need right now! And now our free of charge format "Denkpause" has been up and running for half a year and has not only been valued by participants we acquired via LinkedIn but also by ourselves.

wirbewegenev.de | corona-school.de |

