

# IDEAS COOKBOOK





## INTRODUCTION

This virtual EndPlasticSoup idea cookbook is made for Rotary clubs, Rotaract clubs, and Interact clubs designed to fight against the plastic pollution. We are following the vision statement of Rotary international, where it says:

*"We see a world where, together, we begin to make sustainable change create in all countries, in our neighborhoods, and in ourselves."*

are the following ideas for personal use, for your own club, compiled for actions in the neighborhood and around the world. The cookbook should not only be read, but also filled further with personal thoughts. For this reason, you will find a blank page at the end of this cookbook. Feel free to use this page for you own thoughts, ideas, campaigns, and projects.

The cookbook is divided into different parts:

- **KNOWLEDGE** [page 3](#)
- **EDUCATION** [page 5](#)
- **INFORMATION** [page 11](#)
- **ACTION** [page 14](#)



## KNOWLEDGE RECIPES

### SUPPORTING MEMBERSHIP

By only paying €200/year you can become a supporter of EndPlasticSoup. By doing so, you will actively support the research and the different projects associated with plastic pollution worldwide.

Support your Rotaract club's membership with an annual payment of €50 (three years €120), or help your Interact Club with an onetime payment of €50.

For more info, visit <https://endplasticsoup.nl/de/machen-sie-mit/>

For questions: RC Uelsen / Coevorden

Contact person: Marja Ritterfeld · [marja@ritterfeld.de](mailto:marja@ritterfeld.de)

### CLUB PRESENTATION

You can find an EndPlasticSoup Ambassador Club in almost every district of Germany, whose representatives will be more than happy to offer an (online) presentation in your Rotary, Rotaract, or Interact Club holds.

### ROTARY ENDPLASTIC SOUP AMBASSADOR CLUBS IN GERMANY

District	Club	Contact person	eMail
1800	RC Wolfsburg-Fallersleben	Carl-Philipp Pöpel	<a href="mailto:philip.poepel@rub.de">philip.poepel@rub.de</a>
1810	RC Aachen	Richard Goßen	<a href="mailto:gossen@erfolgskonzepte.net">gossen@erfolgskonzepte.net</a>
	RC Wipperfurth-Lindlar/Romerike Berg	Monika Lichtinghagen-Wirths	<a href="mailto:lw@bavmail.de">lw@bavmail.de</a>
1820	RC Wiesbaden-Rheingau	Ralf Thiel	<a href="mailto:thielralf@aol.com">thielralf@aol.com</a>
1830	RC Böblingen-Schönbuch	Thomas Wurster	<a href="mailto:thomas.wurster@gmx.net">thomas.wurster@gmx.net</a>
	RC Stuttgart	Hans-Urlich Mehlhorn	<a href="mailto:ahs.mehlhorn@freenet.de">ahs.mehlhorn@freenet.de</a>
1841	RC Schwabmünchen	Andreas Fischer	<a href="mailto:andreas.fischer@perlon.com">andreas.fischer@perlon.com</a>
1842	RC München-Land	Christian Meyer	<a href="mailto:christian@familie-meyer.com">christian@familie-meyer.com</a>
1850	RC Uelsen/Coevorden	Marja Ritterfeld	<a href="mailto:marja@ritterfeld.de">marja@ritterfeld.de</a>
1860	RC Rhein-Selz	Jens Bartelt	<a href="mailto:tj.bartelt@gmx.de">tj.bartelt@gmx.de</a>
1870	RC Kleve-Schloss Moyland	Heinz Falk	<a href="mailto:heinzfalk@unitybox.de">heinzfalk@unitybox.de</a>
1880	RC Nürnberg Connect	Andrea Goßler	<a href="mailto:andrea.gossler@web.de">andrea.gossler@web.de</a>
		Ira Hörndler	<a href="mailto:IraHoerndler@web.de">IraHoerndler@web.de</a>
1890	RC Großhansdorf	Ketilbjörn Tryggvason Bettina Wache-Möhle	<a href="mailto:ketilbjoern.tryggvason@gmail.com">ketilbjoern.tryggvason@gmail.com</a> <a href="mailto:Bettina.Wache-Moehle@wache.de">Bettina.Wache-Moehle@wache.de</a>
1900	RC Dortmund-Hörde	Bernd Austermann	<a href="mailto:b@ingbueroaustermann.de">b@ingbueroaustermann.de</a>
1930			
1940	RC Berlin	Constanze Aka Alexandra Whitford	<a href="mailto:constanzeaka@gmail.com">constanzeaka@gmail.com</a> <a href="mailto:alexw9639@gmail.com">alexw9639@gmail.com</a>
	RC Berlin-Schloss	Rene van den Hoevel	<a href="mailto:rhoevel@gmail.com">rhoevel@gmail.com</a>
1950			

## LECTURES

Presentations about plastics, micro plastics and waste prevention or reduction presented by Rotarians, environmental organizations, businesses, and communities:

- at <https://rotaryvortraege.de> corresponding presentations are offered. You can also register there as a speaker of a lecture;
- at [www.rotary.de/endplasticsoup](http://www.rotary.de/endplasticsoup) you will find interviews with renowned scientists, managers and environmental activists
- on [YouTube](https://www.youtube.com)
- EndPlasticSoup Young Ambassador. We are proud to announce that we have our own Greta! As a Young Ambassador, Greta Bürgerhoff (15) would be more than happy to make a presentation in your club! More info on Greta you find [here](#).



## Plastic free meetings & events

- Avoid all single use plastic in the club.
- Become a plastic free club.

For questions: RC Wipperfürth Lindlar/Romerike Berge  
 Contact person: Monika Lichtinghagen Wirths · [lw@bavmail.de](mailto:lw@bavmail.de)

## VIRTUELLE DINNER

### EndPlasticSoup Interview Series 20/21

#### Cook

Rotary District 1850 in cooperation with RC Uelsen/Coevorden and the E-Club of D 1850.

#### Preparation

On every 2nd Wednesday of the month, there was an interesting interlocutor, who was asked about plastic pollution. He also answered questions from the participants. The interviews were recorded and are suitable in the club meeting as a source of information, for presentation, and can also be used for all kind of discussions. Click [here](#) for the individual interviews.

For questions: RC Uelsen/Coevorden or E-Club of D1850  
 Contact person: Marja Ritterfeld · [marja@ritterfeld.de](mailto:marja@ritterfeld.de)

## DISTRICT SEMINAR ENDPLASTICSOUP

### Cook

Rotary Distrikt 1850

### Preparation

This seminar has chronicled the need to act, as well as the possibilities to do so. The seminar can be used at a later time within a club meeting at [www.rotary1850-live.de](http://www.rotary1850-live.de).



**Mittwoch**  
**17. Februar 2021**  
**20:15 – 21:15 Uhr**

**Online Seminar**  
**END PLASTIC SOUP**  
**WARUM UND WIE?**  
[www.rotary1850-live.de](http://www.rotary1850-live.de)

Prof. Dr. Marco Beeken (Uni OS und RC Friesland) und RC Friesland, Monika Lichtinghagen-Wirths (RC Wipperfurth-Lindlar), Richard Gollen (RC Aachen) und Sibylle Thalmann-Haffter (RC Westerstede) zeigen, was wir individuell, als Club und Organisation zur Plastikmüllbekämpfung beitragen können. Moderation: Annika Blanke (E-Club D1850)

Der Fotowettbewerb wurde von Hans-Georg Kronemeyer (RC Uelsen/Coevorden) gewonnen. Das Bild zeigt, was wir im Februar in den Fokus rücken wollen: Industrialisierung, die Welt scheint zu brennen und was wir ändern können. Dank für die Einsendung und Glückwunsch!

For questions: RC Uelsen/Coevorden

Contact person: Marja Ritterfeld: Marja Ritterfeld · [marja@ritterfeld.de](mailto:marja@ritterfeld.de)

## EDUCATIONS-REZEPTE

### ENVIRONMENTAL CINEMA

### Cook

Any Rotary Club

### Preparation

The German filmmaker Irja von Bernstorff made the documentary film "Girls of future". It features four environmental activists who are working in their region for a better and more sustainable world. One of them is Nina, who is an EndPlasticSoup Young Ambassador (see ...). She lives on the Indonesian island of Java and is surrounded by plastic pollution. The documentary can be shown in the movie theater in its entirety or in class in four different 25 minutes each. Teaching material is available.

Invite the students to watch this movie! Challenge and encourage the kids to take action themselves, within the theme of plastic pollution.



Another recommendation is the movie "Dear Future Children" by the German director Franz Böhm. It shows three activists working for social justice, a better environment and against oppression. One of them is a Rotaractor. This movie is suitable for upper class high school students. EndPlasticSoup stands in good contact with both of the film producers. They are happy to support any campaigns that help reducing the problems showing in the movie.

For questions: RC Uelsen/Coevorden

Contact person: Marja Ritterfeld · [marja@ritterfeld.de](mailto:marja@ritterfeld.de)

## LESS – FOR THE SEA

### Extracurricular environmental program in the countryside of Bad Bentheim

#### Cook

Rotary District 1850 in cooperation with the education office of the countryside of Bentheim

#### Preparation

#### Modul 1:

##### Introduction for teachers

Online – Rotary and education office together with expert's ca. 2 hrs

#### Modul 2:

##### Project phase in the registered schools

Individual use of the materials, work on school-internal key points

#### Modul 3:

##### Joint final event

In the zoo Nordhorn with different activities in which the classes participate. Feedback from the internal school phase through posters, which are exhibited in the zoo.



## CLOSING EVENT AT THE ZOO NORDHORN

### Activities that each class will go through

#### What?

#### Support by:

"Wishes for the future", which are based on foot prints are written and in a specific area of the zoo be hung up.

Young people of the Interact group Ems Vechte

Making a bee hotel from simple tin cans, which are filled with material to be filled.

MA Animal Park, MA Education Office

### Action, Actions, one of which is selected by each class:

Demonstration of the production of Soap from natural products, per child a sample copy to take home

external seminar leader:  
Almuth Wensing

"Children's lecture" through the university Osnabrück with some experiments

University of Osnabrück,  
Department of Didactics of Chemistry,  
Prof. M. eeken

Experiment: Why do marine animals eat so much microplastic?

MA Zoo

### Joint Action:

As supply for the SuS: ice cream truck with free ball per SuS

Rotarians

### Frame:

Welcome, distribution of the Stamp cards

Rotarians, Education Office,  
Young people of the Interact group Ems Vechte

Hanging the posters brought

young people of the Interact group.  
Ems Vechte

Photo action at the end, distribution of give away soap , info material

Rotarians, education office , youth of the Interact Group Ems Vechte

Contact for more info: [wilma.schevel@grafschaft.de](mailto:wilma.schevel@grafschaft.de)

Contact person: Marja Ritterfeld · [marja@ritterfeld.de](mailto:marja@ritterfeld.de)



## GREAT EDUCATIONAL MENU

### Rotary Germany Education Kit

Topic: Plastic and microplastic

#### Cook

ENDPLASTICSOUP Germany

#### Preparation

Educational kit – Together for a healthy environment. The EPS education kit offers the possibility to work on the topics of oceans, plastic and resource protection with school classes in an interdisciplinary way. The educational kit is for upper highschool classes, corresponds to the curriculum of the different of the various German states and is certified for biology/chemistry. For elementary school classes, the kit is adapted to lessons in NorthRhineWestphalia; but can certainly be used in all other federal states as well. The material is divided in such a way that it can also be used for substitute teaching.

Video and more information can be found [here](#) on our website.



Order forms at Rotary Germany Community Service (RDG) – Ms. Andrea Tischmann: <https://www.rdg-rotary.de/rdg/Fuer-Rotary-Clubs/index.php>

For questions: RC Uelsen/Coevorden  
Contact person: Marja Ritterfeld · [marja@ritterfeld.de](mailto:marja@ritterfeld.de)

## SMALL EDUCATIONAL MENU WITH BIG CONSEQUENCES LLLL PROJECT (LEARNING TO READ, LEARNING TO LIVE)

#### Cook

Rotary Clubs in Germany

#### Preparation

Since 2003, there is the LLLL-Project in all our districts. In this project, a Rotary club decides to donate reading books to a (primary) school class with appropriate preparation material for the teachers. The goal is to improve reading comprehension for students in 1st to 7th grade. For some children it is the first book they own themselves. With the help of the teacher, the book is worked through in two to six weeks. The focus is to understand the content of the text.

In the context of environmental education, it was decided to also include a title on the topic of plastic waste into the program. For the 2nd grade there is the title "Fiete Hering - Adventures in the Sea of Garbage."

A Rotary Club can promote both reading skills and environmental education. Just how they say: "Learn to read, learn to live!" The Rotary Club Hümmling zu Sögel already sets an example.



For questions: Rotary Deutschland Gemeindienst (RDG)  
Contact person: Andrea Tischmann · [andrea.tischmann@rdgduesseldorf.de](mailto:andrea.tischmann@rdgduesseldorf.de)

## ILLUSTRATED GARBAGE TRUCKS

### Cook

Rotary Club Aachen

### Preparation

The Rotary Club Aachen together with the city of Aachen has arranged... that a garbage truck with an EndPlasticSoup sticker will draw attention to the problem of plastic pollution.

A great idea, which ensures great attention, means a lot of impact!



For questions: RC Aachen

Contact person: Richard Goßen · [gossen@erfolgskonzepte.de](mailto:gossen@erfolgskonzepte.de)

## ART MENUS AND CONTESTS

### Cooks

Various Rotary Clubs in Germany, including RC Jever-Jeverland, RC Westerstede, RC Brühl

### Preparation

Here are some links to the activities and projects:

[RC Westerstede](#)

[RC Jever-Jeverland](#)

[RC Brühl](#)

[RC Osterholz-Scharmbeck](#)

There are many different concepts. The cooperation with schools ranges from the cooperation with a single class or school to projects with all schools located in the club region.

In all cases, students are informed about the problem of plastic pollution and works of art are created from the collected plastic waste and the Rotary Club ensures that the public is also informed (exhibitions, newspaper reports, social media).



As with art itself, there are no limits to creativity set in such projects.

For Questions: Please contact the respective Rotary Club or our EPS team.

Contact person: Im EPS-Team Marja Ritterfeld · [marja@ritterfeld.de](mailto:marja@ritterfeld.de)



## PARTICIPATION MENU

### Extracurricular place of learning

#### Cook

:metablon

#### Preparation

A teaching and learning landscape was developed at the :metablon site which offers all age groups in an appealingly designed learning environment their learning specific experience space to sensitize for the topics environment resources and energy forms of the future.

Under the aegis of "Lifelong Learning", starting with the day care center network "Haus der kleinen Forscher" – (sponsored by the Hans HermannVoss Foundation in Wipperfürth), through primary and lower secondary schools and(extracurricular places of learning and student laboratories), students as well as those interested in training and further education. Both through active and playful learning as well as through informative and new motivating communication systems, visitors can expand their knowledge of site-related topics such as recycling and regenerative energies. Expand. The topic of avoiding packaging waste, plastics and micro plastics was developed in 2020 in cooperation with the Technical University of Cologne. As part of these events, the Rotary campaign "EndPlasticSoup" will be presented to the students and they will be encouraged to participate.

Sponsor a school of your choice for a day of extracurricular learning and support such important and sustainable educational work.

[www.bavweb.de/-metablon/Außerschulischer-Lernort](http://www.bavweb.de/-metablon/Außerschulischer-Lernort)



For questions: RC Wipperfürth-Lindlar/Romerike Berge

Contact person: Monika Lichtinghagen-Wirths · [lw@bavmail.de](mailto:lw@bavmail.de)

## DIGITAL MENU

### e-learning

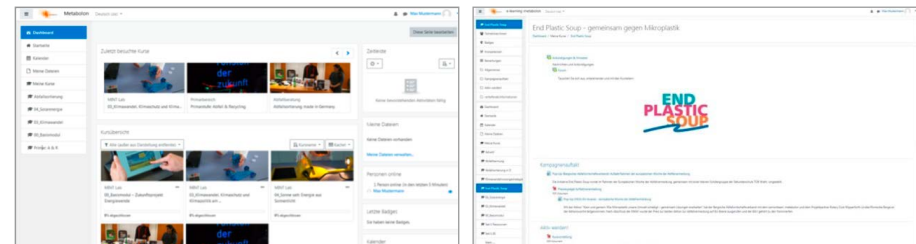
#### Cook

:metablon

#### Preparation

Due to the limited operation of the extracurricular learning site :metablon in times of Corona, many modules that would otherwise have been presented in person, were developed as an e-learning module: It does not only include the program outside of the school program, but also covers almost all areas of the :metablon project, in particular the new module on micro plastics, in which the action "EndPlasticSoup" was integrated.

<https://elearning-metablon.regioit-akademie.de/>



For questions: RC Wipperfürth-Lindlar/Romerike Berge

Contact person: Monika Lichtinghagen-Wirths · [lw@bavmail.de](mailto:lw@bavmail.de)

## CREATIVE MENU

### Make me, Take me

#### Cook

Rotary Club Wipperfürth-Lindlar/Romerike Berge

#### Preparation

- Ceate and/or design bags with students.
- Give them to those who are willing to use them instead of plastic bags in the future.
- The give-away action can also be carried by students, who can report their experiences afterwards
- The action can also be done by club members. Sew bags from leftover fabric, which they can give away.

For questions: RC Wipperfürth-Lindlar/Romerike Berge

Contact person: Monika Lichtinghagen-Wirths · [lw@bavmail.de](mailto:lw@bavmail.de)

## ART WORKSHOP

#### Cook

Rotary Club Wipperfürth-Lindlar/Romerike Berge

#### Preparation

Students create art objects made out of plastic waste, which will be presented in the school, the City hall, and the museum. All the artwork comes with appropriate information material.



For questions: RC Wipperfürth-Lindlar/Romerike Berge,

Contact person: Monika Lichtinghagen-Wirths · [lw@bavmail.de](mailto:lw@bavmail.de)

## EXPERIMENT MENU

### Mobile laboratory

#### Cook

Rotary Club Friesland-Artland-Friesoythe

#### Preparation

Through the University of Osnabrück, a Rotary Club is able to book a GreenLab\_OS for schools, which is a mobile student laboratory used for plastic waste workshops

For questions: RC Friesoythe-Artland-Cloppenburg

Contact person: Marco Beeken · [Marco.Beeken@uos.de](mailto:Marco.Beeken@uos.de)



## ENOUGH WITH PLASTIC, A THEATER PLAY FOR CHILDREN

### School Theater for elementary schools

#### Cook

Rotary Club Friesland-Artland-Friesoythe

#### Preparation

The play is provided free of charge. Not only used for performance in your own school, but also for a broader community, to create awareness. The complete script is available upon request at: [endplasticsoup@gmail.com](mailto:endplasticsoup@gmail.com).

The link to the trailer can be found [here](#) and the link to the video can be found [here](#).



For questions: Rotary Club Nürnberg-Connect

Contact person: Ralf Hardenberg · [rhardenberg@me.com](mailto:rhardenberg@me.com)

# INFORMATION RECEIPTS

## INFORMATION MENU 1

### Information booth

#### Cook

Bergischer Abfallwirtschaftsverband (BAV)

#### Preparation

The waste consultants of the BAV is always at various events with an information booth. There they clarify not only information about waste avoidance, sorting and recycling; they are also active in the field of environmental education on numerous campaign days within the association's territory. The Rotarian project "EndPlasticSoup" is also involved and interested visitors are being informed about the big issue of micro plastics.



For questions: RC Wipperfürth-Lindlar/Romerike Berge  
Contact person: Monika Lichtinghagen-Wirths · [lw@bavmail.de](mailto:lw@bavmail.de)

## INFORMATION MENU 2

### Informationsflyer

General information material in German for regional information events and in English for international partners.



## EPS-PUZZLE

"Dutch and German Rotarians with joint puzzle project"

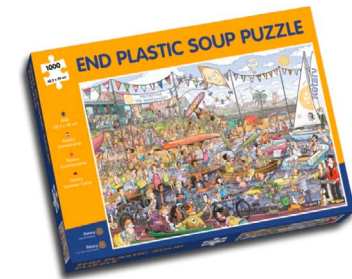
#### Cook

RC Windschoten und RC Leer

#### Preparation

The Rotary Clubs of Winschoten (Netherlands) and Leer (East Frisia) produces for the campaign "Puzzle for Clean Oceans" and together they create the puzzle "EndPlasticSoup". After the successful debut of the Christmas puzzle developed by the Rotary Club of Winschoten, both clubs developed the "Rotary Summer Camps" puzzle.

The 1,000-piece puzzle shows activities related to the international activities in connection with the international Rotarycamps. Happy young people from all over the world have a great time on and near by the water. Potze: This fits with our goal. Every year, there is more than eight billion kilos of plastic waste in the seas and oceans. The proceeds of our campaign will therefore go to the charitable foundation "EndPlastic-Soup". This will be used to develop projects that prevent plastics from flowing into the oceans. This also fits in well with the international theme of Rotary worldwide: "Protecting the environment."



**Golden Rotary logo:** The Rotarians have also come up with a special treat. Three puzzle boxes contain a golden Rotary logo. Whoever finds one, will receive €500 for a charity of his or her choice.

**Order:** The puzzle can be ordered at a cost of €20 (plus shipping). will be available via RC Leer: [rotary-puzzle@gmx.de](mailto:rotary-puzzle@gmx.de)

For questions: RC Leer  
Contact person: Rainer Wilken · [rotary-puzzle@gmx.de](mailto:rotary-puzzle@gmx.de)



## ENDPLASTICSOUP MERCHANDISE

### Cook

Rotary Club Merchandise

### Preparation

White functional vest with reflective stripes and Velcro fastener. On the front left is the Rotary Mark of Excellence. Here can also be made an imprint of the own club name .The back has the EndPlasticSoup logo.

Recycled plastic trash bags are also offered. In the picture for the press, these bags filled up to the brim with trash of course look really good!



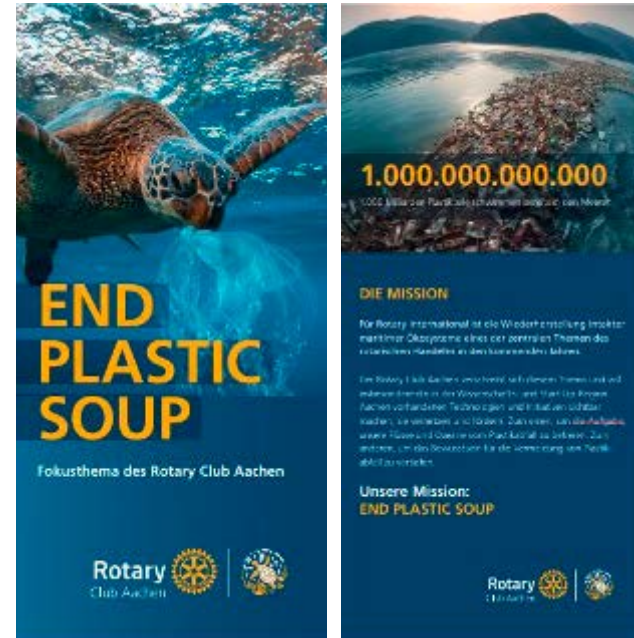
Price: €12,90 – €15,90 plus shipping

Order: <https://www.club-merchandise.eu/End-Plastic-Soup/>

## INFORMATION MENU 3

### Leporello

For all your informational events with your own club name.



For questions: RC Aachen

Contact person: Richard Goßen · [gossen@erfolgskonzepte.de](mailto:gossen@erfolgskonzepte.de)

## INFORMATION MENU 4

### Info cards

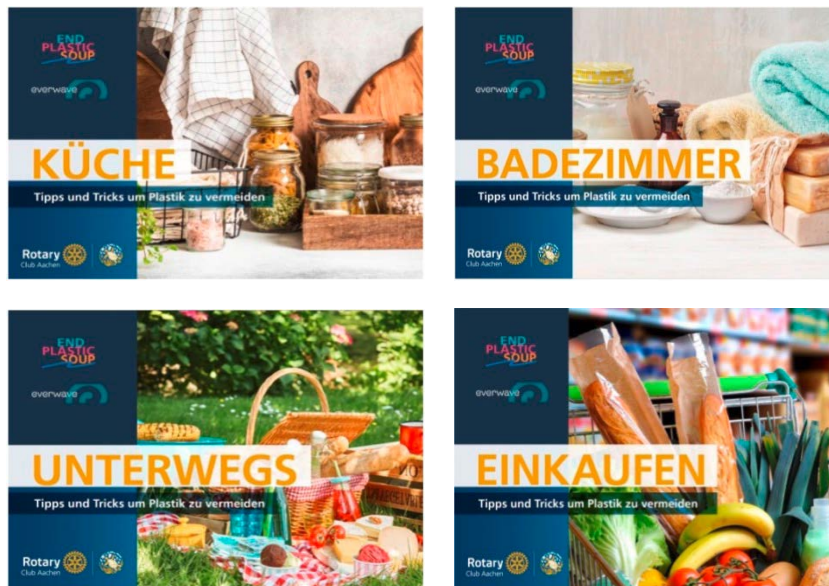
#### Cook

Rotary Club Aachen

#### Preparation

On the backside of these cards, you can find quick and clear tips for plastic reduction in your own household. Also available as a gift for guest speakers friends or as a give-away at information events.

Available at [www.endplasticsoup-deutschland.de](http://www.endplasticsoup-deutschland.de)



For questions: RC Aachen

Contact person: Richard Goßen · [gossen@erfolgskonzepte.de](mailto:gossen@erfolgskonzepte.de)

## INFORMATION MENU 5

### Roll-Up

An eye catcher at any event.



For questions: RC Wipperfürth-Lindlar/Romerike Berge

Contact person: Monika Lichtinghagen-Wirths · [lw@bavmail.de](mailto:lw@bavmail.de)

## ACTION RECIPE

### PEOPLE-OF-ACTION-MENU

#### Garbage collection with others

##### Cook

Bergischer Abfallwirtschaftsverband (BAV)  
Rotary Club Wipperfürth-Lindlar/Romerike Berge

##### Preparation

Every year, the Bergischer Abfallwirtschaftsverband (BAV) hosts many (in 2019, there were 40 pieces) of these garbage collection. For this purpose, the groups are provided with collection materials (grippers, gloves, bags) and information equipment. The team of the waste consulting gladly uses these dates with a booth to inform the public about the topic "waste". For spring 2021, the waste collection campaign of the FOT will be held under the theme of "EndPlasticSoup".

[www.bavweb.de](http://www.bavweb.de)



For questions: RC Wipperfürth-Lindlar/Romerike Berge  
Contact person: Monika Lichtinghagen-Wirths · [lw@bavmail.de](mailto:lw@bavmail.de)

### CLIMATE CAFÉ: AVOID PLASTIC AND PROTECT THE CLIMATE

##### Cook

all Rotary Clubs

##### Preparation

Meet as a club with interested citizens for an Information evening about the topic: "Climate café: Avoid plastic and protect the climate."

Invite a speaker to answer questions such as: What is plastic and how do we deal with plastics in our everyday life? What are the advantages and disadvantages of plastic products? What are the problems with micro plastics in our waters? Do I have to leave my comfort zone?

In a concluding discussion, you might get tips on how to avoid plastic and packaging waste in your everyday life, which can be shared with the participants. The Bergische Abfallwirtschaftsverband has experience with such events.

The managing director, Ms. Monika Lichtinghagen-Wirths, will be happy to provide further information.



For questions: RC Wipperfürth-Lindlar/Romerike Berge  
Contact person: Monika Lichtinghagen-Wirths · [lw@bavmail.de](mailto:lw@bavmail.de)



## HANDS-ON MENU

### EndPlasticSoup World Action Day June 4, 2022

#### Cook

all Rotary Clubs

#### Preparation

Every 1st Saturday in June, EndPlasticSoup World Action Day is proclaimed.

Last year it was great success, even though we were in the middle of the COVID19 pandemic. Many Rotary and Rotaract clubs were involved, not only in the Netherlands, but also in Norway, Italy, Belize, Mexico, Argentina, India, Kenya, Turkey and many clubs in Germany. Rotarians and Rotaractors came together and had some campaigns. If you are an EndPlasticSoup supporter or a Friend (Rotaract), you can request forms for posters with your own club name.

[www.endplasticsoup.org](http://www.endplasticsoup.org)



For questions: RC Uelsen/Coevorden

Contact person: Marja Ritterfeld · [marja@ritterfeld.de](mailto:marja@ritterfeld.de)

## ROTARY GOES PLASTIC FASTING

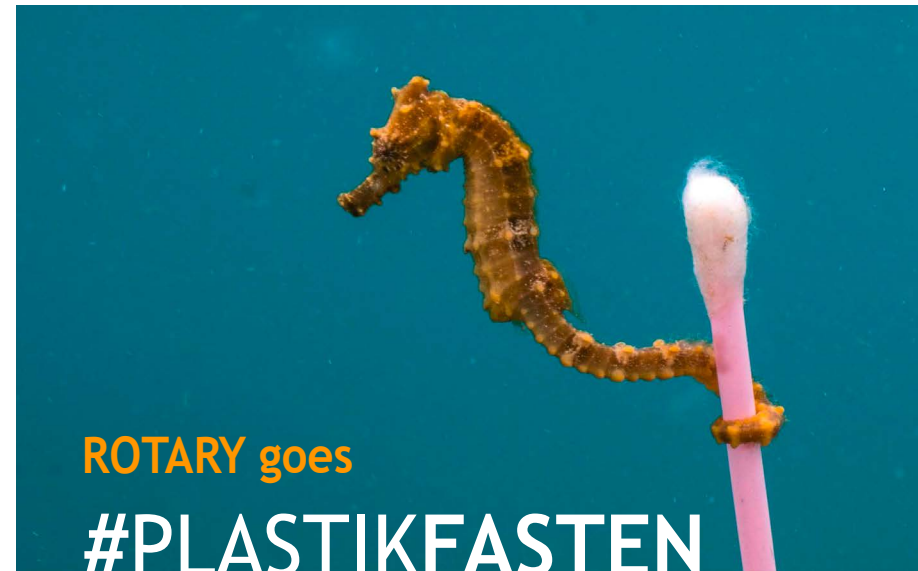
#### Cook

Rotary Club Nürnberg Connect

#### Preparation

Call on citizens, your club members, friends, acquaintances and your own family to renounce plastic. During Holy Week, try to live without disposable plastic. At the club meeting after the holy week, it will certainly be interesting to exchange experiences.

You can find the flyer [here](#).



For questions: RC Nürnberg-Connect

Contact person: Andrea Goßler · [andrea.gossler@web.de](mailto:andrea.gossler@web.de)

## ENDPLASTICSOUP ACTION DAY

### Photo/video contest

#### Cook

Rotary Nürnberg-Connect

#### Preparation

Information booth for Action Day with 3D walls for education purposes about effects of micro plastic and plastic in nature, especially in the waters (by Mrs. Anne Mäusbacher - BeachCleaner).

- Homemade home remedies such as washing-up liquid, detergent, shampoo or cream cheese to avoid plastic pollution
- Cigarette/plastic waste collection with meeting point at the end of the Action Day with Presentation about the amount of waste the collected stuff showed
- Games such as bottle throwing with prizes in the form of small glass bottles to go with homemade home remedies (see above)
- Presentation about the material from the EmergenSeaBags for the two target groups for plastic discussion in conversation with Rotary members
- QR codes to homepage with tips for saving plastic in an everyday life instead of paper flyer

#### alternatively at Corona:

- Call for photo/video contest with award for best video or photo through digital flyer
- Support through own, small Action Groups with waste collection in various situations (e.g. situations (e.g. stand-up paddling, pedal boat, canoe, bicycle, in a suit, jogging, family walk) with photos and videos to post.
- Donation for each club-external photo/video to an EndPlasticSoup project.
- Presentation of videos and photos after consent on social networks, Editing in the form of reels

For questions: RC Nürnberg-Connect

Contact person: Andrea Goßler · [andrea.gossler@web.de](mailto:andrea.gossler@web.de)

## GLOBAL-MENU

### "CollectiX" – boats against water pollution

#### Cook

Rotary Club Aachen

#### Preparation

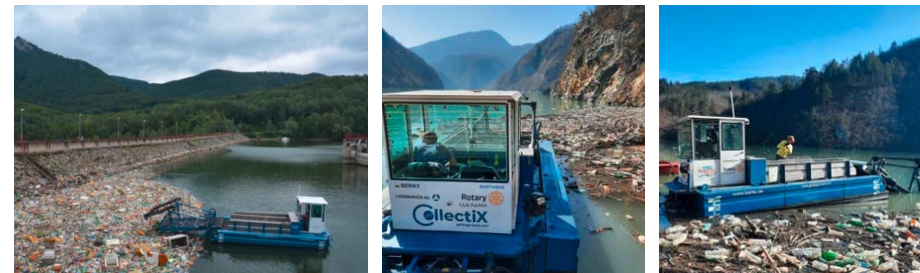
Everwave's waste collection boats only task is to rid the waters of our earth from plastic and the garbage and "CollectiX" affect garbage masses.

Living creatures and plants – this is the name of these boats - starts exactly there and actively combats water pollution.

With about 20 tons of garbage collection per day, the manpower of a single boat can be impressive. However, the boat can do even more. A drone supports each garbage collection boat and identifies garbage hotspots, while the boats themselves are equipped with sensors that, thanks to artificial intelligence, can analyze the trash smartly. This not only collects trash, but also provides detailed composition data.

More info about the boat and the missions at [www.everwave.de](http://www.everwave.de).

Rotary clubs can participate in boat missions at home and abroad. Also there are already the first Global Grants, in which the club and/or individual club members can participate.



For questions: RC Aachen

Contact person: Richard Goßen · [gossen@erfolgskonzepte.de](mailto:gossen@erfolgskonzepte.de)

Global Grant: RC Wiesbaden-Rheingau

Contact person: Ralf Thiel · [thielralf@aol.com](mailto:thielralf@aol.com)

## PLAY MENU

### Plastic garbage bingo for kids

#### Cook

Club RC Uelsen/Coevorden

#### Preparation

Simply make a card with plastic waste items. When children find an item, they collect it and cross out the item on their card. Whoever collects all will receive a small surprise from the Rotary Club.

The opportunity is also available as an app. The „Plastic Bingo“ app is available free of charge for Android and iOS in the App-Store. Simply download it, upload pictures of the plastic waste you have collected. When the digital card is full, it can be sent to the Rotary Club. Whoever has the most items/ full cards will get a prize.



For questions: RC Uelsen/Coevorden

Contact person: Marja Ritterfeld · [marja@ritterfeld.de](mailto:marja@ritterfeld.de)

## PROTECTION MENU

### Plastic for Shelter

#### Cook

Club RC Uelsen/Coevorden

#### Preparation

Motivation for Rotaract and Interact clubs.

Compromise with Rotary Clubs on an amount for one bag of collected plastic waste. (Example per club €10, with five clubs this would be €50). The Rotaract or Interact club could use the collected money to finance a Shelter Box.

For questions: Club RC Uelsen/Coevorden

Contact person: Marja Ritterfeld · [marja@ritterfeld.de](mailto:marja@ritterfeld.de)



## PLANT MENU

### Trees for plastic

#### Cook

Club RC Uelsen/Coevorden

#### Preparation

Motivation for Rotaract and Interact clubs.

Compromise with several Rotary Clubs on an amount for one bag of collected plastic waste (example per club €10, with five clubs this would be €50).

The Rotaract or Interact club could use the collected money to start a tree planting or participate in Plant-for-the Planet, for example.

For questions: RC Uelsen/Coevorden

Contact person: Marja Ritterfeld · [marja@ritterfeld.de](mailto:marja@ritterfeld.de)





## PICNIC MENU

### Cook

Club RC Uelsen/Coevorden

### Preparation

Motivation for Rotaract and Interact clubs

Rotaract or Interact clubs collect garbage, the Rotary club afterwards rewards the people with a picnic or barbeque.

In a relaxed atmosphere after the Cleanup it is possible to talk to the young people at eye level.



For questions: RC Uelsen/Coevorden

Contact person: Marja Ritterfeld · [marja@ritterfeld.de](mailto:marja@ritterfeld.de)

## GARBAGE FISH ON THE BEACH

### Cooks

Rotary Club Wittmund Esens with Rotaract East Frisia, Interact Wittmund Esens and Inner Wheel Harlinger Land

### Preparation

Many actions with the inauguration of the garbage fish as the highlight. Here it has that cooperation of many different clubs can lead to a great success.

<https://wittmund-esens.rotary.de/#neues-end-plastic-soup=20212022>



For questions: RC Wittmund/Esens

Contact person: Susanne Rosbach · [rosbach@albrechtundpartner.de](mailto:rosbach@albrechtundpartner.de)

## ADOPT A RIVER

### Preparation

Inventory which Rotary or Rotaract clubs are located near rivers and present them with the idea of taking over plastic waste disposal for a part of the riverbank. Can we make a big splash as Rotary Germany!

### Targets

**Environment:** plastic waste abatement; **Membership development:** attract new, committed people to Rotary; **Member engagement:** Creating together, sharing create, share joy; **PR:** Raise awareness of modern Rotary and opportunities through press, social media modern Rotary and opportunities → goodwill → donations

### Major rivers in 15 districts

Aller	D1850
Peene	D1940
Oder	D1940
Rhein	D1870 → D1860 → D1810 → D1820 → D1930
Main	D1820 → D1860 → D1950
Neckar	D1930 → D1830
Inn	D1842
Isar	D1840
Donau	D1930
Elbe	D1890 → D1800
Weser	D185
Regnitz	D1880
Lippe	D1870
Mosel	D1810
Lahn	D1820
Ems	D1850 → D1900
Havel	D1940
Saale	D1800
Spree	D1940
Ruhr	D1870 → D1900
Fulda	D1820
Werra	D1950
Leine	D1800
Trave	D1890

For questions: District 1850

Contact person: Marja Ritterfeld: Marja Ritterfeld · [marja@ritterfeld.de](mailto:marja@ritterfeld.de)

## RHINE-CLEANUP

### Cook

all Rotary Clubs near the Rhine

### Preparation

Just join us in September for the Rhine Cleanup. With an information booth, coffee & cake plastic-free or as a garbage collector and of course with the EndPlasticSoup flag!

Only together, we can make sustainable changes.

More information:

<https://www.rhinecleanup.org/de/tipps-fuer-den-eigenen-rhinecleanup>

### Reusable items

- Buy lunch boxes and water bottles
- Distribute to daycare centers , schools or youth facilities

### Tobacycle

- Support the collection system for cigarette
- Cigarette are separated and collected



## CREATIVE STUDENT COMPETITION FOR THE PRESENTATION OF THE PLASTIC WASTE PROBLEM

### Cook

Rotary Club Großhansdorf

### Preparation

In 2021, the RC Großhansdorf initiated a competition together with the municipality. "Art instead of plastic" at two primary and two secondary schools. The aim of the competition was to make the students aware of the importance of plastic waste. Plastic as a valuable material and to help them avoid unnecessary environmental pollution.

In the context of preparatory teaching units, e.g. in the Global Learning 9th grade elective course, plastic waste was collected from the surrounding area and impressive exhibits were made from it by students with the help of the teachers. A jury from the community and RC Großhansdorf selected the winners and presented them with numerous snack bags.

The snack bags were made of alternative material and it was an interesting experimental kit for teaching on the subject of plastics.



For questions: RC Grosshansdorf

Contact person: Bettina Wache-Möhle · [bettina.wache-moehle@wache.de](mailto:bettina.wache-moehle@wache.de)

## TIPPING MENU: COLLECTION ACTION WITH OTHERS

### Cook

Bergischer Abfallwirtschaftsverband (BAV)

### Preparation

Collect cigarettes together with others or set up a booth at different places where many people smoke (for example, at train stations, in front of public facilities, bars, discotheques).

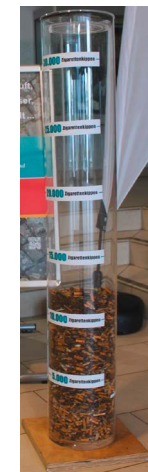
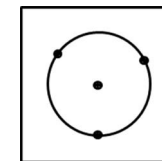
### Tilting column – construction plan

Specifications Plexiglas column

- height approx. 120 cm
- outer diameter 20 cm
- wall thickness 3 mm
- Labeling: 18 cm height per 5,000 cigarette
  - volume 1.000 butts approx. 1 liter
- Lid: transparent coaster, diameter 20 cm
  - Sealing rubber: reuse of existing rubber

### Base plate tipping column

- Multiplex plywood thickness 25 mm
  - 1x square edge length 30 cm
  - 1x circle diameter 19,3 cm (inner diameter of column minus 1 mm)
- Circle glued to the center of the square and secured with a screw
- Plexiglas column put on and secured with 3 screws



For questions: RC Wipperfürth-Lindlar/Romerike Berge

Contact person: Monika Lichtinghagen-Wirths · [lw@bavmail.de](mailto:lw@bavmail.de)



## MENU PLASTIC DUSTBINS/RECYCLED PLASTIC DUSTBINS

Working together with pupils and students to create awareness and collect plastic waste

### Cook

Rotaract Club of Muteesa 1 Royal University Kirumba & Rotaract Club of Lukaya  
Interact Club of Mastard Seed Senior Secondary School

### Ingredients

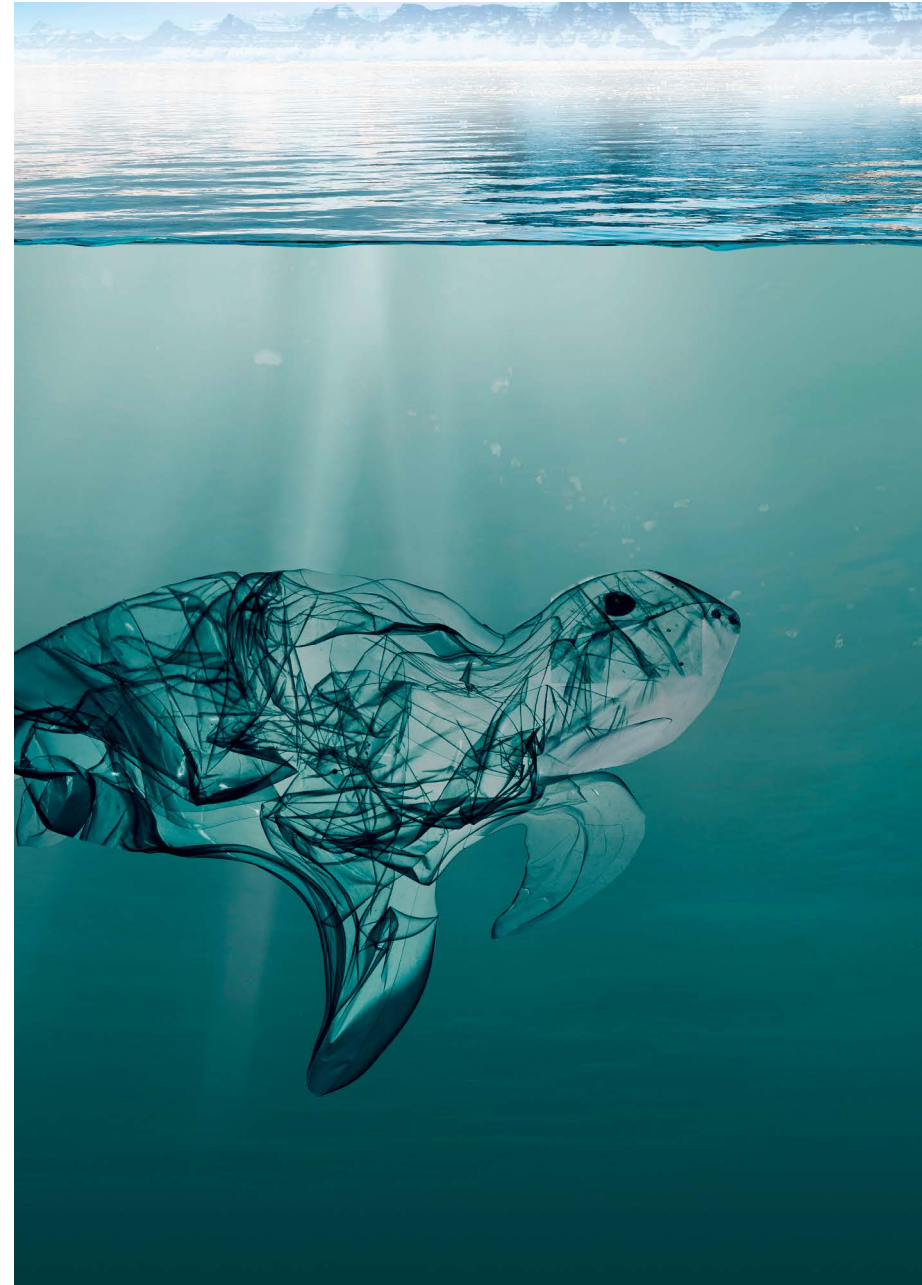
1. Clean plastic bottles
2. Wire
3. Nails or shape knife

### Preparation

- Step 1: Collect and clean plastic bottles
- Step 2: Develop holes at the bottle opener and back of the bottle using shot nail or sharp knife
- Step 3: Fix bottles in wire to make straight tree like stand
- Step 4: Attach fixed bottles on a bucket or circular material to attain to receive a good Shape.
- Step 5: join the top face , middle and bottom with a wire making a circular shape.
- Step 6 fix up plastic bottles in the wire to make the bottom of the dustbin
- Step 7: carry your dustbin to a public place or school entrance to start collecting trash

By now you have a plastic bottle recycled Dustbin.

Submitted by Arinaitwe Geofrey · [amgeofrey22@gmail.com](mailto:amgeofrey22@gmail.com)



### What do you do?

Should you perform actions that are recorded by other clubs we would appreciate it if you could send them to us with a short description and, if applicable, a picture to us so that the "EndPlasticSoup cookbook" fills up.

**Please send to:** RC Wipperfürth Lindlar/Romerike Berge  
Monika Lichtinghagen Wirths · [lw@bavmail.de](mailto:lw@bavmail.de)

## Recipe

**Cook**

**Preparation**

For questions:

Contact person:

