

# **GREEN LIVING GUIDE**

CYCLING  
SECOND HAND SHOPS  
LOCAL FOOD MARKETS  
GREEN GROUPS  
PRACTICAL INFO





## Why a Green Living Guide?

This guide was created by Sustainable CEU to give you a better idea of how to adjust comfortably to life in Budapest. Additionally, we encourage you to use this guide to become more aware of where and how you can exercise your rights as a conscious consumer and active community member. This guide lists only a few examples of some of the interesting opportunities you have for green living in Budapest. We know that you will discover much during your stay here and we invite you to contribute ideas to add to the next version of the Green Living Guide. Email [sustainability@ceu.hu](mailto:sustainability@ceu.hu) with any suggestions.

-Sustainable CEU Team





## About Sustainable CEU

Sustainable CEU is a student group which works together each academic year to promote sustainability knowledge and outreach in the CEU and Budapest community. This student initiative is coordinated by CEU's Environmental and Sustainability Officer, and also supported by staff and faculty members from CEU. Sustainable CEU supporters work to inform our University community about how to make environmentally conscious life choices and encourage our University to commit to sustainable development.

Sustainable CEU was founded by a group of Environmental Sciences Department Students in 2010, and based on the foundational activism work performed by engaged CEU community members from previous years. The team organizes presentations, skill building workshops, discussions, field trips, and graphic design and public installations within the University space. An important part of the team's work is to serve as a link between the CEU community and local environmental organizations and activism groups operating in Hungary.

If you are interested in learning more about environmental activism and future Sustainable CEU activities please email [sustainability@ceu.hu](mailto:sustainability@ceu.hu) or visit [www.facebook.com/sustainable.ceu](http://www.facebook.com/sustainable.ceu)





# Local and Organic Food in Budapest

In recent years Budapest has gone through a local food renaissance of sorts. Citizens have a strong respect for Hungary's agricultural heritage and food traditions and have begun to expect more from their food systems. Increasing interest in local and sustainably sourced food has helped encourage new growers' markets and innovative citizen driven food systems. We encourage you to visit these local markets for the best fresh, seasonal and local food. Keep in mind, the market is also the best place to develop your Hungarian language skills.

## WHAT & WHEN

## DESCRIPTION

## WHERE/WEBSITE

**Budapest Organic Market:**  
Every Saturday 6:30am-2pm

Hungary's largest fully organic certified producers' market. A wide array of fresh, seasonal and local organic produce. Truly one of Europe's most unique and diverse organic produce markets.

[Csorsz Utca 18, 1124, Budapest](#)

**Getting there:** Take the 112 Bus from Astoria, Exit at the Sirály Utca Bus Stop in Buda

**Szimpla Local Producers' Market**  
Every Sunday 9:00am-2pm

The Szimpla Backyard Market features locally grown, home cooked and hand crafted products from local producers. This market has become a popular Sunday destination for locals, students and tourists alike who come to shop and sample goods while enjoying the unique atmosphere.

[Kazinczy Utca 14, 1075, Budapest](#)

**Website:** [www.facebook.com/szimplapiac](http://www.facebook.com/szimplapiac)

**Szatyor Association Local Food Co-op and Delivery**  
Open Monday-Friday 7:30am-8pm  
Saturday 7:30-14:00  
Order pick ups: Thursday

The Szatyor Association is a citizen organized food cooperative and sustainability advocacy organization. Through Szatyor, locals can order fresh produce directly from producers. Customers can pick up goods on Thursdays at locations in Budapest, and visit their shop to buy fresh and storable items Tuesday through Friday. Szatyor delivers to a location on Nador Street near CEU every Thursday!

[Gyulai Pal Utca 12, 1085, Budapest](#)

**For more information** about the weekly events offered by Szatyor, check out [www.szatyorbolt.hu](http://www.szatyorbolt.hu)

**Hunyadi Square Outdoor Market**

Daily: Morning- Late Afternoon  
**Best selection on Saturdays!**

Hunyadi Square is a park which has historically served as an open marketplace for decades in Budapest. Daily, and especially during the warmer months you can visit this market to buy goods from small producers operating near Budapest. Be careful not to confuse the international produce stands with those of local producers! In any case, Hunyadi Square is certainly one of the last of its kind in BP.

[Hunyadi tér, 1067, Budapest](#)

**Getting there:** Short walk from the Vorosmarty Utca Metro stop on the Yellow Metro Line 1.

**BIO ABC Organic Grocer and Juice Bar**  
M-F 10am-7pm S 10am-2pm

If its mid week and you already cooked all of the veggies that you purchased at the weekend market, you could always stock up at this centrally located organic supermarket. Its located just a 2 minute walk from the Astoria metro and tram stop.

[Museum Korut 19, 1053 Budapest](#)

**Getting there:** Take red metro line or tram 47/49 and exit at Astoria. Walk to Museum Korut 19.

**Open Gardens Weekly Organic Box System**  
Deliveries on Thursdays

Zsamboki Biokert, a local organic vegetable farm collaborates with three local farms to offer organic vegetable boxes to customers in Budapest. They collaborate with Cargonomia to provide home delivery of veggie boxes by bike on Thursdays.

[Open Gardens Box System:](#)  
[How to Order a vegetable Box](#)

## Helpful Links:

[HU Association of Conscious Consumers Smart Food Shopping Info](#)

[Hungarian Seasonal Fruit and Vegetable Calendar](#)

[Responsible Dining Budapest Green Restaurant and Café Database](#)

[Slow Budapest's Guide to Farmers' Markets in the City](#)

**Smart Market Shopping Tip:** Remember to bring your reusable bags and containers to the market to avoid packaging waste. Also empty jars and glass bottles from jams, spreads, and sauces could often be returned to the point of purchase in a market.

## Online Shops:

[www.nekedterem.hu](http://www.nekedterem.hu)

[www.zoldpolc.hu](http://www.zoldpolc.hu)

[www.zoldbolt.hu](http://www.zoldbolt.hu)

[www.zoldzug.hu](http://www.zoldzug.hu)







# Second Hand Shops & Flea Markets

Looking for a warm winter sweater, a perfect picture frame, or trying to fill out those empty kitchen drawers in a new apartment? Budapest thrift and second hand shops offer a great opportunity to procure life's essentials consciously. Second hand shops are conveniently distributed throughout Budapest's districts and there's no predicting what hidden gems may be uncovered in a weekend scavenger.

## WHAT & WHEN

## DESCRIPTION

## WHERE/WEBSITE

**Pecsa Flea Market**  
Saturday and Sunday  
8:00am-2:00pm

This flea market is a great place to spend a few hours looking for the perfect retro decoration for an empty apartment or dorm room, second hand clothes, used vinyl records, and almost anything in between. You'll never know what you may find at this large market, and even if you don't find something nice its worth it to spend a nice day in the city park.

[Zichy Mihály utca 14, Budapest, 1146](#)  
**Getting there:** Walk or bike to the city park, or take the yellow metro line to Heroes' Square. Walk to the back of the park to Petofi Csarnok Hall.  
[www.bolhapiac.com](http://www.bolhapiac.com)

**Ecséri Flea Market**  
Saturday 6:00am-3:00pm  
Sunday 9:30am-1:00pm

The biggest second hand market in Budapest. Each weekend can be an adventure for treasure hunters, and like the Pecsa flea market, a visitor may never know what they may find at this historic flea market. Musical instruments, old cameras, and much more. Antique connoisseurs will enjoy this weekend pilgrimage as well.

[1194 Budapest, Nagykörösi út 156](#)  
**Getting There:** Blue Metro line, exit at Hatar Utca. Find bus 89E and take it to Naszod Utca. Exit there and walk to Hasznaltcikk Piac.

**Used Clothing Shops in Budapest**  
Opened daily, most closed on Sunday  
Hundreds located in the city, look for those labelled: Angol Shop, Second Hand, Humana, and Használtruha Bolt.

Budapest has a wide array of second hand and used clothing shops. Whether buying by the item, or even purchasing clothes by the kilo, patience, and a keen eye for hidden gems can be rewarded in the city's thrift shops. Almost every major street in the city contains a few used clothing shops, and its up to you to explore your district looking for the best deal on the block.

[Second Hand Shops in Budapest](#)  
**Budapest Second Hand Shops Map:** Check out this listing of second hand shops in Budapest in a handy google map.

**CEU Second Hand Market, Used Stuff for Sale in Budapest**  
Online swap and exchange portals

Newly arrived in Budapest or about to leave for the semester and looking to buy or get rid of useful items? Try the CEU Second Hand Market or the Used Stuff In Budapest Page where community members exchange, trade, swap and find new homes for still useful items

[CEU Second Hand Market](#)  
[Used Stuff for Sale in Budapest](#)



Want to clear up some space in the closet? Donate clothes to a good cause! Did you know that the Human Rights Initiative at CEU (HRSI) collects clothing items for donation throughout the year? If you have clothing items in good condition that you would like to donate to a good cause, please email [hrsi@ceu.hu](mailto:hrsi@ceu.hu)

**Don't forget to donate:**  
**Charity Shops and Collection Points**  
[Donation Point Database](#)  
[E-Cherry Donation Shop Listing](#)  
[E-Cherry Donation Webpage](#)  
[Budapest Red Cross Office in the 5<sup>th</sup> District](#)





# Bikes, Bike Shops and Urban Mobility

Bike culture in Budapest has been growing rapidly in recent years. Budapest was ranked 13<sup>th</sup> overall in Copenhazine's 2013 *Global Bike Friendly Cities Index*. Progressively, more bikers have taken to the streets for commuting, leisure, and day to day transport, and the city has responded to this growing interest by increasing the number of specially designated bike lanes. While all riders must still take precaution when hitting the streets, Hungary's capital city is becoming more welcoming to bikers. Looking to get more mobile while spending time in the city by buying a bike of your own? Try these locations below. Also, don't forget to take advantage of the CEU Bike Share program, where all community members can borrow bikes for short trips free of charge.

## WHAT & WHEN

**Cyclonomia:  
Bike Repair Cooperative**  
Tuesday/Thursday 3:00pm-8:00pm,  
Saturday 11:00am-6:00pm

**Go Mobility Bike Shop and  
Renting**  
Mon-Fri 12:00-7:00pm  
Saturdays 10:00am-7:00pm

**Balkar Bringa**  
Weekdays 10:00am-7:00pm  
Saturdays 10:00am-1:00pm

**Used Bikes for Sale in Budapest  
Online forum**

**CEU Bike Share Program**  
Bikes available to borrow  
throughout the year

## DESCRIPTION

Cyclonomia is a community bicycle cooperative, established by a local group of bicycle enthusiasts who are seeking to promote conviviality and community exchange. Bring your bike to this community space and learn how to complete simple maintenance and challenging repairs alike. The cyclonomia volunteers are extremely helpful with any task.

New and used bike shop located about ten minutes away from CEU's campus. They have special deals on used bikes and will guarantee to purchase any bike you buy from them back if you are leaving Budapest at the end of the academic year. Mention that you are a CEU student for discounts.

A great place to find used bikes at a good price, or to stop in for any service when you are in the 8<sup>th</sup> district near the National Museum.

If you're looking for a used bike at a good price, there's no better place to start looking than this online forum. You will need some luck to find the perfect bike for your needs, but this forum is a popular place for finding the right bike for the right price for Budapesters.

If you interested in using a bike for a day or weekend trip but don't have a bike to call your own, we encourage you to take advantage of the CEU Bike Share System. A number of bikes are available for borrowing by all CEU community members. Bike request must be placed in advance of borrowing, and individual bikes can be borrowed for up to a 3 day period after an official request.

## WHERE/WEBSITE

[Katona Jozsef Utca 39, 1135, Budapest](#)

Website: [www.cyclonomia.org](http://www.cyclonomia.org)

[Varkert Rakpart 15, 1013, Budapest](#)

[www.gomobility.eu](http://www.gomobility.eu)  
[Gomobility on Facebook](#)

[Bródy Sándor u. 46, Budapest, 1088](#)

[www.balkarbringa.hu](http://www.balkarbringa.hu)  
[Balkar on Facebook](#)

[Used Bikes for Sale in Budapest Forum](#)

Interested in borrowing a bike or looking for more information? Email [bicycles@ceu.hu](mailto:bicycles@ceu.hu)



**Smart Biking Tips:** Don't leave home without your lights, and remember to bike safely. While biking culture is growing in BP, it can still be quite dangerous to bike without caution and care on busy roads. Bikers should obey general traffic laws for their own safety, as well as the safety of others.

## Helpful Links:

[Hungarian Cycling Enthusiasts Biking Tips](#)  
[Bike Paths in and outside of Budapest](#)  
[Cycling Paths and Info from BKK](#)

## More ideas for outdoor activity:

[CEU Hiking Club](#)





# Used/International Books in Budapest

Electronic reading devices have not made books disappear yet in Budapest. On your daily commute you'll often see other passengers tucked into their latest book or novel. Tangible books are still in style in the city. Although many of the larger bookshops offer a mostly Hungarian language selection (great for Magyarul practice) there are still many places to find international language books as well.

## WHAT & WHEN

**Massolit Books & Cafe**  
Monday-Saturday 10-8pm  
Sunday 12-8pm

**Yellow Zebra Bookshop**  
Daily 9am-7pm

**Bookstation Used Book Shop**  
Used Foreign Language Books  
Monday-Saturday 10:00am-7:00pm

**Used Books for Sale in Budapest**  
Online Swap and Exchange Portal

## DESCRIPTION

Massolit has earned its reputation as one of the most diverse cafes in Budapest; organizing a range of reading nights and music performances, while also serving the best carrot cake in Budapest. Massolit also has one of the largest and highest quality selections of used English and foreign language books in Budapest. Come for a book, stay for the cake, and enjoy!

The Yellow Zebra Bookstore is a multi purpose café, tourist center, and bike rental shop which also has a collection of over 15,000 books in multiple languages. Stop by to browse their collection if you are looking for used books at a good price in Budapest.

The Red Bus Bookstore formerly operated in a charming space in the 5<sup>th</sup> district of Budapest. Unfortunately their small shop closed down but the best of their sizeable collection of used books is still available at their used book stand which you can find each Saturday in the Gerlőczy Café. Stop by, have a coffee, and perhaps head home with something new to read.

Use this forum to swap or sell books you are willing to part ways with, and to find new titles at a good price. This is an active forum used by locals to find new books in various languages.

## WHERE/WEBSITE

[Nagy Diofa 30, 1072, Budapest,](#)

**Getting there:** Massolit is in the heart of the 7<sup>th</sup> district, close to Klauzal ter. Get close to their on the 4/6 tram, or exit the red metro line at Astoria or Blaha Lujza. [Massolit on Facebook](#)

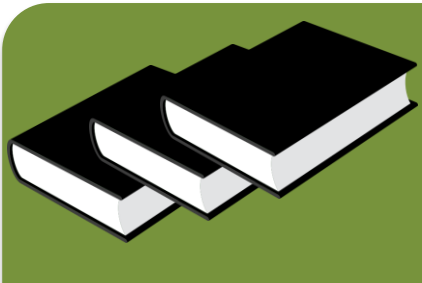
[1065 Budapest, Lázár utca 16](#)

**Getting There:** The Yellow Zebra bookshop is located directly behind the Opera House.  
[www.yellowzebrabookstore.com](http://www.yellowzebrabookstore.com)

[Budapest, Katona József u. 13, 1137](#)

[www.bookstation.hu](http://www.bookstation.hu)

[Used Books For Sale Forum](#)



**Want to escape into the world of a good book?**  
Budapest is full of wonderful cafés which make great places to stop and read a few pages, and if you are looking for more fresh air head towards Margaret Island, the Buda Hills or the city park!

**Best places to relax with a good book in the city:**

[Slow Budapest Map:](#) Listing of great places to get away, read, and relax in the city. It also serves as a database of green space in Budapest.





# Green Groups and Environmental Action

Want to meet others in the city who are working to make Budapest and Hungary promote environmentally conscious living locally? While studying or living here in Budapest one of the best ways to meet new people and feel more integrated is to spend time volunteering with any of the great organizations operating in the city. Listed below is just a short list of worthy causes to donate learn more about or perhaps donate some of your time to.

## WHO

## DESCRIPTION

## WHERE/WEBSITE

**Association of Conscious Consumers Hungary**

The association's website contains an encyclopedia of information about smart consumption choices. It is a go to guide for green purchasing in Budapest.

[www.tve.hu](http://www.tve.hu)

**Humusz Alliance**

Ever had a question waste management in BP, or where the nearest recycling island is in your neighborhood? Look no further than the Humusz Alliance's Website.

[www.humusz.hu](http://www.humusz.hu)

**Messzelato Association**

Want to learn how to be more crafty, self sufficient and eco conscious? Attend a Messzelato Workshop!

<http://messzelato.hu/en>

**Szatyor Association**

Visit Szatyor to meet with a group of sustainability advocates and conscious consumers in Budapest. Attend a dinner event and you won't regret it!

[www.szatyorbolt.hu](http://www.szatyorbolt.hu)

**Food Not Bombs Budapest**

Lend a few hours of your time on a Sunday to help this group which prepares free meals from food donations for the less fortunate in Budapest.

[Food Not Bombs on Facebook](#)

**MUSZI Community Arts Center**

Keep an eye on the always diverse events schedule at this community arts center.

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

**Cargonomia Cargobike Logistics Center**

Ever wanted to borrow a cargobike to move something large without using a car? Visit cargonomia!

[www.cargonomia.hu](http://www.cargonomia.hu)

**City Permaculture Club**

Interested in urban gardening, permaculture and growing food in community gardens? Attend the next City Permaculture Club Meeting.

[Permaculture Club on Facebook](#)

**Energy Club Hungary**

If you are interested in learning more about alternative energy development and energy efficiency strategies in Hungary, start with Energia Klub Hungary.

[www.energiaklub.hu/en](http://www.energiaklub.hu/en)

**Responsible Dining Budapest Database**

Want to know where local restaurants and cafes rank with regard to environmentally conscious business operations? Check out this database for more info.

[www.responsibleddining.com](http://www.responsibleddining.com)

**Budapest Bike Maffia**

BBM collects food donations and helps distribute them to families and people in need in Budapest.

<http://bbm.hu/en/>



Submit your ideas: Do you know of a group, club, or group of people doing meaningful work in Budapest? Let us know and we will make sure to add it to our guide. Email: [sustainability@ceu.hu](mailto:sustainability@ceu.hu)







## **Practical Information**

### **Recycling Information:**

<http://szelektiv.hu/>

[Humusz Alliance: Recycling Collection Point Database](#)

### **More Green Groups:**

[www.kovet.hu](http://www.kovet.hu)

<http://okopack.hu/en>

[www.vedegylet.hu](http://www.vedegylet.hu)

### **Vegan Food and Catering:**

<http://eletkonyha.hu/en>

<http://www.happycow.net/europe/hungary/budapest/>

### **Donation Information:**

<http://adhat.hu/>

<http://www.elelmiszerbank.hu/>

### **Regional Environmental News/Blogs:**

<http://www.alternativenergia.hu>

<http://www.greenfo.hu>

[www.facebook.com/zoldpok](http://www.facebook.com/zoldpok)

### **Wild Food Foraging Enthusiasts:**

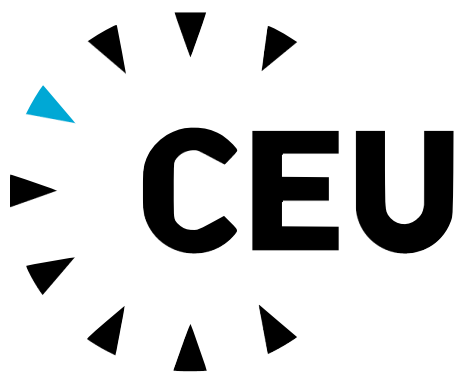
<https://www.facebook.com/collectiveplant>

### **BKK Budapest Public Transportation Information:**

[http://www.bkk.hu/bkk\\_info/](http://www.bkk.hu/bkk_info/)

**We encourage you to send suggestions for additions to this guide to:**  
**[sustainability@ceu.hu](mailto:sustainability@ceu.hu)**





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