THE COMENIUS UNIVERSITY
GREEN GUIDE
Introduction

The Comenius University Green Guide provides a comprehensive overview of useful tips, tricks, resources, and services for making students’ time in Bratislava more sustainable, eco-friendly, and pleasant. Along with the European Green Deal and the EU’s ambitious goals toward a sustainable society, universities are a key driver for the promotion of ideas and specific actions towards environmental goals. Alongside the ENLIGHT University Alliance, the Green Guide is a first step towards environmental awareness for students, teaching staff, and the wider public in Bratislava.

This guide was made with the cooperation of the Green Office of Ghent University. For more information on how to act more sustainably, please visit:


CONTENT

1. TRANSPORT AND MOBILITY
   - Bicycles
   - Electric scooters
   - Public transport
   - Trains
   - International travel

2. FOOD
   - Water
   - Organic food shops
   - Farmers’ markets
   - Zero-waste and minimal packaging shops
   - Restaurants

3. ECO-FRIENDLY SHOPPING
   - Second-hand stores
   - Give aways, sharing, and swapping
   - Flea markets
   - What is cruelty-free?
   - The circular economy in Bratislava
   - Intimate hygiene
   - The circular economy as an alternative model

4. WASTE AND RECYCLING
   - Waste management
   - Waste reduction

5. LEISURE TIME
   - Parks and gardens
   - Forests
   - The Danube river
   - Lakes
There are many eco-friendly ways to get around Bratislava. Since it is not a big city, you can easily get around on foot. Bikes, scooters, and public transport are other useful means of transport.
BIKE SHARING

There are four options for bike sharing in Bratislava.

The yellow Slovnaftbajk bikes can be found at 73 docking stations in four city districts: Old Town (Staré mesto), New Town (Nové mesto), Ružinov, and Petržalka. With dozens of parking stations, you can park your bike anywhere and borrow another one for your next trip.

Price list:
- Daily programme €6
- Monthly programme €9
- Annual student programme €19.20
- Annual programme €29.40
- Annual premium programme €38.40
- Credit programme €12

For more information:
https://www.visitbratislava.com/bikesharing/
https://slovnaftbajk.sk/en

Explore more on the Bratislava bike sharing map:
https://bikesharemap.com/bratislava/#/
12.887138348559589/17.1313/48.1567/

The pink Rekola Bike sharing service (only in Slovak)
https://www.rekola.sk/mapa

The ANTIK SmartWay app in Rača and Vajnory
https://www.antiksmartway.sk/sk/bike-sharing

The White Bikes (Open Source Bike Share)
https://opensourcebikeshare.com/

Cycle paths in Bratislava:
https://mapa.cyklokoalicia.sk/bratislava/

BIKE SHOPS

List of the most popular bike shops/e-shops:
- Bajkula
- Bike and City
- Cool Bike (retro bikes and other bikes)
- eCyklopoint
- Extreme Bike
- Green Bike
- ProCycling
- Velo Love (retro bikes)

Where to get second-hand bikes
- Bazar.sk (including retro bikes)
- Bicykle.eu
- MT Biker
- ReCyklo (including funky and retro bikes)

BIKE REPAIRS

When your bike needs some maintenance, the guys at BikeBratislava will gladly fix it for you even when other shops are closed.

Most bike shops offer repair services.

For more information: https://www.welcometobratislava.eu/cycling-in-bratislava/

ELECTRIC SCOOTERS

Electric scooters are another option for quickly getting around. Renting an electric scooter is one way to get to know and travel across Bratislava in a new fashion.

For more information:

Take a Bolt/Tier scooter (safe, affordable, and eco-friendly).

Bolt pricelist:
- €0.50 for unlocking the scooter
- €0.15 for each commenced minute of riding
Up to €30 per day of riding in Bratislava.
(As of November 2022)

Tier pricelist:
- €1.00 for unlocking the scooter
- €0.15 for each commenced minute of riding
(As of November 2022)
https://www.tier.app/en/
Visit [https://imhd.sk/ba/public-transport](https://imhd.sk/ba/public-transport) to find all the necessary information about public transport in Bratislava.

Tickets can be purchased in paper or electronic form as well as via SMS.

The benefit of paper tickets is their guaranteed validity – this means that if a direct journey with no transfers is scheduled to last up to 30 minutes, it is enough to buy a 30-minute ticket regardless of any possible delays. (It is important to know how long each journey is supposed to take according to the schedule.) This guarantee does not apply to electronic tickets, which, however, are 10 percent cheaper than paper tickets.

Please validate your paper ticket immediately upon entering the bus, trolley bus, or tram.

For students, there are several ticket options:

**City zones 100 & 101**
- 7 days €6.00
- 30 days €15.00
- 90 days €40.00
- 365 days €99.50

**Short-term tickets**
- Single-trip paper & electronic tickets
  - Full fare: 30 minutes 2 zones €0.90, 60 minutes 3 zones €1.30
  - Reduced (student) fare: 30 minutes 2 zones €0.45, 60 minutes 3 zones €0.65

**TRAINS**

Bratislava has four main railway stations: Bratislava-Hlavná stanica (the main railway station), Bratislava-Petržalka, Bratislava-Nové Mesto, and Bratislava-Vinohrady. It is very easy and cheap to use the train in Slovakia. You can find more information and buy the tickets online.

More information here: [https://www.zssk.sk/](https://www.zssk.sk/)

Prices: Students under 26 and pensioners who are citizens or permanent residents of EU member states are entitled to zero-fare transport services; however, do note that even if you use a student discount and travel by train for free, you still need to “purchase” the zero-fare ticket.

For more information: [https://www.zssk.sk/en/zero-fare/](https://www.zssk.sk/en/zero-fare/)


**INTERNATIONAL TRAVEL**

- direct EuroCity trains between Budapest and Berlin via Bratislava and Prague
- tickets to Prague from €17.40
- Europa Expres tickets to Budapest from €4.50 to €9
- tickets to Warsaw and Kraków from €19
- the Railjet Xpress service between Bratislava and Zürich

**Bratislava Airport**

Getting to the airport

**Bus routes to and from the airport:**

Bratislava Airport (Letisko Milana Rastislava Štefánika) is on the eastern outskirts of the city and is served by these bus services:
- Route 61 directly connects the airport with the city centre and the main railway station.
- Route 96 offers a one-transfer connection to the bus station.
- The N61 night route directly connects the airport with the main bus and railway stations.
There are several key principles for the sustainable purchase and consumption of food.

» Give priority to products from local suppliers.

» Give priority to organic food, and for relevant products (such as coffee or tea) look for the Fair Trade logo.

» Instead of bottled water, drink fresh water from the tap.
Many may think that being a vegan in Slovakia – or in East-Central Europe as a whole – is difficult as many dishes have meat as the main ingredient. But it’s actually quite easy! Especially in Bratislava, where plant-based options are abundant. With an array of different vegan and vegetarian restaurants, you certainly will not go hungry!

The V-Label logo helps you easily recognize vegetarian and vegan products and services. It will be your reliable guide in your daily shopping, providing you with immediate clarity.

WATER
The only water that you should buy in a shop is mineral water. Slovakia is famous for its many natural mineral springs, which are rich in various minerals and other natural elements.

ORGANIC FOOD SHOPS

1. **Yeme**
   - Locations:
     - Tomášíková 46/A, 831 04 Bratislava
     - Námestie SNP 18, 811 06 Bratislava
     - Budíková 39, 811 04 Bratislava
   - Website: [www.yeme.sk](http://www.yeme.sk)

2. **U Babičky - Farmárske potraviny a Bio potraviny**
   - Locations:
     - J. Cígera-Hronského 1637/26, 831 02 Bratislava, Slovakia
     - Račianska 99, 831 02 Bratislava, Slovakia
   - Website: [www.u-babicky.sk](http://www.u-babicky.sk)

3. **Zelený obchod**
   - Location:
     - Rožňavská 1a, 831 04 Bratislava
   - Website: [www.zelenyobchod.sk](http://www.zelenyobchod.sk)

4. **Biopark - BIO shop**
   - Locations:
     - Lamač 6780, 851 01 Bratislava
     - Vajnorska 100, 831 04 Bratislava
     - Ivanská cesta 16, Avion shopping centre (food court on the ground floor), 821 04 Bratislava
   - Website: [www.biopark.sk](http://www.biopark.sk)

5. **Svet-Zdravia - Ruzinov (Rozadol)**
   - Location:
     - Trenčianska 56A, 821 09 Bratislava
   - Website: [www.svet-zdravia.sk](http://www.svet-zdravia.sk)

6. **Bioland Raca**
   - Location:
     - Kubačova 19, 831 06 Bratislava
   - Website: [www.bioland-raca.business.site](http://www.bioland-raca.business.site)

7. **Planeta Natur**
   - Location:
     - Kadnárová 4, 831 52 Bratislava
   - Website: [www.planetanatur.sk](http://www.planetanatur.sk)

8. **Starý Otec**
   - Locations:
     - Mlynská dolina, 841 04 Bratislava
     - Zohorská 1, 841 04 Bratislava
     - Šustekova 4-6, 851 01 Bratislava
     - Vajnorská 100, 831 04 Bratislava
     - Gercenova 4, 851 01 Bratislava
     - Pri starom letisku 3, 831 07 Bratislava (OC Vajnoria)
   - Website: [www.starotec.sk](http://www.starotec.sk)
   - Instagram: [staryotec.sk](http://staryotec.sk)

9. **Kraj potravin** (Grocery Stores Company)
   - Locations:
     - Einsteinova 18, 851 01 Bratislava
     - Drotárská cesta 51, 841 02 Bratislava
     - Homolova 2, 841 02 Bratislava
     - Hraničná 20, 821 05 Bratislava
     - I. Horvátheva 2, 821 03 Bratislava
     - J. Kostru 1, 841 07 Bratislava
     - Ovčiná 14, 851 10 Bratislava
     - Kašmirská 5, 821 04 Bratislava
     - Ovručská 6, 831 02 Bratislava
     - Pekná cesta 2A, 831 54 Bratislava
     - Romanova 20, 851 00 Bratislava
     - Balkánska 133, 851 10 Bratislava
     - Drieňová 40, 821 02 Bratislava
     - Zohorská 1, 841 04 Bratislava
   - Website: [www.krajpotravin.sk](http://www.krajpotravin.sk)
**FARMERS’ MARKETS**

**FRESH MARKET**
Location: Rožňavská 1, 83104 Bratislava
Website: www.freshmarket.sk
INSTAGRAM: freshmarketba

**Old Market Hall**
Location: Námestie SNP 25, Bratislava 811 01
Website: www.staratzrznica.sk
INSTAGRAM: staratzrznica

The food markets here take place every Saturday from 10:00 am till 3:00 pm. The sellers are carefully selected, being mostly producers and farmers offering a range of original products — including fresh seasonal fruit and vegetables, dairy and meat products, and bakery goods and sweets. There are also a few sellers who offer quality food products from abroad.

You can find other farmers’ markets, which are organized on an occasional basis.
Website: www.petrzalskatrznica.sk
www.slnecnice.sk
www.lokalnytrch.sk

**ZERO-WASTE AND MINIMAL PACKAGING SHOPS**

**Bezobalovo**
This is a place where you can find everything you need for a more eco-friendly life. Food, cosmetics, eco-pharmaceuticals, and other zero-waste goods can be found here. There are basic types of food as well as sweet snacks such as chocolate and weight-loss sweets. You can buy various brands of cosmetics and household cleaning products and washing powder. The store offers a wide range of zero-waste products, including wooden brushes, refillable bottles, eco-friendly packaging, and waxed napkins.

Location: Blumentálska 25, 811 07 Bratislava
Website: www.bezobalovo.sk

**U Dobrožrúta**
This was the first zero-waste store in Bratislava, and today it has two branches. Here you will find various eco-friendly lifestyle and household products as well as food. You can buy fresh vegan and gluten-free pastries, cakes, cosmetics, toothbrushes, make-up remover wipes, loofahs, produce bags made from repurposed curtains, and packaging-free cleaning products.

Location: Račianska 78, 831 02 Bratislava;
Školská 10, 811 07 Bratislava
Website: www.udobrozruta.sk

**U Vážky**
This is a self-service zero-waste store in Bratislava. It offers up to 600 products, and you can find everything you need for the household here.

Location: Rožňavská 1A (Fresh Market), 831 04 Bratislava
Website: www.uvazky.sk

**RESTAURANTS**

**FACH Bistro**
Enjoy wide range of cold pressed juices at our juice bar.

Location: Ventúrska 10, 811 01 Bratislava
Website: www.fachbistro.sk

**Thali**
This Indian- and Thai-inspired vegetarian restaurant is so popular that it now has six locations throughout Bratislava. A popular pick for young working professionals, the restaurant offers freshly prepared vegetable curries with rice or noodles for dining in or to take away. You select what you want from a small buffet, and then you pay according to the weight of the food you’ve selected.

Location: Miletčíčova 21, 821 08 Bratislava
Website: www.thali.sk

**Green Buddha**
This Thai food restaurant has clearly marked vegetarian options available on their menu, including favourites like pad thai, jasmine rice, soups, curries, and salads. The food is always presented beautifully with visually appealing aspects. The menu is available in Slovak and English, so you can understand what you are ordering. The friendly staff are attentive, and the restaurant even has organic wine.

Location: Zelená 4, 811 01 Bratislava
Website: www.greenbuddha.sk

**Bemba**
This restaurant serves exclusively raw food. You can order delivery from Bemba using Food Taxi or Ham Food delivery services. Just because the food is raw does not mean it is boring or bland. Try the raw pizza with gold flaxseeds, peanuts, cashews, dried tomatoes, avocados, and marinated mushrooms.

Location: Kollárovo nám. 17, 811 06 Staré Mesto
Website: www.bemba.eu

**Urban House**
Although not exclusively vegetarian or vegan, Urban House caters to both preferences with clearly marked options on the menu. The vegan avocado toast with tomatoes and basil is ideal with the Vanilla Basil Smash cocktail on a warm summer evening sitting outdoors. Urban House also offers fabulous breakfast options such as poached egg on avocado toast and homemade granola with Greek yogurt and homemade jam.

Location: Laurinská 14, 811 01 Bratislava
Website: www.urbanhouse.sk
3 ECO-FRIENDLY SHOPPING

Second-hand stores
Give aways, sharing, and swapping
Flea markets
The circular economy in Bratislava
What is cruelty-free?
Intimate hygiene
The circular economy as an alternative model
SECOND-HAND STORES
Reusing and recycling is just one way to act sustainably. Buying vintage things adds a touch of coolness. No big city is complete without at least one hip second-hand shop selling a range of vintage, retro, and antique curiosities. Bratislava has a few things to offer in this department.

Second-hand clothing stores:
https://textilehouse.sk/bratislava/

GIVE AWAYS, SHARING, AND SWAPPING
A clothing swap is a type of ‘swap meet’ where people exchange their valued yet surplus clothing.

The best way to find out about such events in Bratislava is to join these Facebook groups:
https://www.facebook.com/groups/451263689157799/discussion/preview
https://www.facebook.com/pomalo.sk/

FLEA MARKETS
Bratislava’s indoor and outdoor markets offer great opportunities for vintage finds, antiques, designer items, delicious food, and crafts.

Discover more about flea markets here:
https://www.welcometobratislava.eu/flea-markets-bratislava/

WHAT IS CRUELTY-FREE?
Do you want your cosmetics to have not been tested on animals, but you don’t know how to find out? Well, there’s an app for that! Just search for the brand and find out if it’s cruelty-free.

For Android users: Choose Cruelty-Free
For iOS users: Bunny Free

For more information: https://crueltyfreeinternational.org/choose-cruelty-free-ccf-list-brands

THE CIRCULAR ECONOMY IN BRATISLAVA
You can download the extended online version of the circular map via this QR code:

https://www.google.com/maps/d/u/0/viewer?mid=1TM_hYk0XJ0740v66WiCBiWrexN81lBFMiC48.162620281823415%2C17.07880314154464&z=11

This map will show you all kinds of sustainable and eco-friendly shops and services:
• zero-waste shops and markets
• second-hand and upcycled clothing
• collection points (e.g. for toothbrushes and cooking oil)
• car & bike sharing
• repair services
• rental companies
• community composting sites
• community gardens
• public bookcases (book sharing)

More information about an eco-friendly lifestyle and shopping can be found here:
https://zivica.sk/kniznica/prirucka-zeleneho-uradovania-a-nakupovania/
The economic model of today’s society is primarily linear. We extract raw materials in one place and make products from them in another. These products are then distributed globally to consumers who buy, use, and throw them away. This is how waste is created. Precious natural resources in these products end up in landfills or incinerators, or are simply discarded in the wild.

The essence of this system lies in the high consumption of non-renewable raw materials, which logically cannot work in the long term. When we add to this other negative factors, such as the exploitation of workers from developing countries, population explosion, rapidly growing consumerism, and the devastating impact of mankind on the environment, we can consider the current system to be economically, environmentally, and socially unsustainable.

The opposite of the linear model is the circular economy, which has been a key political topic in the EU since 2015. ([https://www.incien.sk/cirkularna-ekonomika/](https://www.incien.sk/cirkularna-ekonomika/))

**THE CIRCULAR ECONOMY AS AN ALTERNATIVE MODEL**

**INTIMATE HYGIENE**

It is estimated that women use over 11 thousand tampons and pads in a lifetime. That’s a lot of waste, but luckily there are some more sustainable ways to get through your period. Here are some reusable alternatives for you to choose from.

A menstrual cup is a reusable cup that works like a tampon. Just don’t throw it away after using it! If you take good care of it, you can use the same cup for years and years. Look up the specifics online; there are plenty of reviews and buying guides.

Washable menstrual pads are mostly brightly coloured pads you can wash instead of throwing away after one use. Read the instructions on how to wash them properly so as to prevent stains from staying.

Period panties are underwear with inbuilt pads, so you don’t need any other pads or tampons. Depending on the brand and your flow, you can wear one pair of panties per day and be safe.
Waste management
Waste reduction
Slovakia is proud to be the first country in East-Central Europe to have a deposit return system for beverage containers (i.e. cans and bottles). Do not throw these containers away! Return them and get your deposit back instead.

Every plastic bottle and aluminium can that has the “Z” mark (zálohované – meaning “deposit” in Slovak) on it can be returned using machines that are situated usually in each grocery store.

More information: https://newsroom.tomra.com/deposit-return-system-launches-slovakia/

1. The deposit is valid for plastic bottles and aluminium cans
2. Deposit is added automatically to your purchase.
3. Return the empty bottles and cans (the collection machines are in grocery shops).
4. Use the receipt (or cash it in) at the register.

Recycling is a way to live your life more sustainably. You can find recycling bins for paper (papier), plastic (plast), organic waste (bio), and unsorted municipality waste (komunálny odpad) in your dormitory and in most residential buildings. These bins are emptied on a regular basis.

Also, most public institutions have adopted the recycling policy, and you can find paper/plastic/unsorted waste containers there as well.

Colourful containers – what goes where?
You can find instructions on how to manage and sort your household waste at this link (or use the QR code):
https://www.olo.sk/zakaznickecentrum/files/2021/05/EN-Waste-for-Dummies_BA.pdf
In 2020, 44 percent of total waste was recycled in Slovakia. In 2015, it had only been 15 percent. But even if recycling was to increase worldwide, the best way to save our planet would still be reducing one's own waste production.

Here are a few tips on how to do so:

**DO YOU REALLY NEED TO GET “TAKE OUT”**?

Plan your day with short breaks for your meals. You can enjoy the company of your friends in the canteen or the bistro while having lunch or dinner. You can save a lot of packaging materials by simply dining in.

**DO YOU REALLY NEED TO PRINT IT?**

There is an overall trend to use electronic texts and documents instead of print versions; however, sometimes printing is necessary. If this is the case, consider reducing the amount of printed material by using a smaller font or an eco-font, and by avoiding empty spaces in the document. You can find many useful tips online.

**DO YOU REALLY NEED BOTTLED WATER?**

The water from the tap is drinkable at all university facilities in Bratislava, and the same applies to most public (and private) spaces. The quality of the tap water is high, so you should not be afraid of drinking it.
5 LEISURE TIME

- Parks and gardens
- Forests
- The Danube river
- Lakes
Discover Bratislava's best known city parks and gardens. Their history dates back to the 18th century. **Janko Kráľ Park** is actually the oldest public park in Central Europe. Near the park there is the Danube riverbank, which is a venue for various cultural events.

Other places to visit include the recently established **Baroque Garden of Bratislava Castle**. **Horský Park** is a park that is quickly and easily accessible from the city centre. One of the most popular sites to spend free time and just sit on the grass is the **Medická Garden**. **Grassalkovich Garden** surrounds the 18th-century summer palace of the Hungarian count Grassalkovich. The palace is now the residence of the President of the Slovak Republic.

**The Botanical Garden** on the Danube waterfront soothes the soul and provides a feast for the eyes. Here you can find all colours of flowers, rocks, ponds, and exotic plants in greenhouses. The walkways are lined with trees from all over the world. A garden with 120 kinds of roses has dazzling fragrances.

Discover more parks and gardens on this map:

https://www.google.com/maps/d/viewer?mid=12T2bSn6oWht63afD1M3xEGDkbo&ll=48.17529905478321%2C17.10279010169696&z=13

And here: https://www.visitbratislava.com/green/city-parks-gardens/

**Community gardens** are a new phenomenon in Bratislava. There are a few community gardens, including at two university faculties, where people can grow fresh vegetables, herbs, and flowers.


**The Faculty of Natural Sciences**: https://fns.uniba.sk/komunitna_zahrada/
THE DANUBE RIVER

A refreshing and ever-present part of the city centre is the Danube river, whose promenades along both its banks attract residents and visitors.

Take a stroll along the waterfront, discover the sculptures of important figures and works of art, walk to the other side of the river using one of Bratislava's four bridges, lie down on the lawn in front of Eurovea shopping centre, and taste the local specialties at restaurants overlooking the river. Visit the Botanical Garden at Lafranconi Bridge and then continue to Karloveské Rameno – a natural water sports paradise where boats can be rented.

Relax in the green belt between the Old Bridge and the Bridge of the Slovak National Uprising on the right bank of the Danube. In the summer, visit Magio Beach for some fun.

Discover more here: https://www.visitbratislava.com/green/along-danube-banks/

LAKES

If you prefer to relax by the water, the Bratislava region offers something for nature enthusiasts and people who enjoy water sports.

Part of the Dunajské Luhy protected landscape area near the Danube lies within the city limits. The floodplains and forests along the river run from the Old Town, at the Pečniansky les forest on the right bank opposite Bratislava Castle, and continue past the Petňžalka dam at Jarovské Rameno, Rusovce lake, and Čunovo lake before reaching the Dvôlka Voda white water rafting complex near Čunovo.

Don't miss visiting Rusovce Park, near Rusovce mansion, Gerulata Rusovce, which is a Roman archaeological site, Danubiana, which is a modern art gallery on a peninsula jutting into the Danube; and the artificial rafting channel near Čunovo.

The Dunajské Luhy habitat is the home of rare plant and animal species and an internationally important bird area. Take advantage of organized water bird watching to observe some protected egrets and herons.

Also visit the recreational areas by the lakes that are located directly in the city, such as Zlaté Piesky, Kuchajda, and Veľký Draždiak. Relax under the trees, refresh yourself in the water, ride a jet boat, learn to water ski, or try some extreme wakeboarding.

Discover more here: https://www.welcometobratislava.eu/lakes-swimming-pools-bratislava/