



# international day of FORESTS

## International Day of Forests 21 March

Did you know that **40%** of worldwide logging goes into paper production?

In 2016 Germany had the world's highest annual paper consumption at 248 kg per person.

[wwf-waldbericht 2018](#)

### But what can you do?

Avoid printouts - this not only saves paper but also water. And if you need a printout, choose recycling paper!

Or join reforestation programs, straight from the office! For example with **ecosia** - the search engine that plants trees.

Learn more about the forest habitat at:  
[www.un.org/en/observances/forests-and-trees-day](http://www.un.org/en/observances/forests-and-trees-day)



# world WATER day

## World Water Day 22 March

Life on earth is impossible without water. For this reason, each of us should use water sparingly. Not all over the world people have access to clean water – one of the goals of the United Nations Sustainable Development Goals (SDGs)

EcoLab at ECRI organizes projects and events that also deal with the SDGs. Another focus of our laboratory is education for sustainable development.

Did you also know that climate change and water are linked? Find more information about the World Water Day at [www.worldwaterday.org](http://www.worldwaterday.org)



# world meteorological day CLIMATE·WATER

## World Meteorological Day Climate · Water 23 March

Today, March 23, EcoLab informs you about the World Meteorological Day.

Meteorological measurements and data simplify our daily life. Be it in agriculture or in leisure time, activities can be planned more easily with the help of weather data.

Since the weather data was recorded the collected data help us to analyse, understand and document the climate change.

Meteorological measurements enable early warning of weather catastrophes so that appropriate protective measures can be initiated. More information is available at <https://worldmetday.wmo.int>

The graphic features a large heart shape composed of numerous thin, glowing pink lines that crisscross and loop, creating a complex, web-like pattern. The heart is set against a solid black background. Overlaid on the left side of the heart is the text 'world HEALTH day' in white. 'world' is in a lowercase sans-serif font, 'HEALTH' is in a large, bold, uppercase sans-serif font, and 'day' is in a lowercase sans-serif font, positioned below 'HEALTH'.

# world HEALTH day

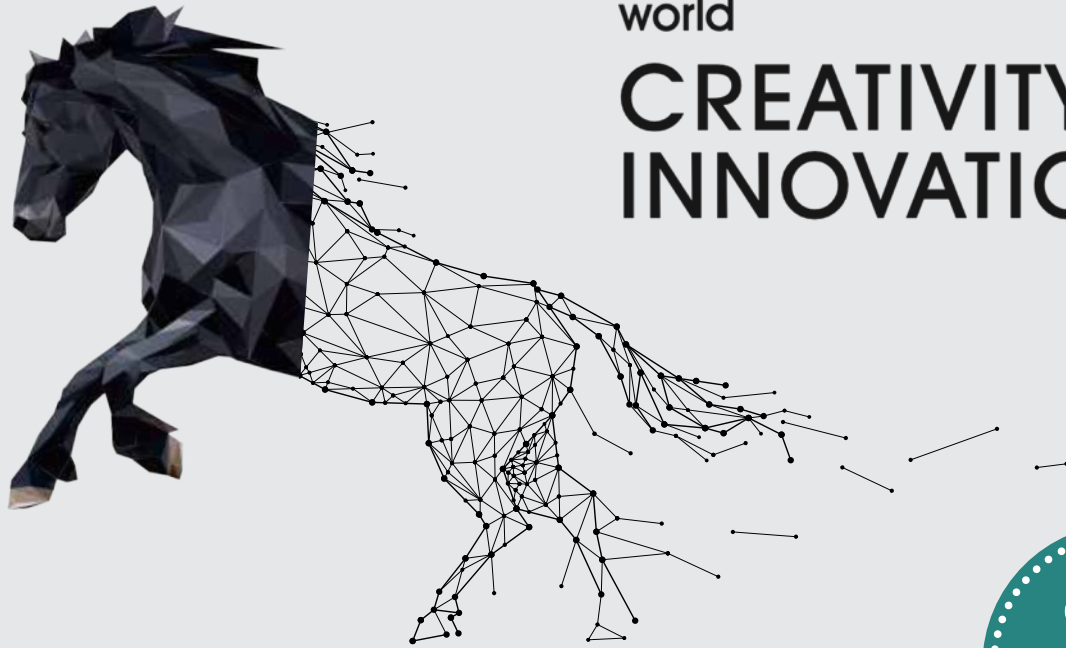
## **World Health Day 07 April**

Today we celebrate World Health Day 2020 to support nurses and midwives.

They help us live in a happier, healthier world. This holds true now more than ever before!

So, take a minute to say thank you to all nurses and midwives.

For further information on the World Health Day 2020 follow the link:  
[www.who.int](http://www.who.int)



world

# CREATIVITY & INNOVATION day

COM  
PETI  
TION

## World Creativity & Innovation Day 21 April

Today we celebrate the World Creativity and Innovation Day. There is no universal understanding of creativity, so the concept is open to interpretation.

This International Day raises awareness of the role of creativity and innovation. To get your creative juices flowing, we decided to do a little **competition**: create your own version of Pfarrkirchen's famous horse.

The winner's horse will be immortalized on one of the walls in our SILC building by using tape art. So, hand in your piece of art and help make our campus more colorful and creative.

Good luck to the participants, we are looking forward to your contributions!

### How to participate:

- orientate yourself towards the horse (Wimmer-Ross)
- you can also integrate the "skyline" of Pfarrkirchen
- create a sketch (by hand or digital)
- keep in mind, that the winner's design is only converted with adhesive tape (TapeArt)
- send us your design by mail: [ecolab@th-deg.de](mailto:ecolab@th-deg.de)
- Deadline is May 24<sup>th</sup>

### Get some Inspiration:

- Wimmer-Ross: <https://de.wikipedia.org/wiki/Wimmer-Ross#/media/Datei:Wimmer-Ross.JPG>
- TapeArt: [www.tape-art.de](http://www.tape-art.de)
- <https://www.instagram.com/tapeoverberlin/>

### Who's the jury?

There will be an online voting for the submitted pictures!  
The winner will be announced on June 7<sup>th</sup>

[ecolab@th-deg.de](mailto:ecolab@th-deg.de)

Bildnachweis: Nina Burova/Shutterstock.com, Uthai pr/Shutterstock.com



# mother EARTH day

## Mother Earth Day 22 April

Because of the current situation, life has changed significantly for all people on earth. We should use this time to think about how everyone deals with our Mother Earth.

Because of the corona crisis, the climate can recover briefly. But the effects are deceptive and should not lead to sustainable measures being stopped. For more information see <https://www.nationalgeographic.de/umwelt/2020/03/kurzfristig-positiv-corona-effekte-auf-die-umwelt> .

We should take a critical look at our travel and consumer habits. Does it always have to be more? We are not only responsible for our life on earth.

Find more information about the Mother Earth Day at [www.un.org/en/observances/earth-day](http://www.un.org/en/observances/earth-day) .



## World Book & Copyright Day 23 April

Today's World Book and Copyright Day celebrates the joy of books and reading. The written word allows everyone to open up. Our imagination enables us to travel to all places, real or fictional. Books create bridges that bring together different cultures. Furthermore, they allow for close proximity and connect people all over the world. Using the power of culture and creativity like books do creates a feeling of unity across borders.

To honor this special day, we decided to create our own book and you are the one writing it. Follow the [link](#) and become part of our own book.

By the way, today are also English Language Day and Spanish Language Day. Since language is the material that fills books, it is also the perfect opportunity to contribute to our book, but of course you can use any language you like for that.

The background of the slide is a photograph of two brown cows with horns standing in a lush green field. The sky is filled with soft, white clouds. The text 'international day of LIGHT' is overlaid on the top left of the image.

# international day of LIGHT

**International Day of Light**  
**16 May**

**World Telecommunication  
and Information Society Day**  
**17 May**

This weekend we celebrate the International Day of Light on Saturday, 16th and the World Telecommunications and Information Society Day on Sunday, 17th.

Is there a connection between light, communication and education?

And what is it about the cows?

Follow the [link](#) to learn more about this topic!



## International Day of Light 16 May

## World Telecommunication and Information Society Day 17 May

This weekend we celebrate the International Day of Light on Saturday 16th and the World Telecommunications and Information Society Day on Sunday 17th.

We often forget how important both aspects are for our lives, but the absence of them shows us how detrimental the consequences are. For example, in Africa **90 % of people use cell phones** as the means of payment and communication lifeline, therefore **spending about 10-20 % of their income on electricity** to charge their phones.

It does not only cost a lot of money, it also consumes a lot of time, since the next plug-in is often hours away. Therefore, people are forced to go to work to participate in the telecommunication society, including also circa 20% of children who have to work and contribute to the family income instead of attending school.

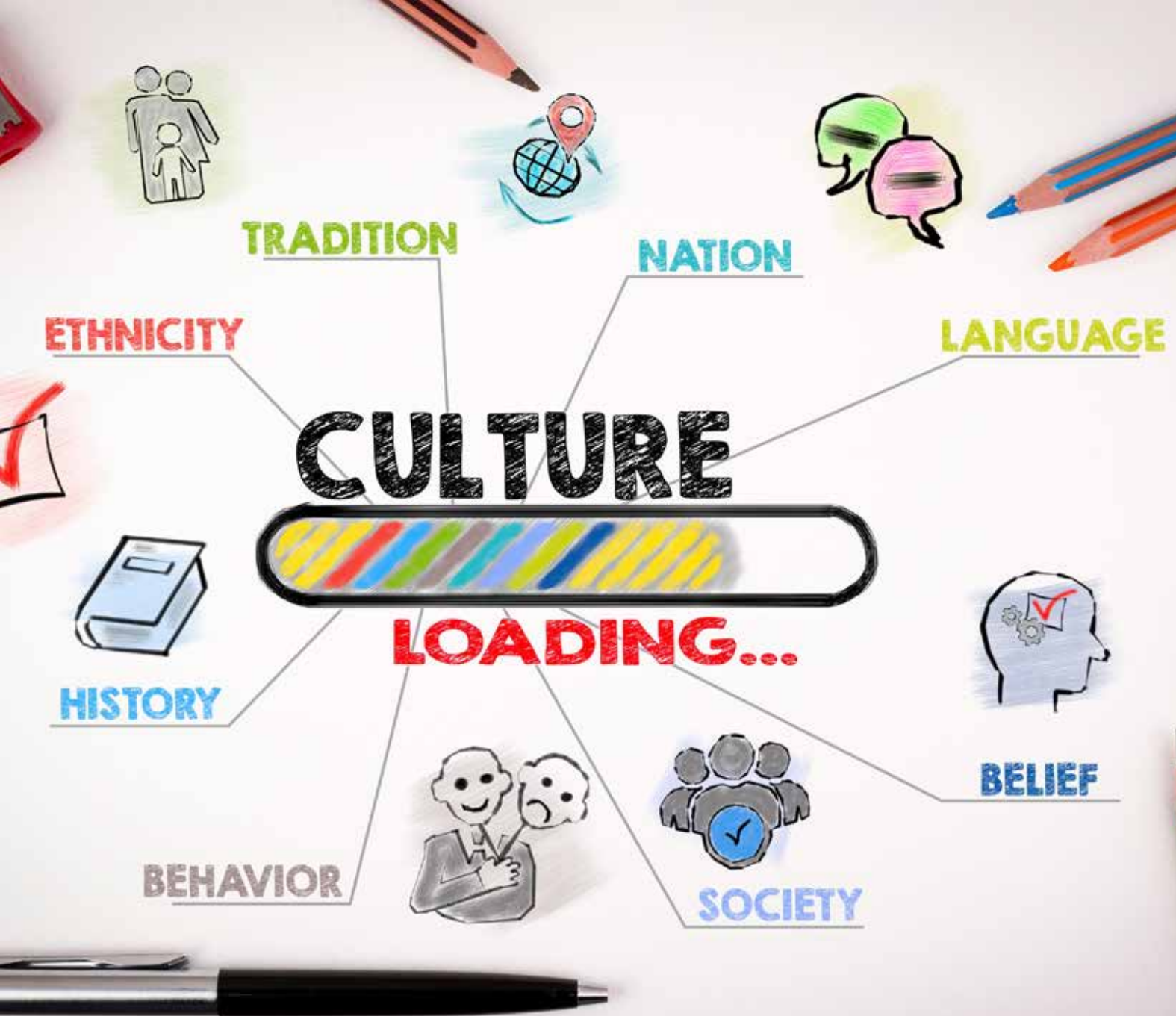
This means that electricity and education are key elements for a functioning and fair society for children and adults alike. Connecting these elements would solve 2 big problems. One of the projects tackling these issues is the **Solar Cow**, which is installed in front of schools and produces electricity. While the kids are at school the Solar Cow charges the portable batteries attached to it and the kids can take these batteries home after school for electricity.

Find out more about this project and the two International Days we celebrate this weekend:

Light . . . . . <https://www.lightday.org/>

Telecommunication & Information . . . . <https://www.un.org/en/observances/telecommunication-day>

Solar Cow . . . . . <http://yolkstation.com> . . . . <https://time.com/collection/best-inventions-2019/5733126/yolk-solar-cow/>



# World Day for Cultural Diversity for Dialogue and Development 21 May

## What does cultural diversity mean?

It is a driving force for development, not only in terms of economic growth, but also as a means of leading a more fulfilling intellectual, emotional, moral and spiritual life. The acceptance and recognition of cultural diversity promotes dialogue, respect and mutual understanding between civilisations and cultures. Accordingly, intercultural dialogue is crucial for the realisation of peaceful coexistence and sustainable development worldwide.

This day is therefore dedicated to the many forms of culture, the material and immaterial diversity of cultural expressions. It offers us the opportunity to deepen our understanding of the values of cultural diversity. It is a day to reflect on how they can contribute to dialogue, mutual understanding and the social, environmental and economic vectors of sustainable development. Everyone is invited to participate and promote the values of cultural diversity, dialogue and development around the world.

The [Intercultural Competence Certificate](#) offers ECRI students the opportunity to learn intercultural competence from different perspectives and to reflect on their own intercultural skills in practice.

A close-up photograph of a metallic, iridescent dung beetle rolling a large, round ball of brown dung. The beetle is positioned on top of the ball. The background is a blurred, sandy surface. The lower half of the image features a semi-transparent green overlay with a white silhouette of the Earth's continents. The text 'international day of BIODIVERSITY' is overlaid on this green section.

# international day of BIODIVERSITY

## International Day of Biodiversity 22 May

You might ask yourself now – what in earth's name has the dung beetle to do with the international day of biodiversity.

In fact there are more than 350'000(!) different beetle species that represent 40% of all insects and about 25% of all life-forms on earth. Being on 'our' planet for over 265 Million years, our little fellow here on the left is taking care of the leftovers. Thereby he doesn't only clean the floors but furthermore improves nutrient recycling and soil structure by burying and consuming the dung. With his efficiency he plays a vital role in our ecosystem, specially in tropical forests and even agriculture. All in all – one out of Millions of big players we have on earth.

Check out this [link](#) to find out more about the importance of biodiversity and how fragile it is.

And click [here](#) to see some proper dung beetle Kong Fu fighting.



#GDD20  
#FLAGFORDIVERSITY  
[www.german-diversity-day.de](http://www.german-diversity-day.de)

# German Diversity Day

## 26 May

*„In our work and in our living, we must recognize that difference is a reason for celebration and growth, rather than a reason for destruction.“* **Audre Lorde**

Diversity is one of the crucial strategies on the way to a digital future and a major transformation. We together as a strong, diverse community: The current situation of social distancing makes us aware of the need for cohesion. Diversity connects society and the working world.

The [Charta of Diversity](#) drives forward the recognition, appreciation and inclusion of diversity in the working world. Today, the 8th nationwide day of action is marked by various social media activities that emphasize the binding element of diversity in the cohesion of communities.

We as a [university](#) show with our signature that we stand for an open-minded working environment.

Test your knowledge about diversity and learn more about the different diversity dimensions → [Online-Quiz](#)



2.8th

MINIATURE CALENDAR [www.miniature-calendar.com](http://www.miniature-calendar.com)

# World Bicycle Day

## 03 June

'...Bicycle, bicycle, bicycle  
I want to ride my bicycle  
I want to ride my bike  
I want to ride my bicycle  
I want to ride it where I like...'

Bicycle Race (1978) – Queen

Today's World Bicycle Day is dedicated to the most popular human-powered vehicle on the planet. Once designed to replace the horse in the early 19<sup>th</sup> century (the 'Draisienne' or 'Dandy Horse'), our modern iron horses are some real allrounders. Through forest, mountains or the biggest traffic jams, no matter where you want to go – it's a cheap, healthy and clean way of transportation!

So why not take your bike for a ride today?

Get your bike ready for the trip with our [checklist](#) and find a suitable route for you right [here](#)!



# world ENVIRONMENT day

## World Environment Day 05 June

The theme of this year's World Environment Day is biodiversity.

Even a small step such as the creation of a wildflower meadow like the one we have at ECRI contributes to the preservation of biodiversity.

There is a lot to discover in these meadows: Did you know that our ECRI bumble bees love purple flowers?

Take a moment and have a closer look at our environment.

You can learn more about our flower meadow and the World Environment Day [here](#).

# world OCEANS day

## World Oceans Day 08 June

Named after the Greek Titan 'Oceanis' about 71 % of our planet's surface are covered by the 'Big Five'.

The Atlantic, Pacific, Indian, Arctic and Southern Oceans are home to over 90 % of all known lives on earth.

Unfortunately we are not doing the best job in protecting this biosphere. In fact we are dumping over 8 Million tons of plastics into the 'Blue' and causing death to approximately 1.5 Million marine inhabitants every year.

Find out more about the deepest depths on our earth [here](#) and how YOU can [easily](#) avoid polluting them.

# earth OVERSHOOT day



\*Biocapacity, Ecological Footprint, and land area are usually measured in gha (global hectares)

## 22 August 2020

Earth Overshoot Day (EOD) marks the date when humanity's demand for ecological resources and services in a given year exceeds what Earth can regenerate in that year. 2020 the EOD moved to August 22nd due to the Corona pandemic. As an effect of the crisis, the carbon footprint was reduced by 14.5% and the forestry product footprint was reduced by 8.4%, compared to 2019.

My own footprint has also been reduced by almost 50% from 2019 to 2020. This results mostly on my changed mobility and leisure activities. And not every one of these changes was a limitation for me, some were rather a chance to rethink and change my habits.

There are several tools to calculate your personal ecological footprint and thus the date of your own EOD. Follow the Links for more Information:

<https://www.overshootday.org>

<https://www.footprintnetwork.org>

by Anna Marquardt @EcoLab

Photo: <https://gruene-warburg.de/2018/05/02/global-footprint-network-deutschland-hat-seine-ressourcen-fuer-2018-verbraucht/>

A large nuclear explosion is shown, with a massive, dark, billowing mushroom cloud rising from the ocean. The cloud is thick and dark, with a lighter, more diffuse top. Below the cloud, the ocean is a deep blue. In the foreground, a sandy beach is visible with several palm trees and some small structures. The sky is filled with the dark smoke of the explosion.

# international day against NUCLEAR TESTS

## International Day against Nuclear Tests 29 August

The nuclear weapons test has to be totally forbidden: technology should always be considered for a better world, instead of people being killed or suffering the consequences. Not only the direct threat but also fallout of nuclear waste can destroy and negatively influence people and ecosystems for years.

The atomic bombs in Hiroshima and Nagasaki and the countless nuclear tests are a monument to this in history.

Nevertheless, advanced nuclear technology (e.g. transmutation to re-use the waste) and nuclear fusion play an important role in research and energy production and should not be neglected for future questions.

More information please refer to:  
Nuclear Test [www.un.org/en/observances/end-nuclear-tests-day](https://www.un.org/en/observances/end-nuclear-tests-day)  
Transmutation [https://en.wikipedia.org/wiki/Nuclear\\_transmutation](https://en.wikipedia.org/wiki/Nuclear_transmutation)

# IT PRO day



## 15 September celebrate IT Pro Day

Each year the third Tuesday in September is a day of celebration of all the IT pros out there who help technology do its thing.

Especially this year has been challenging for our IT Pros of the E-Learning Department because of the digitalization of lectures and the challenges the pandemic put on us all.

Today, we would like to say THANKS to our IT Team, the IT Centre, TC Freyung and the Marketing Department, which created and launched the new DIT-Website and also our very own THD-Blog this year!

For more information on today's IT Pro Day visit: <https://www.itproday.org/>

Miriam Bleck • [ecolab@th-deg.de](mailto:ecolab@th-deg.de)

Photocredit: <https://www.pinterest.de/pin/521573200589351688/>

# world CLEAN UP day



**19 September**

join the  
clean up challenge

Year 2805. Humans gave up on earth after turning it into a garbage-strewn wasteland. After 700 years of endless cleaning only one restless robot is left to do the rest: WALL-E (Waste Allocation Load-Lifter: Earth Class)

Good news: this is only a movie (WALL-E; 2008) showing us what could happen if we don't take care of our daily consumerism and waste.

Yet it is not too late to prevent that dark scenario.

Start right now • take part in our [clean up challenge](#)

Be smart – be like WALL-E



## World Clean Up Day 19 September

### THROWN AWAY AND FORGOTTEN...

Happens everyday as we (as) consumers only bring up high effort to purchase something but not any further improper disposal. Logical consequence: Cigarette bumps, glass bottles, plastic packages and many more litter end up in places they don't belong to. Our forests, rivers and oceans with all their wildlife suffer from our indifferent behaviour, causing longterm problems to our planet.

### SOME SERIOUS ACTION IS NEEDED • JOIN THE CLEAN UP CHALLENGE

To coincide with International Clean Up Day, the ECRI Clean Up Challenge will start on 19 September 2020 and will be organised via the Litterati app.

Found some litter in inappropriate places? Normal we would pick it up and throw it away the next public waste bin.\* Due to Corona we recommend to get creative and support the Litterati project to gather data of litter hot spots and turn the Litter Grabber into a Data Grabber. This app not only calls for litter collection but can also identify litter types and hotspots via the uploaded geo images. Litterati intends to use the collected data in cooperation with companies and organisations to find more sustainable solutions for materials, waste disposal or infrastructure. So just take a picture of the litter. This way the community can figure out litter hot spots and can take action, like talking to the responsible companies or city councils.

- Download the Litterati App and join the Clean Up Challenge [Code 254690]
- Found some litter? Take a picture and upload it
- We start on September 19th and try to collect 3000 pieces together until mid December
- For the 3 best collectors of the Challenge there is a surprise from the ECRI Merchandise Shop

*\*If you want to dispose the litter please be responsible and take full precautions before, during and after the activity. Here are some simple steps: Wear gloves and a mask • Do not touch exposed skin with your gloves • Remove the gloves properly • Wash and disinfect your hands after your litter picking.*

Find out more about this project and the Clean Up Movement

Litterati ..... <https://www.litterati.org/about>

World Clean Up Day ..... <https://www.worldcleanupday.de/about/>

Join the Clean Up Challenge..... Download the App • Enter Code 254690



# world TOURISM day

## 27 September

### World Tourism Day

This year's World Tourism Day reminds us of the preservation and safeguarding of natural conservation projects and the preservation of cultural heritage and traditions of rural communities. To support this is more important than ever in times of Corona.

Due to the worldwide travel restrictions, the focus is shifting back to one's own home and nature: So what is better than a walk in the forest to escape the negative news and stress? This is exactly the question ECRI's Interreg project AB291 is dealing with. Namely to bundle the topics forest, health and tourism in a network together with five pilot regions and to develop health tourism offers related to the forest.

For more information on today's World Tourism Day visit:

<https://www.unwto.org/world-tourism-day-2020>



# World Mental Health Day 10 October

**A • Hey...how are you?**


**B •** *'I am glad you asked, I actually feel very down. Daily performance pressure about career, partnership and continuous success drives me crazy. I feel like I am not good enough to handle all of it. My family is very concerned about my well-being, but unfortunately they are using the wrong words to express their love • You must do this...you have to do that • are not that kind of sentences that make me feel better right now. More and more I start to isolate myself to protect the last bit of my self esteem I have. Sometimes I just feel like giving up...'*

**...I am doing fine, thanks...**

*'...don't forget to smile...'*

**Never hesitate to find [help](#)!**

# world CITIES day



## 31 October 2020

Normally we travel to far away countries to get to know new cultures and see new cities and places.

This year everything's a bit different. We are forced to stay at home and it's almost impossible to travel to foreign countries at the moment. So, the best solution is to go out and explore the city you are currently living in. There will be some hidden spots you've never seen before, just waiting to be discovered by you.

In order to make exploring Pfarrkirchen easier and more fun, we would like to introduce you to the [ECRI News](#), a new course in iLearn where we share insight information, tips, news, activities and entertainment in and around Pfarrkirchen with you.



# international MOUNTAIN day

## 11 December 2020

The theme of this year's international Mountain Day is biodiversity. The mountains provide a habitat for many different creatures.

If you want to learn more about our beautiful nature and the corona situation allows it, just come with us on tour:

March 20, 2021

October 09, 2021

EcoLab & DAV Pfarrkirchen

Soon you will find more information [here](#).

Now let's have a closer look at this unique habitat at the following slides.



# international MOUNTAIN day


The mountains of the earth were formed by the movements of the continental plates. These movements are still continuing and the mountains are still growing upwards..

27% of the world's land surface is covered by mountains environment. 22% of the world's people live within mountain regions.

Mountains are very important for our supply with different goods like fresh water, timber or energy. They are home to a variety of different creatures and habitats of a unique plant world.

Mountains are represented on all continents, from the desert to the polar zones, and shape the landscape in a unique way.

# international MOUNTAIN day



The mountain landscapes have also influenced different ethnic groups, their traditional cultures and the environmental knowledge. Mountains are contemporary witnesses of past cultural traditions. Relics from past decades can still be traced today.

Mountains and their forests play an important protective role. For example, they protect places from avalanches in winter or mudslides after heavy rainfall. The more intact these unique ecosystems are, the more it offers us protection.

For many decades, mountains were also simply exploited. Logging, mining, intensive agriculture and as well tourist resorts for example with ski resorts. This has changed the mountain landscape considerably and caused problems for biodiversity.

The warming caused by climate change is also changing the mountain world to a large extent.



# international MOUNTAIN day

Studies show that mountain glaciers are melting worldwide. The Alpine glaciers alone lost 17% of their ice volume in the years 2000-2014.

The Himalayan glaciers are no better off. By the year 2100 the glaciers in the Himalayas are expected to lose a third of their ice.

On the one hand, the melting of the glaciers will lead to rising sea levels, which will threaten coastal areas, but at the same time it will also reduce sources of drinking water in mountain regions.

Let us treat our nature with care and protect its beauty and biodiversity. Many more people than in previous years are currently attracted to nature and especially to the mountains. Popular mountain tours are overcrowded and often alternative routes are developed to escape the onslaught.

Jennifer Huber for EcoLab

Photo: Nepal • Annapurna Gebiet • private

sources: <https://www.br.de/klimawandel/gletscherschmelze-weltweit-gletscher-schmelzen-klimawandel-100.html>

# international MOUNTAIN day



This has consequences for the animal world, but also for our own safety. It is therefore important to obtain detailed information about the route and weather conditions before starting a mountain tour and to adapt the tour to your own abilities.

Some tips for a mindful approach to the mountains

- use marked hiking routes
- have a closer look to the maps (wild protection zones)
- take your trash home again
- no wild camping
- no open fire
- no tearing off of wild plants
- use public transport or carpooling

Visit the [DAV](#) website for more useful hiking and environmental protection tips.

If you want to read more about the international Mountain day you can find some more information [here](#).



# world RADIO day

## 13 February 2021

For more than 110 years, we have been informed by radio around the world. In 2021, the day will be celebrated through three sub-themes: evolution, innovation and connection.

In a changing world...

...radio evolves, is resilient and sustainable.

...radio adapts to new technologies and remains the medium of mobility, accessible everywhere and to everyone.

...radio connects and serves our society during natural disasters, socio-economic crises or epidemics with current news.

So let's listen to the radio or watch this wonderful movie, which tells the story of a pirate radio station that broadcasts rock 'n' roll from a ship in the North Sea in the 1960s: [THE BOAT THAT ROCKED](https://www.youtube.com/watch?v=zbcWNmgvOY8).

Follow the [link](#) for more information.

Anna Marquardt for EcoLab

Photocredit: <https://www.youtube.com/watch?v=zbcWNmgvOY8>

A close-up photograph of several green, elongated leaves with prominent veins, filling the left half of the image. The leaves are layered, creating a sense of depth. The text 'ENERGY SAVING DAY' is overlaid on this image in a large, white, sans-serif font.

# ENERGY SAVING DAY

**05 March 2021**

The Tourism Naturally format covers topics on sustainable and responsible tourism.

For today's Energy Saving day, our tourism colleagues give tips on how to save electricity at home - and also on holiday, if this is possible again.

You can find the tips on the Facebook Page of the **Tourism Naturally Online Symposium** for which our colleagues are this year's organisers. We are excited about the programme that TNC will present on October 14th.

You can find the current and all previous international days in the **ECRI-NEWS**.

Stay energetically interested!  
Your Ecolab



# international WOMEN'S day

## 08 March 2021

Today we are celebrating the 100th annual International Women's Day on March 8. Even though women started to fight for equality back in 1858 and they have come a long way already, there is still room for improvement. The International Women's Day celebrates women's economic, political and social achievement. It also raises awareness against bias and calls to action for equality.

To celebrate the International Women's Day, our university is doing several events on social media throughout the week. There is also a blog on the importance and history of this special day on the **THD Blog**.

You might also want to test your knowledge on the famous women in history with our **QUIZ!**



# international day of FORESTS

## 21 March 2021

The theme of this year's international day of Forest is **forest restoration**: a path to recovery and well-being. Forest has enormously important functions on this earth especially in times of climate change. Often we are not aware of these functions. Information to the ecosystem services of the forest in Germany you can find **here**.

In many countries, forests are still systematically cleared to make way for arable land or settlement areas and are not reforested. Large areas of rainforests are particularly affected by this.

Unfortunately we had to cancel the tour planned by EcoLab and **DAV Pfarrkirchen** for this March. Next tour will be October 09, 2021 if group tours are possible again. On these excursions, you can expect close-up forest/nature experiences, beautiful views and also interesting topics from the field of environmental education.

We hope to catch your interest with a review of a **tour** to the **Priener Hütte** and look forward to the next event..

# FOREST DAY

## 21 March 2021

What is better than a walk in the forest to escape negative news and stress?

This is exactly the question **the Interreg project AB291** is dealing with, namely to bundle the topics forest, health and tourism in a network together with five pilot regions and to develop health tourism offers around the forest.

In respect of the increasing importance of forests and the associated natural spaces as places not only for rest, but also for activity, health prevention and therapy, it is important to analyse how these very forest and natural spaces can be used sustainably for health tourism. This partly complex but increasingly important interaction of "forest-tourism-health" is what the broad-based project consortium wants to address in the long term by approaching the emerging challenges in an interdisciplinary manner and in accordance with the respective core competences of the project partners at the scientific, tourism, medical and forestry levels.



# WORLD WATER DAY

## 22 March 2021

The Tourism Naturally format covers topics on sustainable and responsible tourism.

For today's World Water Day, our tourism colleagues would like to show you some simple ways to save this vital element - at home and on holiday.

You can find the tips on the Facebook Page of the Tourism Naturally Online Symposium: [click through the gallery for valuable tips.](#)

By the way, did you know, that in Germany we have one of the highest standards when it comes to tap water quality?

Sometimes it's better than the one you buy in the supermarket, as the quality analysis is on a more regular basis and way stricter.

[Learn more about tap water in Germany → here.](#)

Stay sustainably interested!  
Your Ecolab



## World Meteorological Day 23 March

Oh gosh...not again. Just checked the weather-forecast: 24°C, sunshine, clear sky. Half an hour later, leaving the house in shorts and t-shirt...thunderstorm. No matter how far we got technology-wise, we still cannot predict the weather.

But why is that so...?

Well, here the 'Chaos-Theory' comes into account. According to that theory, even small events can have an unpredictable huge impact on a system.

Simply spoken: A small wing stroke of a butterfly can cause a huge tornado ('[Butterfly-Effect](#)').

Let's try to imagine what effects our indifferent behaviour towards our planet's climate has...



# world AUTISM AWARENESS day

## 02 April

'I can learn. I can work.'

[World Autism Awareness Day 2021](#)

For most people the Oscar rewarded movie '**Rain Man**' was the first contact with **autism** (the photo on the left shows a famous [scene](#) at the airport). Yet, most of us are not quite aware of what is happening inside someone's head affected by **ASD (Autism Spectrum Disorder)** and are not really aware of the difficulties they are facing a in day-to-day life within our society. Especially nowadays with the impacts of COVID-19 towards career- and social-life, people with autism are threatened to experience **increasing inequality** job-wise more than ever.

In order to prevent our society of leaving behind their autism-affected members, it is mandatory to clear out prejudices.

So let's get started! [Here](#) you can learn about the big spectrum of autism!

And in this [TED-Talk](#) Ethan Lisi, a young adult with ASD, gives you a little insight of an autistic person.

# International Day of Conscience



International Day of Conscience  
05 April

*'Shell I, or better not?...D'oh!'*

Well, everyone of us already had to deal with the inner voice, just like Homer Simpson in this picture (O.K....technically two in this one ☺). The one voice that runs through your head day and night depending on the decisions you made. Conscience can be a good guide when followed. Ignoring and violating it can lead to bad decisions, pain, misery and guilt. To prevent the event of happening any of these, you can simply follow the **'Golden Rule'**:

*'Treat others as you would like others to treat you.'*

Together we can create a more peaceful world. Find out more on the UN's [website](https://www.un.org/en/observances/conscience-day).

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Photo: <https://www.fourteenislands.com/wp-content/uploads/2013/11/conscience.jpg>

april 07



world  
HEALTH  
day

'Hello, World!'

## There is something we really need to talk about!

This pandemic challenges us day by day. Yet we can consider ourselves lucky (in Germany) that we have good medical equipment, knowledge and resources to keep ourselves in a rather decent health condition. But not everyone has the chance to experience good access to vital resources as we do.

**Health inequity** is present more than ever as already vulnerable communities have been hit hard by COVID-19.

Long-term effects to health inequities are difficult to determine, but can for sure cause human crisis around the globe in the future. You can easily compare it to the human body: **Every organ, muscle and bone must be in a good condition**, otherwise it could have a bad impact on other parts of the body and in the end become to an **irreversible decease**.

But hey, let's start to find a way to understand the bigger picture first...



The CORONA PANDEMIC has shown us that viruses do not stop at national borders. It is therefore even more important that we address global public health. Prof. Dr. Thomas **Spittler** and Anna **Schmaus-Klughammer** (LLB hons) had already begun to develop the **Joint Master Global Public Health** with their colleagues at the Savonia University of Applied Sciences before the pandemic. The program will start in the winter semester 2021/22.

Here you can learn how knowledge in **Global Public Health** is managing and promoting health, in addition to preventing illness. The course focuses on public health in industrialized as well as in developing areas of the world, as you will explore major global health problems and their relation to culture, politics, human rights and ethical values. These topics are explored in more depth during the winter and summer schools.

The special thing about this course...you will study at **two universities** for one unique degree at the forefront of European university integration.

Alright, now let's see what's the 'Status Quo' in Germany...



Register [here](#) for a vaccination.

General questions:

09131/6808 5101

In GERMANY, the distribution of the vaccine is regulated based on the Corona Vaccination Regulation. Elderly, weaker persons as well as persons with a very high risk of infection in medical facilities are supplied first, followed by persons with pre-existing diseases and a high risk of infection.

Despite this plan, as of today **only 12.7%** have been vaccinated for the first time nationwide. And still, from a global perspective, there is an enormous gap between rich and poorer countries, even though the WHO wanted to counteract this inequality last summer with the **COVAX** initiative. In many countries, the initial vaccination rate against the coronavirus is still **below 5%**.

Through our expertise and intensive research into digitalization in the health sector, the team around Prof. Dr. Thomas Spittler would like to contribute by improving health care logistics, among other things.

When we take a look at our younger citizens, we can understand the **urgency** of efficient logistics in order to end the continuing LOCKDOWNS...



*,When you realize, you're lucky to be an adult already right now...'*

According to the results of the so-called **COPSY** study, **children and adolescents** from socially weaker families in particular show increased mental and **psychosomatic disorders**. Scientists at the University Medical Center Hamburg-Eppendorf have studied the effects and consequences of the corona pandemic on the **mental** health of children and adolescents in Germany [\(1\)](#).

At ECRI, we are currently developing an OPEN vhb course "MedTec: Top-Down Cognitive Processes and AI Technology" under the direction of Prof. Dr. Thomas Spittler, in which we will show how **Artificial Intelligence** can be used for therapy purposes of mental and psychosomatic disorders. The focus will be on particularly **vulnerable** individuals, such as children and adolescents. This course is expected to be available from autumn not only to THD students, but to anyone who applies to OPEN vhb.

And last but **not least...**



***'Science isn't finished until it is communicated.'***

-Sir Mark Walport,  
U.K. Government Chief Scientific Adviser

If you want people to understand you, you have to make sure you **communicate correctly**. Decision made, based on science must be reasonable to everyone. It is therefore, not only a 'nice-to-have'-skill but more a responsibility all scientists bear. Especially nowadays as **fake-news spread faster than the virus**, it is important to provide non-experts with scientific-based facts.

More and more scientific Youtube-channels pop up, day-by-day and underline the demand. Several universities in Eastern-Bavaria (DIT included) understood the importance and founded the 'Hochschulverbund Transfer und Innovation Ostbayern (TRIO)' a joint for better cooperations between universities, enterprises and people in the region.

A German guide on '**How To Communicate Science**' you can find [here](#) provided by [TRIO](#).

Stay safe and help spreading **science-news!**

12<sup>th</sup> April

international day of

# Human Space Flight

150 years ago, if you would have told someone, humans would soon find a way to fly up in the sky, you would have earned some doubting eyes. However, less than a century after the first human flew in an aircraft, the first person got send to space...yup, it is indeed rocket science.

Yuri Gagarin, a Soviet pilot and cosmonaut, was the first to experience the blue planet from a different angle. This is now exactly 60 years ago. But what happened since then?

Here some big steps for mankind:

- 12<sup>th</sup> April 1961: First human in space [\[1\]](#)
- 16<sup>th</sup> June 1963: First woman in space [\[2\]](#)
- 18<sup>th</sup> March 1965: First walk in space [\[3\]](#)
- 21<sup>th</sup> – 27<sup>th</sup> December 1968: First time in moon orbit [\[4\]](#)
- 20<sup>th</sup> July 1969: First human on the moon [\[5\]](#)
- 1972-2011: Space Shuttle Program [\[6\]](#)
- 8<sup>th</sup> January '94 - 22<sup>nd</sup> March '95: Longest time in space
- 2<sup>nd</sup> November 2000: arrival of the first ISS crew [\[7\]](#)
- 28<sup>th</sup> April 2001: First space tourist [\[8\]](#)
- 30<sup>th</sup> May 2020: first manned SpaceX mission [\[9\]](#)

Looking to the past, what do you think? How high is the chance you make it to space in the future?

From homeoffice to space? [Here](#) you can get a tour through the ISS. And send your application [here](#), to become an astronaut! ☺

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Photo: <https://earthsky.org/space/watch-spacewalk-iss-astronaut-march-30-2017>





## Decade of Restoration

Our ecosystem is shouting at us, **warning** us, getting more and more tired and weak...Do we really want to keep looking away?? You're right...we shouldn't, so...

The United Nations and all their experts decided to not only warn us, but to encourage us to help our mother earth to regenerate and to heal.

The motto: [#generationrestoration](#)

A full decade dedicated to restoring our planet. Therefore, it is important to understand two main things:

How are '[things](#)' connected and what can you and I do?

Check out your knowledge in this [quiz](#) first. And then...



## All hands on deck!!!

Now it is up to us to stop finding excuses for our comfort zone and start acting.

The United Nations provides us with the '[ActNow](#)'-app you can **download** onto your smartphone and get easily started.

Simple daily **life-hacks** can help to undo indifferent behaviour and to restore 'Big Mama'.

### Small example

Between 12 to 15 litre of water we use per minute while taking a shower. That's up to **150 litre** within 10 minutes. Plus the energy used to heat the water...stop the time during your next shower. How much water did you use?

What are you waiting for? Now is the perfect moment to do something **impactful**.

Share your experiences by using  
**#GenerationRestoration**



## World Book Day

Books are gifts, they give us stories, stories in which the impossible is possible, which let us dream...  
...stories that open up new worlds for us...

UNESCO's World Book Day, is dedicated to books, reading and the rights of authors. This day was first proclaimed on 23 April 1995, when the UN Organisation for Culture and Education was inspired by a Catalan custom. On the day of Sant Jordi, the patron saint of Catalonia, people all over Catalonia give each other - a rose or a book. UNESCO's recognition as International Book and Copyright Day is intended to underline the fact that historically, books have contributed most to the dissemination of knowledge. The spread of books is a cultural enrichment throughout the world.

In order to live the tradition of scattering books, we have designed a [bookcase](#) here at ECRI that is located in the glass cube in the SILC building. Here, books can be brought in, one can be taken home or simply stay in the glass cube and read one between lectures ... so far as the idea...

How can knowledge also be passed on  
... online ... through our [ECRI-NEWS](#) ... visit us and tell us about your favourite books in the forum....

# WE

#GDD21

#FLAGFORDIVERSITY

#DIVERSITYUNITES



# DIVERSITY

Sponsored by



[www.german-diversity-day.de](http://www.german-diversity-day.de)

## German Diversity Day 18 May 2021

The world is becoming diverse! Whether at university or in the job of tomorrow, colleagues differ in the increasingly globalized world in terms of origin, gender, professional experience and work content. Properly managed, this diversity offers huge potential for the work output of teams and entire organizations.

The association "Charta der Vielfalt" (Diversity Charter) promotes the strategic anchoring of diversity and inclusion in German signatory companies and universities like DIT. We all celebrate

German Diversity Day 2021 on 18 May with actions all over the country. Look at the [DIVERSITY MAP](#).

#diversityunites #flagfordiversity #GDD21

international day of  
**INNOCENT  
CHILDREN  
VICTIMS OF  
AGGRESSION**

## 04 June 2021

It is a sad reality that in situations where conflict erupts, the most vulnerable members of societies - namely children - are the ones most affected by the consequences. And this is the case all over the world. And it does not always take armed conflict for children to become victims of aggression.

On 26 May 2021, the Abuse Commissioner Röhrig and the President of the Federal Criminal Police Office (BKA) Holger Münch presented the [figures](#) of child victims of violence in 2020 in Berlin. There is a strong increase in the distribution of abuse images by minors, 10% more abuse and a 53% increase in the distribution, acquisition, possession and production of sexual abuse images.

Since 1983, 4 June each year has been [International Day of Innocent Children Victims of Aggression](#).

The intention of this day is to recognise the suffering of child victims of aggression both physically, mentally and emotionally. This day reaffirms the UN's commitment to protect the rights of children.



# sustainable GASTRONOMY day

**18 June 2021**

Sustainability is a broad field that includes many different aspects and can therefore also be found in the gastronomy sector.

So what does sustainable gastronomy mean?

A kitchen that takes an interest in the origin of food products, how they are grown and how they get to our markets and finally to our plates.



## How can sustainability be implemented at events?

One thing that you can put an emphasis on is sustainable catering since food is a part of almost every event.

When it comes to catering you should work with a local caterer who also uses local products and seasonal fruits and vegetables.

If possible there should be no disposable tableware and no plastic at the event. Waste should be separated. It's also quite positive if the caterer not only has meat dishes, but also something vegetarian or even vegan to offer.

sustainable  
Gastronomy + CATERING



## What do culinary traditions and tourism have in common?

When travelling, the best way to get to know a region is through its typical dishes. A look at local cuisines reveals a lot about traditions and cultures.

Be open to locally grown food and eat what is in season. Help preserve culinary roots: the traditional crops, recipes and cultures from which these cuisines originate.

We should be aware of the resources that have gone into growing the food and that we are helping to keep culinary traditions alive.

sustainable  
Gastronomy + TOURISM



# sustainable + ECONOMY

How does shopping behaviour impact economy & environment?

Long transport distances and an oversupply of exotic foods, in addition to high costs in logistics/storage, also lead to increased food waste. 1/3 of all produced food is lost (harvest related) or wasted (trade, gastronomy or consumer).

As a consumer, by eating locally grown products, you can help boost a region's economy, supports farmers, and reduce greenhouse gases and resources used in food transportation.

Start-ups, retailers and food companies are looking for and developing innovative ideas to push regional businesses and how to deal intelligently with food waste.



## What impact does food have on the healthcare sector?

Environmental influences, soil quality, chemical treatment are other important factors in the production of food.

For the health sector, higher quality, nutrient-rich foods are important supporters in the fight against lifestyle diseases such as obesity or hypertension, but also malnutrition can be counteracted with a healthy diet.

Besides traditional production, new farming methods are also being explored to provide fresh and nutritious food to urban areas, but there are still many challenges to be solved.

sustainable  
Gastronomy + HEALTH