THE ABCs OF OUR FUTURE

The quiz of the future is now online

www.zukunftsquiz.de

This is how (easy) the future works.

Test your knowledge.

The future quiz from Omas for Future.

16th edition, 2025: 25,000
Total circulation: 236,000

The first edition of this issue from 2019/2020 was completely revised and updated in December 2024. The data used is scientifically proven.

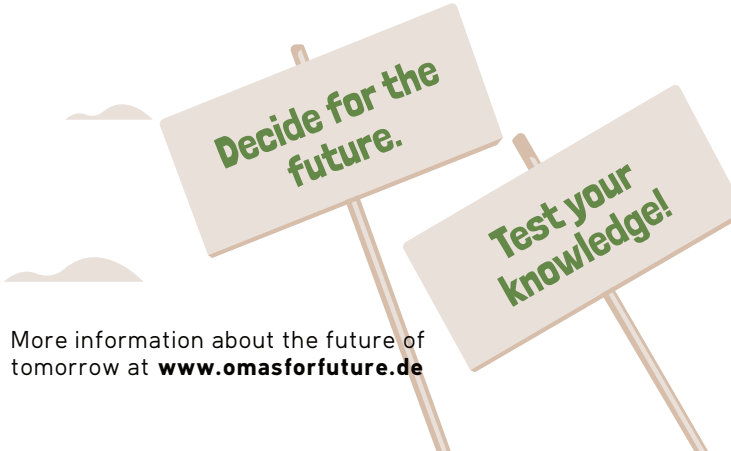
The complete list of sources can be found at:
www.omasforfuture.de/quellenCO_2

Note: In this issue, CO_2* = CO_2 equivalents. This includes the sum of all greenhouse gas emissions, converted into CO_2 units. In some sources, other notations with the same meaning are used, such as CO_2e or CO_2eq.

The future is in our hands.

This sentence has never been as crucial as today. Our actions in the coming months will determine how livable our planet and thus our future will remain. If we want it, our future will be livable and healthy. We can only achieve this together: citizens and politicians together.

Do you already know how your daily life and your consumption affects our planet and therefore our future?



More information about the future of tomorrow at **www.omasforfuture.de**

GRANDMAS FOR FUTURE

Awarded in the UNESCO program "Education for Sustainable Development: Achieving the Global Sustainable Development Goals (ESD 2030)"

GEFÖRDERT VOM
Bundesministerium für Bildung und Forschung
Bildung für nachhaltige Entwicklung
unesco
Deutsche UNESCO-Kommission

... AND WHAT CAN HELP THE CLIMATE?

Healthy forests

Species-rich meadows

Intact peatlands

Everything is in order

All answers are correct!

Ecosystems such as forests, peatlands, pastures, grasslands, and especially oceans are natural CO_2 sinks.[1,2,3]

Because they remove a large portion of the CO_2 from the air and capture the carbon it contains over the long term. This helps us achieve our climate goals.

My Tip:
Let's take actionact and work to preserve and restore our ecosystems!

The climate crisis affects us all. Everyone is involved and can do something. Take the first step today.

You can find many tips on this topic in this booklet and at **www.omasforfuture.de.**

WATER IS RUNNING SHORT!

Each of us consumes an average of 45,000 liters of water per year. But this is without the indirect use of water (for the production of our clothing, food, etc.). How much water would we use, if we included the indirect use of water?

590.000 l

980.000 l

1.430.000 l

2.628.000 l

We all indirectly use around 2,628,000 liters of water annually[1] – **50 times more than our direct use.**

250 grams of beef steak or 8 hours of showering use the same amount of water: 3,750 liters.[2]

To produce one pair of jeans you can even shower for 17 hours: 8000 litres of water are used and polluted in this production.[3]

More than 80% of global sewage water is discharged into the ground uncleaned and pollutes and often poisons the ground and rivers.[4]

My Tip:
Everything you buy has used water in its production – often large amounts. Only buy what you really need!

Statistically, we throw away 76 kilograms of food a year.[5]

40 percent of the clothing we buy is never worn or only worn once.[6,7]

PLASTIC EVERYWHERE?

Today, every person takes in approximately 5 grams of microplastics per week.[1] This corresponds to the weight of...

- a pinch of salt
- a grain of salt
- a credit card
- a yogurt cup

We all currently ingest about the same amount of microplastics per week as the weight of **a credit** card. This comes mainly from the wear and tear of car tires, packaging materials, and cosmetic products. It breaks down intotiny particles (micro- and nanoplastics) and ends up in our waterways and soils. These particles enter our bodies through food, drinks, or by inhaling them.[2, 3, 4]

The negative health consequences this has for us are not yet fully understood.[1, 4]

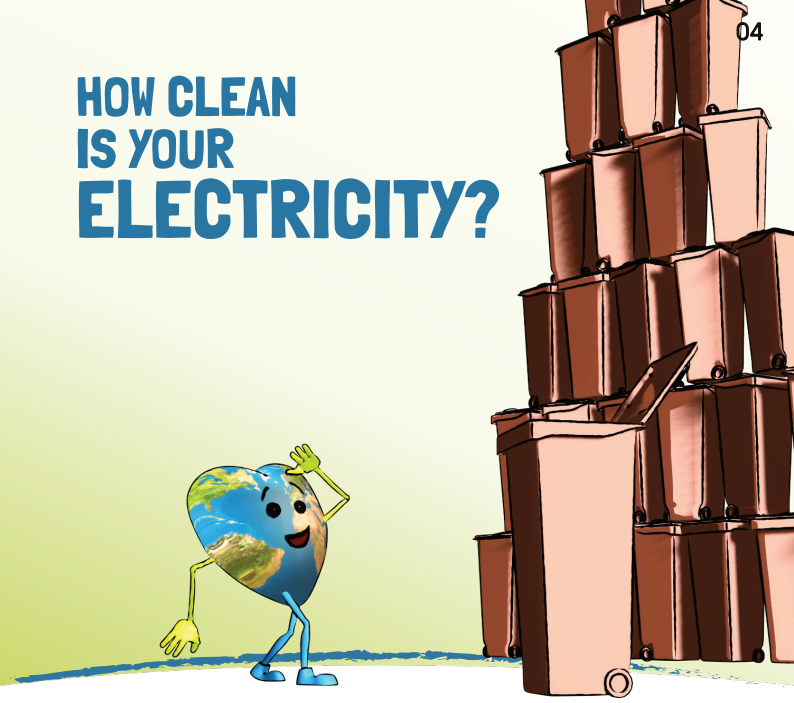
Plastic is not biodegradable and pollutes our environment for hundreds of years due to the chemicals released during its decomposition.[2]

My Tip:
Drink tap water and avoid plastic bottles!

Tap water is healthy and inexpensive!

Avoid plastic wherever possible and buy unpackaged products whenever you can.

HOW CLEAN IS YOUR ELECTRICITY?



You don't yet use pure green electricity? Imagine if the CO_2* emitted during the production of your electricity were collected in 240-liter garbage bins instead of escaping into the air. How many garbage bins would be in front of your house every week (based on the current electricity mix in Germany)?

about 10 | about 20 | about 30 | about 40

You would have to put **about 20 garbage bins** full of CO_2* per person out on the street every week.[1,2,3]

CO_2* is simply blown into the Earth's atmosphere as waste. But the atmosphere is not a landfill; it is essential to our survival. Electricity from fossil fuels is one of the things we should and can eliminate as soon as possible. The choice is yours.[4]

My tip:
Switch to (real) green electricity, as it is generated in a climate-neutral way.

When switching your electricity provider, look for these symbols (electricity labels).

OK POWER GÜTESIEGEL

GRÜNER STROM
Das Ökostromlabel der Umweltverbände

Not everything that says "green electricity" actually contains green electricity.[4] You can find out what to look for when choosing and a list of recommended German electricity providers at:

www.wirklich-gruen.de.

MORE ROOM FOR NATURE !

What percentage of agricultural land do we use to grow feed for industrial livestock farming?

24 %

39 %

48 %

60 %

Feed for the production of meat and dairy products requires approximately **60 percent** of our cultivated land.[1]

A meat-free diet would reduce this percentage by more than half.[2]

Pesticides such as glyphosate are often used in feed production. This contributes significantly to species extinction.[3,4]

Approximately 90 percent of the rainforest is cleared for cattle ranching or animal feed production.[5,6]

My tip:
Eat more vegetables and less meat – it's good for your health and our planet.

We can do without meat – but not without insects and microorganisms. Besides climate change, the use of glyphosates and pesticides in industrial agriculture is one of the main causes of species extinction.[3,4]

TAKE 3 – PAY 2 ?

How much water do we need to produce one single coloured t-shirt?

100 l | 200 l | 1.000 l | 2.500 l

A single T-shirt needs **approximately 2,500 liters** of water. Depending on the color, thickness, and origin of the cotton, it can be double or triple that amount.[1]

Up to one kilogram of chemicals are used per kilogram of textile. A large amount of this chemical ends up in groundwater and rivers through the wastewater.[2]

By the way, only 1% cotton production follows the regulations of ecological agriculture.[3] Pesticides like glyphosate, the main cause of species extinction, are used on the rest of the cotton.

Added to this are unacceptable working conditions in production, e.g. in countries like Pakistan and Bangladesh.[2]

My tip:
Buy clothes with eco-labels.

And only buy what you'll actually wear: In Germany, **40 percent** of the clothes we buy are never or rarely worn.[4] Even the things we throw away unused have polluted the environment during their production.

CHATGPT QUERIES COST NOTHING?

Hardly! How much more electricity does a search query on ChatGPT consume compared to a "normal" search engine?

2 x

5 x

10 x

15 x

A query on ChatGPT consumes **approximately 10 times** more electricity than a query on a conventional search engine.[1]

Did you know that streaming movies and music used more than 200 billion kilowatt-hours of electricity worldwide in 2023? That's enormous, but the power consumption of artificial intelligence is even greater.

If you compare ChatGPT's annual energy consumption with the battery capacity of an average electric car, this amount of electricity could fully charge 3,133,371 electric cars. That's almost 95 percent of the 3.3 million electric cars in the US by the end of 2023.[1]

My tip: Use the internet wisely and avoid unnecessary distractions.

The search engine Ecosia is carbon-neutral and generates its own electricity.[2]

Ecosia also plants trees with the revenue from search queries – more than 220 million by the beginning of 2025.[2] This further reduces CO_2 emissions, and you can even do twice as much for a better climate.

HOW MUCH IS HEALTHY?

Many of us enjoy eating meat. But how much meat can we eat per week without harming our health and the health of the planet?

300 g | 600 g | 1.100 g | 1.500 g

The German Nutrition Society recommends – for the first time, also taking environmental factors into account – eating **a maximum of 300 g of meat or sausage products per week.** This is healthy for people and the planet.[1,2]

Any more increases the risk of cardiovascular disease, type 2 diabetes, gout, and colon cancer.[3]

On average, each person in Germany currently eats about 1 kg of meat per week.[4]

As of 2015, the World Health Organization classifies processed meat such as sausage as safe and red meat (meat from mammals) as potentially carcinogenic.[5]

My tip: Eat less meat – it's healthy for you and our planet![3]

According to the Federal Environment Agency, our planet can only tolerate a maximum of 300 grams of meat per person per week. The toll on our planet of the large amount of land required to grow animal feed, the high water consumption, and the greenhouse gas emissions from animal husbandry is too high– even for organic meat.[3]

OFF TO THE CANARY ISLANDS!

Every flight produces CO_2*. But trees can break down CO_2* and store the carbon from it. Roughly how many years would an oak tree have to live to remove the CO_2* from the atmosphere that is produced during a flight from Berlin to the Canary Islands?

5 | 30 | 80 | 150

An oak tree would have to livefor around **80 years** for to remove the same amount of greenhouse gases from the atmosphere (approximately 1.5 tons of CO_2 are released per person flying from Berlin to the Canary Islands – direct round-trip, economy class).[1,2]

Trees store different amounts of carbon during their life cycle depending on the species. But they need time to do this.[1]

Flying is a very environmentally harmful form of travel. According to the German Federal Environment Agency, flying alone accounts for 5–8% of all global greenhouse gas emissions.[3]

In addition to CO_2, flying also produces contrails from water vapor, nitrogen oxides, and soot (non-CO_2 effects), which further harm the climate.[4]

My tip:
Only fly if it absolutely cannot be avoided!

If you have to fly and thereby release a lot of CO_2*, you can contribute to climate protection, for example, with Atmosfair.[2]

WHAT'S THE BEST ?

You have tickets for the musical in Hamburg and live in Munich? Are you flying or taking the train? How big is the difference in CO_2 emissions?

50 %

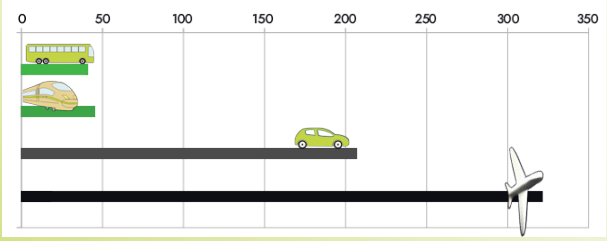
70 %

85 %

99 %

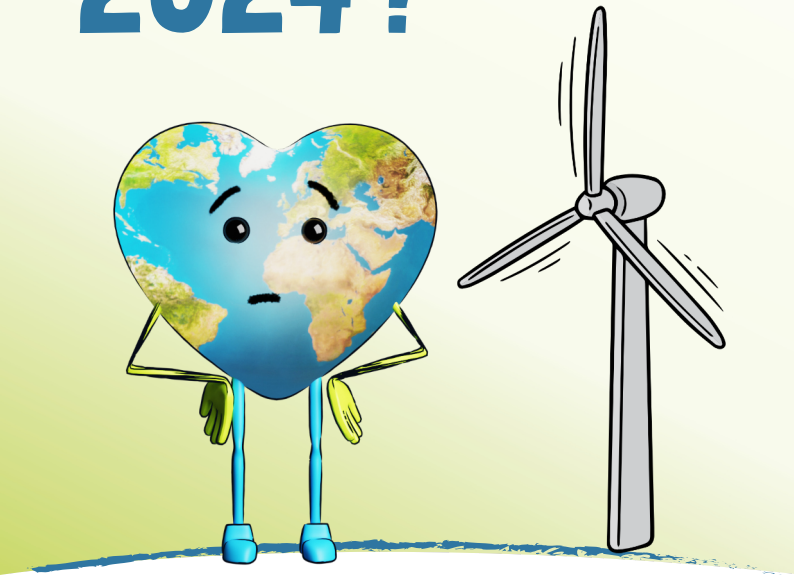
If you take the train, you save **about 99 percent** compared to flying.[1] All ICE, IC, and EC trains in Germany have been running solely on green electricity since 2018.[2]

The expansion of the rail network is crucial for the . modal shift Ongoing investments in rail are urgently needed.
Flying is the most environmentally harmful way to travel, and domestic flights are unnecessary because the time savings aren't that great.[3]



My tip:
Take the train instead of a plane or car within Germany and on short journeys. And advocate for restrictions on domestic and private flights!

HOW GREEN WAS 2024 ?



What percentage of electricity generated in Germany in 2024 is from renewable energies?

10 %

30 %

50 %

60 %

Very good news for climate protection! In Germany, **almost 60 percent** of electricity was already generated from renewable energies in 2024.[1]

We can use increasingly, large-scale electricity storage systems,[2] in periods of low sun and calm wind.

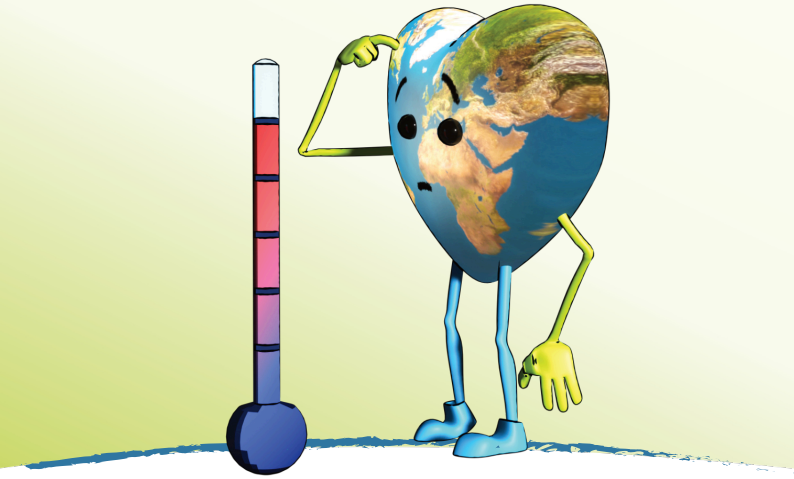
This green electricity is already overall cheaper on the global market than electricity from fossil fuels or nuclear power.[3] Therefore, more and more companies are investing in clean energy sources.[4]

The International Energy Agency (IEA) estimates that green electricity will replace coal as the largest energy supplier by 2025.[5]

My tip:
Get involved in the energy transition, both socially and personally!

We must continue to promote the expansion of renewable energies while simultaneously reducing environmentally harmful subsidies to achieve climate neutrality worldwide.[6]

WHAT IS GERMANY'S CARBON FOOTPRINT?



Statistically, in 2024, every person in Germany emitted an average of 10.3 tons of CO_2* into the air.[1] Which of the following sectors accounts for the largest share of this?

Consumption | Housing | Nutrition | Mobility

The largest share of this high CO_2* emissions comes from consumption and housing, closely followed by mobility and nutrition.[1]

1st place: Consumption	**24.3%**
2nd place: Housing	**22.3%**
3rd place: Mobility	**20.4%**
4th place: Nutrition	**15.5%**

However, anyone who takes a multi-day cruise in the Far East or flies frequently is of course responsible for several additional tons of CO_2*.[2]

We can already save a lot of CO_2* through behavioral changes in everyday life, such as consuming less, throwing away less, repairing more, eating less meat, and switching to cycling and rail.

But we can only achieve climate neutrality together as a society. We need structural measures,[3, 4] such as good rail connections, expanding public transport, speed limits, and organic farming.

My Tip: Start today!

In your everyday life, and even more effectively through social and political engagement.[5]

WHO DOES YOUR MONEY WORK FOR?

What share of all investments in Germany were made up of sustainable investments in 2023?

3,3 %

9,4 %

15,7 %

21,8 %

Let your money "work" sustainably. Banks use their customers' money, for example, to lend to companies, thus letting the money "work."

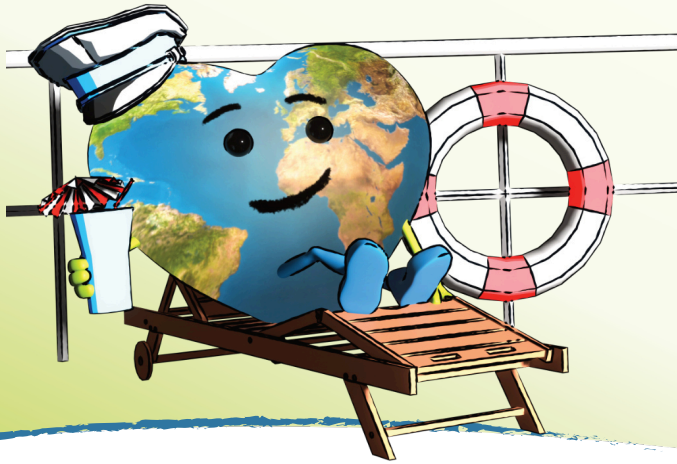
Sustainable investments accounted for **21.8 percent** of the total German market in 2023.[1]

It is particularly helpful for environmental and climate protection if ethical and ecological criteria are also considered in investments. Sustainable investments specifically support the transition to a more ecologically and socially responsible society, whether it involves the construction of wind turbines or the funding of ecological business ideas.[2]

My tip:
Ask your bank how your money is invested. Ask for transparency in your investments.

Too often, fossil fuels, nuclear power, or military equipment are still hidden in green energy investments. Invest your money in a sustainable present and future – for you, our children, and our grandchildren.[3]

SEAFARING...?



...the dream of many "landlubbers." A 14-day cruise to the Far East, followed by another eight days in the Canary Islands in winter. How much CO_2 emissions would this produce?

2 t

5 t

10 t

12 t

A 14-day cruise in the Far East and a week's vacation in the Canary Islands together release **about 10 tons of CO_2**.*[1] Statistically, this is roughly the same amount produced per person in Germany in an entire year.[2]

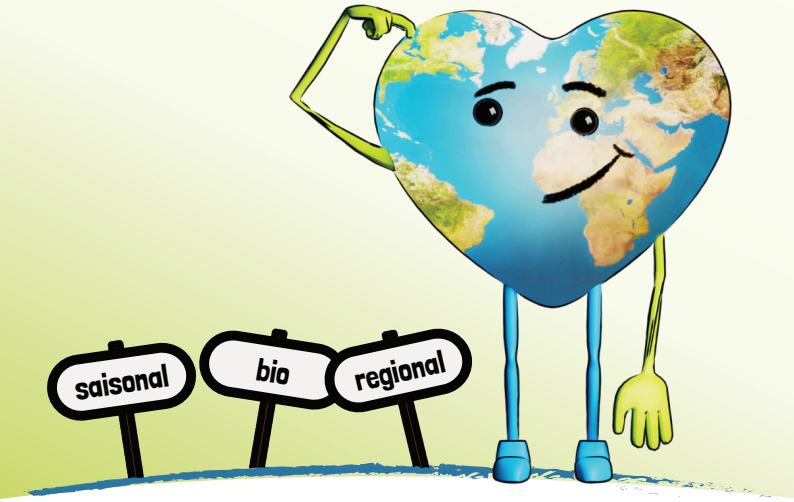
In addition to the environment, you also put a strain on your health as when you are on a cruise ship, as the air on a cruise contains up to 200 times more harmful particles (nitrogen oxides, sulfur dioxide, particulate matter) compared to the average air at home.[3]

My tip: Climate-friendly travel can also be fun!

Industry and politics are working on climate-neutral alternatives for shipping and aviation. You can find out more about this in the NABU cruise ranking.[4]

Until we find a better solution, it's better to take your vacation in Europe and travel by train.

WHAT'S MOST IMPORTANT ?



Buy regional! No, better buy seasonal! No, most importantly buy organic! Sometimes you read this or that but what is most important?

organic | regional | seasonal | all three

Until now, **all three** were considered equally important. If you only look at the CO_2* balance, then **regional and seasonal** shopping is definitely the best.

But: The number of flying insects has already decreased by 76 percent in the last 30 years. Insects are essential for the balance of ecosystems and therefore for our nutrition.[1] The extinction of insect species also poses a massive threat to our survival.

Industrial agriculture with monocultures, high land consumption, and the high global use of pesticides (e.g., glyphosate) is the main cause of insect decline and the destruction of biodiversity.[2]

"Climate change determines how we survive – species extinction determines whether we survive".[3]

My tip:
If possible, treat yourself to organic food!

And ideally, seasonal, locally grown food – this helps the environment and the climate!

BACK TO THE DUMP!

In Germany, online retailers' offer to return goods free of charge leads to the highest number of returns in Europe. Many of the returned items immediately end up in the trash afterwards.[1] How many new products turned to waste in this way in 2021?

2 million

10 million

17 million

22 million

17 million returned items were destroyed in 2021 without ever being used.[2,3] 90 percent of these were fashion items, mostly manufactured under harmful and exploitative conditions in low-wage countries.[4]

This means valuable raw materials are wasted, rivers and soils are poisoned by manufacturing processes that do not comply with environmental standards, and large amounts of CO_2* are emitted – all for NOTHING!

But there is hope! The EU-wide Ecodesign Regulation, which aims to establish sustainable products and responsible business practices as the EU standard, has been in force since July 2024. The destruction of unsold clothing is now prohibited. The regulation must now be implemented in a controlled manner.[5,6]

My tip:
Only buy what you really need.

Treat yourself to a few, but ecologically and high-quality products. Repairs and secondhand purchases extend the life of items. You can also borrow many items or share them with others.

JUST A QUICK DRIVE?

How many car journeys in Germany are shorter than 5 km?

15 %

37 %

50 %

60 %

50 percent, or about every second car journey, is shorter than 5 kilometers – a round trip of ten kilometers at most.[1] Yet, we produce particularly high levels of CO_2* [2,3] on short journeys.

We dump this CO_2* into the Earth's atmosphere as waste, supposedly for free, as if it were a large landfill. Everyone pays the price for this. However, those who are least responsible for climate change and who can hardly protect themselves from its consequences are particularly affected – our children and grandchildren!

My tip:
For short journeys? Take your bike, walk, or use public transport.

And enjoy better air, better health, and a more livable environment!

YOU LOVE BUTTERFLIES TOO, DON'T YOU?

By what percentage has the biomass of all insects worldwide declined in the last 30 years?

12 %

50 %

76 %

94 %

Older drivers still remember their windshields being full of flying insects after long drives: Since then, the biomass of insects worldwide has shrunk by **76 percent.**[1] In just 30 years! And every year we lose at least another 2.5 percent.

Without insects, we cannot survive on Earth. They pollinate plants and make soils fertile.[2,3]

The main cause of insect decline and the general decline in biodiversity is industrial agriculture with monocultures and the widespread use of pesticides, especially glyphosate.[3]

My tip: Give nature a chance!

Without herbicides or pest control, your garden becomes a home for insects and butterflies.

Consistent organic farming protects biodiversity and thus all of us!

AN ISLAND OF PLASTIC WASTE !

There is a huge floating island of plastic waste in the Pacific, the "Great Pacific Garbage Patch." Its size is constantly growing, but difficult to measure. In 2024, it was estimated to be the size of...!

Germany

Belgium

Central Europe

Spain

The world's largest plastic island was **about 4.5 times the size of Germany** in 2018 and consisted of about 80,000 tons of plastic.[1] It continues to grow dramatically. By 2024, its size was estimated to be the size of Central Europe.[2]

There are four other plastic islands in the Earth's oceans.

This plastic destroys ecosystems and kills animals. In addition, plastic dissolves in the water into microplastic particles that can bind toxins to their surface.[3,4] These particles are ingested by marine life and eventually end up in our food.

My tip: Avoid plastic wherever possible.

Plastic pollutes the environment and is rarely recycled. And even recycling requires energy. Avoiding is better than recycling!

Many things are also sold unpackaged. Be careful with so-called bioplastics! They are often not biodegradable either.[5]

CLIMATE JUSTICE?!
WE'RE FIGHTING FOR IT!

What share of global CO_2* emissions is responsible for by the richest ten percent of the world's population? (As of 2022)

11 %

19 %

32 %

50 %

The richer people are, the more climate-damaging CO_2* they causeproduce: The richest ten percent of the world's population cause **almost 50 percent** of all CO_2* emissions through their lifestyle (e.g., luxury goods, yachts) and their investments (often in fossil fuel companies).

They have enormous influence on the media, business, and politics, and thus on political decisions that favor them[1, 2]

The poorest 50 percent of the world's population produce less than 10 % of CO_2* emissions, but suffer disproportionately from the consequences of the climate crisis without being able to influence them.[1] This is extremely unfair!

My tip:
In a democracy, you can do more than just watch. Take action yourself!

Climate protection and the protection of democracy belong together! If we do nothing to combat social inequality, individual, non-democratically elected people and institutions will increasingly decide about us and our future.

I'M STEPPING ON THE GAS, I'M HAVING FUN ?

If you voluntarily drive 100 km/h instead of 130 km/h on the highway, you cause significantly much less emissions. How much less will it be with a speed of 100 km/ h?

10 %

15 %

25 %

50 %

By driving 100 km/h instead of 130 km/h, you save almost **a quarter** of your fuel costs and with that almost a quarter of greenhouse gases.[1]

According to the latest calculations, a general speed limit of 100 km/h on highways and 80 km/h on country roads could save around 11.1 million tons of greenhouse gases per year.[2] At the same time, pollution from other pollutants (particulate matter, nitrogen oxides) would also decrease, noise would be reduced, and, above all, traffic would become significantly safer.[2]

By the way: Germany is the only industrialized country in the world without a general speed limit on highways![2]

My tip:
Take action yourself and reduce your speed. Driving at 100 km/h is safer and more climate-friendly – and you save on fuel costs. A true win-win situation!

The transport sector has been missing climate targets for years.[3] Choose correctly – choose the speed limit!

A BIG "THING" ON YOUR EAR?

What is almost half of a smartphone made of?

Plastic

Glass

Metal

Composite

A smartphone is approximately **45 percent metal**. In addition to copper, iron, and aluminum, precious metals are also found in every device. Even if there are only tiny amounts of each of those, with 1.4 billion cell phones sold, this amounts to a total of 24 tons of gold per year (2022).[1]

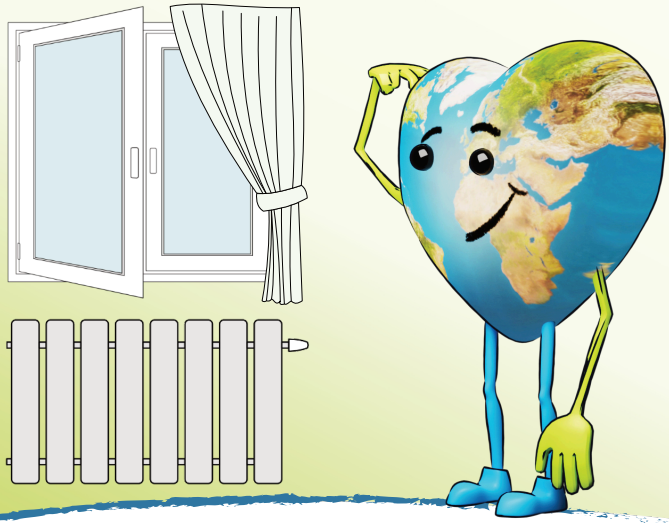
Because of this, the production of cell phones requires large quantities of around 70 different, often rare raw materials.[2] Extracting them is also energy-intensive, environmentally harmful, and often dangerous. They are usually mined under inhumane working conditions, including child labor.[3]

My tip:
It doesn't always have to be the latest model. You can also buy a smartphone second hand.

Sell, repair, trade, borrow: Use your phone until it's finally broken. And then return it to the recycling cycle.

The same applies to all other electronic devices, from hand mixers to washing machines.

CAUGHT OFF GUARD?



Sensible heating has become more important than ever before – for our planet as well as for your own expenses. Which habit DOESN'T help reduce your heating costs?

- Constant tilting windows
- Airing out with fully opened windows
- Lowering the room temperature
- Programming the thermostat

You can effectively save heating costs through regular ventilation intermittently and cross-ventilation. However, constantly tilting the windows would cool down the walls and the entire house. This significantly increases energy consumption and heating costs.

Reducing the room temperature by 1 degree, on the other hand, reduces consumption by about 6 percent.[1, 2]

Demand-based programmable radiator thermostats can save a further 5 to 8 percent of heating costs.[3]

My tip:
Regularly airing out with fully opened windows, lowering the temperature, and programmable thermostats – this saves money and protects the climate.

HOW MUCH TIME DO WE HAVE LEFT?

The Paris Climate Agreement aims to limit global warming to an increase of 1.5 degrees Celsius above pre-industrial levels. How high was the average global temperature increase in 2024?

1,1 °C

1,2 °C

1,4 °C

1,6 °C

During 2024, the 1.5-degree limit was exceeded for the first time, and an average global increase of 1.6 °C was measured.[1]

In the Paris Climate Agreement, countries have committed themselves under international law to limit global warming to well below 2 °C, and if possible, to 1.5 °C above 1850 levels. This refers to the temperature increase over a longer period of 10–30 years.[2]

The climate crisis is progressing much faster than expected. Previous measures have been inadequate or too slow.[3, 4]

Even if global warming can no longer be limited to 1.5 degrees, the goal must remain to keep the increase above 1.5 degrees as low as possible.[5]

My tip:
Let's demand the goals of the Paris Climate Agreement! Every tenth of a degree counts.

We are all affected, and everyone should do something – individually, but also by putting as much pressure as possible on politicians and businesses. There is still a chance to avoid a climate catastrophe.

That was our little climate quiz with 24 practical tips.

Perhaps we have given you something to think about.

How do we stop global warming?
How do we prevent further species extinction?
How do we use resources carefully?
How do we limit our plastic waste?
How do we keep our planet livable for everyone?

Maybe you already have an idea of what you want to change in your everyday life?

Get involved socially and join a relevant group, such as Omas for Future. Because only together are we strong.

You can also learn more about this topic in our online quiz: www.zukunftsquiz.de

Information about our campaigns and much more can be found at: **www.omasforfuture.de**.

THANK YOU!

This booklet could only be created thanks to the dedication of many passionate volunteers who dedicate their free time to preserving our planet.

Our volunteer quiz editorial team spent months working on this new edition, including revisiting our 200 questions from the Future Quiz (www.zukunftsquiz.de). Thank you for the many hours of research and discussion. You did a wonderful job revising the issue!

A big thank you goes to Marlies Knoke, our good soul when it comes to text and editing. Thank you for your input and the intensive proofreading.

Thank you, Frieder Reuter, for translating this into English.

Very important for Omas for Future and here in this Booklet: Dr. Harry Lehmann. He is the scientific backbone behind every Omas for Future publication. As an experienced systems analyst and scientist, he checks our facts very carefully. Thank you, Harry, for your tireless efforts!

And not to forget our patient graphic designer Yasmin Lauterbach, who always implements all our requests quickly and competently.

The printing of this booklet was only possible thanks to generous funding from the Federal Ministry for Economic Affairs and Climate Protection (BMWK) as part of the National Climate Protection Initiative (NKI).

Last but not least, I would like to thank the many women and men who are Grannies (and Grandpas) for Future. With your expertise, life experience, dedication, and love, you are helping to shape the urgently needed change in our society. And you are contributing to ensuring that women and men of the 50+ generation are finally recognized politically and socially.
This means we are not just Grannies for the Future, we are the Grannies of the Future!

Cordula Weimann
Founder of Grandmas for Future

THE WORLD IS NEAR TO YOUR HEART?

Then support us, to protect the world and to make it healthier and worth living in.

You can sign up for membership to support our work with a regular donation, and invest in a sustainable future. Because with your help, we can do even more to ensure the future of our children and grandchildren.

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Every donation helps!

JOIN US!

Become an active member in one of our many local groups that spread our knowledge and engage in the protection of our planet.

You can find all existing regional groups on our website at **www.omasforfuture.de** in the Regional Groups section.

No local group where you live? You can start one! We and other groups will support you.

Use the contact form on our website:
www.omasforfuture.deCO_2

We look forward to hearing from you!

omas for future
Handeln! Aus Liebe zum Leben.

Check back regularly for updates on our activities:

Want to take part in our interactive entertainment quiz? Fun, games, and excitement are guaranteed.

We run it free of charge for groups of 12 or more. There's sure to beThere is definetely one near close to you. Get in touch.

Information about the work of Omas for Future and the regional groups can be found at: **www.omasforfuture.de**

You can request additional booklets free of charge at **bestellung@omasforfuture.de.**

CONTACT

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Act! Out of love for life, for our children, and for this beautiful planet. That is the motto of Grannies for Future. We are the 50+ generation – like 58 percent of the electorate in Germany. We love our children and grandchildren more than anything, and that's why we are committed to ensuring good living conditions for future generations.

Your donation helps!
Join us and support Omas for Future!

Every donation helps us make the world a better place. Thank you!

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