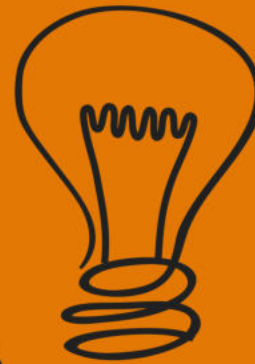


UPCYCLING GUIDE

HOW TO INTRODUCE CIRCULARITY IN YOUR EVERYDAY LIFE

Really Creative



Ideas, Tipps, Instructions & Munich Guide

Created by Clara Peters

THIS GUIDE IS NOT JUST A COLLECTION OF TIPS AND TRICKS BUT AN INVITATION. AN INVITATION TO LOOK AT THE WORLD DIFFERENTLY, TO SEE POTENTIAL IN THE OLD AND WORN-OUT, AND TO DISCOVER THE PROFOUND IMPACT WE CAN HAVE WHEN WE CHOOSE TO UPCYCLE AND REPAIR.

WHAT DOES UPCYCLING MEAN?

Upcycling, at its core, is the process of transforming discarded materials or products into something of equal or greater value, ideally with a renewed or even enhanced purpose. Unlike recycling, which breaks down materials to their raw form to create something new, upcycling creatively repurposes and rejuvenates without this breakdown. It's an essential facet of the broader circular economy model, which aims to reduce waste by constantly reusing and revitalizing resources rather than following the traditional 'take-make-dispose' linear model.

WHY IS IT IMPORTANT?

In a world rapidly grappling with the challenges of waste management, depleting resources, and environmental degradation, upcycling emerges as a practical and innovative solution. Not only does it directly reduce the amount of waste that goes into landfills, but it also diminishes the demand for new raw materials. This, in turn, reduces energy consumption, decreases greenhouse gas emissions, and lessens the negative impacts of extraction and manufacturing processes. With the threat of climate change looming large and natural resources dwindling, incorporating sustainable practices like upcycling has never been more paramount.

WHAT ARE THE BENEFITS?



EVERY ITEM UPCYCLED IS ONE LESS ITEM IN A LANDFILL AND ONE LESS NEW PRODUCT MANUFACTURED. THIS MEANS LESS POLLUTION, REDUCED CARBON FOOTPRINT, AND CONSERVATION OF RESOURCES.



THERE'S A PROFOUND SENSE OF ACCOMPLISHMENT IN GIVING A SECOND LIFE TO AN OLD ITEM. THE PROCESS OF UPCYCLING CAN BE THERAPEUTIC, FOSTERING CREATIVITY AND PROVIDING AN OUTLET FOR ARTISTIC EXPRESSION.



UPCYCLING OFTEN INVOLVES REPURPOSING THINGS YOU ALREADY OWN OR ITEMS YOU CAN ACQUIRE CHEAPLY, THUS SAVING MONEY. MOREOVER, UNIQUE UPCYCLED ITEMS CAN OFTEN COMMAND A HIGHER MARKET PRICE IF SOLD, AS THEY COMBINE UTILITY WITH ARTISTRY AND SUSTAINABLE ETHOS.



Understanding the Basics

Difference Between Recycling & Upcycling



RECYCLING

RECYCLING REFERS TO THE PROCESS WHEREIN WASTE MATERIALS ARE COLLECTED, PROCESSED, AND TRANSFORMED INTO NEW MATERIALS OR PRODUCTS. THE KEY HERE IS THAT ITEMS ARE OFTEN BROKEN DOWN TO THEIR BASE MATERIALS (E.G., MELTING DOWN PLASTIC BOTTLES TO CREATE PLASTIC PELLETS) WHICH ARE THEN USED TO PRODUCE NEW ITEMS. IT'S A WAY OF RE-ENTERING USED MATERIALS INTO THE PRODUCTION CYCLE.



UPCYCLING

UPCYCLING, ON THE OTHER HAND, IS ABOUT CREATIVELY REPURPOSING OR REIMAGINING AN OBJECT OR MATERIAL WITHOUT BREAKING IT DOWN TO ITS RAW FORM. AN OLD LADDER MIGHT BECOME A BOOKSHELF, OR A DISCARDED BOTTLE MIGHT TURN INTO A DECORATIVE LAMP. THE TRANSFORMATION PROCESS ADDS VALUE, EITHER IN TERMS OF AESTHETICS, FUNCTION, OR BOTH.

TYPES OF MATERIALS SUITABLE FOR UPCYCLING



Wood: Discarded furniture, pallets, or wood scraps can transform into decor items, garden planters, or even new furniture pieces.



Textiles: Old clothes, bedding, or curtains can be turned into bags, rugs, or even artwork.



Glass: Bottles and jars can become vases, lanterns, or drinking glasses.



Metal: Old tools, utensils, or metal scraps can be reimagined into sculptures, jewelry, or functional items.



Plastic: While harder to work with than some materials, plastic items can be turned into planters, toys, or decorative pieces.





GETTING STARTED

SAFETY FIRST!

- **Right Tools for the Job:** Ensure you have the correct tools for your project. Using inappropriate tools not only compromises the final product but also increases the risk of injury.
- **Protective Gear:** Depending on your project, use safety gloves, goggles, masks, or ear protection. Remember, materials like wood or metal can produce splinters or sharp edges.
- **Work in Well-Ventilated Areas:** Especially if you're using paints, solvents, or any chemicals. These can release fumes which are hazardous when inhaled in enclosed spaces.
- **Educate Yourself:** Before working with unfamiliar materials or tools, take the time to learn about their specific safety precautions.

FINDING MATERIALS

- **Thrift Stores:** These often carry discarded items begging for a second life.
- **Garage Sales:** Treasures await in the most unexpected places.
- **Your Own Home:** Those items collecting dust? Time to reimagine their purpose.

SETTING UP A WORKSPACE

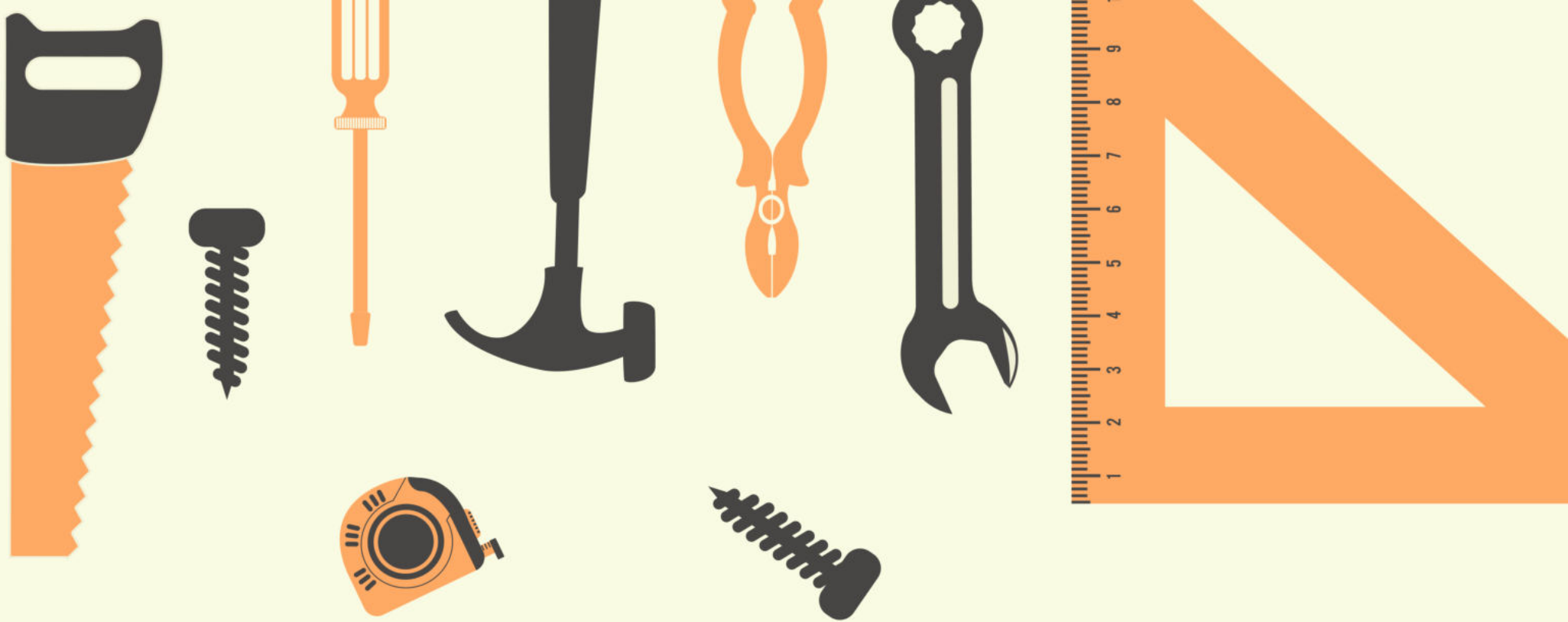
- **Space Selection:** Choose a well-ventilated area, especially if you're using paints or solvents. Natural light can be a bonus.
- **Organization:** Use storage bins, shelves, or pegboards to keep tools accessible but out of the way. Label everything for ease.
- **Cleanliness:** Regularly clean the space. Residual dust or scraps can affect the quality of your projects.
- **Comfort:** Invest in a good workbench or table and an ergonomic chair, especially if you'll be spending long hours on projects.



MAKERLABS & SPACES

Maker labs or makerspaces are community centers that provide tech equipment and tools that individuals can use, often for a membership fee or sometimes for free.

Benefits: Access to high-end equipment (like 3D printers, laser cutters, or CNC machines) that would be too costly to buy for personal use.



TOOL KIT ESSENTIALS FOR BEGINNERS

BASICS:

- MEASURING TAPE: ESSENTIAL FOR ACCURATE DIMENSIONS.
- HAMMER: USEFUL FOR NAILS, MINOR FIXES, AND DISMANTLING PIECES.
- SCREWDRIVERS: A SET THAT INCLUDES BOTH FLAT-HEAD AND PHILLIPS.
- PLIERS: HELPFUL FOR GRIPPING, BENDING, OR CUTTING WIRES.
- UTILITY KNIFE: FOR PRECISE CUTS IN PAPER, CLOTH, AND SOFT MATERIALS.
- SANDPAPER OR SANDING BLOCK: FOR SMOOTHING SURFACES.
- PAINTBRUSHES & PAINT: FOR RENEWING OR REDESIGNING SURFACES.
- SAFETY GEAR: SAFETY GLASSES, GLOVES, AND A DUST MASK.

ADVANCED (OPTIONAL):

- ELECTRIC DRILL: FOR CREATING HOLES OR FASTENING MATERIALS TOGETHER.
- SEWING KIT: FOR ANY TEXTILE REPAIRS OR TRANSFORMATIONS.
- HOT GLUE GUN: USEFUL FOR QUICK BONDS ON A VARIETY OF MATERIALS



Unleash your creativity

→ INSPIRATIONS FOR UPCYCLING PROJECTS

FOR THE HOME:

TURNING HOUSEHOLD ITEMS INTO FUNCTIONAL, AESTHETIC PIECES IS AN ECO-FRIENDLY AND INNOVATIVE WAY TO REDECORATE YOUR LIVING SPACES.

OLD LADDERS AS QUIRKY BOOKSHELVES:

MATERIALS:

- OLD WOODEN LADDER
- SANDPAPER
- PAINT OR WOOD STAIN (OPTIONAL)
- WALL BRACKETS

INSTRUCTIONS:

1. START BY SANDING DOWN THE LADDER TO REMOVE ANY SPLINTERS OR ROUGH PATCHES.
2. PAINT OR STAIN THE LADDER IN YOUR DESIRED COLOR OR LEAVE IT RUSTIC FOR A VINTAGE LOOK. LET IT DRY THOROUGHLY.
3. ATTACH THE LADDER HORIZONTALLY TO THE WALL USING WALL BRACKETS. MAKE SURE IT'S SECURE.
4. ARRANGE YOUR BOOKS, PLACING HEAVIER ONES TOWARDS THE MIDDLE AND LIGHTER ONES TOWARDS THE ENDS.



PERSONAL ITEMS & FASHION

JEANS TO TRENDY TOTE BAGS

MATERIALS:

- OLD JEANS
- SCISSORS
- SEWING MACHINE OR NEEDLE AND THREAD
- A BELT OR STRONG FABRIC FOR HANDLES

INSTRUCTIONS:

1. CUT OUT THE LEG OF THE JEAN IN YOUR DESIRED BAG SIZE.
2. SEW THE BOTTOM OF THE CUTOUT PIECE TO CLOSE IT.
3. USE A BELT OR FABRIC STRIPS SEWN TOGETHER FOR THE HANDLES. ATTACH SECURELY TO THE BAG'S TOP.

SINGLE EARRINGS INTO STATEMENT NECKLACES

MATERIALS:

- SINGLE EARRINGS (STUDS OR DANGLING)
- NECKLACE CHAIN OR CORD
- JEWELRY PLIERS
- JUMP RINGS (IF NECESSARY)

INSTRUCTIONS:

1. IF THE EARRING HAS A POST, CAREFULLY REMOVE IT WITH PLIERS.
2. ATTACH A JUMP RING TO THE EARRING (IF IT DOESN'T ALREADY HAVE ONE).
3. THREAD THE CHAIN OR CORD THROUGH THE JUMP RING TO CREATE YOUR NECKLACE.



GARDEN

WORN-OUT BOOTS AS PLANTERS

MATERIALS:

- OLD BOOTS
- POTTING SOIL
- PLANTS OR FLOWERS OF CHOICE

INSTRUCTIONS:

1. CLEAN THE BOOT THOROUGHLY, ESPECIALLY THE INSIDE.
2. MAKE A FEW SMALL HOLES IN THE SOLE FOR DRAINAGE.
3. FILL THE BOOT WITH POTTING SOIL AND PLANT YOUR FLOWERS OR PLANTS.

OLD PALLETS INTO BENCHES

MATERIALS:

- WOODEN PALLETS
- SANDPAPER
- NAILS OR SCREWS
- CUSHIONS OR SEATING PADS (OPTIONAL)

INSTRUCTIONS:

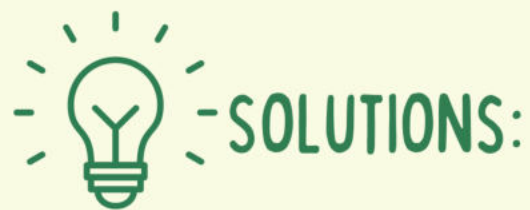
1. SAND THE PALLETS TO SMOOTHEN ANY ROUGH EDGES.
2. STACK TWO PALLETS ON TOP OF EACH OTHER FOR HEIGHT AND SECURE THEM TOGETHER WITH NAILS OR SCREWS.
3. FOR THE BACKREST, CUT A PALLET IN HALF AND SECURE IT VERTICALLY TO THE BASE.
4. ADD CUSHIONS OR SEATING PADS FOR COMFORT.



Finding Inspiration



INSPIRATION DROUGHT? SOMETIMES, IDEAS JUST DON'T FLOW.



1.

Local Workshops & Classes: Attend sessions to gain skills and ideas.

Recommendations for Munich:
Globetrotter; Urbane Gärten München; Kunstlabor 2; Sanart; Machwerk; Haus der Eigenarbeit

2.

Join Upcycling Communities: Share, learn, and get inspired.

Recommendations
Facebook, Ebay

3.

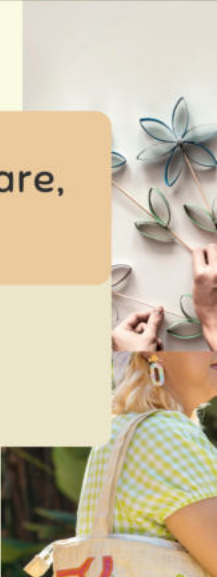
Online Platforms, Books & Blogs

Recommendations
Blogs, Pinterest, Books & Magazines
Upcyclethat.com; recycledcrafts.craftgossip.com

4.

Social Media:
such as YouTube, Instagram & TikTok

Personal recommendations
YouTube: MrKate; Lone Fox; Instagram:
Jelena_diy; thewhitethistle



Munich Guide for Upcyclers

Werbox 3 - Repair Cafe
(also give Workshops)

UnternehmerTUM MakerSpace
(Makerspace with top of the art tech equipment)

Munich Maker Lab e.V.
(big community of upcyclers & inventers)

Bike Repair Station: Parklet Steinheilstraße

Atelier Werkstatt MachWerk eV
(Makerspace & Workshops)

Haus der Eigenarbeit – HEB
(Workshops & Tools)

FabLab München e.V. (Makerslab with 3D Printers, Workshops & more)

MakerSpace of Creating NEBourhoods together

RoboticsFor Makers
(Workshops also for young upcyclers :))

Repaircafé at the Westpark

Repair Cafe in the boathouse of Naturfreunde München

Globetrotter
(Upcycling-Sewing-Workshops)

SCAN ME TO OPEN THE DETAILED MAP IN GOOGLE APPS WITH ALL IMPORTANT LOCATIONS PINNED

https://www.google.com/maps/d/edit?mid=1d5U-2S7gPIJ0PGxjYaM8R8_f-uQZoPg&usp=sharing

The Bigger Picture: Beyond Upcycling



INTRODUCING CIRCULARITY IN LIFESTYLE CHOICES

The concept of a circular economy moves away from the traditional "take, make, dispose" linear model and shifts towards a system where materials and products are reused, repaired, and recycled. It's about creating a closed-loop system that minimizes waste and makes the most of resources. Here's how you can contribute:

1

Opt for Products Designed to Last:

Whenever possible, choose quality over quantity. Investing in products that have a longer lifespan means you're reducing the need to constantly replace them, saving resources in the long run. It also means fewer items ending up in landfills.

2

Support Businesses Championing Sustainable Practices:

Companies that prioritize the environment should be supported. These businesses often consider the entire lifecycle of their products and aim to reduce their carbon footprint. By patronizing them, you're voting with your wallet for a greener world.

3

Engage in Community Swap Events:

These events, sometimes known as "swap meets" or "exchange fairs," allow community members to exchange items they no longer need for something they do. Not only is this a smart way to save money, but it also promotes the idea of reuse and reduces the demand for new products.

4

Repair Instead of Discard:

In today's fast-paced world, we often toss broken items for new replacements. However, choosing to repair not only challenges this disposable mindset but also promotes sustainability. Repairing extends an item's lifespan, conserves resources, and reduces waste. With growing accessibility to repair cafes and workshops, mending items has become both a practical and empowering choice.



ECONOMIC IMPLICATIONS OF A CIRCULAR ECONOMY

A circular economy isn't just an environmental boon—it's an economic one as well. By reducing the need for raw materials, we can reduce costs. Moreover, by focusing on repair and refurbishment, new job opportunities arise, especially in local communities. Sustainable business models can thrive, as they focus on long-term profitability rather than short-term gains.

Consider this: With every product upcycled, there's one less item in the landfill and one less item being manufactured from scratch. This means fewer resources extracted, fewer emissions from production, and reduced transportation costs. All these savings can translate into economic growth, community development, and a renewed focus on innovative solutions.

CONCLUSION & CALL TO ACTION

The journey of upcycling and embracing a circular lifestyle is one of constant learning, creativity, and making conscious choices. It's not just about making the most out of what we have; it's about reshaping our understanding of value.



START

YOUR JOURNEY BEGINS WITH A SINGLE STEP. START SMALL. UPCYCLE A PIECE OF FURNITURE, REPAIR A TORN SHIRT, OR EVEN ATTEND A COMMUNITY SWAP EVENT. OVER TIME, THESE SMALL ACTIONS ACCUMULATE INTO A SIGNIFICANT POSITIVE IMPACT.

SHARE & INSPIRE:

YOUR JOURNEY CAN INSPIRE OTHERS. SHARING YOUR PROJECTS, WHETHER THROUGH SOCIAL MEDIA, LOCAL COMMUNITY BOARDS, OR JUST AMONG FRIENDS AND FAMILY, CAN RIPPLE OUT TO CREATE A BROADER COMMUNITY OF CONSCIOUS CONSUMERS. REMEMBER, EVERY PERSON YOU INSPIRE IS ANOTHER STEP TOWARDS A MORE SUSTAINABLE, CIRCULAR WORLD.

REPAIRING IS CARING

