

## GIVE JOY

### Tips for sustainable Christmas gifts

Giving gifts is just as much fun as receiving them. Isn't it?

I'm always happy to receive a thoughtful gift, especially when the person giving me a present has really thought about what might make me happy. In that case, the joy is doubled.

When giving a gift, it's not the material value of a present that counts, but rather the intention behind it. Unfortunately, this point is very often forgotten.

Sometimes, of course, a material gift makes sense - a product that you need anyway and use in everyday life, but an item that you have wanted for a long time also brings joy, of course.

My favorite gift is my time. After all, it's the most precious thing I have. Spending time with my loved ones, for example having dinner together (and delicious home-cooked vegan food) or going to the movies together, going snowboarding for a day, going to a concert or giving a cool tabletop game as a symbol of playing together (and then doing just that, of course;o)... all of this can even outshine material things.

Today, however, I'd like to share a few cool ideas with you about other types of gifts that on top do something good.

You'll find a few of my suggestions on the next page.  
Have fun!

## GIVING – ENJOYING – DOING GOOD

Tips for triple joy gifts – Why triple? Because both, the giver and the recipient, are happy, and at the same time, they bring joy to those who are working to protect and preserve our beautiful world and all its creatures.

Get involved yourself and/or support those who are acting!

Here are my examples for this year:

### 1. Protect elephants as volunteer

Two months ago, the Elephant Nature Park in Chiang Mai, Thailand, was completely flooded. Thousands of animals had to be evacuated, and part of the park is still covered in dried mud, with a large portion needing to be rebuilt. A donation to the Save Elephant Foundation is, of course, a wonderful gesture. And who knows, maybe you'd even like to support someone who wants to help directly: a voucher for a week of volunteering could be a unique and meaningful Christmas gift. I'm always happiest when I receive help so that I can help more.

<https://www.saveelephant.org/>

The **Save Elephant Foundation** is one of many organizations we support through SANUSPLANET.

### 2. Orangutan Calendar 2025

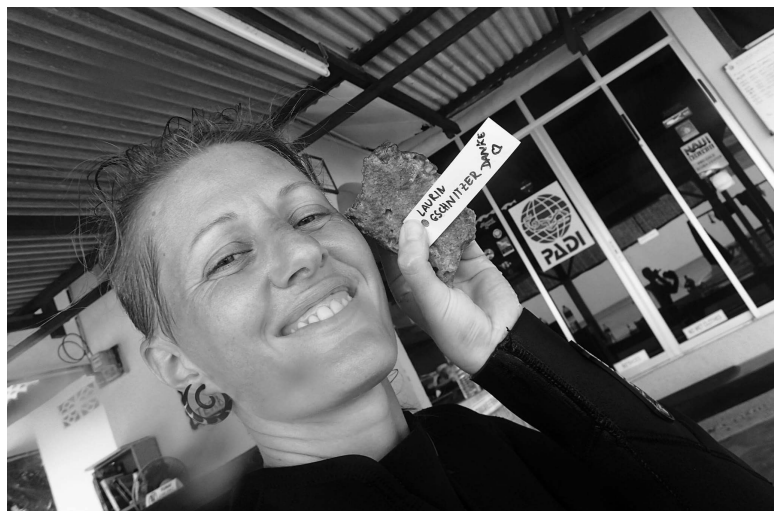
Support the organization *Orang-Utans in Not e.V.* – a beautiful project that urgently needs help. The landslide caused by a storm on November 27th caused dramatic damage to the orangutan rescue center in Batu Mbelin, North Sumatra. A direct donation to the organization or a gift from their online shop (such as the 2025 calendar) would be a great way to help. All proceeds from their shop go toward protecting orangutans.

<https://www.orang-utans-in-not.org/orang-utans-in-not-onlineshop/>

**Orang-Utans in Not e.V.** is one of many associations we support through SANUSPLANET.

### 3. Plant a Coral in the Name of Your Loved Ones

Did you know that you can plant corals? I'm a coral propagation trainer and can show you how it's done. However, since we're not at sea together right now, there's another way you can make this happen: You can have a coral planted in the name of your loved ones and receive a photo of the planted coral.



Simply send an email (please in English) to [oceanquestmalaysia@gmail.com](mailto:oceanquestmalaysia@gmail.com) with the following message:

"Maggy gave me the idea to adopt a coral as a Christmas gift. I would like to adopt a coral in the name of ..... (write the name of the person you'd like to gift the coral adoption to)! Can you send me the adoption request and the bank details please?"

You'll then receive the bank details, transfer €25 (this covers the cost of one coral, though this amount goes toward planting several corals, and your coral will symbolically represent your donation), and after, you will receive a donation certificate, GPS coordinates of your coral, and a picture of the coral with a temporary nameplate (for the photo).

**If you choose this gift, please note that it takes about two weeks to receive the photo.** So, you can either send the email today and hope it arrives by the 24th, or simply make a little voucher yourself with the information, saying that the photo and details will follow.

**Ocean Quest Global** is one of the many organizations we support through SANUSPLANET.

#### **4. Golden Oaks - Oak Forest Sponsorship**

Help protect a paradisiacal oak forest in Tuscany! You can do this by sponsoring with a contribution starting at 5 CHF/month.

For Christmas, you will also receive a symbolic "Golden Oaks" keychain along with your sponsorship certificate.

<https://goldenoaks.online/die-patenschaft/>

#### **5. Protect Manta Rays - With Sustainable Fashion Made from Recycled Materials or by Donating Directly to MANTAHARI Oceancare e.V.**

The organization MANTAHARI Oceancare e.V. works to raise awareness and reduce plastic in the oceans, with a special focus on protecting manta rays. You can either donate directly to the organization here: <https://mantahari-ev.de/aktiv-werden/>, or if you'd like to give sustainable gifts like caps, beanies, ponchos, hoodies, or other items made from recycled PET bottles, simply browse the MANTAHARI shop, select the desired product, or give a voucher (for those last-minute shoppers). The great thing is: 50% of the proceeds go directly to the organization to fund various marine and manta ray protection projects.

<https://mantahari.com/collections/gutscheine>

**MANTAHARI Oceancare e.V.** is one of the many organizations we support through SANUSPLANET.

#### **6. Donate Directly to the SANUSPLANET Foundation**

and choose which area you'd like to support:

- **For Nature** – because it's our home
- **For Animals** – because every life is worth protecting
- **For the Ocean** – because without it, there is no life
- **For People** – because we are all one!

Every cent will go directly to the area you've selected. The **SANUSPLANET** Foundation will choose which organization will receive the funds. However, you are always welcome to share your suggestions for projects you find meaningful. Feel free to invite the non-profit organizations of your choice to register on the **SANUSAPP** so that we can support them.

Of course, when you donate to **SANUSPLANET**, you will receive a donation certificate directly in the **SANUSAPP**, which you can download.

If you'd like to support a specific project but don't know which one, feel free to browse the **SANUSPLANET** website (<https://www.sanusplanet.org>) and choose an organization you like. There, you'll also find the websites of the respective organizations and can donate directly to them. In that case, you will need to contact the organization directly for a donation certificate.

And now, a somewhat unusual but incredibly loving gift idea:

### **7. Help your loved ones care for their animals**

If your friends or family care for animals as much as mine do, they might have a birdhouse (or five, like us...) or they might have adopted a dog or cat from a shelter. The costs of caring for animals can sometimes be quite high.

Many people love animals and want to give them a good home, but often struggle to cover the costs, especially when it comes to animals in need. Birdseed, dog and cat food, a voucher to help cover the next vet visit, or a toy for their beloved pet are all great ideas to show that you support your loved ones in helping their animals – and that you care for the animals who are not as fortunate. Thank you from the bottom of my heart for that!!

When I was out there as an activist, and every penny I earned went into my projects, I simply didn't have the money to buy Christmas gifts. Ok, I'll admit it – my projects were just more important to me than buying gifts. But not everyone can afford to buy things. Especially now, in a time of hyperinflation, many people are really struggling to spend money on gifts. That's exactly why I mentioned time-based gifts at the start. But there's something else really cool you can do that will make any cool person incredibly happy:

### **8. Give Homemade Gifts**

DIY (Do it yourself) is not only on trend, but it also brings so much joy knowing that your friends didn't just think about you, but also took the time to create something special. Whether it's a crocheted hat, homemade jam, or freshly baked cookies – whatever it is, it always comes from the heart and is usually sustainable too.

If you choose this gift idea, why not try baking some vegan Christmas cookies? 🍪  
To help you with that, I've created a PDF with lots of delicious recipes to guide you in trying this out!  
You'll be amazed at how tasty vegan cookies can be... The PDF for Christmas cookies will be shared soon as well.

### **9. Do you still want to give a physical product?**

If you're looking for a physical gift for Christmas after all, I wholeheartedly recommend checking out the **SANUSLIFE** marketplace. There, you'll find thousands of products from many cool companies. From organic foods to natural cosmetics, supplements, and truly amazing health products – high-quality items, and with every purchase, a donation is automatically made to the **SANUSPLANET** Foundation. Plus, you even get a very cool cashback!  
Browse around, pay with **SANUSPAY**, and support the companies that donate a portion of every purchase. So, that's **4x joy!**  
Oh wait, no – **5x joy** is guaranteed, because the person who told you about the **SANUSAPP** gets something too.  
So, the awesome Win-Win-Wins never end here...

However you decide and whatever gifts you choose to give – the entire team at **SANUSPLANET** and **SANUSLIFE** wishes you and your family a wonderful and peaceful Christmas season!

Enjoy it to the fullest with your loved ones and remember the truly important things every day:

**The most valuable gift you can give is your time and the feeling you create in the person you're with.**

**So think carefully about what feeling you want to evoke, because the only things you can always take with you are your memories and experiences.**

Merry Christmas!  
Maggy

