

Title of the Qualification	Jump! – Training for Change	M1
EQF Level	Level 4	
Total learning hours	40 h (15 contact hours and 10 learning hours)	
Generic title of the unit	Teaching Sustainability	
<b>Objectives:</b> <ul style="list-style-type: none"> <li>• Defining sustainability in general and personally</li> <li>• Resources to measure sustainability</li> <li>• Inspiration: presentation of motivating examples</li> <li>• Promote creativity and out of the box thinking</li> <li>• Use a variety of art and storytelling to come up with creative solutions</li> <li>• Select and apply tools for effective and entertaining learning (incl. technology tools, learning platforms, collaborative learning, and social media)</li> </ul>		
<b>Knowledge</b>	<b>Skills</b>	<b>Competences</b>
<p><b>Trainees gain ...</b></p> <ol style="list-style-type: none"> <li>1. ... <b>fundamental knowledge</b> about general and personal sustainability, motivating examples, and resources to measure sustainability.</li> <li>2. ... <b>comprehensive knowledge</b> about using resources responsibly.</li> <li>3. ... <b>fundamental knowledge</b> about main concepts, theories, training methods that support development of creativity.</li> <li>4. ... <b>deep knowledge</b> and understanding of current theories of applying storytelling in learning.</li> <li>5. ... <b>comprehensive knowledge</b> of the use of tools such as technology tools, learning platforms, collaborative learning, and social media that can make learning effective and entertaining.</li> <li>6. ... <b>comprehensive knowledge</b> of the types of tools (technology tools, learning platforms, collaborative learning, and social media) that make learning effective and entertaining and adapt to specific learning situations.</li> </ol>	<p><b>Trainees are able to ...</b></p> <ol style="list-style-type: none"> <li>1. ... <b>understand</b> sustainability and <b>define</b> personal changes which are necessary to reach this goal.</li> <li>2. ... <b>measure</b> sustainability and to <b>use</b> the tools for measuring.</li> <li>3. ... <b>use</b> resources responsibly and be aware of sustainable initiatives.</li> <li>4. ... <b>apply</b> appropriate training methods that enhance creativity and out of the box thinking of trainees.</li> <li>5. ... <b>use</b> stories for assimilation (integrating new information with current information and cognitive structures).</li> <li>6. ... <b>adapt</b> and <b>use</b> technology tools, learning platforms, collaborative learning and social media in specific learning situations.</li> </ol>	<p><b>Trainees can ...</b></p> <ol style="list-style-type: none"> <li>1. ... <b>explain</b> sustainability and motivate others to <b>find</b> their personal way to sustainability.</li> <li>2. ... <b>measure</b> sustainability with different tools.</li> <li>3. ... <b>promote</b> a responsible use of resources.</li> <li>4. ... <b>promote awareness</b> of sustainability initiatives.</li> <li>5. ... <b>create</b> and <b>reflect</b> on training strategies to support trainees in recognizing and developing their own creativity.</li> <li>6. ... <b>design</b> appropriate learning strategies by using storytelling.</li> <li>7. ... <b>select</b> and <b>apply</b> tools such as technology tools, learning platforms, collaborative learning, and social media, in order to ensure effective and entertaining learning.</li> </ol>