

SUSTAIN		s7	session plan EQF level 5 unit of L.O. SUSTAIN 1
Objectives <ul style="list-style-type: none">• Give examples of the crisis and create awareness about global challenges and about the necessity and possibility to change• Facilitate a sharing around individual understanding of sustainability• Open a broader view about sustainability, it's not only about climate change, everything is connected• Give hope through the understanding that this is a transition Methods <ul style="list-style-type: none">• Plenary presentation, storytelling• Sharing• Exercise on different footprints calculation• Feedback, written and oral			Trainer Place Seminar room Time 2H30
Content	<ul style="list-style-type: none">- Current state of the world:<ul style="list-style-type: none">o dysfunction alerts, tipping pointso collapse and emergence are simultaneouso ways out of destruction and back to life, regeneration- Meaning of sustainability- Meaning of crisis, meaning in crisis- Carbon footprint, ecological footprint- The crisis and change are global & personal- Vulnerability and grief in front of drastic changes and loss	Documents <ul style="list-style-type: none">- e_collective writing about crisis	
	Activities <ul style="list-style-type: none">- Paint a picture (literally or orally, slides, collage, story or other) of the planetary crisis, either the trainer alone or each participant or the group: gather images, figures, challenges, facts, events... Ask one or several questions, e.g.: What made you aware of the scale of the on going crisis? What aspect makes you the most concerned? What was the first event that made you aware of the crisis? What headlines do you remember from the news, from which period of your life? (40 min)- Ask the participants: What does sustainability mean for you ? Collect answers of trainees and complete them. Allow participants to fill the gaps they may have (40 min)- Exercise footprint calculation Have everyone calculate a personal footprint. Explain difference between carbon and ecological footprint (30mn)- Feedback 1 : Each participants writes on a paperboard one thing they learnt in this session and find very meaningful (10 min)- Feedback 2 : Question : what can a trainer do with all this? (30 min)- Link to other sessions (s4 criteria, s8 initiatives)	Equipment <ul style="list-style-type: none">- internet connection- computer- beamer- tables- paper, pens- paperboard & pens	
Preparation <ul style="list-style-type: none">- Gather images, figures, challenges, facts, events of the planetary crisis- Try out online calculation for carbon + ecological footprint			