Sustainable Lifestyles, Planning and Practice for a Sustainable Future

3 days 9:00am – 5:30pm

Thematik: What does it mean – to live a sustainable lifestyle? What are the changes required? Why is it important to consider living a sustainable lifestyle? How does one strategically contribute to a sustainable society beyond one’s own life? This is an introductory seminar about what it means to change behavior – both personal and beyond toward sustainability – the challenges and barriers we as people face to do so – and the consequences that we may face if we don’t. We will explore the concept of sustainability in personal and professional life and brainstorm and plan how to embed sustainability at home, in a group, at school and at work.

Lernziele und Kompetenzen: The participants will:
- gain a basic knowledge and awareness of the many aspects of sustainability and why they are important
- will look at the current state of affairs on the planet – and the Sustainability Development Goals and targets that have been set and adopted by the United Nations
- develop critical, whole-systems thinking skills
- self-reflect on their own behaviours and to change them
- gain hands-on practice in analysing and planning for sustainability

Einzelkompetenzen: The participants will critically explore the definition of sustainability. They will analyse why it is difficult to define and achieve sustainability, and why sustainability has become so important throughout the world. Questions that will be explored are: What are the barriers, challenges and opportunities to live a sustainable lifestyle? How can we make a meaningful contribution toward sustainability? At the end of this course, participants will have gained knowledge in competencies in understanding the complexity of sustainability, how to live sustainably and change behaviours that are unsustainable, and help integrate sustainability into planning for individuals, groups and organizations.

Hinweise: Material will be provided by the lecturer, excellent English required, 100% attendance mandatory, credit earned through a group presentation / and term paper (based on either the presentation or the behaviour change project), and in-class work.

Methode: The methods will include lecture, media review, group research, presentation, discussion and analysis, and a final group project focused on sustainability planning for an individual, group, event, or company. The final group project that will be presented on the final day of class will require approximately 3-4 hours outside of class time. Each participant will also be asked to take part in an ongoing behavioural change project for the two weeks in which the seminar is taking place (this project itself will not take additional time – only commitment to the change and self reflecting on the challenges faced), which then can be used as a topic for the final term paper.

There will be one optional evening field trip planned on a week night in between the scheduled classes (TBD).
Disziplinäre Verortung und Literatur: This is a class that delves into several disciplines including science, behaviour change, strategy development and sustainable planning and innovation. Students are welcome to prepare themselves for the course by reading the following reports and article:

**Engaging Tomorrow’s Consumer Report**

**Sustainable Facts: Today’s Lifestyles and Tomorrow’s Trends**

**Europe Leads Sustainable Development Agenda**
http://www.euractiv.com/section/energy-environment/opinion/europe-leads-sustainable-development-agenda/