



DEVELOPING SUSTAINABILITY LIFESTYLES

Description of the innovative teaching practice

Based on student investigation, role-models and hands-on projects, inquiry-based learning will be employed as an innovative teaching method that will support the students to acquire and develop new skills oriented toward sustainable lifestyles. The participants will have opportunity to observe their behaviour and challenge themselves for a period of 5 months to experiment with new habits oriented toward more sustainable lifestyle. They will explore individually and in teams many different approaches humans have toward life, environment, resources, and work and explore more sustainable ones. This innovative teaching practice is beneficial for students, and the experience can be inspiration for their work style as well.

The **objectives** of the innovative practice:

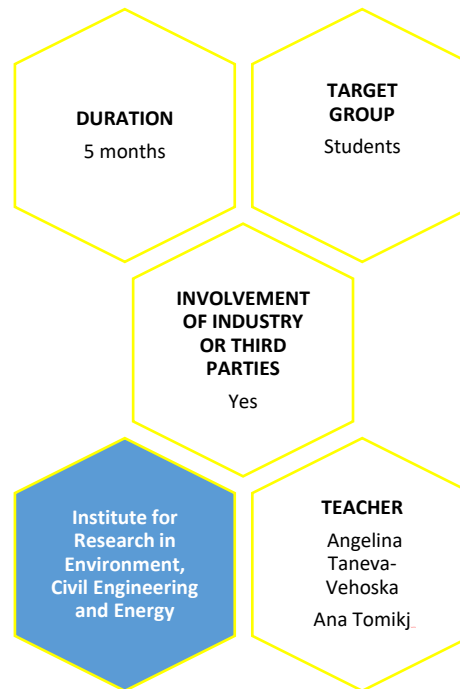
- Challenge unsustainable behaviour and make shift toward more sustainable lifestyle
- Explore the different strategies and approaches in order to use resources in more sustainable manner
- Employ reflexive thinking and action learning techniques
- Supports the participants to uncover their own agency and potential through which they can contribute to a sustainable world
- Development of change agency competences for walking the talk of sustainability, namely personal leadership and self-sustainability competences

Topics that will be covered in this practice:

- Responsible vs. irresponsible use of resources
- Exploring our personal footprint
- Brainstorming ideas to practice sustainable living
- Sustainability lifestyle challenge – personal goal, obstacles and inspiration
- Case studies and real-life examples from Sustainability leaders
- Being sustainable at work

Skills to be acquired/ improved:

- **Hard skills – Conceptual/thinking skills:** direct impact on Analytical thinking and Decision making, indirect impact on Planning and organizing
- **Soft skills – Personal skills:** direct impact on Social responsibility and Flexibility/adaptability
- **Business skills:** direct impact on Care for sustainable development and Creativity/innovation



Methods and techniques

- Format > Inquiry-based learning
- Techniques completed with individual work: self-assessment quiz
- Techniques completed in teams: debate, demonstration, problem solving
- Available resources via e-learning platform: quests, articles, video materials, presentations, forum.

Methods for assessment and evaluation of the practice

Methods for assessment

- Pre- and post- self-assessment
- Individual assignments
- Team presentations

Methods for evaluation

- Evaluation lists and feedback from students
- Testimonials and photos from students during implementation phase
- Feedback from involved professionals