



Microtraining Sustainable Lifestyle

(Resource ID: 23)

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This teaching resource is allocated to following University:

KFUG - Karl-Franzens-University Graz

<http://www.sustainicum.at/en/modules/view/23.Microtraining-Sustainable-Lifestyle>



Individual work
Work in pairs
Group work



Independent of
the number of
students



15 to 30 min
4-7 lecture
units
up to 1 semester



English, German

Sustainable lifestyle affects different life domains, such as: mobility, nutrition, leisure and travel, consumption, living, use of resources and energy. It is more important than ever to act sustainably in everyday life, which means to decide in favor of environmentally conscious and socially responsible options. Personal learning for change is the first requirement. Microtraining is a way to give people in a short time information and to support informal learning and peer-to-peer learning. "Sustainable lifestyle Microtraining" can be integrated in courses with or without reference to sustainability. Over a period of 3 months to a semester short inputs stimulate the reflexion of the own lifestyle, promote the exchange with other peers and start change processes.

For the three life style domains "food", "mobility", and "energy" slide sets are available à three "sustainable lifestyle microtraining" sessions (each of

15 - 20 minutes). („Energy“ only in German).

These three modules (each consisting of three sessions) are framed by two introductory sessions and an evaluation session at the end, and they can be used individually or as a package. A supplementary manual describes the use and combination options and the microtraining method and provides guidance on implementation details.

The following documents are available:

A1_Microtraining-Sustainable-Lifestyle_Manual.pdf

A2_Microtraining-Method_EN.pdf

B3_Microtraining_Sustainable-Lifestyle-Reflection.pdf

B_Microtraining_Sustainable-Lifestyle.pdf

B_Microtraining_Sustainable-Lifestyle.ppt

B_Microtraining_Sustainable-Lifestyle_PowerPointSlides.pdf

E0_Microtraining_Nachhaltig-Handeln_Energie.pdf

E3_Checkliste-Nachhaltig-Handeln_Energie.pdf

E_Microtraining-Nachhaltig-Handeln_Energie.ppt

E_Microtraining-Nachhaltig-Handeln_Energie_PowerPointFolien.pdf

F0_Microtraining_Sustainable-Lifestyle_Food.pdf

F_Microtraining-Sustainable-Lifestyle_Food.ppt

F_Microtraining-Sustainable-Lifestyle_Food_PowerPointSlides.pdf

M0_Microtraining_Sustainable-Lifestyle_Mobility.pdf

M_Microtraining-Sustainable-Lifestyle_Mobility.ppt

M_Microtraining-Sustainable-Lifestyle_Mobility_PowerPointSlides.pdf



Written material

Learning Outcomes

Based on concise and significant inputs reflection of the own lifestyle is stimulated as well as the start of "sustainable lifestyle" change projects in the own every-day practice - accompanied by the exchange of experiences in the participants (peer) group.

Relevance for Sustainability

Acting sustainably is, to understand the consequences of one's actions and to make them as environmentally friendly and socially responsible as possible.

Related Teaching Resources

No specific previous knowledge / related resources required

Preparation Efforts

Low

Access

Free

Funded by

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