WORKSHOP
On ESD project design

In the next 2.5 hours we will …

Q1: Look into the elements of a "Sustainable" or a "Plastic-Free" Institution

Q2: Apply a model to "get" there, through the lens of ESD

Key to Symbols used

Solo exercise

Pair exercise

Group exercise

All together

Our Sustainability lenses

From: Mediterranean Strategy on ESD
(Whole School Approach theory)

Q 1 My Sustainable School

Decide, as a group, which Institution you will focus on. Consider a <u>specific working environment</u> that at least one group-member knows very well. Examples:

A. My Sustainable Kindergarten

B. My Sustainable Primary School

C. My Sustainable High School

D. My Sustainable University

E. My Sustainable Department / Office

F. My Plastic-Free Kindergarten, Primary School, …

G. My Climate friendly Kindergarten, Primary School, …

Group exercise

Q 1 My Sustainable School

Visualise how you would like the chosen Institution to work, in order to maximise happiness and to minimise environmental impacts.

Note down **3 key-elements** for your sustainable School.

Components might be scheduling, classroom management, food systems, energy use, transportation, decision making, etc.

!!! Try not to be overambitious or too complex, keep it neat and simple.

Solo exercise

Q 1 My Sustainable School

Share your thoughts in your group.
Prioritise, within your group, **3-4 topics** that are absolutely necessary for the institution to become sustainable or ‘Plastic-Free’ or ‘climate-friendly’, or ‘zero-waste’ etc.

Define as clearly as possible “how things will be” in this school.

!!! There is a different starting point for each institution
!!! Do not overlook what is happening already in the ESD direction.

Group exercise

Q 1 My Sustainable School

Group exercise

Q2

Let’s develop a plan to “make-it-happen”, through the ESD lenses

Q 2 Change Management Model

1. Identify allies

A vision must be shared to unleash its power. Brainstorm for people and groups that share your vision and can be your potential allies.

Map *in-school* companions (administration, students, teachers, parents, operation staff) and *out-of-school* companions (local authorities, other schools, sponsors, etc).

<u>How</u> will you invite them into the process, how will you convince and mobilise them?

Group exercise

Q 2 Change Management Model

2. Identify actions

Brainstorm and list some concrete action steps necessary to achieve the specific vision for the specific school.

Avoid making your Action Plan too complex from the beginning, otherwise it can discourage participation.

Group exercise

Q 2 Change Management Model

3. Identify obstacles

Identify the obstacles that might get in the way of realising your vision (including your own way of thinking).

List a number of obstacles and ways to address them, that are compatible with your ESD principles.

Group exercise

Q 2 Change Management Model

4. Identify resources

Identify human resources, information and assistance available that can help achieve the vision.

Identify possible sponsors for your foreseen activities, e.g. a company to donate a water tank for rainwater harvest; seeds for tree planting; recycling bins; etc.

Group exercise

Q 2 Change Management Model

Briefly present your model

Other groups can comment how you can overcome the identified barriers.

All together

Implement, Monitor, Adjust your model

Monitor, Observe : What are we doing? What are the current conditions? What trends are developing? How is our plan working? Are we making progress toward our goals? What new obstacles or allies have emerged?

Reflect, Decide to Adjust: In light of the changing conditions (and in concert with our vision) Decide what new plan or action we need to undertake?

Act: Implement your decided actions. And then do it again — observe decide, act — and keep doing it.

Implement, Monitor, Adjust your model

Do this continuously, because working towards a vision is a dynamic, evolving process; conditions continuously change.

Remember that success changes the game, so that doing what you did before will not give you the same result.

The hardest thing of all is deciding what to do when things are not working. Stop what you're doing: don't do it harder or longer, don't invest more resources. Instead, back off, regroup, and work through the change management model to resolve the problem.

Tips, lessons learnt in similar campaigns

- Don’t re-invent the wheel and don’t treat people as *tabula rasa*. Many institutions are doing already a lot of SD/ESD work (even if they don’t call it that). **Build on what is happening already in the school**.
- Such Action Plans can be only **custom made**, for each institution. They need to be developed **by the school community themselves**.
- In most countries, a **very low percentage** of the teaching staff even know e.g. the SDGs and the ESD mentality. On the other hand you can be surprised how many colleagues-teachers may share and support your vision, once explained to them.
- The **School Administration** is a Strategic Ally: Having them onboard will make your life easier.
- **Network**, you will benefit from knowing what other schools are doing.
- **Be patient** changes don’t happen overnight.
- You might **start small** but you should always **think big**.

Debrief exercise

What were my learning objectives for this session?

The exercise could serve as a "template" for ***implementing change*** *in your classroom, school or community. It can be also applied to tackling global challenges such as creating a "climate-ready" or "plastic free" future.*

Any ***process of change is a complex system****. It is goal driven, interactive, and has both positive and negative feedback loops built in. But it won't operate in a vacuum. It needs a* ***vision*** *to drive it.*

PLASTIC DETOX:
DEPLASTIFY YOUR LIFE
SKILLS NEEDED
RESILIENCE
STAY STRONG
PERSEVERE
ONCE YOU START YOU'LL SEE PLASTIC EVERY WHERE
TAKE SMALL STEPS
PLAN AHEAD
LIST
BE ORGANISED AND PREPARED
WILLINGNESS TO SHARE WITH OTHERS
WHY WE NEED TO REDUCE OUR PLASTIC
PLASTIC LASTS FOREVER
KILLS ANIMALS
ANIMALS GET ENTANGLED
GETS IN THE FOOD CHAIN AND COMES BACK TO US
CLOTHING
COTTON
HEMP
SILK
WOOL
CHOOSE PLASTIC FREE FIBERS
ASK GOOGLE!
HOW CAN YOU MAKE IT PLASTIC FREE?
POLYESTER
FIBERS TO AVOID
ACRYLIC
DRINKS
NO
SAY NO TO BOTTLED WATER AND STRAWS
BUY MILK IN REUSABLE GLASS BOTTLES
USE REUSABLE BOTTLES AND COFFEE CUPS
MAKE YOUR OWN DRINKS
MAKE YOUR OWN SOY AND NUT MILK
HOT CHOCOLATE
SODA STREAM
FRESHLY SQUEEZED JUICE
FOOD
PURCHASE IN BULK
PLAN YOUR MEALS FOR THE WEEK
GROW YOUR OWN
FRUIT, HERBS VEGETABLES
LEARN TO COOK FROM SCRATCH
TAKE COOKING CLASSES
MAKE YOUR OWN SNACKS & CONDIMENTS
GOOGLE IS YOUR FRIEND
DIP
YOGHURT
BISCUITS
PERSONAL CARE & CLEANING PRODUCTS
CLEAN WITH VINEGAR, BICARB AND WATER
METAL SAFETY RAZOR
CHOOSE NON PLASTIC PRODUCTS
MAKE YOUR OWN DEODORANT, LIP BALM, ETC
GOOGLE RECIPES
SHOPPING
$$
$
GO TO STORES THAT SELL IN BULK
MAKE A LIST OF WHAT YOU NEED
BRING CONTAINERS FOR
MEAT
CHEESE
FISH
BRING BAGS
SMALL ONES FOR FRUIT AND VEGETABLES
NO STRAW
SAY NO TO
PLASTIC BAGS
COFFEE CUPS
STRAWS
BOTTLES
PLASTIC CUTLERY
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Literature & Contacts

FACILITATOR CONTACTS

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LITERATURE

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