

SpainBcn-Programs

Staff Training Week in Barcelona



SUSTAINABLE LIVING taking environmental awareness to action.

Day 1 – Monday – Why Sustainable Living is so important?

- Introduction to the course.
- Key words: Sustainable development, sustainable living, responsible consumption. • What does it mean to live a more sustainable lifestyle?
- Ultimate ideas to practice sustainable living.
- Group reflection based on fact-based information and statistics.
- Case examples: Exchanging good practices on how to improve our sustainable living . • Practical activity: Wanted. The tourist of the future. Answer this questionnaire and see if you are the tourist of the future.

Day 2 – Tuesday – Sustainable Living at the work place.

- Key words: Reduce, reuse, recycle, transport mobility.
- Why is reducing waste important?
- Exchanging good practices on how to reduce waste.
- Video and group reflection: Zero Waste. Packaging vs. buying in bulk.
- Practical activity: Class challenge to reduce waste and consume differently. • New forms of vehicle use and ownership.
- Case examples: Speed reduction programs in zones near schools.

Day 3 – Wednesday – Guided visit to Barcelona sustainable city.

- The main theme of our city tour: how people are working together to overcome the barriers for an eco-friendly lifestyle in an urban environment.
- The city tour usually takes around four hours, in which we cover 6 stops:
 - o Vertical garden.
 - o Community garden.
 - o Recycling warehouse.
 - o Solar panels.
 - o Electric car station.
 - o Second-hand shops.
- In addition we are flexible to adapt to the needs and wishes of the group.

Day 4 – Thursday – Sustainable Living & Nutrition.

- Key words: Eco-label, organic food, km0 food.
- The nutritional value of my food.
- Organic food vs. food packaging.
- Local consumption and km0 food: How far do our food and goods travel to get to our house? • Case examples: Community gardens, agricultural parks and consumption groups. • Group reflection: What habits can I change regarding my nutrition?
- Video and group reflection: Super Size Me. The movie that changed McDonald's? •

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TRAINING ACTIVITIES

Day 5 – Friday – Sustainable living & Fashion.

- Key words: Sustainable fashion, green clothing.
- Product lifecycle in fashion.
- How you would describe sustainable fashion?
- What are the key factors in sustainable fashion?
- Sustainable fashion: Consumer awareness and education.
- Video and group reflection: China Blue. After watching this movie, shopping will never be the same again.
- Practical activity: Fashion Revolution Day - 24 April, 2023. Who made my clothes? Join the fashion revolution.
- Final course evaluation and feedback.
- Validation of learning outcomes and handling certificates.