



CURRICULUM OF TRAINING

for trainers on environmental / green activism

OBJECTIVES OF TRAINING

The main goal of this training is to increase the awareness of young adults about environmental issues and equip them with brief insights in skills necessary for social activism. Through giving tools and empowerment to introduce changes in their immediate communities their employability should be increased by improving their transversal skills, including active citizenship and entrepreneurship.

The training focuses on equipping with simple and practical activism skills that each person would be able to implement in their surroundings even with no much experience in facilitation or such activities. This way we will reduce barriers and increase the likelihood of these youngsters actually trying to pass the experience further.

TARGET GROUP

Direct: Unemployed adult learners aged 18-24.

Indirect: Educators of adults, especially those who are focused on unemployed adults

TRAINING TASK

At the end of this training young adults are expected to:

- be aware of the major existing environmental issues;
- be aware of daily actions they can take in their homes and other spaces to reduce their environmental footprint;
- have basic understanding on ways to take social action through either physical or digital events.

TRAINING METHODS

- „train the trainer” approach
- frontal lecturing
- group works and structured discussions
- digital learning
- Carbon Conversation Group Facilitation (by Rosemary Randall)
- learning by doing
- various elaboration methods (individual and in groups)

TRAINING STRUCTURE

A training programme divided in 4 modules. The length in hours depends on the local situation, but the structure is created with the consideration that each module could be brought to the audience on a different day, and does not extend the length of an afternoon. For example, educators can plan each module to be taught to local young adults once a week, completing the whole curriculum in a month. Content can be adjusted according to the

dedicated timeframe and the needs of the particular group (e.g. modules presented separately).

MODULE 1 - A theoretical module that consists of one in-person session and individual work in the shape of an online course.

Goals: rising awareness on environmentally conscious behavior, rising awareness of one's personal views and habits, presenting the most recent activism examples from the world, learning the theoretical background.

MODULE 2 - A module where theory and practice is combined to equip young adults with particular ideas, knowledge and skills for organizing their own green initiatives.

Goals: learning about activism in practice, learning how to implement ideas, learning how to put environmentally sustainable actions in practice (connecting the theory from the previous module with practice), and learning the importance of publicity and event promotion.

MODULE 3 - A practical module that takes place mostly in the individual surroundings of the involved young adults. They are encouraged to implement activities planned in the previous module both online and offline.

Goals: learning how to implement ideas and put environmentally sustainable actions in practice, solidifying the knowledge from the Modules 1&2 (as they will need to refresh the knowledge to be able to bring it to other people), encouraging the formation of connections in the local community, encouraging the formation of environmentally conscious habits among individuals. Learning about broader impact through dissemination activities.

MODULE 4 - A practical module after all the activities have taken place. The involved young adults gather together to elaborate on their experiences and the learning points.

Goals: learning about evaluating one's activities in practice, learning about making conclusions and planning improvements. Learning to consider sustainability of the organized activities.

MODULE 1

Time	Activity	Goals and description
20 min	1.1 Introduction	Welcoming and introducing to the course and the facilitator (educator)
15 min	1.2 Ice-breaking	Goals: <ul style="list-style-type: none"> • Building group dynamics that support a positive learning environment and maximize the learning outcomes. • Defining the expectations and interests of participants to understand the group better and help at setting individual learning objectives.
30 min	1.3 Mapping participants' views and values about environment	<p>This session serves as a tool to level all participants and ensure a more focused movement towards common learning objectives as a group.</p> Goals: <ul style="list-style-type: none"> • Giving a possibility for participants to familiarize with the topics through their own values and perspectives, filling the gaps through discussion • Getting an impression about the level of knowledge and experience within the group, allowing facilitation of the following activities according to their needs.
30 min	1.4 Bridging previous session with the next one	<p>Ensure a smooth transition from one session to another - connect topics of environmental issues and the potential solutions.</p> Goals: <ul style="list-style-type: none"> • Filling the missing theory gaps not covered in the previous session, answering the questions of participants. • A smooth transition from activity about environmental issues to introduction about the possible solutions in combating them through activism.

30 min	1.5 Introduction to environmental activism and our roles in it	<p>Foster participants' understanding about one of the ways (green activism) to encourage more sustainable changes in the society regarding environmental problems. Elaborate on each participant's role and potential contribution in this regard, activate their sense of initiative.</p> <p>Goals:</p> <ul style="list-style-type: none"> • Introducing to the main theoretical aspects of the environmental activism • Linking the above mentioned theory to the daily lives and realities of the participants • Raising awareness on the role each person has in the process of tackling the existing issues and ensuring a greener future
30 min	1.6 Instructions for homework	<p>Introduction to homework no.1 - a creative task that will help participants to relate more to the topic, and to potentially start self-investigation about the positive scenarios for sustainable environmental practices in future.</p> <p>Introduction to homework no.2 - self guided online learning from the online course</p> <p>Goals:</p> <ul style="list-style-type: none"> • Linking the homework to the content of the previous sessions to ensure the participants are aware on the role of this online course in the bigger picture • Giving incentive for not ditching the task • Pointing at the most important technicalities and requirements for completing the course • Providing with a few suggestions and tips for more effective learning online, including the ways to find additional resources and motivation to stick through.
20 min	1.7 Conclusions and wrapping up	<p>Elaboration on the learning outcomes and structuring the gained knowledge. Concluding on the main learning outcomes of participants, gaining their feedback and answering the remaining questions.</p>
2 h	1.8 Homework - online course about environmental issues	<p>(activity takes place individually, in the time between this and the following session)</p> <ul style="list-style-type: none"> • Providing participants with insights on the environmental issues and activism through engaging and interactive online media. Using the best aspects of these materials to reach maximum awareness about the topic. • Deepening awareness among participants over longer period of time

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		<ul style="list-style-type: none"> • Providing a valuable experience on efficient learning online as well as contributing to the skills of critical thinking through search of additional information/facts
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MODULE 2

depending on the amount of ideas to be implemented this module can be extended over several afternoons

Time	Activity	Goals and description
10-15 min	2.1. Greeting and ice-breaking	Goal: Welcoming participants and setting the necessary mindset in the team as well as individually to reach best potential results of the planned activities.
10-15 min	2.2. Elaboration on the previous module and the homework	Goals: <ul style="list-style-type: none"> • Monitoring the learning process of the participants - the main conclusions from the previous module, and their experience with the homework • Linking the previous learning outcomes to three topical areas that participants will continue to work on (home, leisure, work) • Encourage discussion and participants generating additional ideas on eco-friendlier actions or scenarios in the stories they are working with
15-20 min	2.3. Overview of actions that can be done to ensure greener behavior	Mapping the potential actions and connecting them to the individual realities of participants Goals: <ul style="list-style-type: none"> • Linking the previous learning outcomes to three topical areas (home, leisure, work). • Encouraging discussion on eco-friendlier actions or scenarios to expand their understanding about previously learned knowledge and emphasize the individual responsibility in this regard. • Helping to consider the potential problem / need in their communities or personal lives to be solved (targeted at initial goal setting for activities to be planned).

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40 min	2.4. What can I do now?	<p>Session on developing and choosing ideas for implementation</p> <p>Goals:</p> <ul style="list-style-type: none"> • Division of participants in working groups according to topical areas (home, leisure, work). • Defining more specific Objectives for the potential events. • Generating and selecting ideas for the format of potential events. • Pointing out the connection between the generated concepts and the steps of a structured event management.
10-15 min	2.5. How will we get there?	<p>Session on event content planning</p> <p>Goals:</p> <ul style="list-style-type: none"> • Develop and specify the content of the planned event/activity. • Learn about putting ideas into action.
40 min	2.6. How can I put my idea into action?	<p>A session on event management and implementation</p> <p>Goals:</p> <ul style="list-style-type: none"> • Creating an easy-to-follow work plan and division of responsibilities. • Identifying and planning the necessary resources and partnerships to implement the idea. • Defining the timeline and milestones for the event plan (NB! It is a timeplan for the whole management process not the event itself). • Identifying necessary preparations. • Learning about structured event planning and management. • Obtaining practical tools for event implementation (event planning canvas)
60-120 min*	2.7. How can I promote my idea?	<p>Practical session on online and offline means for reaching the target audiences of events</p> <p>Goals:</p> <ul style="list-style-type: none"> • Deciding on most appropriate platform for event publicity • Working on planning and executing event publicity • Learn the significance of event promotions

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		<ul style="list-style-type: none"> • Learn about creating content for publicity • Learn about efficient ways for reaching target audiences.
10-20 min	2.8. Wrapping up	Goals: <ul style="list-style-type: none"> • Shifting the mood of the group out of working mode. • Summarizing the learning outcomes of this module, linking them to the previous module. • Encouraging the implementation of their planned activities and thinking about the steps in the time until the next meeting

* Depending on the number of participants

MODULE 3

A module that is very encouraged to maximize the learning impact (can take place separately or together with the previous module if participants are ready to implement their ideas immediately)

Time	Activity	Goals and description
10 – 15 min	3.1 Greeting and icebreaking	Goal: Welcoming participants and setting the necessary mindset in the team as well as individually to reach best potential results of the planned activities.
20 - 30 min*	3.2 Last preparations in the group with support of the facilitator	Goals: <ul style="list-style-type: none"> • checking participants' progress regarding filling the event management canvas • answering the unclear questions and providing with the missing information
20 - 30 min*	3.3 Event planning canvas assessment	Detailed elaboration on the created event plans of participants. Goals: <ul style="list-style-type: none"> • Confirming the goals of the activity • Making sure participants know which are they target group, • Setting up activities and distributing responsibilities, • Come up with a realistic time plan,

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		<ul style="list-style-type: none"> • Have a realistic budget plan, • Make sure that a risk assessment is part of the plan activity.
10 – 15 min	3.4. Wrapping up and elaboration	Goals: <ul style="list-style-type: none"> • Shifting the mood of the group out of working mode. • Summarizing the learning outcomes of this module, linking them to the previous module. • Encouraging the implementation of their planned activities and thinking about the steps in the time until the next meeting.

* Depending on the number of participants

MODULE 4

possible to do separately or together with the previous module if there is enough time and it fits conceptually

Time	Activity	Goals and description
10 – 15 min	4.1 Greeting and icebreaking	Goal: Welcoming participants and setting the necessary mindset in the team as well as individually to reach best potential results of the planned activities.
15 – 20 min	4.2 Short elaboration on previous modules	Goal: Monitoring the learning process of the participants - the main conclusions from the previous modules, and their experience with the events
60 – 120 min*	4.3 Presentations of the activities	Goals: <ul style="list-style-type: none"> • Gathering the perspective of the participants about their created ideas and events. • Highlighting the last step of the event management - reporting. • Sharing of experiences among the participants. • Connecting the theory from previous modules, and individual work from the last module with practice.

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30 min	4.4 Session on sustainability and planning the future	Goals: <ul style="list-style-type: none"> • Discussing in bigger group about the general flow of the events to reflect the elaboration process as a method • Defining potential improvements and follow-up ideas in bigger group • Emphasize the sustainability aspect and give a short introduction on how to ensure it • Foster the publicity of the project activities
30 min	4.5 Evaluation of the whole course	Goals: <ul style="list-style-type: none"> • Defining individual and group learning outcomes • Carrying out the formal evaluation requirements
10 – 15 min	4.6 Finalizing the event and parting words	Wrapping up and encouraging participants to be environmentally conscious

ADDITIONAL LITERATURE AND OTHER RESOURCES

1. 29 debriefing tools and questions / <https://blog.trainerswarehouse.com/debrief-tools-for-processing-and-memory>
2. A website that gives access to a broader collection of the materials generated in this project / Greenminded.eu
3. Carbon Conversations Handbook - materials for further reading / <http://www.carbonconversations.co.uk/p/materials.html>
4. Energizers and Icebreakers from project Act For Youth / <https://www.actforyouth.net/resources/yd/icebreakers-energizers.pdf>
5. Estonian Green Movement-FoE (website is only in Estonian language). Non-profit environmental organization and was one of the first environmental organizations in Estonia to deal with a wide range of environmental and developmental issues / <https://roheline.ee/>
6. Green Action campaign tools and examples from idea to action / <https://www.youthworkresource.com/youth-work/games/ice-breakers/>
7. Green Action facilitator guide / https://greenactionweek.org/wp-content/uploads/2019/05/Guide-for-facilitators-Planning-session-Green-Action-Week-2019-v3_compressed.pdf
8. Green events, checklist in English / <http://www.homoecos.lv/kratuve/aptaujas/green-events-checklist-in-english/>
9. Green toolbox for sustainable youth organizations / http://www.homoecos.lv/wp-content/uploads/2017/11/GTB_web.pdf
10. List of icebreakers, energizers, other activities in youth work / <https://www.actforyouth.net/resources/yd/icebreakers-energizers.pdf>
11. Project cards: Erasmus+ Project “A Tale of Two Futures” - collection of eco projects to inspire participants / <https://tales2futures.eu>

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