

Microlearning Sessions Activity

SUSTAINABILITY LITERACY

CITIZENS  **ACCELERATOR**

Activity 1: Sustainable living

Objective(s):

- Increase sustainability literacy among adults by providing a basic understanding of sustainable practices and their importance.
- Promote awareness about sustainable practices.
- Promote participation in local events focused on sustainability.

Materials needed:

- Screen and computer or interactive board to project the video and the images or other resources used for the activity.
- Papers and pens for participants.
- A clock to control the timing of the activity.

Duration:

20 minutes

Description:

Introduction (2 minutes):

Welcome participants and set the context for the session. Explain how the activity will be carried out and outline the objectives of the session.

Getting started (3 minutes):

Ask the participants to define what sustainability is for them. Help them by using questions such as: What does sustainability mean to you? Suggest that they think about it or write it down on a piece of paper.

What is sustainability? (10 minutes):

Use images, graphics, and posters representing sustainable concepts like recycling, energy and water conservation, environmental care, food choices¹. Comment on each image and explain its meaning in simple terms. Introduce key concepts like environmental, social and economic sustainability. Depending on the number of images to be commented on, you may spend a minute or two commenting on each of the images.

The topic of sustainability is very broad and there are many issues to discuss, that's why this microlearning session can be adapted as you see fit. You can work on different pillars of sustainability devoting a few minutes to each of them or you can go deeper into a particular pillar using and adapting this microlearning template for the specific topic you want to discuss.

¹ See example images in Annexe 1



Closing reflection activity (10 min):

Ask simple, open-ended questions such as:

- How do you personally try to live a more sustainable life?
- Have you made any recent changes in your lifestyle to reduce your environmental impact?
- What do you believe are the most urgent sustainability issues that we should address as a society?
- Are there any particular sustainable practices you find especially promising?
- How do you feel about the current state of global awareness and action on environmental issues?
- Are there any specific sustainable challenges in your local area that you are passionate about?
- Have you ever taken part in a sustainability-related project or initiative?
- What role does conscious consumption play in your approach to sustainability?
- How do you balance convenience and sustainability in your daily life?
- What do you believe are the long-term benefits of sustainability for future generations?

If you have more time or want to go deeper, you can use these resources for another microlearning session.

- Watch this video that explains in four minutes what sustainability is: [sustainability in 4 minutes](#)
- Encourage participants to set achievable sustainability goals for themselves or their communities.
- Provide recommendations for books, websites, videos or organisations that can help participants learn more about sustainability.



Annexe 1:



Plastic pollution

From: Pexels

Author: Lucien Wanda



Recycle

From: Pexels

Author: Jan van der Wolf





Biodegradable materials

From: Pexels Author: Antoni Shkraba





Reduction of packaging

From: Pexels Author: Karolina Grabowska



Economic sustainability (deforestation)

From: Pexels Author: Johannes Plenio





Social Sustainability

From: Pexels Author: Hamza Awan





Responsible production and consumption

From: Pexels Author: Kamaji Ogino



Responsible production and consumption

From: Pexels Author: Laura James



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