



CITIZENS ACCELERATOR

# Sustainability literacy

Microlearning session



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# Definition

**Sustainability literacy** refers to the ability to understand and apply concepts related to sustainability.



This includes an **understanding of environmental, social, and economic** issues, as well as the capacity to make informed decisions and take actions that promote sustainable development.

## What does sustainability literacy involve?

An awareness of the interconnection between natural and human systems and the consideration of **how our actions impact** the environment and society in the long term.

# BENEFITS

## Informed decision making

It equips people and organisations to make informed decisions that consider the long-term environmental, social and economic impacts of their choices.

**For example:** before buying any product, find out where it is produced and what environmental impact its use has. Try to consume local and seasonal products.

## Eco-friendly practices

It fosters a sense of responsibility and care for the environment, leading to more sustainable practices and reducing ecological footprints.

**For example:** choose more sustainable transport options, such as walking or cycling or using public transport.

## Economic resilience

Understanding sustainability can lead to cost savings, increased efficiency, and reduced risks, making businesses and economies more resilient.

**For example:** make informed decisions about energy consumption at home, opting for efficient appliances, using LED bulbs, turning off electronic devices when not in use.

## Global Citizenship

It encourages a global perspective, recognising the interconnectedness of the world and the importance of global cooperation to address pressing challenges.

**For example:** inform yourself about global issues and share this information to promote awareness and understanding.

# BENEFITS

## Innovation

It can drive innovation by inspiring new solutions and technologies that are more eco-friendly and socially responsible.

**For example:** using technologies to improve agricultural efficiency, reducing the use of fertilizers and pesticides.

## Improved quality of life

It often leads to improved living conditions, cleaner environments, and healthier communities.

**For example:** ensure access to safe drinking water and promote water conservation practices in the community, such as using rainwater or grey water (used in domestic tasks).

## Social equity

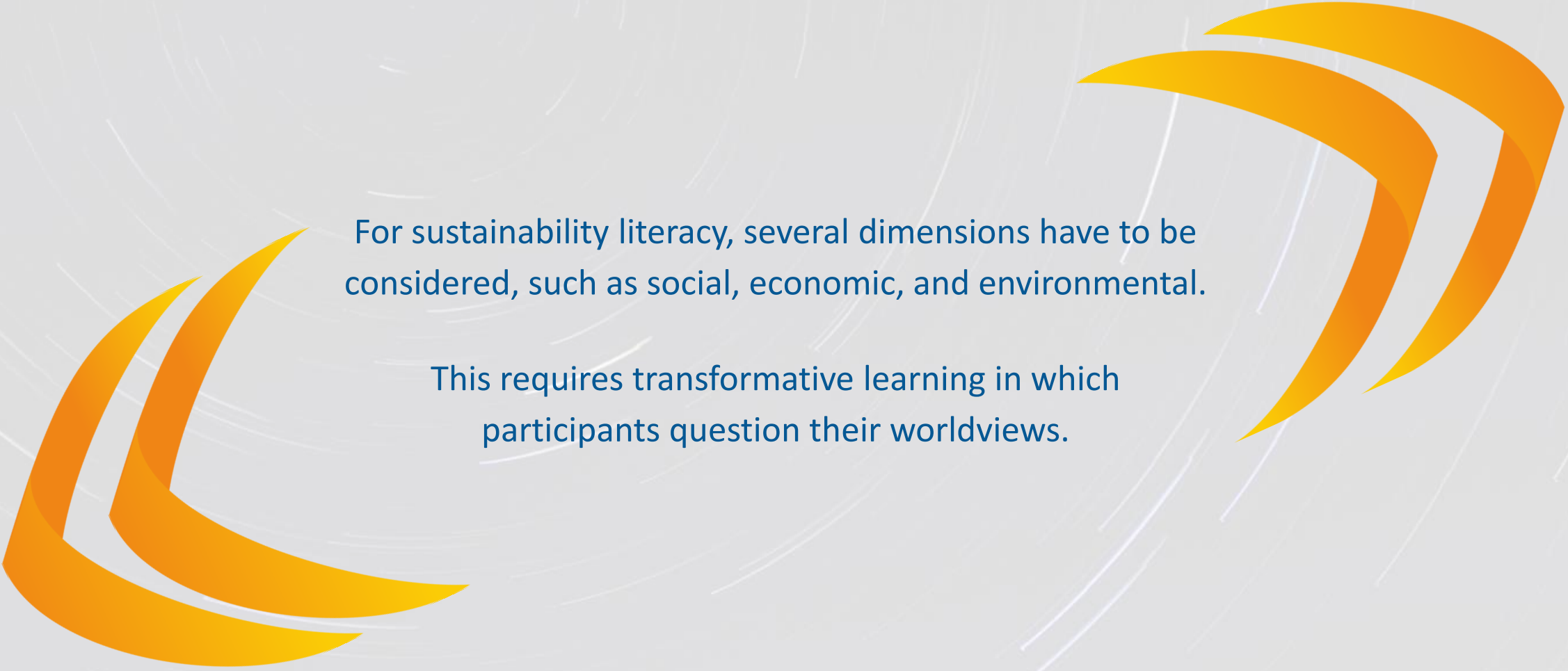
It promotes awareness of social issues, encouraging efforts to address inequality, promote diversity, and create inclusive communities.

**For example:** sustainable practices can ensure equal access to essential resources such as clean water, healthy food and energy.

## Long-term viability

It helps ensure that resources and systems are managed in a way that preserves their viability for future generations.

**For example:** get involved in local and community initiatives that promote sustainability, from community gardening to clean-up and conservation campaigns.



For sustainability literacy, several dimensions have to be considered, such as social, economic, and environmental.

This requires transformative learning in which participants question their worldviews.

# The United Nations proposes 17 SDGs that go far beyond just environmental sustainability:



UN's 2030 Sustainable Development Goals (SDGs)

# Self-reflection questions

- Am I aware of how my lifestyle and daily choices have an impact on my environment?
- Do I know how to measure and assess the environmental impact of my decisions and actions?
- Have I reduced my single-use plastic consumption and embraced reusable alternatives?
- Do I engage in personal or community actions to promote sustainability, such as recycling, conserving energy, or supporting environmental causes?
- Am I willing to learn more and adopt sustainable practices in my daily life?
- Am I mindful of water conservation and do I take steps to reduce water wastage in my daily routines?
- Have I considered the ecological footprint of my transportation choices?

# Tips for sustainable literacy

- **Contextualization:** adapting to the needs and interests of the participants, relating it to everyday life.
- **Practical learning:** use practical approaches and concrete examples so that participants can apply what they learn in their daily lives.
- **Supportive community:** encourage participation in learning groups or communities where participants can share experiences and motivate each other.
- **Learn from real life:** include practical tasks that involve different skills in real situations.

Sustainable adult literacy is a holistic process that encompasses critical thinking, problem-solving and active participation in society.



# Partners



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