

General Information:	
Date	15-17 October 2025
Teaching units (90 mins)	10
Location	Heidelberg
Country	Germany
Price	649
VAT	not included: +
Minimum Number of Participants	19%5
Accommodation	not included / self organised
Your trainer (name)	Dr. Christian Baron



Course Description

Join our sustainability retreat in beautiful Heidelberg! This unique experience focuses on understanding systems, systemic change, and a comprehensive approach to sustainability. We aim to foster European connections and drive sustainability initiatives, especially in academic institutions.

The program covers environmental, social, and economic sustainability through interactive activities. Together, we'll identify sustainability issues and develop practical solutions for positive change. Enjoy Heidelberg's stunning landscapes, mindfulness activities, and raise your environmental awareness.

As an Erasmus program promoting international exchange, we recommend using sustainable travel options like trains to access Heidelberg from across Europe. Let's embrace sustainable practices throughout your journey.

Heidelberg is also a tourist destination - is it managed sustainably?

<p>Overall objectives of the mobility</p>	<ul style="list-style-type: none"> ● Utilising European synergies, cooperation and sustainable practices to address sustainability challenges and create solutions. ● Understanding the interaction of different sustainability aspects and gaining a holistic view in all dimensions specialized for members from academic institutions. ● Transfer and strategies for individual projects and own sustainable actions by promoting collective commitment to sustainable practices.
<p>Added value of the mobility (in the context of modernisation and internationalisation of the sending institution)</p>	<ul style="list-style-type: none"> ● Global Perspective on Sustainability: Broadens participants' understanding of global sustainability challenges and solutions, preparing them to address these issues within a diverse, international context. ● Capacity Building: Empowers academic institutions to develop and implement effective sustainability strategies, enhancing their ability to lead and influence in the field of sustainability. ● Knowledge and Skill Transfer: Facilitates the exchange of best practices and innovative approaches to sustainability, enriching the curriculum and research capacities of participating institutions.
<p>Activities to be carried out</p>	<p>Highly interactive application-oriented training, utilising game-based approaches, concrete group exercises and working on your own questions and examples. Methods used are:</p> <ul style="list-style-type: none"> ● Concrete exercises ● Working in pairs and small groups. ● Game-based elements ● Blended Learning approach
<p>Expected impact and outcome</p>	<p>After the course you will be able to convey:</p> <ul style="list-style-type: none"> ● A holistic understanding of sustainability ● Promote sustainability action and mindfulness ● Promote environmental stewardship and encourage active environmental care
<p>Target Group</p>	<p>Scientists, doctoral candidates, (sustainability) project leaders, emerging leaders, sustainability advocates</p>

Your Destination: Heidelberg, Germany

Visit and explore the beautiful city of Heidelberg! Located in southwestern Germany, Heidelberg is famous for its scenic views, rich history, and welcoming atmosphere. Known for its iconic castle, the city offers a mix of historic charm and modern life. Wander through the narrow streets of the Old Town, admire the baroque architecture, and enjoy the vibrant cultural scene. The nearby Neckar River and surrounding hills provide perfect spots for hiking and outdoor activities. Heidelberg is a wonderful destination for anyone interested in history, culture, and nature.



Your Course: Heidelberg Sustainability Retreat

Be a Sustainable Change Maker: Transform, Connect,
Thrive

Monday 24 March	Tuesday 25 March	Wednesday 26 March	Thursday 27 March	Friday 28 March
09:00 - 12:30	09:00 - 12:30	09:00 - 12:30	09:00 - 12:30	09:00 - 12:30
		<ul style="list-style-type: none"> ● Welcome! Determining own sustainability learning goals ● Sustainability - what's it to me? ● Understand climate change and its effects 	<ul style="list-style-type: none"> ● Environmentally friendly? Sustainable? What is really sustainable? ● Waste and waste management basics 	<ul style="list-style-type: none"> ● Immersive, hands-on activity combining teamwork and fun ● Reflection & end of the course
12:30 - 1:30	12:30 - 1:30	12:30 - 1:30	12:30 - 1:30	12:30 - 1:30
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
13:30 - 15:00	13:30 - 15:00	13:30 - 15:00	13:30 - 15:00	13:30 - 15:00
		<ul style="list-style-type: none"> ● Emissions and personal footprint ● Systems thinking ● Planetary boundaries and system borders 	<ul style="list-style-type: none"> ● How to redesign a system? ● How to communicate sustainability? 	
Evening	Evening	Evening	Evening	Evening