

General Information:	
Date	3-5 September 2024
Teaching units (90 mins)	8
Location	Arco, Lake Garda
Country	Italy
Price	649
VAT	not included: + 22%
Minimum Number of Participants	5
Accomodation	not included / self organised
Your trainer	Dr.-Ing. Christian Baron



Course Description

Join our sustainability retreat at beautiful Lake Garda! 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 Lake Garda's stunning landscapes, mindfulness activities, and raise your environmental awareness.

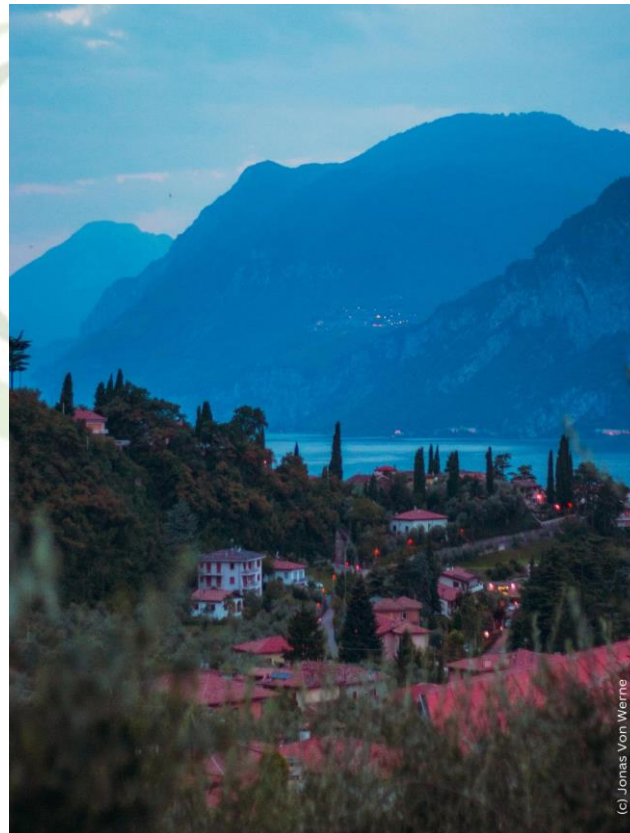
As an Erasmus program promoting international exchange, we recommend using sustainable travel options like trains to access Lake Garda from across Europe. Let's embrace sustainable practices throughout your journey.

<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

Visit and explore the stunning region of Arco Lake Garda! Nestled in northern Italy, Arco offers breathtaking landscapes, a rich history, and a vibrant community. Known for its outdoor activities, the area is a paradise for hikers, cyclists, and nature enthusiasts. Experience the peaceful atmosphere of this charming town, characterized by its historic architecture, lush green spaces, and the crystal-clear waters of Lake Garda. Arco also provides easy access to nearby cultural and historical sites, making it an ideal destination for both relaxation and adventure.



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Monday	Tuesday	Wednesday	Thursday	Friday
09.00-12.30	09.00-12.30	09.00-12.30	09.00-12.30	09.00-12.30
-	() Welcome! Determining own sustainability learning goals () Sustainability basics	() Immersive, hands-on activity combining teamwork and fun.	() Group work on your own projects such as: sustainability strategy, planning, eco-design, circular economy, sustainability actions, behaviour change, user-centricity, green communication	-
12.30-13.30	12.30-13.30	12.30-13.30	12.30-13.30	12.30-13.30
<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
-	() Group work on your own projects such as: sustainability strategy, planning, eco-design, circular economy, sustainability actions, behaviour change, user-centricity, green communication	() Immersive, hands-on activity combining teamwork and fun.	() Mindfulness, reflexion, distress	-