



Sustainability Essentials

Course overview

Ages:	16+	English level:	Intermediate B1+	Starting Dates:	5th Feb, 27th May, 16th Sept 2024
Duration:	4 weeks	Academic info:	15 hours per week	Location:	London, Toronto, Dubai and Malta
				End of course certificate:	

Course description

This four-week Professional Certificate course explores the essentials of sustainability while enhancing your English language skills.

Week 1: Introduces sustainability's core concepts, emphasising its personal and professional relevance and covers the three sustainability pillars, Sustainable Development Goals, and practical sustainable living.

Week 2: Delves into Environmental Sustainability.

Week 3: Addresses Social Sustainability, focusing on social justice, human rights, community engagement, and responsible consumption.

Week 4: Economic Sustainability explores circular economy models, corporate responsibility, sustainable finance, and performance measurement, all within an English language context.

Each week will include class discussions, case studies, interactive activities, and individual exercises to put into practice the concepts learned. The course will also include recommended readings and resources for further learning.

Sample Timetable

Week One example timetable:

	Monday	Tuesday	Wednesday	Thursday	Friday	
Session 1	<p>Welcome and course overview.</p> <p>Interactive quiz to assess participants prior knowledge of sustainability.</p> <p>The definition of sustainability and its importance.</p> <p>Vocabulary building and discussion on sustainability terminology.</p> <p>Discussion of real-world case studies illustrating sustainability challenges.</p>	<p>Input and discussion on the three pillars of sustainability: social, environmental, and economic.</p> <p>Group activity Participants brainstorm and share examples related to each pillar.</p>	<p>Research and report on a social, environmental, or economic sustainability initiative.</p> <p>Brief presentations on research findings of sustainability initiatives.</p> <p>Introduction to Sustainable Development Goals (SDGs) and their relevance to business and society.</p> <p>Participants select an SDG, discuss its significance, and propose action steps.</p>	<p>Input and discussion on sustainable lifestyles and personal actions to promote sustainability.</p> <p>Role-play activity "Sustainable Choices Supermarket."</p>	<p>Share and discuss journal entries on sustainable living.</p> <p>Group reflection on the week's sessions and their impact on personal perspectives.</p>	
Session 2	<p>Prepare a reflection on personal sustainability practices and present to the class.</p>	<p>Participants identify and categorise sustainability aspects in real-world scenarios.</p> <p>Group work Create sustainability vision boards, incorporating the three pillars.</p> <p>Presentation of vision boards and peer feedback.</p>	<p>Listening comprehension Real-life stories of SDG achievements.</p> <p>Group discussion on the importance of SDGs and how they connect to individual goals.</p> <p>Discuss chosen SDGs and motivations in pairs.</p>	<p>Create personal sustainable living plans.</p> <p>Presentation of living plans and peer feedback.</p> <p>Journal about one day of sustainable living.</p>	<p>Closing discussion for the week</p> <p>How to continue the journey towards sustainability.</p>	

What you'll learn

By the end of this course, you should be better able to:

- understand sustainability and its significance in both personal and professional life.
- explain and appreciate the three key pillars of sustainability - social, environmental, and economic aspects.
- recognise Sustainable Development Goals (SDGs) and their relevance to both businesses and society.
- understand sustainable lifestyles and how to take personal actions to promote sustainability.
- discuss topics such as climate change, sustainable resource management (water, energy, and waste), sustainable agriculture, and biodiversity conservation.
- understand and discuss issues related to social justice, human rights, community engagement, and responsible consumption and production.
- identify the circular economy, sustainable business models, corporate social responsibility, sustainable finance and investment, and how to measure and report sustainability performance.