

# Sustainable Living

## Course description

This course will focus on helping students understand what sustainability means and how it connects to their daily lives. Through simple lessons, fun activities, and practical experiences, students will learn about current problems and possible solutions for a more sustainable world.

The course will explore different topics like food, fashion, travel, and waste. Students will take part in workshops, group discussions, and creative tasks to think about how they can make more eco-friendly choices. The course will include interactive learning, with games, teamwork, and real-life examples. Students will be encouraged to share their own ideas and learn from each other in a friendly and supportive environment.

At the end of the course, students will work in small groups to create a short presentation. This will be a chance to show what they have learned and what ideas they have for living more sustainably. This course is also a great way to improve English skills while exploring new ideas and learning how to make a difference.

## Your learning experience

Each week will focus on different aspects of sustainability, and the final day of each week will be dedicated to creating and presenting a final project that reflects your newfound knowledge and commitment to sustainable living.

Join us for a transformative journey towards a more sustainable future. This course will empower you to make meaningful changes in your life and community while inspiring others to do the same!

## What you will learn

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

- Understand the core principles of sustainable living.
- Identify and implement sustainable practices in various aspects of life.
- Collaborate effectively in project groups to address sustainability challenges.
- Demonstrate an understanding of the interconnectedness of sustainability issues.
- Present and communicate your ideas and projects effectively to others in English.

## Course overview



**Ages**

13 - 17



**Duration**

1 week to 4 week



**Entry Requirements**

Intermediate B1 and above



**Academic info**

15 hours



**Available in**

All locations, upon request

**End of course certificate (& report upon request)**



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## Week one example:



Students explore the basics of sustainability through engaging lessons on climate change, water use, energy, and travel. Activities focus on building vocabulary, critical thinking, and environmental awareness. The week ends with a creative project on a chosen topic.

### Foundations of Sustainability

Example Timetable	Monday	Tuesday	Wednesday	Thursday	Friday
Session 1	<b>Welcome &amp; Icebreakers:</b> sustainability word cloud, scavenger hunt	<b>Climate Change &amp; Carbon Footprint:</b> quiz + calculator	<b>Water Use &amp; Conservation:</b> survey, global issues video	<b>Sustainable Travel:</b> travel diary & green trip planner	<b>Prepare presentation or poster on selected sustainability topic</b>
Session 2	<b>What is Sustainability?</b> video, brainstorm, discussion	<b>Climate Action Planning:</b> action plan + group poster presentation	<b>Energy Use at Home/Work:</b> energy audit & awareness campaign	<b>Role-play &amp; Debate:</b> travel choices, guided debate	<b>Final presentation time!</b>

## Week two example:



This week focuses on real-world solutions, including green cities, eco-careers, and zero waste living. Students apply their learning through debates, problem-solving, and collaborative projects, finishing with a final presentation on a topic of interest.

### Solutions & Action

Example Timetable	Monday	Tuesday	Wednesday	Thursday	Friday
Session 1	<b>Biodiversity &amp; Ecosystems:</b> map activities, food chain game	<b>Sustainable Cities:</b> design a green city, case studies	<b>Green Careers:</b> job card match, ad creation, guest speaker or video	<b>Climate Change in the News:</b> headline match & opinion writing	<b>Prepare new presentation or poster</b>
Session 2	<b>Ocean Pollution &amp; Plastic Waste:</b> video analysis, plastic alternatives	<b>Green Technology &amp; Innovation:</b> invention pitch + debate	<b>Environmental Justice:</b> inequality map, case studies, role play	<b>Zero Waste Lifestyle:</b> personal waste audit and strategy poster	<b>Final presentation time!</b>