

5 Structure of our CLASSES

1 *Introduction to Sustainability Education and Eco-Anxiety*

Morning Session:

- Welcome and course overview.
- Icebreaker activities to build a supportive learning community.
- Introduction to the course objectives and agenda.
- Defining sustainability education and understanding the concept of eco-anxiety.

Afternoon Session:

- Introduction to non-formal education methods and their effectiveness in teaching sustainability.
- Group discussions on participants' experiences and challenges related to teaching sustainability and addressing eco-anxiety.
- Icebreaking activities to explore participants' concerns and feelings related to environmental issues.

2 *Fundamentals of Sustainability Education*

Morning Session:

- Exploring the principles of sustainability and the Sustainable Development Goals (SDGs).
- Case studies and examples of successful sustainability education programs.
- Non-formal activities to highlight the impact of individual and collective actions on the environment.

Afternoon Session:

- Workshops on developing lesson plans and curricular materials that incorporate sustainability concepts.
- Guest speaker or panel discussion on local sustainability initiatives and the psychology of eco-anxiety.
- Group reflections on the emotional aspects of teaching sustainability and dealing with students' eco-anxiety.

3 *Non-Formal Education Approaches for Teaching Sustainability*

Morning Session:

- Introduction to non-formal education methods tailored to teaching sustainability.
- Interactive games, outdoor activities, and experiential learning exercises.
- Role-play and simulation activities to address real-world sustainability challenges.

Afternoon Session:

- Practical exercises in using non-formal methods for teaching sustainability.
- Collaborative lesson planning sessions for incorporating non-formal techniques.
- Group discussions on the emotional impact of non-formal education in addressing eco-anxiety.

4 *Addressing Eco-Anxiety in the Classroom*

Morning Session:

- Understanding eco-anxiety and its effects on students and educators.
- Non-formal activities to foster emotional intelligence, resilience, and coping strategies. Introduction to Mindfulness Techniques.
- Strategies for creating a supportive and empathetic classroom environment.

Afternoon Session:

- Non-formal exercises for open dialogue and group sharing about eco-anxiety.
- Case studies and best practices for addressing eco-anxiety in educational settings.
- Role-play and scenario-based activities to practice providing emotional support to students.

5 *Integration and Action Planning*

Morning Session:

- Evaluation of the course and its impact on participants' understanding of sustainability and eco-anxiety.
- Sharing of personal experiences and insights gained during the course.
- Empowering participants to use non-formal education methods in their classrooms and support students' emotional well-being.

Afternoon Session:

- Action planning: setting personal and group goals for implementing sustainability education and addressing eco-anxiety.
- Certificates and course completion ceremony.
- Closing reflections and feedback.

Get in touch with our team to find out when the next course is starting and how to enroll.



OUR TRAINERS

Erasmus+ Project Trainers courses on KA1/KA210/KA220

Patrizio Ricci



Mr Ricci is an experienced EU Project Manager, designer, co-founder, and president of Uno. He has a track record of more than 50 approved Project Proposals and as an NFE trainer since 2020 in more than 20 EU funded projects.

He has worked on almost a hundred Erasmus+ projects since 2018, focusing on Social-Emotional Intelligence, Social Inclusion, Education through sports, Gender Equality in sports and fostering digital skills for disadvantaged people. He worked in countries such as Italy, China, the UK, Spain, and Lithuania and had a year-long experience as a Project Consultant for the EIC Accelerator of H2020.

He graduated in Contemporary History at the University of Roma Tre and holds a Master of Social Sciences in Chinese Studies at the University of Glasgow and a Professional Master in European Project Planning and Project Management at Pixel in Florence. He's Italian, fluent in Spanish and English and with limited knowledge of Mandarin Chinese and French.

Giovanni Gonella

Co-founder and treasurer of Uno, Mr Gonella, is an experienced Project Designer specialising in EU Funds such as Erasmus+, where he has submitted over 100 project proposals since 2018, of which more than 50 have been funded. He has extensive background as NFE trainer since 2021.

He graduated in Business Development and International Cooperation at the University of Parma and a Master's in International Relations, Economy and Politics at the University of Sacro Cuore in Milan, plus a Professional Master's in European Project Planning and Project Management at Pixel in Florence.

He is Italian, fluent in English, French and German and has a working knowledge of Spanish. He also has a long experience as a volunteer using NFE methodologies as a teacher and trainer in Nepal.



Are you ready to take your Non-Formal Education skills to the next level?

Check our courses on
associaciouno.eu