

## Training modules

### Courage to Change, Courage to Act

#### A German-Polish methods training cycle for multipliers in the field of socio-ecological transformation

This document provides an overview of the ten training modules foreseen in the project between summer 2018 and spring 2020. It will be updated on a regular basis to reflect the latest state of the planning, also taking into account learnings and feedbacks from the first modules.

*Please note: Dates, contents and locations of the modules are subject to changes which will be announced on <https://www.kreisau.de/en/projects/social-ecological-transformation/courage-to-change-courage-to-act/>  
As of: November 5, 2018*

#### From knowledge to action – An introduction to transformative education

**Dates:** September 5-9, 2018 in Krzyżowa /Kreisau (Western Poland)

**Guiding questions:** What is Education for Sustainable Development (ESD)? What characterizes transformative education (elements, stages, etc.), and how is it connected to our values? And what are examples of transformative learning methods?

#### What grows when the economy grows? – Basics of growth criticism

*Please note: This module lies a special focus on teachers, yet it is also open to all other multipliers.*

**Dates:** January 17-20, 2019 (= new date) in Krzyżowa /Kreisau (Western Poland)

**Guiding questions:** Does growth equal development? And what does it say about sustainability? What are pros and cons of (economic) growth? Which alternative approaches exist to promote prosperity beyond growth and a “good life for all”?

#### Does growth live up to its promise? – Prosperity beyond work, consumption and competition

**Dates:** March 21-24, 2019 in Trebnitz (ca. 60 km from Berlin, Germany)

**Guiding questions:** What is meant by „prosperity“ and how do we measure it? Which alternative indicators are there (e.g. Happy Planet Index)? How are growth, prosperity and satisfaction of life connected? What are the roles of work, consumption and care in a growth based society? What can we learn from the concept of “Buen Vivir” (Good Living)?

#### How can we feed the world in the 21st century? – Focus on food sovereignty

**Dates:** May 2019

**Guiding questions:** How are food production and growth connected? Why is there food waste? What is land grabbing? What is the difference between industrial and ecological agriculture? Which alternatives to industrial food production exist?

## Infinite growth on a finite planet? – The ecological boundaries of the planet

**Dates:** 1st semester 2019; date and place yet to be defined

**Guiding questions:** How is the planet doing, what has led to its current state, and what can we do about it? – Further questions include: What is the ecological footprint – and what is a handprint? What is meant by sustainable development? What are rebound effects? What are pros and cons for “green growth” (decoupling)? What are strategies towards sustainability (efficiency, consistency, sufficiency)?

## Learning with and from nature – Experiential education in ESD

*Please note: This module lies a special focus on teachers, yet it is also open to all other multipliers. It is a training in methods of outdoor and experiential learning.*

**Dates:** June 2019

**Guiding questions:** How do we understand/construct „nature“? What is my personal relation to nature? (How) is it connected to growth? What can I learn from nature? How can we better understand and appreciate the services nature provides? And how can nature be integrated as a learning environment?

## Mental infrastructures and resources for the transition – How growth shapes our thoughts, feelings and actions

**Dates:** September 2019

**Guiding questions:** What are mental infrastructures? How do they influence our thinking, feeling and acting? Which personal mental resources are helpful for a socio-ecological transformation? What is meant by acceleration of life? What is meant by the “homo economicus”? How does the concept influence our daily lives? Which alternative concepts exist (de-acceleration, resonance, ...)?

## Is a fairer world possible? – Globalisation from a post-colonial perspective

**Dates:** November 2019

**Guiding questions:** How are growth and global disparities connected? How are wealth, resource consumption, and CO<sup>2</sup> emissions connected and globally distributed? What are privileges? What is meant by the concepts of “development” and “progress”? Which stereotypes and prejudices do they involve (post-colonial critique)? What are alternative concepts from the Global South?

## An economic perspective and growth and growth criticism

*Please note: This course is related to module #3 and will take reflections from that training to another level.*

**Dates:** Early 2020

**Guiding questions:** Why is the growth paradigm placed at the core of political activity? Why might it be useful to include further goals and criteria? What can be understood as a “good life for all”? And what needs to be done to work toward this goal?

## Courage to act – How to contribute to the Great Transition on a local level?

**Dates:** Spring 2020

**Guiding questions:** What is needed for the Great Transformation? How can we contribute to it, especially on a local level? Which skills do we need to foster? Which alliances are needed – especially including schools and NGOs? Which inspiring examples can we learn lessons from (e.g. transition town movement, commons, etc.)?