

Workshop Reference number: 2009-1-GB2-GRU13-01766

Venue: Cheltenham

Date of the Workshop: 25/10/2009 - 31/10/2009

Sustainability, Well-being And European Lifelong Learning

Subject area: Environment / sustainable development
Learning opportunities for people at risk of social marginalisation
Lifelong learning dimension of higher education institutions

Working language(s): EN

Target Group + Translation:

Adult lifelong learners from disadvantaged communities where community development projects have included non-formal and informal education.

Small groups of adult participants in lifelong learning from diverse disadvantaged communities.

Main activities Programme + Programme translation:

The Workshop for 20 learners will be held in the University of Gloucestershire, Gloucester, UK. Overseas participants will comprise 16 learners from EU countries. Four learners from UK disadvantaged communities will also participate.

The content of the Workshop will focus on sustainability, alternative approaches to sustainable lifestyles, and individual and community well-being. It will use the Healthy Towns and Transition Towns' models (characterised by a shift to a low consumption lifestyle) to investigate how participants can use the environment in sustainable ways to support emotional, mental, physical and social well-being. This will include visits to community gardens and a 'green gym' (a natural, outdoor environment with exercise 'routes'). The Workshop will recognise the diverse contexts and environments of the learners through a multi-national learning experience with intercultural exchange that does not require a high level of English.

Workshop facilitators will use different active learning techniques to engage and encourage learners to share and reflect upon their own experiences. This will enhance participants' skills for their future involvement in adult and community learning. Learners will visit community initiatives focused on well-being and sustainability.

Workshop Organiser: University of Gloucestershire

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