

Annex 2 – Call to Action Activity Template

Theme: Sustainable Living

Thematic Area	Sustainable Living		
Activity Title	Sustainable Living Challenge		
Type of resource	Self-Help Activity		
Photo			
Duration of Activity (in minutes)	60 minutes	Learning Outcome	<ul style="list-style-type: none"> - Understand the concept of sustainable living and its importance for the environment and society. - Develop practical skills for reducing carbon footprint and waste. - Learn about sustainable lifestyle choices that can be

			<p>incorporated into daily life.</p> <ul style="list-style-type: none"> - Identify personal motivations and barriers to sustainable living and develop strategies for overcoming them.
<p>Aim of activity</p>	<p>The Sustainable Living Challenge is a self-help activity designed to help young NEETs learn about sustainable living and develop practical skills for reducing their environmental impact. The activity can be completed by individuals at their own pace and is designed to take approximately 60 minutes.</p> <p>The activity begins with an introduction to the concept of sustainable living and why it is important for the environment and society. Participants will then be guided through a series of interactive exercises and tasks that help them learn about sustainable lifestyle choices and develop practical skills for reducing their carbon footprint and waste.</p> <p>Participants will be encouraged to reflect on their own motivations and barriers to sustainable living and develop strategies for overcoming these barriers. By the end of the activity, participants will have developed a personal action plan for sustainable living that they can incorporate into their daily lives.</p> <p>The value of completing this activity is multifaceted. By learning about sustainable living, participants can make more informed choices that have a positive impact on the environment and society. They can also save money and improve their health and well-being by adopting sustainable lifestyle choices. In addition, by identifying personal motivations and barriers to sustainable living, participants can develop skills in goals-setting, problem-solving, and self-reflection that can be applied to other areas of their lives.</p>		
<p>Materials Required for Activity</p>	<ul style="list-style-type: none"> - Computer or mobile device with internet access - Pen and paper (optional) - Access to resources on sustainable living (e.g., websites, articles, videos) - Calculator (optional) 		

Step-by-step instructions

Step 1: Introduce the concept of sustainable living and its importance for the environment and society. Use interactive activities such as group discussions or brainstorming sessions to encourage participants to share their knowledge and experiences with sustainable living.

Step 2: Guide participants through the activity, making sure they have access to the necessary materials and equipment. Encourage participants to take notes and ask questions throughout the activity.

Step 3: Facilitate a group discussion or debrief at the end of the activity to encourage participants to share their personal action plans for sustainable living. Ask participants to reflect on what they learned and how they can incorporate sustainable living into their daily lives.

Step 4: Provide additional resources and support for participants who want to learn more about sustainable living or need help implementing their action plans. This can include recommending websites, apps, or local community resources.

Overall, trainers should aim to create a supportive and collaborative environment that encourages participants to engage with the activity and share their thoughts and ideas. Encourage participants to take ownership of their learning and to be creative in developing their action plans for sustainable living.