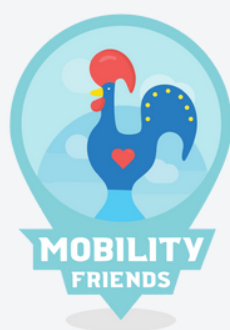


SUSTAINABILITY

GLOBAL SUSTAINABILITY: EMPOWERING YOUTH FOR IMPACT IN EUROPE



Your Mobility Partner

COURSE OVERVIEW

This course offers a comprehensive understanding of global sustainability challenges and opportunities. It explores environmental, social, and economic dimensions of sustainability, focusing on actionable strategies to drive change in communities. The course combines theoretical frameworks with practical tools, empowering learners to develop projects, advocate for sustainable policies, and engage in cross-cultural collaboration. Special attention is given to the European context, including the EU's Green Deal and sustainability initiatives, preparing participants to be effective agents of change within and beyond Erasmus networks.

TARGET AUDIENCE

This course is designed for students and young people across Europe, including Erasmus participants, who want to deepen their understanding of sustainability and develop skills to create positive environmental and social impact. It is ideal for those interested in sustainable development, climate action, and community engagement.

REQUIREMENTS

To take part in the course, participants must meet the following requirements:

- Have at least a B1 level of English (independent user);
- Complete and submit the registration form before the start of the training;
- Bring a laptop or tablet to use during the sessions;
- Commit to active participation and attend at least 80% of the course.

COURSE OBJECTIVES

The objectives of the course are:

- Understand the key challenges and concepts of global and local sustainability.
- Identify the environmental, social, and economic dimensions of sustainability.
- Apply practical strategies to promote sustainability in their communities.
- Develop projects and initiatives aligned with the Sustainable Development Goals (SDGs).
- Collaborate effectively in intercultural contexts to advance sustainability.
- Understand European Union policies and initiatives related to sustainable development.
- Become active agents of change within Erasmus networks and beyond.

CONTACTS AND REGISTRATION

For registrations, additional information, or budget requests, please contact our team by email at trainingcourses@mobilityfriends.org or visit our website at www.mobilityfriends.org.

LEARNING OUTCOMES

Upon successful completion of this course, learners will be able to:

1. Explain key sustainability concepts and their relevance at global and local levels.
2. Analyze environmental, social, and economic factors influencing sustainability.
3. Design and implement sustainability projects within their communities.
4. Evaluate the impact of sustainability initiatives using appropriate tools and methods.
5. Work collaboratively across cultures to address sustainability challenges.
6. Navigate and apply EU sustainability policies and frameworks in real-world contexts.
7. Advocate for sustainable practices and policies in their networks and communities.

METHODOLOGY

The course is structured around a rigorous methodology that combines theoretical exposition, practical work, and applied demonstrations. This approach ensures a thorough understanding of the subject matter and its direct application in real-world contexts.

Theoretical sessions provide essential foundations, while practical work and demonstrations facilitate the development of technical skills and familiarity with the specific tools and procedures relevant to the course.

Continuous monitoring through individualized feedback allows for tracking learners' progress and ensures the achievement of the set objectives, preparing participants to face professional challenges with competence and precision.

ASSESSMENT

Assessment is carried out continuously throughout the course, using a holistic and learner-centered approach that reflects both participation and performance. Each participant is evaluated based on their overall engagement, regular attendance, punctuality, interest in the topics covered, ability to apply knowledge during practical tasks, and interaction with peers in individual and group activities.

The evaluation process includes a variety of classroom-based tasks (oral and written), short daily assignments, role-plays, and simulations. Trainers provide ongoing, individualized feedback to support progress and encourage active learning.

A Certificate of Participation is awarded to participants who attend at least 80% of the sessions and demonstrate consistent involvement and commitment during the training.

DURATION

The standard duration of our course is 20 hours (5 days), designed to ensure comprehensive and effective learning. However, this duration can be adjusted, in specific cases, to meet the particular needs of each group, in order to optimize outcomes and better suit the training context.

For further details or to discuss a customized schedule, please get in touch with us.

PRICE AND FUNDING

Each quotation is personalized and depends on several factors, such as the number of participants, the number of training hours, the location of the course, and any additional services requested (accommodation, transport, meals, cultural activities, etc.).

To receive a tailored quotation for your group, please get in touch with us.

The training can be funded through programs such as Erasmus+ (KA1 – Learning Mobility), among other European support mechanisms. For more information about funding, participants should contact their sending organization or their country's National Agency directly.

LOCATION AND COURSE LANGUAGE

We have training rooms in several cities in Mainland Portugal, such as Barcelos (headquarters), Braga, Póvoa de Varzim, and Porto. We also have spaces in the islands of Madeira (Funchal) and the Azores (Ponta Delgada). Additionally, we have facilities in Valencia, Spain.

The course is delivered in English.

CERTIFICATION

A Certificate of Participation is awarded to participants who attend at least 80% of the sessions and demonstrate consistent engagement and commitment throughout the training. Upon completion of the course, a formal certification ceremony will take place, during which the certificates will be presented to the participants.

OTHER SERVICES

To enrich the training experience, Mobility Friends offers a range of additional services, subject to availability and additional cost, which can be arranged for individual participants or groups.

Services include:

- Accommodation in partner residences or hotels
- Meals (lunch and/or dinner)
- Transfers between the accommodation and the training room
- Airport transfers
- Cultural visits

All services are subject to availability and must be requested in advance. For more information and personalised quotes, please contact our team.

COURSE CONTENTS

MODULE 1: SUSTAINABILITY STORYTELLING

- Learn about the main global sustainability challenges.
- Use videos, podcasts, and timelines to understand the planet's story.
- Create digital stories linking global issues to your community.

MODULE 2: EUROPE'S GREEN DEAL

- Understand key EU sustainability policies.
- Participate in games and simulations that show real policy decisions.
- Identify how these policies impact your local community.

MODULE 3: INNOVATION FOR A SUSTAINABLE FUTURE

- Learn design thinking to create innovative solutions.
- Develop and test ideas with digital tools and teamwork.
- Discover real-life success stories in sustainable innovation.

MODULE 4: YOUTH SUSTAINABILITY NETWORK

- Collaborate with young people from other European countries on joint projects.
- Improve intercultural communication and teamwork.
- Organize online campaigns to raise awareness.

MODULE 5: FROM IDEAS TO SIMPLE ACTIONS

- Learn how to plan small, achievable sustainability projects.
- Identify available local resources and partners.
- Set clear, manageable goals and simple steps to follow.
- Use basic tools to track progress and impact.
- Share your project outcomes with peers for support and inspiration.

COURSE CONTENTS

MODULE 6: DIGITAL ACTIVISM AND COMMUNICATION

- Learn to use social media to promote sustainability.
- Create digital content like videos, infographics, and blogs.
- Communicate ethically and fight misinformation.

MODULE 7: SKILLS FOR SUSTAINABLE LEADERS

- Develop critical thinking and problem-solving skills focused on sustainability.
- Learn about modern technologies that support sustainable development.
- Strengthen leadership, teamwork, and resilience skills.

MODULE 8: FINAL PROJECT – IMPACT IN YOUR COMMUNITY

- Choose a sustainability problem in your area.
- Create a clear and detailed action plan to solve it.
- Implement the project and record the results.
- Share your experience at an online youth conference.

MOBILITY FRIENDS TRAINING CENTER



Certified by DGERT - Directorate General
for Employment and Labor Relations

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