

A hand is holding two purple flowers in the foreground, slightly out of focus. The background is a grassy field with several large, dark grey rocks scattered across it. The text is overlaid on the image in a white, serif font.

How to become a Game Changer in Sustainability?

Sustainability Game Changers

SPT-EV

10.4.-26.5. 2017



Sustainability Game Changers – new stories of sustainability

Sustainability Game Changers, a new, open-to-all Aalto online course, is based on the thought that sustainability should be the starting point of all of our actions. If you feel that you want to be **a part of the solution**, this course is for you! Sustainability challenges are huge: global temperatures are rising, environment is polluted, biodiversity is threatened, and inequality and societal turmoils become more frequent. Sustainability Game Changers introduces these challenges and discusses solutions. One important aspect of the solutions is that **we need new stories that are rooted in mindsets of long-term sustainability**.

The central aim of the course is to help you, as an Aalto student, to become a change agent in sustainability. It links you with sustainability actors and research within Aalto University – solutions of sustainability can be found from all Aalto Schools. You will become aware how important it is to work together, and how your own action can influence the systems you are a part of.

Video is an important medium during this online course. Most of the lectures will be in video format, and you are free to watch them at any time; the course schedule fits well to students who are working at the same time. You will meet active sustainability game changers both in videos and in person. Many of the course tasks will be v-logs and other video tasks, and most importantly, you will learn to tell a new story of sustainability by using video as a method. **The final project will be a video with your game-changing story of sustainability.** We of course offer support to the method – you do not need to have previous experience. During the course, we also have three face-to-face meetings along with the online tasks, and you will also form a peer group that supports with the tasks and discusses the sustainability challenges.

The course is aimed for bachelor students, but **master level students are also welcome**. The course is organized by ENG, and degree students at other Aalto Schools do not need to separately apply for a study right in order to complete this course. Please register in Oodi by 31 March 2017 to ensure your place on the course!

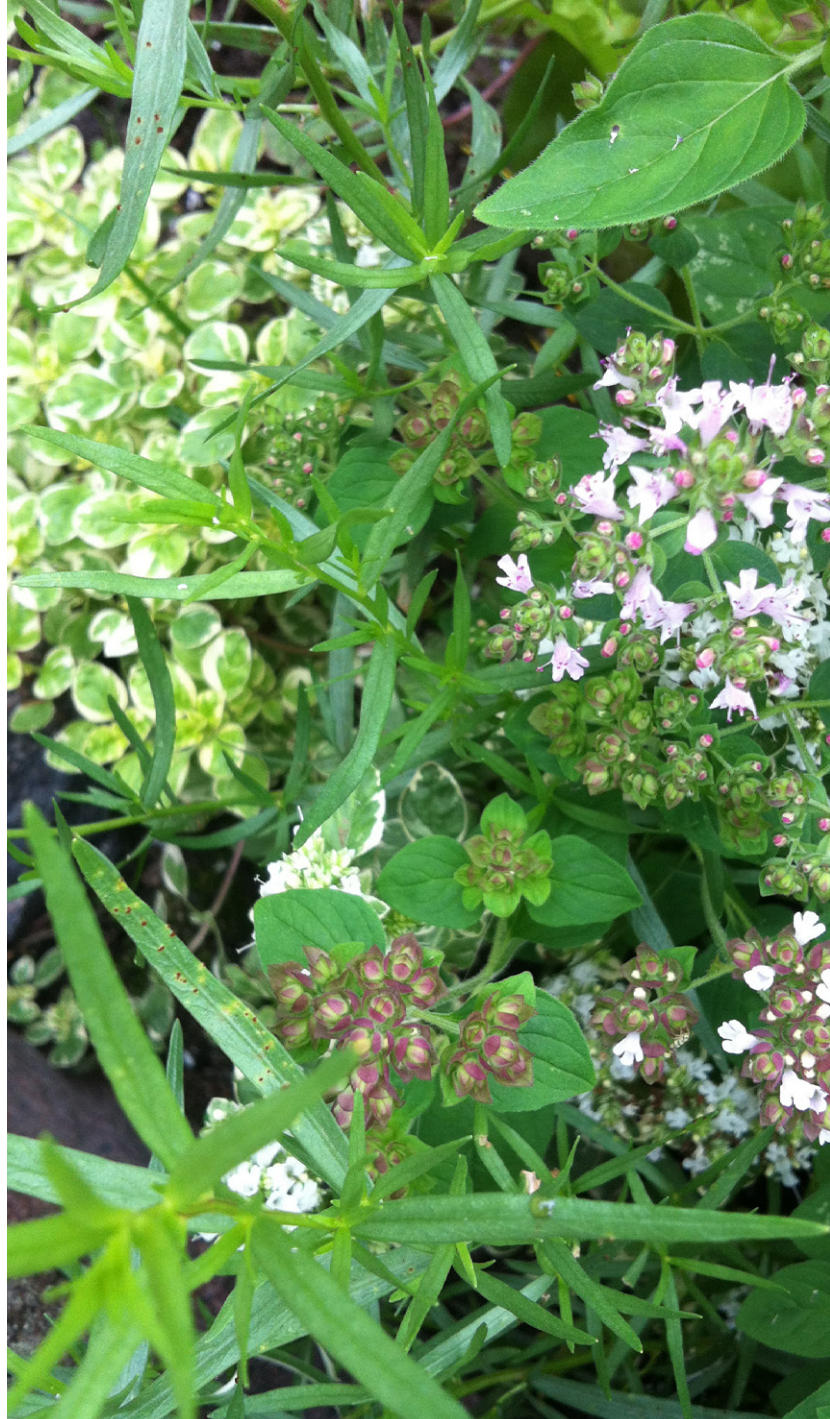
Course teacher: Katri-Liisa Pulkkinen (katri.pulkkinen@aalto.fi)

New stories needed

The current unsustainable way of living is based on myriad worldview-level beliefs, reflected in stories, that seem to force us to continue living in unsustainable ways. Even though we are aware of climate change, biodiversity loss and other kinds of threats, the web of stories seem to keep us from changing.

As a game changer, you will need to develop a new story of sustainability. Stories both express and change our culture, and they can inspire people to action.

What could be the new stories that help us live in sustainable ways, heal the damage caused by unsustainable ways of living, and help us balance and with the living systems of the planet?



Why storytelling and sustainability?

”Telling powerful sustainability stories requires connecting them with a broader narrative that resonate more widely, and identifying potential collaborators who have similar stories to share.”

<https://2013-sf.bsr.org/sessions/view/sustainability-storytelling-the-network-effect>

”The world that we see around us is built on a story.”

<http://charleseisenstein.net/project/a-new-story-of-the-people/>

”Stories have real power, and which ones we choose to tell ourselves matters”.

<https://www.theguardian.com/sustainable-business/blog/sustainable-stories-powerful-tool-communicates-vision>

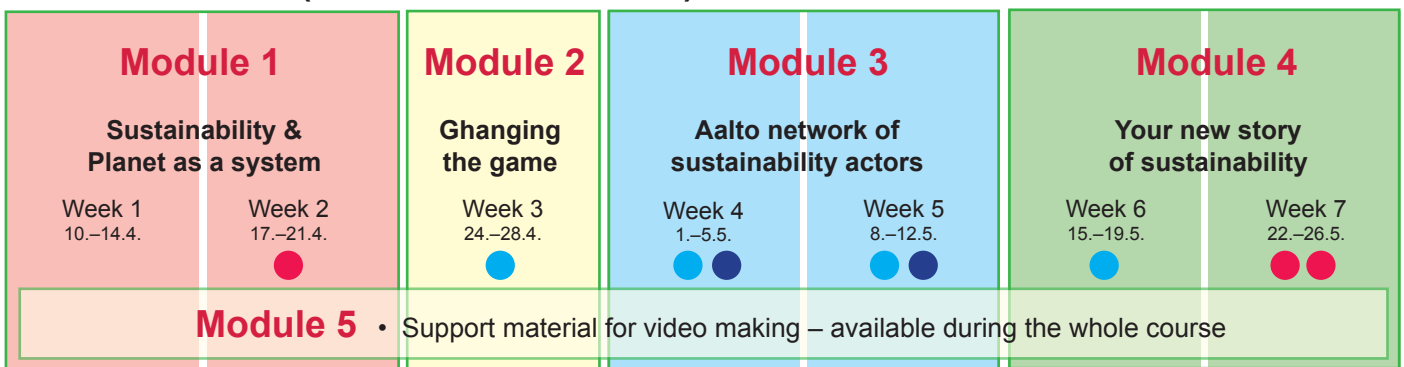
The course schedule, content of modules, meetings and tasks

The course is organized into five modules. You will work through four of the modules in succession. The fifth module is a support module that can be accessed throughout the course. The content of the modules is described in the next page, and more thoroughly in MyCourses, where you will also find the study materials and tasks.

You can take the course at your own pace, within the starting and ending date of each module. There are also meetings which you need to attend: see meeting types below. Three face-to-face -meetings are pre-set; the first one at the end of Module 1, on **Friday 21.4.** Dates of peer group meetings and meetings with the Aalto sustainability network will be set by yourself – but note that April and May are sprinkled with national holidays!

All of the modules prepare for one task: your own new game-changing story of sustainability. You will gather knowledge, inspiration and material from the videos, readings and meeting during the course, and prepare the story in a video format. If you want to, you can present your video in our second face-to-face -meeting on **Tuesday 23.5.**

Course modules (7 weeks – 10.4.–26.5.)



Meetings during the course

Most of the course happens online, which means you can choose any convenient time for studying the content. However, there are also three types of meetings. Note that these are obligatory!

1: Three face-to-face -meetings with the teachers ●●●

- First meeting: Friday 21.4. 13–16 at Tori (Aalto Learning Center, Otaniemi)
- Second meeting: Tuesday 23.5. 12–16 at Tori (Aalto Learning Center, Otaniemi)
- Third meeting: Wednesday 24.5. 13–16 at Tori (Aalto Learning Center, Otaniemi)

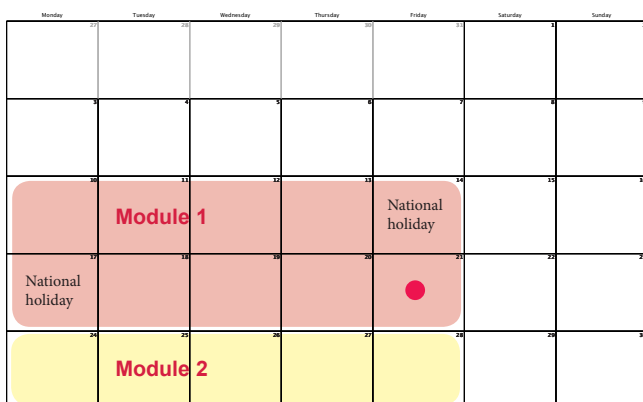
2. Meetings with your peer support group ●●●●●●

- You will need to meet with your peer group once a week during weeks 3–6
- The group decides together when and where to meet each week (Note: online meetings are possible)

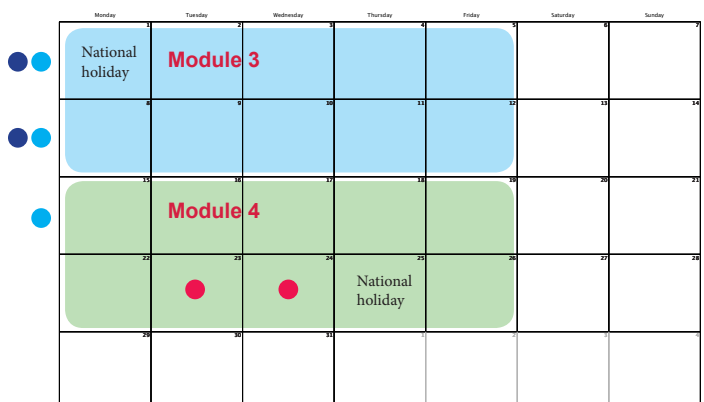
3. Meetings with the Aalto experts from the Aalto sustainability network ●●

- You will meet people from the Aalto sustainability network and interview them (during Module 3)
- You will personally set up these (could be also online, but note that you need to record the interviews on video)

April 2017



May 2017



Module 1

Sustainability & Planet as a system Week 1 & 2 of the course (10.–14.4. and 17.–21.4.)

In the first two weeks of the course, you will learn about **basics of sustainability**. In this module you will gather ingredients for your story of sustainability by getting to know our planet as an evolving system. You will watch a bunch of videos and read some texts and reflect them in a learning diary, which also serves as a background material for your final task. – You will need to watch all the videos, read the texts and complete the learning diaries before the first meeting, which is in the end of this module, on 21.4.

Content:

1. Sustainability: planet as a system
2. Anthropocene, Planetary boundaries
3. Climate change, Biodiversity loss, nitrogen cycle
4. Regenerative sustainability
5. UN Sustainable Development Goals
6. Wrap-up in the first face-to-face meeting, 21.4.

Task:

- Learning diary
- Learning diary
- Learning diary
- Learning diary
- Learning diary
- Tasks given at the meeting

Module 2

Changing the Game Week 3 of the course (24.–28.4.)

In the second module of the course, you will meet (in videos) some people who already act as **game changers in sustainability**. You continue to gather ingredients for your story of sustainability – learning from and getting inspired by examples. In this module, you will watch some videos, explore some website contents, and read some texts. And just like in the first module, you will reflect the content in a learning diary – but you already start to build your own story based on the insights and ideas from the first two modules, and from our first face-to-face meeting.

Content:

1. An example of a game changing movement
2. Meet more game changers
3. Wrap-up: What inspires you? What could you also do?

Task:

- Learning diary & story
- Learning diary & story
- Vlog: The first ideas of changing the game: your idea of the story

Module 3

Aalto network of sustainability actors Weeks 4 and 5 of the course (1.–5.5. and 8.–12.5.)

In the fourth and fifth weeks of the course, you will expand your **network** of the **Aalto sustainability people**. Your task is to find out what kind of solutions of sustainability are currently being developed in Aalto. You need to meet at least one expert from your own school, and also at least one from another school. Plan the questions, set an appointment, and record your interview on video. The videos can be used in your final task. And remember to reflect the experience in a learning diary and continue to develop your own story! In this module, you should also start to develop the script for the video.

Content:

1. Video lecture: Aalto network of sustainability
2. Meet a sustainability person from your own school
3. Meet a sustainability person from another school
4. Wrap-up: The current Aalto solutions of sustainability

Task:

- Learning diary & story / script
- Plan and make an interview (on video)
- Plan and make an interview (on video)
- Vlog: Your script, with input from this module

Module 4

Your own new story of sustainability Weeks 6 and 7 of the course (15.–19.5. and 22.–26.5.)

In the last two weeks of the course, you will tell your own **game-changing story of sustainability**. Throughout the course, you have gathered ingredients for the new story. Now it is the time to use them in a way that you think is most inspiring. The videos will be presented, with your consent, in a networking event in Aalto Festival 23.5. The final task is to participate in a feedback event on 24.5.

Content:

1. A new story of sustainability
2. Presentation in the Aalto festival, 23.5.
3. Wrap-up and final gathering: Feedback and future, 24.5.

Task:

- The final video
- Invite your network and impress everyone with your story!
- Facilitated task in the meeting

Module 5

Support material – Available during the whole course

Unlike the other modules that follow one another, this module is available throughout the course. The main idea of the module is to offer support for developing your story, writing the script and making the video. The content includes useful tips for vlogging, filming and editing the videos. All the instructions regarding where to upload the videos and where to ask for the technical help can be found in this content.

Summary

Learning outcomes of the course

In this mindset course, you will learn the basics of sustainability and acquire some game changers skills. You will meet people from Aalto sustainability network and learn how to tell a new story of sustainability on a video. The course gives you knowledge, networks and tools to start your path as a sustainability game changer.

Schedule of the course

The course is run on 5th period, 10.4.-26.5.2017.

The schedule: Each of the modules should be studied during the destined weeks:

Module 1 in two weeks; 10.–21.4.

Module 2 in one week; 24.–28.4.

Module 3 in two weeks; 1.–12.5.

and Module 4 in the last two weeks; 15.–26.5.

Module 5 is a support module and it is available during the whole course.

Studying a module means that you go through all of the study material and do the accompanied tasks.

An introduction to the materials and tasks can be found in this brochure. The more specific materials and tasks will be released in each module. NOTE: there are also obligatory meetings during the course; see p.4 of this brochure.

Content of the modules

The aim of the course is to gain knowledge about sustainability, learn about game changing skills and network with Aalto sustainability actors. Each of the modules is concentrated on one of these aims – and the last one, with the final task, draws them all together. Also all of the tasks in the modules build up toward the final task: storytelling about sustainability.

Module 1: Sustainability & planet as a system

Module 2: Changing the game

Module 3: Aalto network of sustainability actors

Module 4: Your new story of sustainability

Module 5: Support material for performing the course tasks

Learning methods

Online learning

Most of the course is online learning. You will watch videos and other online materials, including website contents and readings. The tasks include writing a learning diary, answering questions, and vlogging of your learning.

Learning diary

Your learning diary will be formed by answering the questions in the tasks in each module. You are also welcome to expand the learning diary with your own ideas and observations. The aim is to collect and organize ideas for your own story of sustainability.

Face-to-face -meetings

We will have three obligatory face-to-face-meetings. First one in the end of the Module 1, on Friday 21.4. 13–16; second time for the viewing of the final task in Aalto Festival on Tuesday 23.5. 12–16, and the third gathering is for feedback of the course, and discussing about the next steps of the game changers, on Wednesday 24.5. 13–16.

SGC peer group

The peer group is a multi-disciplinary group for networking and support. You will be provided with instructions how to facilitate the meetings to gain support from your peers. SGC peer group is also helpful when it is time to find the Aalto people to interview, and when you ideate together your final story. The role of the group is to support individual work (no actual group work required, but you are welcome to work in groups if you want to).

Networking

Networking is supported throughout the course. The first two face-to-face -meetings have strong focus on networking. In Module 3, you will contact, set a meeting, and interview Aalto sustainability actors.

Video making

Both the final task, your own new story, and the some of the wrap-ups of the modules are done in video format. The Module 5 equips you with the instructions and tips how to do this. If you want to, your final video can be presented in the networking event in 23.5.