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| LEVEL | 2 |
| LEARNING OUTCOME | LO2 Student can follow the principles of sustainable development and environmental system management |
| SPECIFIC LEARNING OUTCOME | Student understands the limited nature of natural resources and the importance of their sustainable use at the national level in proportion to the global operating |
| KEYWORDS | Natural resources, sustainability, sustainable development, ecological footprint, biodegradable, circular economy |
| INTRODUCTION | During these lessons you will learn how to reduce your ecological footprint. In addition, you will know what is the scope of the sustainable development and how nature will work. |
| HOW TO WORK WITH THIS MATERIAL | Check the provided materials and make a short report or video by answering the questions <ol style="list-style-type: none"> 1. What sustainability means? 2. What is sustainable development? How do the systems in nature work? What does biodegradable mean? 3. How can single actions help to reduce our ecological footprint? 4. How can we make better decisions in life and at work? What kind of collective changes do we need to do to achieve sustainability? |
| TIMING | aprox. 5 hours |



Specific Learning Outcome:

The student understands the limited nature of natural resources and the importance of their sustainable use at the national level in proportion to the global operating environment

Sustainability-driven Entrepreneurship-project



Assignment

Get familiar with the provided materials of sustainable development and answers these questions. Tasks will be followed by discussion with fellow students about the subject.

Questions to be answered:

1. What sustainability means?
2. What is sustainable development? How do the systems in nature work? What does biodegradable mean?
3. How can single actions help to reduce our ecological footprint?
4. How can we make better decisions in life and at work? What kind of collective changes do we need to do to achieve sustainability?

What is Sustainable Development?



Sustainable development is a globally, regionally and locally ongoing process of continuous and targeted change in society. It aims at safeguarding opportunities for a good life for the current and future generations. This requires that the environment, people and the economy are equally taken into account in decision-making and activities.

The concept of sustainable development was brought up for the first time by the UN Brundtland Commission in 1987. The work of the Commission started a process that has progressed interactively on the state, municipal and international levels. Sustainable development policy has evolved and gradually become a more and more extensive and diverse entity.



Ecological Footprint

The Ecological Footprint is the only metric that measures how much nature we have and how much nature we use. The Footprint helps:

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| COUNTRIES improve sustainability and well-being | LOCAL LEADERS optimize public project investments | INDIVIDUALS understand their impact on the planet |
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1. What sustainability means?



Task:

1. Watch this video and take a moment to think, what sustainability means?
2. Start to write a short report of your thoughts or make a short video.
3. Discuss your thoughts with other students.

https://www.youtube.com/watch?v=_5r4loXPyx8



2a. What is the scope of sustainable development?

Task: Read through these sites:

<https://kestavakehitys.fi/en/sustainable-development>

<https://kestavakehitys.fi/en/sustainable-development/approaches>

<https://kestavakehitys.fi/en/sustainable-development/principles>

1. What is the scope of sustainable development?
2. Answer to the question by adding your answer to your report or make a short video. Discuss about the topic with other students.

What is Sustainable Development?



2b. How do systems in nature work?



Task: Watch this video and then answer to the question:

What is the difference between natural and artificial ecosystems?

➤ add your answer to your report or make a short video. Discuss about the topic with other students.

<https://youtu.be/8PQiucc268c>



2c. What does biodegradable mean?

Task: Read this article from the website and answer to these questions.

What "Biodegradable" Really Means

1. What kind of products are biodegradable?
2. Why this could be important issue for sustainable business?

➤ Answer to these by adding your answers to your report or make a short video. Discuss about the topic with other students.



3a. How can single actions help to reduce our ecological footprint?

Task: Make a footprint test and then answer these questions: What kind of footprint do you have? What kind of actions could you take to reduce your footprint?



Tests:

- <https://www.footprintnetwork.org/ourwork/ecological-footprint/>
- <https://www.footprintcalculator.org/>

➤ After taking the test, add your answers to your report or make a short video. Discuss about the topic with other students.



3b. What kind of changes into circular economy can we apply to our personal lives?

Task: make this lifestyle test and then answer these questions:

- <https://lifestyletest.sitra.fi/>

After taking the test, add your answer to your report or make a short video. Discuss about the topic with other students.

Questions:

- What kind of consequences do my consumption habits have to the environment and communities?
- Do I have a right to consume so much?
- How could I promote sustainable consumption habits?

**TEST YOURSELF
AND FIND OUT WHETHER YOU ARE
A THREAT OR AN OPPORTUNITY.**



4. What have you learnt?



Task: Watch this video and discuss with your fellow students what you have learnt. Finalise your report by answering these questions or make a short video. Send the finalised report or all the videos for teacher.

Some questions to be answered:

1. How can we make better decisions in life and at work?
2. What kind of collective changes can we do to achieve

sustainability?

<https://youtu.be/0Puv0Pss33M>



Additional material: Sustainability - Full Documentary



<https://www.youtube.com/watch?v=bjrPilem30g>



Some useful links

- <https://www.footprintnetwork.org/our-work/ecological-footprint/>
- <https://kestavakehitys.fi/en/sustainable-development>
- <https://lifestyletest.sitra.fi/>
- <https://www.glion.edu/magazine/need-environmental-managementsystem/>
- <https://www.thebalancesmb.com/what-does-biodegradable-mean2538213>
- <https://www.footprintcalculator.org/>
- <https://backtotheroots.com/pages/our-story>
- <https://www.socialinnovationacademy.eu/8-examples-of-corporatesocial-innovation-worth-considering-in-your-company/>
- https://www.youtube.com/watch?v=_5r4loXPyx8

