



ECO-NAVIGATION

SUSTAINABILITY

LIFELONG LEARNING

ETHICS

TRAINING

SELF-EFFICACY

LIFESTYLE

SOCIAL CONTEXT

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# Introduction



What is the extent of the ecological footprint you left today? Flying is fun! Flying is also the killer of the annual CO<sub>2</sub> budget! Climate change and economic growth, political programs and ideologies, contradiction and passion! What in the world is sustainability?

For a small group of both, scientifically and personally dedicated researchers, it is more than scientific numbers and the search for a reduction of the CO<sub>2</sub> emission and local biological food. They allied to look for a compass of sustainable life in the daily routine. Pushed forward by a common

longing for a right behaviour or at least a clue, how to ensure a future for our planet and above all the human race. [The idea is very simple.](#) Each and everyone has a qualification in science or in a profession related to the social and educational sector. In addition, they come from six different European countries. The strategy to develop the compass: every partner invites the other partners and shows concepts of sustainability applied on his own context. Come on board of our nave and meet interesting people, beautiful landscapes, as well as methods and strategies for sustainability.

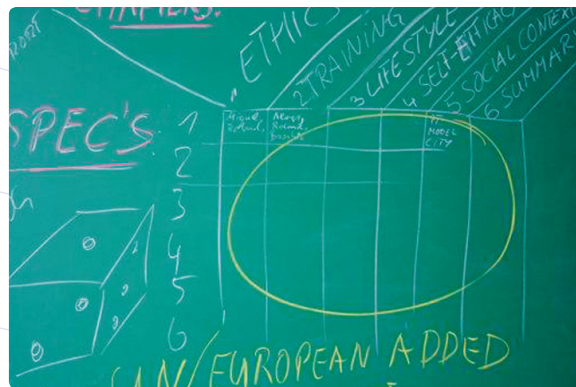
# Eco-Navigation a Grundtvig Lifelong Learning Partnership

## Grundtvig: practical learning for adults

The Grundtvig programme focuses on the teaching and studying the needs of learners taking adult education and 'alternative' education courses, as well as the organisations delivering these services. Launched in 2000, Grundtvig aims to provide adults with more ways to improve their knowledge and skills, facilitate their personal development and boost their employment prospects. It covers not only teachers, trainers, staff and organisations working in the sector, but also learners in adult

education. These include relevant associations, counselling organisations, information services, policy-making bodies and others such as NGOs, enterprises, voluntary groups and research centres. The programme funds a range of activities, including particularly those supporting adult learning staff to travel abroad for learning experiences, through exchanges and various other professional experiences. Other larger scale initiatives involve, for instance, networking and partnerships between organisations in different countries.

<http://eacea.ec.europa.eu>



Grundtvig, Nikolai Frederik Severin (1783 - 1872). Danish poet, churchman, historian, politician, educator and philologist. Eponym for the European Programme



## Lifelong Learning

# What is sustainability about?

Have you ever asked yourself how you can find out what makes a sustainable lifestyle with all the information and offers available? The right answer lies in every individual itself.

The aim of ECONA is to give an orientation and develop a compass on a European level that helps finding the right answer.

## Scientific approach

From a scientific point of view, sustainability had its first definition 1560 in the forest ordinance of Saxony (Germany) and was related to the thought of sustainability in forestry. The idea was that trees could be lumbed only in the amount that would grow back. Today the definition is enlarged and has a more technical connotation. Good examples for that are methods as the ecological footprint or the ecological backpack.

## The Eco-Navigation access to sustainability

What is sustainable in life? Adding the scientific approaches, one can clearly see the lack of the soft facts. Often, the human being in itself is left aside. Changes are often felt as threats. During its search for a more sustainable lifestyle, Eco-Navigation primarily dealt with the existential needs of human beings, following Klaus Grawe, and was inspired by it in its approach to

the matter. According to Grawe, one of the basic human needs is the need for extending pleasure and avoiding displeasure. When we think of a sustainable lifestyle, it often sounds like abdication, which is not very motivating. The needs for belonging and orientation were also important markers during the search for a compass that



could take into account the soft facts of the human beings and their relations with each other and with nature. If we want to change something, we will have to take the individual seriously in its wish of experiencing events and therefore create an interesting sustainable lifestyle.

Five chapters are the basis on which the Eco-Navigators approached the topic.

## Eco-Navigation Chapter | Ethics

In the Eco-Navigation learning process the first chapter Ethics was presented by the Portuguese partner. Miguel Oliveira Panão presented his idea on how an ethical basis for a sustainable living could look like. You can download his paper on our website [www.eco-navigation.eu](http://www.eco-navigation.eu)

When we try to find recommendations for people's behaviour, the question arises, which is the ethical foundation on which we recommend others how to behave.

Which legitimation do we have as scientists or people working in the education sector to tell other people what to do or what to change in their way of thinking?

With recommendations we establish a value-based construction of a section of reality which we want to spread.

We intend to formulate our recommendations the way, that they express our ethical approach. Our recommendations are optional and can be challenged. We are sure though, that we can work out new recommendations any time, thanks to our well-established relations.

In any case, our recommendations will always be based on a strong ethical foundation: respect towards the opinions and the personality of the other and looking for things in common instead of things that divide us.

### Conclusion:

We need different languages if we want to spread our ideas out of the known and common target groups. We need to be sensitive for different approaches to work on common topics and the way how to communicate results and ideas.

Communication and language need to be focused, in order to spread the emerging ideas in a common way.



# Eco-Navigation Chapter | Training

In developing appendages to communicate our ideas and values concerning sustainability, the presentation from Bastian Hoffman was of great importance. The main question of the Soft System methodology is to understand the mind-set of the people you want to reach with your ideas.



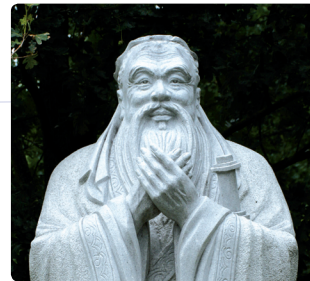
Which is our window to look on reality and which one is theirs? Is there a chance to find a common reality looking through different windows of the same house?

To spread our ideas and views we needed a strong communication tool which we found in play. The play is working with the emotions and they put an anchor in our mind. Playing makes it easier to

change perspective or to experiment with perspectives and behaviours of ourselves in a group. While playing, it is easy to discover new sides of me and experience myself as another person.

So the idea is that playing opens new spaces to learn. Changes in our behaviour and new perspectives give us an emotional feedback that strengthens us.

This opens new spaces and new relations which can be used to start thinking about very important topics for sustainability like new traffic concepts in my city, personal consumption or new mobility use.



Tina Siemens / pixelio.de

Tell me – and I forget!  
Show me – and I remember!  
Involve me – and I know it!  
**Confucius**

## Eco-Navigation Chapter | Lifestyle

Lifestyle is one of the most important aspects of people's behaviour. A lifestyle has to be attractive to be lived. That means that we have to find an attractive sustainable lifestyle if we want to be successful with our idea of sustainability.

Thanks to the Learning Partnership we have the chance not only to look for a national sustainable lifestyle. Our expedition is to find a European one getting to know the North of Europe with the Norwegian and Finnish culture, passing through the centre looking to Germany and Austria and coming to the South in Italy and Portugal.

In Norway, we focused specifically on this topic, considering that the Norwegian Partner is an expert in this matter. Lifestyle is changing with generations. That shows the importance of establishing a sustainable lifestyle as soon as possible. In the example of Norway, people from the countryside came together supported by the local government to discuss a perspective for their rural area. The problem is that young people are more and more leaving the countryside.

With innovative concepts a new lifestyle was searched which allowed the people to stay in the rural areas, assuring them what they need: work, as well as social and cultural opportunities.

The outcome was a lifestyle which brings fun and tastes good. It was developed over years forcing



local structures to practice more community cooperation. A local tourism was established as well as local food production and commercialization by the people themselves founding cooperatives.

What we learned is that changing lifestyle is possible if it comes from the people themselves. The lifestyle of local communities has a great influence on the handling and use of global resources. Because of the globalization traditional local adapted lifestyles were often lost.

The behaviour of consumption changed. Due to global competition jobs get lost or change. Our Norwegian Partner is giving a modern answer, forcing the local communities and giving them a perspective to stay. Sustainability plays an important role in that and is part of the game.

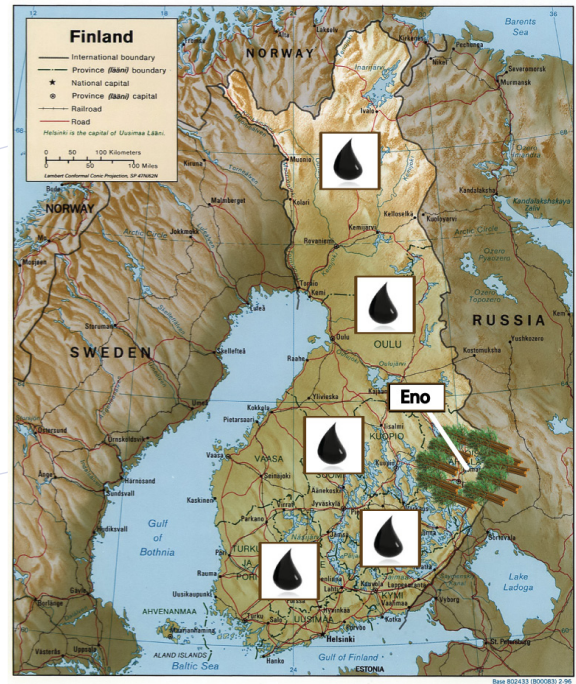
# Eco-Navigation Chapter | Self-efficacy

In the year 1999 Finland is entirely occupied by the usage of oil and gas. Only one small village of indomitable Karelians still holds out against the invaders. But how much longer can Urpo, Tuomo and their friends resist the mighty legions of global fossil fuel business? Anything is possible, with a little creativity cunning plus the forest energy magic potions! Their effects are truly stunning...

- Cheaper heat for consumers compared to light fuel oil
- Conserves approximately 1.8 million liters of oil annually
- About €2.000.000 saved within the local economy
- Carbon dioxide emissions reduced by over 4 million kilos annually
- Additional annual employment equivalent to 7–10 man-years

## “Think global, act local”

Self-efficacy is a person’s belief in his own competence. There is no greater power to cause changes than the experience of self-efficacy. When I see, that my acting changes or moves something, it gives me power and motivation.



To discover self-efficacy, we went to Finland.  
If you are interested, please visit our website

[www.eco-navigation.eu](http://www.eco-navigation.eu)

## Eco-Navigation Chapter | Social Context

Who is qualified for sustainability? Who can play? For us it was interesting, how to pass on the content of sustainability to different target groups. That is why we presented Eco-Navigation to different groups. In Finland, we spent a day in the woods together with children and our partner Teamtime Trainings brought in games related to teambuilding and nature experience. In Portugal, our partner Juventude Nova developed a role

play that deals with the topic “sustainable urban development” and meanwhile shows the foundation of democratic processes. An important aspect of the social context was the visit of the Cidadela in Portugal “Arco Iris” and “Loppiano” in Italy with their centres of economical alliance. The five chapters correspond to the job profile of the Eco-Navigators. They are practising their job in six different European countries.



## Eco-Navigation a European experience

What is sustainability in a world of constant change? What can we count on? What makes people and society change? We wanted to give an answer to those questions working together with different people, from different professional backgrounds in different contexts. We started in Germany, went to Austria, then to the nordic countries like Norway and Finland and ended our tour in the southern countries Italy and Portugal. [Follow us on this inspiring trip through Europe.](#)



## German Adventures

Getting to know each other was one of the most important aspects of the first Grundtvig meeting that took place in Worms, Germany, close to the domiciles of the two German partners Starkmacher e.V. and Caritas Mainz e.V. in November 2010. The project leaders laid the groundwork for further cooperation and discussed the ethical foundations of the project. The questions were: which can be the ethical basis of our dedication? What is the meaning of sustainable life from an ethical point of view?

To round of the meeting, the partners who met for the first time in the Eco-Navigation context, used the chance to visit regional companies and institutes working in the field of sustainability. For further information:

[www.juwi.com](http://www.juwi.com) and [www.fibl.org](http://www.fibl.org)



# Rüdiger



*Bringing people together for a liveable future. If we want to save our planet, we have to overcome boundaries in the landscape as well as our minds. Education is one of the most important keys. Starting to change our lifestyle into a sustainable one, beginning directly in the European context, learning from each other and increasing our quality of life.*

*"I'm passionate about the applied science of sustainability, especially in the B.Sc. programme of Sustainable Agriculture at Rhine-Waal University"*

# Sandra



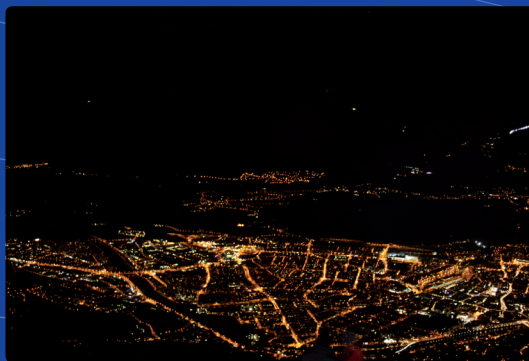
*The Energy-savings Check Initiative is threefold sustainable: unemployed people get better chances for a real job (social), income-weak households save money (economy) and by the savings of energy carbon dioxide is saved (ecology). We like to give other information about behaving sustainably, too. Our clients usually see other problems than the climate change – we like to show them how small steps can help. From our partners we like to get inspiration and ideas about that.*

*"It is never too late to be what you could have been (George Eliot). I can change my life whenever I want to and I want to leave a sustainable impact."*

## Austrian delight in playing

Innsbruck in the early springtime 2011. In the mountains, the last snow invites sportsmen from all around the world to benefit from the ending winter sport season.

The Eco-Navigators had an intense 4 day program. To achieve a sustainable behaviour, training is necessary. Training is the second chapter of our expedition to a European idea of sustainability. People have to be motivated and find a sense in a more sustainable lifestyle. Therefore, the Austrian Partner "Teamtime Trainings" gave an introduction on how people could be motivated to play and subsequently change behaviour. Alois Hechenberger developed the 'sports4peace methodology'. Playing together helps us to connect and get in touch with emotions. Positive emotions are able to change our behaviour, because we feel the difference. If you are interested in the methodology, visit the website [www.teamtime.net](http://www.teamtime.net) and find the summary of our results concerning that topic on the [www.eco-navigation.eu](http://www.eco-navigation.eu).



A highlight was the visit and presentation of Roland Alton the founder of [www.ethify.org](http://www.ethify.org) on our congress. He presented his vision of an open communication about ethics between people. We need to find channels to exchange ideas and his website, which is a developing and never finished common book, is a good example for that.

Bastian Hoffman, from the Norwegian partner organisation, completed the congress presenting the Soft System Methodology as a tool to manage processes. You find his contribution to the Eco-Navigation tool kit on our website.

The climate change is endangering the winter tourism economy in Austria. A more sustainable lifestyle protects the climate and saves the existence of a lot of people working in that sector.

In addition, following the Eco-Navigation discoveries would allow many people from all over Europe to visit the beautiful city of Innsbruck with snow on the mountains in the early springtime, even 50 years from now.

# Alois



*Offer people of all ages a variety of activities, that help to improve positive interaction, develop mutual trust and rejoice in each other's successes. A world, where human beings respect and estimate each other, cannot remain an utopia.*

*"Let's hold on to our dreams and work so that they become reality (Chiara Lubich)."*



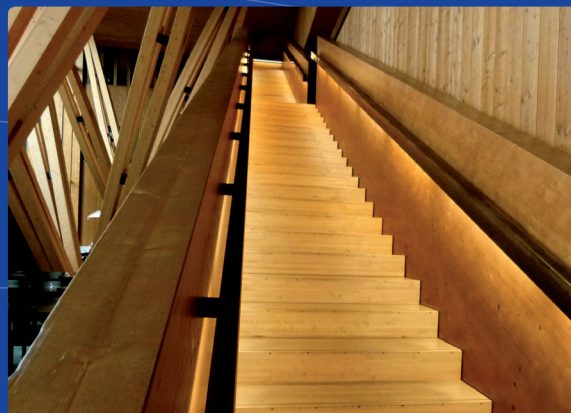
# The value of the Finnish forests

## Joensuu school children learn about sustainable living, forests and nature

The 3rd and 4th graders of the English class at Kanervalva School in Joensuu participated in a one day vent in the forest at Lykynlampi where they learned about forests and nature through active playing and participation. During the day the children discovered through “Creative nature education” that the beauty and diversity of nature is unique and deserves their full attention. Treating nature with sensitivity makes children more sensitive towards one another and nature itself. Using all senses, the children acquired new strength for the challenges of everyday life. At the same time, they experienced nature as an interdependent whole and recognize themselves to be responsible for it. The event was organized by the international “ECONA” (Eco-Navigation) project funded by the EU’s Lifelong Learning Programme (Grundtvig). The project participants were hosted by the Finnish partner METLA in Joensuu where they learned about the sustainable production of energy from forest biomass. During their stay the group visited the pellet research facilities of the University of Joensuu, in Mekrijärvi and the Eno Energy Cooperative. The event in Lykynlampi was organized by “Teamtime Trainings”, an

organization from Austria that has the goal to develop competence, experience, enthusiasm, joy and creative possibilities of individuals as well as of groups through playfully engagement. That was the use of the forest for education. Everybody knows the value of the forest to produce wood for construction and paper, but the Finnish partner stands for a long experience in using the forest as a local resource for energy. Combined with the social component of cooperatives, an innovative concept was developed to strengthen the local community. Sustainability in this case was moreover an additional outcome. Look at the chapter “Self efficacy” or on the website to see more about this topic.

[www.metla.fi](http://www.metla.fi)



Lauri



"Play fair and share", sustainability has many dimensions and we value dimensions differently.

Robert



"I like the practical approach within forest research: Don't think and talk too much - just do it!"

# METLA

FINNISH FOREST RESEARCH INSTITUTE

*When managed on a sustainable basis forest biomass provides an excellent, abundant, clean and renewable form of energy that can be utilized by whole cities, small communities and private homes across Europe. By replacing fossil fuels we are taking a first step towards a more energy independent and sustainable lifestyle.*

## Norwegian lifestyle

So this was a truly outstanding location for an international congress of sustainability: an old storage from the 16<sup>th</sup> century in the harbour of Bergen, Norway.

Illuminated by spotlights, the 9 posters of the poster session clearly set themselves apart from the dark wooden walls. The posters describe the idea of "ECONA" as well as the 8 partners of the GRUNDTVIG Learning Partnership from six different countries and their contribution to the project. The poster session is part of the third GRUNDTVIG congress in the frame of the learning partnership.

The posters were not the only thing that was offered to the professional audience and the guests. Five referees from the sustainability sector talked about their ideas and presented best practice examples. A small company, that consults hotels and other companies on their way to sustainable and resource-saving economic activity presented itself. Another guest was an expert who represents Norway's interests in the international trade of CO<sub>2</sub> certificates. These were just some of the highlights, the Norwegian partner "County Governor of Hordaland" had organized for this congress. During a trip through the different agricultural value added companies, the European

partners fully immersed in the breath-taking Norwegian nature.

But above all: what remains are the creative and hospitable people, who started their way towards sustainability and truly inspired us.



## Fylkesmannen i Hordaland

*Realizing the national plans for organic agriculture on a regional level to the best of all. To develop Hordaland into a region for sustainable business development by developing a cultural landscape with areas which are solid and inclusive places to live and visit.*

[www.fmho.no](http://www.fmho.no)

# Bastian



"We got many resources from nature. Together (with people from other nations, cultures, specialisations), we can use them more efficient and at the same time more sustainable. Gathering knowledge about how others use natural resources, can inspire my way of thinking, towards more wholistic and sustainable, literally spoken. The Eco-Navigation project takes in addition also human resources into account. Wholistic and sustainable in its way its organized, it pioneers for practical realization of its findings..."

# Dirk



"Can such different people from such different countries develop a common understanding for each other and the idea of sustainability? My expectations lay at 2 on a scale of 10. But Eco-Navigation taught me otherwise. From the starting point we are very different – here I was right – but on the inside there are very many parallels regarding the area of conflict between challenges and sustainable solutions. Local and common acting as well as global thinking remains as a basic principle to me after the Eco-Navigation experience. For me this project has been one of the most important in the recent years. The experiences and new contacts in Europe will inspire and accompany me in the future."

## Portuguese community

Social context was the topic of our congress in Portugal. Our partner Movimento Juventude Nova has a lot of experience in that. The partner has his domicile in the "Citadela Arco Iris" a little village in which the habitants try to realize a community experience based on fraternity. The idea is that the people live, work and share part of their free time to build up a new society based on respect and unity in diversity. For the Eco-Navigators a three days program was developed. Part of it was the visit of the Citadela and its habitants. It was very interesting to see the different buildings to live in and the little industry park hosting two big and some smaller companies which are trying to realize the values of the village in their business.

To meet with the people a public night was prepared. Part of this was the "Open Space" so called "Citadela Initiative (Youth & Senior Lifelong Learning)" to create an ecological vision for the village using the entire expertise in town. But also in Portugal innovation was presented to the European guests by visiting the SOLAR XXI NZEB building, the first 0 energy building in Lisbon.

In the social context we were interested in testing our ideas of sustainability with different target groups. The question was, how we can transfer our content to them. Therefore, we tested it with different target groups and methods. One experiment was in Finland the other one in Portugal. The persons in Portugal: pupils from high school aged between 15 and 16.

The methodology: a role play game called Eco City developed by the Portuguese Partner. You can download it in our tool kit on the website. For a couple of hours all European Eco-Navigators visited a school to realize our School Initiative – Role-Play Game.

The game itself was received with great enthusiasm. The contents are ecological aspects of the development of a city combined with the basics of democracy education. Being very close to Lisbon, a typical "Fado music" dinner was obligatory! Lifelong Learning also means getting to know the different cultures and the traditions of our beautiful European countries. If you will ever find yourself in Lisbon you will get a sustainable impact listening to this great music!



# Miguel



*"A united world through universal fraternity is our motto for sustainability."*



**Movimento juventude nova**

*Sustainability is the ability of establishing bonds of communion between ecosystems, generations and culture, ensuring their capacity to endure. At a local and personal levels, Eco-Navigation will embody the consciousness of these bonds and lead each person to act accordingly. The project's outcome will be explored in inter-generational formation activities promoted by our institution.*



## Italy's breakthrough in economy

Creativity and entrepreneurship followed us through the whole Eco-Navigation expedition like a red thread. This topic was of great importance from the beginning.

These aspects are needed for a more sustainable lifestyle and its mediation. In the course of the learning partnership there was a greater focus on the issue as expected beforehand. This was primarily due to the visit of the centres of "economy of communion" in Portugal and Italy. Talking to entrepreneurs who are living the idea of solidarity and sustainability-oriented economy yielded valuable suggestions for the Learning Partnership. In Italy a great focus of the congress was on that topic naturally, because the two Italian partners have their specific acting in that sector.

Getting to know Polo Lionello Bonfanti, the domicile of our Partner "E.diC.spa" and the visit of the partner Consortio Roberto Tassano having the leadership of a social factory were a success in demonstrating a conscious activity on the subject. Very interesting was the visit of the City of Loppiano. Like in Portugal in the Cidadela "Arco Iris" the habitants are trying to find a common lifestyle based on unity in diversity. In both cities interesting aspects for sustainable lifestyle came up because the social "soft" dimension of sustainability during the partnership gained more and more importance.

In Italy, our expedition found its preliminary end and we concluded with a public congress with the presentation of our first results.





"I have the good fortune to work in a company of the Economy of Communion. Every day I see people excited about this new form of economic solidarity. I am convinced that a sustainable lifestyle is possible and that it will sweep people along."



*We consider sustainability a way to allow the right use of resources. E.diC.SpA works to help building a positive long-term vision of a more prosperous and fairer society, with promises of a cleaner, safer and healthier environment: to ensure a better quality of life for everybody*



*The Consorzio of social cooperatives "Roberto Tassano" considers sustainable development as a commitment to meet the basic needs of everybody and to extend to everyone the possibility to implement their aspirations for a better life.*

# Methods concerning sustainability

Working for such a long time with so different aspects of sustainability we experimented a variety of methods that helped us to come closer to our aim of a sustainable behaviour, especially being together with so different people and their different competences and cultures. From all the methods we discovered and experimented we want to present three in this paper.

1. The first one is the Softs System Methodology we met in Austria presented by Bastian Hoffmann from the Norwegian partner. He introduced us in to the way how people realize the reality around them. Of course for all of us reality is individual and unique.

If we want to work together and come to results, we have to find a common “window” to discover the “common reality”.

2. In Austria, Alois Hechenberger presented the richness of playing together. Playing is much more than spending some time together and not only for children. We experienced

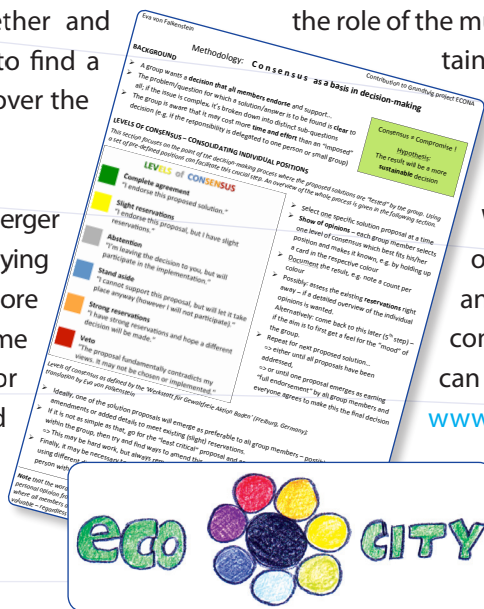
some games out of his book “Neue Spiele für die Gruppe”. The book presents games of the New Games Philosophy.

3. A very important aspect of Eco-Navigation was the question how we can come to decisions with the entire group involved. Eva von Falkenstein presented us the Consensus Methodology. It was a very helpful tool, especially in the intercultural context!

4. Finally, we present the Eco City Role Play Game. It was developed by the Portuguese Partner Movimento Juventude Nova and invites the players to discover solutions for our “Eco City” having the role of the municipality. All the aspects of sustainability have to be discussed and defended in front of the general needs of a city.

We invite you to try the methods. Therefore, the presenters and developers prepared a paper containing all the methods. You can download it from our website

[www.eco-navigation.eu](http://www.eco-navigation.eu)



# Conclusion

How are we supposed to live in a sustainable way with the resources of our planet, when we are not even able to properly live the relation with our neighbour? On the other hand: how can we spiritually create relations, if we do not take the

relation to the surrounding world, the resources and the planet seriously? Result: the best compass is living relations consciously. The relations between us humans and us as individuals in relation to the world, the creation.

## Important Links

[www.eco-navigation.eu](http://www.eco-navigation.eu)  
[www.starkmacher.eu](http://www.starkmacher.eu)  
[www.teamtime.net](http://www.teamtime.net)  
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<http://www.focolares.org.pt/jovens>

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for interesting moments to:**

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[www.enonenergia.fi/node/6](http://www.enonenergia.fi/node/6)

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# Lifelong Learning

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