

# Course Information Sheet

## Sustainable/Green Living Fundamentals



Master the basics of eco-friendly living and minimise your environmental impact through practical strategies.

### Course Description:

Embrace a greener lifestyle! This engaging 4-week course, Sustainable/Green Living Fundamentals, equips you with the knowledge and tools to make informed choices for a healthier planet. Explore key areas like sustainable energy, responsible consumption, and waste reduction. Learn how to cultivate a regenerative garden, navigate eco-friendly product choices, and adopt sustainable practices at home. Join us and discover how small changes can create a big difference!

### What will I learn?

- **Week 1:** Introduction to Sustainability - Define sustainability, explore its impact, and discover your personal ecological footprint.
- **Week 2:** Power Up for a Greener Future - Delve into sustainable energy sources, explore energy-saving strategies, and learn DIY tips for reducing your energy consumption.
- **Week 3:** Consuming Consciously - Understand the environmental impact of different products, navigate eco-labels, and explore sustainable shopping practices.
- **Week 4:** Waste Not, Want Not - Master waste reduction techniques, discover composting methods, and explore responsible recycling practices.

### How will I be assessed?

- **Formative:** Weekly quizzes and discussion forums will test your understanding and encourage critical thinking.
- **Summative:** A final project where you create a personalised action plan to implement sustainable practices in your daily life.

### Who is this course for?

This course is open to anyone interested in living a more sustainable lifestyle and minimising their environmental impact.

### Who is your target audience?

This course is designed for learners hoping to develop their understanding of environmental issues and take actionable steps towards a greener future.

**Progression Opportunities:**

After completing this course, you can explore more advanced topics like sustainable agriculture, renewable energy technologies, and environmental policy.

**Career or Job Enhancement Pathways:**

This course can be a stepping stone towards various careers in sustainability, including:

- Sustainability Consultant
- Environmental Educator
- Eco-Product Developer
- Renewable Energy Specialist

**How do I enrol?**

If you are paying the full fee, the quickest way to enrol is online at [www.oucoursesouthwest.co.uk](http://www.oucoursesouthwest.co.uk), simply create an account and select enrol now. Alternatively, you will need to speak to one of our customer service team on 01752 660713.

**How will the course be delivered?**

This is a practical course, and the sessions will include tutor-led demonstrations, learner-led group activities, instruction and repetition. These will form part of the delivery together with one-to-one support as required.

**Will I need to practise outside the classroom?**

You will be encouraged to review your notes between lessons to ensure maximum benefit from your course. It is always useful to practise your skills between sessions. Your tutor may encourage home learning, or independent research.

**How will I know I'm making progress?**

During the first session, your tutor will discuss your goals and current level in relation to the course. Based on this assessment, you will agree individual targets which you will record in your individual learning plan (ILP). You and your tutor will review your targets regularly to ensure that you are making progress; these will be written in your individual learning plan.

**What will I need?**

Please bring a notepad, and pen to each session. You may wish to bring a file for any handouts. A laptop with internet access is required for completion of coursework and home learning outside of the classroom.

**Please note:**

Most courses attract a subsidy from the Education and Skills Funding Agency (ESFA). It is a requirement of the ESFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered.

Terms and conditions are available at

<https://www.onsouthwest.co.uk/learner-information/essential-information-for-every-learner>

Room numbers are subject to change - please check when you arrive at the venue.

