Call2Nature

"Disconnected" Activity
Sustainable Pledge

Competence Area	Act for Sustainability		
Topic	*Sustainable Use of Digital Devices*		
Transversal competence(s)	□ CRITICAL THINKING	□ EMPATHY & RESPECT	□ SENSE OF INITIATIVE □ LEADERSHIP
Name of the activity	Sustainable Pledge		
Learning Outcomes	By realizing this activity, participants will better understand ways to us devices sustainably and become more aware of their actions in the digital world.		
Duration	60 minutes		
Recommended group size	Groups of 5/6 people.		
Method(s) Used	• Experiential Learning • Arts and Creativity		

Step By Step Description	*To start the activity, the trainer will bring up some points regarding digital devices and their sustainability in day-to-day use.* - *Do you think our digital world is compatible with sustainable relationships with nature?* - *In what ways do you think we can improve the sustainability of how we use devices?* - *Is sustainability only relevant to the environment, or is a sustainable use also applicable to us? What would be a more sustainable use on a personal level?* *Through these prompts, participants will be encouraged to create a "Sustainable Pledge"; a commitment to change in which they feel they can achieve a more sustainable relationship with digital devices and technology.* - *Participants will be provided with a blank card on which to design their pledge, including a name, a description, and a design that they feel represents their pledge and/or its importance to them.* - *For 15 minutes, participants will design their pledge and pledge card with assistance when needed from trainers.* - *The idea of these pledges is to not only focused on the environmental impact, but also a more sustainable personal use geared towards improving our relationship with the digital world.* - *Once participants have developed their pledges, each person will read out their pledge and explain their choice to the group to discuss any additional ideas and allow an open discussion.* *After discussion, participants will be encouraged to keep their pledge card with them and try to integrate these pledges into their everyday life, as well as encourage others to do the same.*
Required Materials	● Pre-cut card paper (one per participant)

	- Drawing materials (pen/highlighters/colouring materials) - (Optional) Glue - (Optional) Decorational material (glitter, decorations, etc.)
Learning Setting	- Conference room with tables, set up in a roundtable style for each group if there is more than one.
Activity Evaluation/ Reflection	A questionnaire should be prepared, whether informal or in a survey, to value the insight participants gained from the activity, along with if they are interested in incorporating these pledges into everyday life and spreading the intentions to others.
Useful Resources (not mandatory)	

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