

## PRBB Intervals Course Proposal

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**Course Title** Project zero: how to become a change agent to decarbonise science

**Proposed date(s)** 19<sup>th</sup>, 22<sup>nd</sup> & 27<sup>th</sup> October 2021

**Course Language** English

**Course Leader(s) and very brief summary of relevant qualifications and experience (no more than 2 lines for each trainer)** Kate Whitfield has worked in the academic sector for almost 20 years. She has experience as a lab technician, clinical trials coordinator, and programme manager. She studied 'net zero' decarbonisation strategies with the Cambridge Institute for Sustainability Leadership and is a certified 'My Green Lab' ambassador. The course is accredited by the Carbon Literacy Project. Follow Kate on Twitter @Zeroverse\_kate.

**Rationale for course (why is this course of interest for the PRBB staff?)** The world has to rapidly decarbonise to prevent the worst effects of climate change and all sectors need to reduce their greenhouse gas emissions, including academia. Whether you are a researcher, staff, or a student we all have an exciting and important role to play in reducing emissions from the academic sector.

**Course aim – general** This course builds participant's sustainability knowledge and competence. The aim is to help participants to devise and implement strategies to reduce the greenhouse gas emissions linked with activities in their workplace. Participants are empowered to become agents for positive change in their institutions. Each participant will have the opportunity to be certified by the Carbon Literacy Project.

**Specific learning outcomes (what new skills, knowledge &/or attitudes will participants take away from the course?)**

1. Discuss the main sources of greenhouse gas emissions from the academic sector.
2. Investigate and draw inspiration from decarbonisation success stories and best practices.
3. Identify relevant opportunities, challenges and how to overcome them.
4. Describe at least one strategy to implement to reduce the greenhouse gas emissions from the participants' research project, department, or institution.

**Course contents (outline of topics to be covered)**

There will be an opportunity to learn from a variety of best practices, be prepared to manage the challenges and make the most of opportunities, and finally develop a sustainability action plan to reduce the greenhouse gas emissions related to the participants' work setting.

**1:** The warming climate, the carbon footprint of academia, and global goals.

**2:** Strategies to reduce emissions in academic work settings, illustrated with different examples and best practices.

- Energy (offices, biomedical labs, and IT)
- Travel (commuting and work travel)
- Consumption and recycling

- Biodiversity

**3:** The special role of academia in society in the climate crisis: innovation and solving problems, education, outreach and benefitting communities.

**4:** Collaborating with others, devising a good action plan, and leveraging existing frameworks.

- UN Environment Programme Green Nudges
- Race to zero
- LEAF and My Green Lab

### ***Training methods***

‘Project zero’ is an interactive online course.

The course content will be presented as 3 packages of information. Each package will be a mixture of reading and links to online resources like short videos and specific podcast episodes. The course content will be discussed in live Zoom calls, where participants reflect on what is relevant to their work setting.

The participants and trainer will discuss together through three planned live Zoom calls of 1.5 hours each. Before each Zoom call, participants will be asked to read a specific package of information and respond to some questions for reflection. In the third Zoom call the group will discuss and share constructive feedback on their draft sustainability action plans to reduce the greenhouse gas emissions related to their research project, department or institution.

At the end of the course, the participants will be asked to finalise their action plans. Participants will be asked to define the goal, outline the key steps to implement the strategy, identify people and groups they can collaborate with, and describe how they might overcome potential challenges. Participants submit their action plans to the trainer for feedback and the opportunity to be certified by the Carbon Literacy Project.

Some weeks after the main course, participants are invited to re-group together with the trainer in a fourth Zoom session to share their ‘real-world’ experiences, celebrate their steps to success, and support each other with challenges encountered.

***Target group in PRBB ( Senior scientists, postdocs, predocs, management/admin staff, all residents)*** All staff, researchers, and students.

***Number of participants (maximum)*** 8

***Total course hours (Please specify: direct training with instructor present and required self-study)***

*Note: only the direct training hours will be included in the post-course certificate.*

Number of hours of class time: 4.5 hours total, split up over three live Zoom calls. A fourth Zoom call for the participants to re-group is also planned.

Number of hours of self-study: 3.5 in total (to review each information package and develop the action plan).

Total number of course hours: 8

***Distribution of course (hours/days)*** Three 1.5 hour Zoom calls over a 2 week period.

***Pre-course preparation and/or between sessions?*** Self study between the Zoom calls, including drafting a sustainability action plan.

***Material participants need to bring (laptops, etc...)*** Laptop with camera, good internet connection, familiar with Zoom, Word, the free version of Kahoot on your cell phone.

***Relevant background reading/ audiovisual/websites or other materials***

Intergovernmental Panel on Climate Change, *Summary for Policymakers of IPCC Special Report on Global Warming of 1.5°C*. Available: <https://www.ipcc.ch/2018/10/08/summary-for-policymakers-of-ipcc-special-report-on-global-warming-of-1-5c-approved-by-governments/>

Download the free version of Kahoot on your cell phone: <https://kahoot.com/>

Access Slido (<https://www.sli.do/>) from your computer during the Zoom sessions.