

PRBB Intervals Course Proposal

Course Title Climate Action For All – How to decarbonise science

Proposed date(s) 15, 17, 22 & 24 October

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. After studying decarbonisation strategies with the Cambridge Institute for Sustainability Leadership, she founded Zeroverse, that offers carbon footprint analysis, action-oriented online courses, and other services based on the best evidence and best practice. She is a certified My Green Lab professional and Carbon literacy trainer.

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, research, and higher education. All of us have a positive role to play in reducing the environmental impact of our work - from travel, to data servers, to plastics. This course is for people with any role at the PRBB with an interest in reducing greenhouse gas (GHG) emissions in their professional life.

This course inspires and empowers staff, researchers, and students to take action on the climate crisis, helping them to unlock the skills to effect change in their team, institution, or sector. This course is accredited by The Carbon Literacy Project, a registered charity in the UK.

The course was previously called 'Project Zero: how to become a change agent to decarbonise science'. It has been updated with new content on the environmental impact of artificial intelligence and what can be done about it.

Course aim – general

The aim is to help participants to devise their own action plan to reduce the greenhouse gas (GHG) emissions linked with activities in their place of work and study. Each participant will have the opportunity to be certified by the Carbon Literacy Project.

What the course is not:

- The course does not provide participants with bespoke and specific guidance on what to implement in their specific setting.
- Although it is thought that taking climate action can help people who feel worried by the climate crisis, this course however is not designed to support individuals to manage climate anxiety.

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

- Appreciate the carbon emissions in the academic / higher education / research sector.
- Develop a sense of the scale of carbon emissions from different activities.

- Be inspired by examples of sustainability action big and small.
- Unlock your own potential to effect change in your team, institution, or sector.
- Learn about frameworks and platforms that support sustainability efforts in your setting.
- Be able to draw from issues of climate justice and co-benefits to climate action to help make the case for action in your setting.
- Have the tools for successful communication, collaboration, and develop insights to encourage behaviour change.
- Have the opportunity to be awarded a certificate of 'carbon literacy' from The Carbon Literacy Project.

Course contents (outline of topics to be covered)

Module 1: Awareness

We cover the up-to-date evidence of the warming climate, climate impacts, and the carbon footprint of our sector. Participants explore their own spheres of influence within their places of work, study, and the wider sector.

Module 2: Inspiration

We take inspiration from examples of sustainable operations locally and from around the world and imagine what is possible in our own settings. We reflect on which existing tools and frameworks could be applicable in our own settings. Participants consider potential co-benefits of action in addition to reducing carbon emissions.

Module 3: Action Planning

We examine the scales of carbon emissions from different activities. We cover goal-setting and designing actions that encourage and engage people to make sustainable choices.

Module 4: Effecting Change

Participants explore how to go from identifying a problem to building collaborative solutions. We reflect on effective communication and collaboration. Participants consider how their sustainability actions can stand the test of time.

Training methods

This is an interactive online course.

The course content is discussed in live Zoom calls, where participants reflect on their own experiences and what is relevant to their setting.

Before each Zoom call, participants study the materials developed for the course (consisting of reading, listening or watching) and prepare responses to specific questions for group discussion.

The group interacts through discussion in breakout rooms, group work online, and through quizzes.

During the course, the participants draft their own sustainability action plans to reduce the greenhouse gas emissions related to their research project, department, or institution. Peers discuss and share constructive feedback on their plans. Participants submit their action plans to the trainer for feedback and the opportunity to be certified by the Carbon Literacy Project.

Target group

This workshop is for people:

- In all roles.
- Interested in sustainability.
- Motivated to make change happen in your place of work or study.

Number of participants 12

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: 8 hours

Number of hours of self-study: 4-8 hours

Total number of course hours: 12 – 16 hours

Distribution of course (hours/days)

4 live Zoom sessions (120 minutes each)

1-2 hours of preparatory work before each Zoom session

Pre-course preparation and/or between sessions?

- 1-2 hours of preparatory work before each Zoom session.
- After the 4th session you'll have the chance to Develop your own sustainability action plan that you can implement in your place of work or study.

Material participants need to bring (laptops, etc...)

Laptop or PC with internet connection and smart phone

This is a fully online course. You will need access to a laptop a PC with internet connection in order to access the materials, take part in the interactive sessions, and complete your action plan. A smart phone is also helpful for the interactive sessions.

Zoom

We will use Zoom for the interactive sessions throughout the course. In the interactive sessions we will build on the pre-work you have done ahead of time. We will use a specific Zoom for your course, please do not share it with others.

Relevant background reading/ audiovisual/websites or other materials

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