



From us at Living Smart

Are you new to Living Smart?

Living Smart was born in 2003 in Fremantle, Western Australia developing a multi-session sustainability program for adults. In 2006 Living Smart won the prestigious Eureka prize for sustainability education. The Living Smart course has run over 270 courses to almost 5000 residents across Australia, predominantly WA, SA and NSW. In 2009 Living Smart became an independent not-for-profit incorporated association and registered charity and course fees were introduced to fund the part-time coordinator and insurance costs as well as facilitator hours.

Why are we expanding our course selection?

We understand that shorter courses are needed to engage people new to sustainability as well as to fit into our increasingly busy evenings and weekends.

We have been speaking to current course hosts and understand that a varied mix of education deliverables are needed to meet tight budgets and large council areas. Officers also want to respond to resident interest in hot topics and draw in a new crowd.

So these new shorter courses have been developed for a pilot round and they all have a fixed maximum fee.

Are you interested in delivering course in your area or workplace?

Get in touch with us to find out more or sign up for course through our Living Smart coordinator on 0466 723 688

coordinator@livingsmart.org.au

Our home is: fSpace, Market St, Fremantle.



See Youtube: Getting a Living Smart Course running



The award-winning Living Smart program has fresh course offers

4 new short hot topic courses & an advanced masterclass

holistic content, goal setting to achieve change, tailored to your area, 1-month long



Taking up a Waterwise Lifestyle with Living Smart

- 4 sessions (3 in-class and 1 field trip on water supply or treatment)
- In addition to setting goals, this course can include:
 - water usage in the home, sources, water cycle, keeping waterways healthy (where relevant to local area)
 - creating waterwise and biodiverse gardens,
 - water usage in our products and living simply

Delivery Fee:
\$2750

Participant Fee
\$30/\$20



Achieving a low Waste Lifestyle with Living Smart

- 5 sessions (4 in-class and 1 field trip to recycling plant for example)
- Incorporating topics:
 - Household waste streams, separating, the waste cycle,
 - Composting and productive gardens,
 - Waste generation in our products and living simply,
 - Make your own healthy green products for your home

Delivery Fee:
\$2970

Participant Fee
\$40/\$25



Climate Change – Decarbonizing your Lifestyle

- 5 sessions (4 in-class and 1 field trip to sustainable home for example)
- Incorporating topics:
 - Reducing power and finding renewable energy for your home
 - growing your own food and cutting your food miles,
 - where is transport headed and how to shift to low-carbon modes,
 - reducing the footprint of our purchases and living simply,

Delivery Fee:
\$2970

Participant Fee
\$40/\$25



Growing Wellness in your Life with Living Smart

- 5 sessions (4 in-class and 1 field trip to community garden for example)
- Incorporating topics:
 - Finding personal wellness
 - Creating a healthy home,
 - growing your own food and cutting your food miles,
 - reducing the footprint of our purchases and living simply,

Delivery Fee:
\$2970

Participant Fee
\$40/\$25



Advanced Living Smart+

for refreshing your lifestyle & reconnecting to community

In April 2017 a research partnership with Murdoch University culminated in 64 long interviews with past participants from numerous Living Smart courses to understand how their sustainability journey had been since the course. We were buoyed by the wide suite of actions being undertaken but heard that trying to be sustainable in a largely unsustainable world is de-motivating at times. Community projects can help alleviate this but was not always easy to connect to.

So this 5-session course was devised for past-participants or those on the journey:

1. Meet and greet, reconnect with your sustainability, what do you want to learn?
2. Find out from local community groups ways to get engaged, assess your own current lifestyle
3. Revisiting and invigorating individual actions, get inspired and updated on fresh hot topics
4. A field trip or tour to community project(s) seeing roles and activities
5. Revisioning: Setting your path ahead at home and community

Delivery fee: \$2970

Participant fees \$50 /\$40

The *full* 8-session Living Smart Community Course

A proven course model with a long history of change and community-making.

- 8-9 sessions (7 in-class and 1 or 2 field trips)
- 10 topics in sustainability

Water, Power, Waste, Simple Living, Gardening for Food, Transport, Healthy You, Gardening for Biodiversity, Healthy Homes and Community

- Goal setting, visioning, sharing of action in-class time throughout the course to build this skill.
- Delivery fee \$4500 to \$6000 depending on scope. Host sets the maximum fee.

Participant fee \$80/\$40



See Youtube: Living Smart Testimonials



“The Living Smart course has been enlightening, uplifting, inspiring and altogether a wonderful journey into community and wellbeing.” Participant 2016



What does the Living Smart course encompass?

Behaviour Change: The education model to not just build awareness but affect behaviours during and post course. These methods include in-class goal setting, regular sharing of achieved actions feeding commitment to act and role modelling.

Effective Learning: Use of adult learning principles in course delivery that uses cooperative learning, the sharing of participant knowledge, and hands-on activities to encourage sustainable changes and develop community.

Rich content: The 10 topics of Living Smart mean participants leave with a very broad understanding of what it means to be sustainable and behaviour change can readily spillover from actions from one topic to another.

Tailored to area and participants: The content on each topic and the choice of field trips is designed by the facilitator separately for each Living Smart course. It is based on the needs of each individual group and the expertise within the group.

Community connection and confidence: Over the course, social confidence and connection is built as well as understanding of the power of collective action. From this, many post-course Living Smarties groups and other community groups have formed, and projects or campaigns have been run by Living Smarties becoming sustainability champions.