



CREATING SUSTAINABLE COMMUNITIES

Living Smart is an award-winning sustainability course for adults.



What is Living Smart?

Living Smart is a community sustainability education program, built on award-winning WA research and continually evaluated for evidence of change.

Living Smart was first developed through a local government-university partnership involving post-graduate researchers at Murdoch University in environmental education.

This culminated in winning the **National Eureka science prize for sustainability education in 2005.**

Since then the course has been further developed and updated by practitioners and researchers in the field. All courses are evaluated with pre-course and end-of-course surveys to identify effectiveness.

Living Smart delivers sustained behaviour change:

- A focus on behaviour change, not just information sharing. Living Smart courses use individual goal-setting and sharing of actions within every session. This grows motivation and connectedness.
- Use of adult learning principles to enable participants to learn effectively. Living Smart courses use group discussion, reflection and goal setting, shared stories and hands-on activities.
- Each course is different and tailor-made. The proven model stays the same but the content and schedule can vary to be locally relevant.
- Living Smart covers multiple aspects of sustainability so changes can occur over many areas of lifestyle.
- Most importantly, Living Smart creates connections that feed broader community participation.



What do participants think of Living Smart?

"Firstly **we value Living Smart because it does change behaviour, but in addition it is magnificent at engaging community.** We start with 30 odd people in a room enrolled in the course, get a great facilitator and, at the end of the course, the facilitator walks away and a self-organising group emerges.

Its value compared to a one-off event is massively different. Living Smart courses are able to feed ongoing sustainability and build community."

Sustainability Coordinator
City of Canning



"Living Smart gave me the time and space that I needed to really reflect upon where I could make changes in my life for sustainability and for my family's wellbeing. Prompts to set achievable goals were really helpful and helped to force me to address barriers that had previously prevented me from making changes. I now feel that I am putting my energy into things where I can actually make a difference - and a big part of that for me is helping others in my community to make positive change towards sustainability."

Kwinana participant - 6 weeks post course.

"I learnt a lot from the course, it was great getting real world/local advice from both the instructors and fellow attendees. The course motivated me to make changes in my own home and it ignited new interests, primarily gardening. My new project/goal is to improve my soil and expand my productive garden in an effort to have a successful spring/summer planting season."

Margaret River participant - 6 months post course.

"Living Smart encouraged me to make small changes, but gave me the confidence to make extraordinary changes too. I also met inspiring people in my local community who wanted to make a difference."

Beaconsfield Participant - 2013



Participants ENJOY the experience. Course satisfaction is rated at 93% from 55 courses!

Typically from a course of 25 participants, over 270 people are informed about the Living Smart experience directly from their peers.

How do I book a Living Smart course?

For further information, contact Living Smart at coordinator@livingsmart.org.au about hosting and or delivering a course in your area.

Visit our website at livingsmart.org.au

