

# The 10-topic Living Smart Community Course

A proven course model with a long history of growing role models 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 \$4000 to \$5500 depending on scope and facilitator experience. Host can set the maximum fee.**

**Participant fee optional**



The Living Smart course has been enlightening, uplifting, inspiring and altogether wonderful journey into community and wellbeing. –COURSE PARTICIPANT



## 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.