

I sealed leaks in my home – Put bucket in shower – Talked to neighbours more – Riding to work at least 3 times a week



Living Smart offers many **Hot-topic** short courses offering a lower budget course for residents that goes deep into a hot topic. Each short course uses the engaging and effective Living Smart education model with rich, relevant content, goal setting to achieve change and information and activities tailored to your location.

The Living Smart Short Courses include



TAKING UP A WATERWISE LIFESTYLE

- 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 local waterways and catchments healthy (as relevant to local area)
 - creating waterwise and biodiverse gardens,
 - water usage in our products and living simply



ACHIEVING A LOW WASTE LIFESTYLE

- 5 sessions (4 in-class and 1 field trip to recycling plant for example)
- Incorporating topics:
 - Household waste streams, separating, the waste cycle,
 - Handling organic waste in your garden,
 - Living simply and rediscovering repairing
 - Make your own healthy green products for your home



ACHIEVING A SMALL FOOTPRINT LIFESTYLE

- 5 sessions (4 in-class and 1 field trip to a sustainable home or similar)
- Incorporating topics:
 - Reducing power and passive solar opportunities for your home
 - wise food choices from growing food organically to buying local
 - where is transport heading and how to shift to low-carbon modes



“I thought I was doing enough and joined the Living Smart course to see what I could do more of, or more efficiently. I learned this in spades, plus made some really nice connections with new people. Highly recommended!”

– NORTH FREMANTLE COURSE PARTICIPANT

CREATING WELLNESS IN YOUR LIFE

- 5 sessions (4 in-class and 1 field trip to a bush reserve for example)
- Incorporating topics:
 - Finding social connection in your community
 - Creating a healthy, low chemical home
 - Healthy food choices and growing your own
 - Pacing your lifestyle for a healthy mind and body



CHARTING A SUSTAINABLE PATH IN YOUR HOME AND COMMUNITY

A short course for residents keen to do more and connect with their community

This 5-session course including a field trip to a local community project. Typical content would include:

- Getting active in your local community - Guest speakers on the couch for a Q & A as well as on a field trip visiting inspiring community projects.
- Reviewing and invigorating individual actions, get inspired and updated on fresh hot topics in sustainable living
- Visioning: Setting your path ahead at home and community

