Sustainable Living: Embracing Nature-based Practices

The module SUSTAINABLE LIVING : EMBRACING NATURE –BASED PRACTICES aims to provide students an immersive experience living in the natural environment. Students will learn to live with natives and ethically interact with the environment (human, flora, fauna, water, air). They will be both physically and spiritually connected to nature.

EMBRACING NATURE –BASED PRACTICES examines responsible consumption among the indigenous community with zero-waste back-to-earth practices and benefiting what nature has to offer for food and daily needs. Students will participate in selecting edible herbs, fishing, game hunting and preparing food in an environment away from gadgets and automatic kitchen aids. They will also learn simple crafts and hacks used by the natives to survive the wild. Students will be able to comprehend how the community sustain their lives by depending and respecting the natural environment. They will also observe social and cultural norms that are unique to the tribe.

In reciprocity, students will spend time with the children, women folk and the elderly to learn how aspects of living can be improved.

This learning session offers direct engagement with an indigenous group; this provides the students an opportunity to have conversations with community members and to understand how aspects of health, sanitation, education and gender equality may be enhanced while cherishing the way the community manage the natural environment and sustain their lives.

Students work with local forest rangers and the indigenous people to navigate the environment and the challenges associated with it. They will also propose possible programs and projects to social entrepreneurs, research organizations, government departments and relevant stakeholders to help safeguard and elevate the lives of the indigenous communities in terms of education, health and relevant matters.
How specific learning objectives have been achieved:

At the end of the module students were able to:

- Analyze the aspects of the environment a human community resides in and to propose enhancements to selected practices (e.g. health, education, sanitation)

- Reflect and express good attitude towards differences in how humans live and interact with the environment

- Demonstrate appreciation for nature as life support system with resources for individual and community sustainability through participation in the community nature-based practices

- Practice and demonstrate how to ethically interact with the environment (human, flora, fauna, water, air) for a sustainable life

How specific learning objectives were assessed:

Students will be assessed on their journal entries and a group project report that includes proposal and recommendations to the authority/partners regarding enhancement programs for the indigenous community

How SDGs have been included:

The students know about access to education, sustainable lifestyles, gender equality, and appreciation of cultural diversity and of culture’s contribution to sustainable development

The students know about inclusive, safe, resilient and sustainable human settlements. This is also in relation to safeguarding local wisdom and indigenous cultural and natural heritage

The students have an awareness of sustainable development and lifestyles in harmony with nature, as well as sustainable management and efficient use of nature resources and zero-waste

How have the designed teaching and learning activities been delivered?

Participatory enquiry and action activities: Hands-on experience working with the indigenous people and forest rangers to live the lives of the natives and participate in nature-based practices.

Ethnographic and practical experience with peers exploring aspects of health, education, sanitation and gender equality that can be addressed and enhanced. Reflection on the immersive experience and its impact on one's understanding and internalizing sustainability.

Group project: Collection of data, artefacts, discussion and formulating ways to improve access to education, gender representation in educational pursuits, cleanliness and sanitation as well as health.

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Embracing The Nature (Learning Experience)

Debriefing the learning points

Students are learning and discussing

Dinner is ready!

Partnership with the natives

Students preparing the ingredients to cook for dinner
Snapshots of the Learning Experiences

The whole team member
Explaining the task to the team member
Post-meeting and discussion
Concluding the lesson