

INTERNATIONAL SUSTAINABILITY SCHOOL 2015



INFORMATION HANDBOOK

Sustainability School is different - it is an extraordinary journey, a self-exploratory trek, a skill building workshop, a hub to find likeminded lifetime friends, an opportunity to connect to nature, an experience with communities and a place to ignite ideas and inspiration.

It brings together young change makers from around the globe to become sustainability leaders called the Sustainability Fellows by offering them inspiration, igniting ideas, inculcating skills and a providing a team in an picturesque environment.

“Ever envisioned trekking in the Himalayas, living with communities, learning from experts, meeting change makers, working with local youth while being accompanied by likeminded friends living in different countries?”

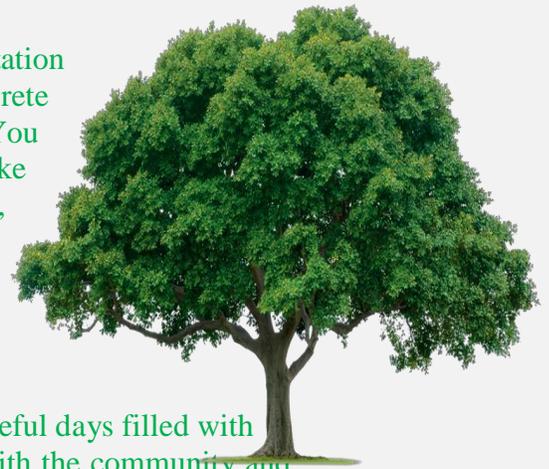


WHAT HAPPENS DURING SUSTAINABILITY SCHOOL?

The program revolves around 10 days experience, which is designed to give you new skills, friends, ideas and inspiration. It is an opportunity to see, feel and know more about sustainability. We give Sustainability Fellows an opportunity to experience grassroots realities as well as learn concrete skills from experts while also discovering themselves. This is a physically, mentally and socially engaging program where participants enrich themselves, the communities they visit and each other. An astonishing experience is offered to anyone spending time in nature and local communities, and our job as educators is to harvest this 'connection' in helpful and meaningful ways for a more sustainable world by empowering change makers like you!

SUSTAINABILITY SCHOOL INCORPORATES **THREE PHASES:**

Phase LEARN: Starting with a fun filled icebreaker, orientation expectations sharing, during this phase you will learn concrete skills from experts and organizations about sustainability. You will participate in skill development workshops like Conceptualizing Sustainability, Sustainability Mapping, Sustainability Shots, Cultural payoffs, Choice editing, and organizational observations among others. This phase will also allow participants to break into group related sustainability themes of their choice on which you will work.



Phase FEEL: This is the wonder phase! It envelops 5 resourceful days filled with tools for Sustainability Fellows to help inspire connection with the community and nature by using simple techniques in out-door and community settings.

We will embark into a rural community to absorb the knowledge, reality and wisdom present there. We trek to our host village where we will live like the locals, know about their issues and contribute to their cause. The impact of the outer world on the host village will be explored. The thematic teams will then conduct idea shops in partnership with the host community. You will also work on sustainability service as well document sustainability practices. Besides, different learning modules like Ask Nature, Reflect Art, outdoor games, Solo Self, among other sustainability modules will be conducted during this phase. We then trek back to Kathmandu.

Phase Be! : Once back we will have 2 intensive days of reflection, summarization, action planning and documentation. Facilitated by an expert you will build your experience, energy and zeal into a project that you can share and carry on for the rest of your life.



STRUCTURE OF THE PROGRAMME

ARRIVAL	
July 4 – July 5 th	Phase Learn
	INTRODUCTION Orientation, icebreaker, expectations and skills sharing
	SKILL DEVELOPMENT WORKSHOPS Conceptualizing Sustainability, Sustainability Mapping, Sustainability Shots, Choice editing, Sustain Agro among others.
	THEMATIC BREAKOFFS
July 6 th – July 9 th	Phase Feel
	TREK to our host village Live like the local, idea shops, sustainability service, Ask Nature, reflect art, outdoor games, solo self, discussion and synthesis of learning.
	TREK back and travel to Kathmandu
July 10 th – July 11 th	Phase Bel: Social media for sustainability, Reflection, summarization, action planning and documentation
July 12	GRADUATION AND FAREWELL

WHO SHOULD APPLY?

The programme has been created for young people. It may be at the point of a career change, or after graduating or during study. In professional terms, Sustainability School is for all those interested in skills-development, exposure, adventure and network development. Over the duration of the programme, we expect participants to pick skills, experience, ideas and inspiration. On a personal level, the programme aims to align you with your goals, connect you deeply with nature, and offer you tools and experiences that will translate effectively into everyday life and help you become sustainability stewards. What is important is that applicants should be highly motivated in subjects of sustainable development, be involved in all activities during the course, and actively participate in an intensive learning process with link-minded peers from around the world.



PARTICIPATION FEE AND SCHOLARSHI

Fee: USD 700

The Sustainability School's objective is to create a network of global sustainability leaders. For this reason we have tried to keep the cost as low as possible and the group size manageable.

FEW SCHOLORSHIPS are available based on ability to impact upon returning from the trip and commitment.

NOT INCLUDED

Participants are responsible for:

- International travel to Nepal
- Health and travel insurance
- Visa fees (if applicable)
- Any additional activities outside/after the course

INCLUDED

Fee includes all services from the arrival to the departure of the course:

- Airport transfers at arrival & departure
- All local transportation, excursions and field trips.
- Full board and lodging during the full course duration
- Skill development modules
- Documents and all course material,
- Certificate of participation and token.

DATES:

Program Date: 3rd July – 12th July, 2015

Application Deadline: May 15th, 2015

Scholarship Confirmation: June 5th, 2015

APPLICATION PROCESS:

DOWNLOAD and **SUBMIT** the completed application to sustain@onceinlife.org by May 15th, 2015

[APPLY ONLINE NOW!](#)

For further information:

Hands-On Institute

Post Box: 20029

Chakupat-22, Lalitpur, Nepal

Email: info@onceinlife.org,

(e) info@onceinlife.org, (w) www.onceinlife.org,

(t) +977 9851126795/9849192829

