



# **INTELLECTUAL OUTPUT I.O.3 DESIGNED EXPERIENTIAL TRAINING ACTIVITIES**

## **1. INTRODUCTION TO COLLABORATIVE CONSUMPTION**

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## INTELLECTUAL OUTPUT PRESENTATION

The intellectual output 'Designed Experiential Training Activities' is part of the project ERASMUS+ COL-SUMERS. The contents are based on the results of the IO.1 (co-created training methodology) and they have been developed in collaboration with the I.O.2 (training materials).

IO.3 Designed Experiential Training Activities will be the final output of the following activities:

- O3-A1. Design of Experiential Training Activities and Materials.
- O3-A2. Train the trainer of Designed Experiential Training Activities
- O3-A3. Translations of Designed Experiential Training Activities

As stated in IO.1, COL – SUMERS has the main goal to increase the competences (attitudes, skills, knowledge) of Elder People ( $\geq 60$  years old) on how to exploit Collaborative Consumption (CC) through an innovative training program.

The COLSUMERS course is structured according to the following principles

1. The duration of the course is 30 hours, of which:
  - a. 11 hours are face to face sessions,
  - b. 11 hours are online sessions
  - c. 8 hours dedicated to the COL-SUMERS LAB
2. The methodology will be active, participative and adapted to the needs of elderly people. It will be conducted in different workshops and will include:
  - a. Face to face sessions.
  - b. Online sessions.
  - c. Practical and experiential activities to be implemented in real scenarios.
  - d. Practical approach with study cases, videos, expert seminars and complementary readings.
3. An e-Training platform will be developed with the purpose of:
  - a. Allocating the different training materials and resources.
  - b. Virtual co-working.

These guidelines should be applied flexibly in practice. Trainers should prepare each session according to their specific needs, always keeping in mind the training programmes' objectives.

**Difference between I.O2 (Training Materials) and I.O3 (Designed Experiential Training Activities-DETA)**

I.O2	I.O3
Training Materials	Training Methodology / Activities
Content	Structure
Text	Templates

O3 creates the structure, templates and design of the program and O2 fills in the content upon request.

**How to read the DETA**

- DETAs are addressed to the trainers and they include the design of the training activities.
- DETAs offer guidelines for the implementation of the training methodology and facilitate the conduction of the sessions

## AGENDA DETA 1

STEP	CONTENTS	DURATION
<b>SESSION 1. FACE TO FACE</b>		
<b>1.1. Opening session</b>	<b>Course presentation</b> <ul style="list-style-type: none"> <li>COL SUMERS project</li> <li>Objectives</li> <li>Contents</li> <li>Planning</li> </ul> <b>Icebreaker Game</b>	10 minutes
<b>1.2. Face to face session</b>	<ol style="list-style-type: none"> <li>Concept and types of CC.</li> <li>CC Platforms. Introduction to the main characteristics.</li> </ol>	40 minutes
<b>1.3. Closure</b>	<ul style="list-style-type: none"> <li>Presentation of the online training sessions</li> </ul>	10 minutes
<b>SESSION 2. ON LINE SESSION</b>		
<b>2.1. Creating their own study cases</b>	<ul style="list-style-type: none"> <li>Selection of a CC platform</li> <li>Description of characteristics, and the opportunities provided for the improvement of their quality of life.</li> </ul>	60 minutes

## TRAINING COURSE PLANNING

	F2F / ONLINE	PARTICIPANTS	DURATION	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
1. Introduction to collaborative consumption	F2F	ALL	1h.						
	ONLINE	ALL	1h.						
2. Impact of collaborative consumption in sustainability (enviroment, society and economy)	F2F	ALL	1h.						
	ONLINE	ALL	1h.						
3. Evaluating my competences and expectations in CC, Self-assessment	F2F	ALL	2h.						
4. Collaborative consumption in the field of wellbeing (health and emotional)	F2F	ALL	2h.						
	ONLINE	ALL	2h.						
5. Collaborative consumption in the field of Energy and Water Consumption	F2F	ALL	1h.						
	ONLINE	ALL	1h.						
6. Collaborative consumption to reduce wastes (including food) and promoting recycling and reusing	F2F	ALL	2h.						
	ONLINE	ALL	2h.						
7. Collaborative consumption in the field of mobility	F2F	ALL	2h.						
	ONLINE	ALL	2h.						
8. Collaborative consumption for sharing essential goods (clothes, households,...)	F2F	ALL	2h.						
	ONLINE	ALL	2h.						
9. COL-SUMERS LAB	F2F / ONLINE	ALL	8 h.						

Step	DESIGNED EXPERIENTIAL TRAINING ACTIVITY (DETA) 1. INTRODUCTION TO COLLABORATIVE CONSUMPTION
0	<p>- The length of this DETA is estimated in 4 hours distributed in 2 training sessions,</p> <ul style="list-style-type: none"> <li>• 1 hour face-to-face (F2F)</li> <li>• 1 hour online</li> </ul> <p>- Don't forget to have the attendance list ready.</p> <p>- Don't forget to take pictures and if possible record some video of the activities.</p> <p>- Coffee breaks are not included in the duration. Coffee break should take approximately 30 minutes.</p>
0.1	<p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li>• Learn the basic concepts of Collaborative Consumption (CC)</li> <li>• Understand the potentialities of Collaborative Consumption (CC)</li> <li>• Increase the knowledge about the CC contexts and trends.</li> <li>• To increase trainees' awareness and motivation about the benefits of Collaborative Consumption (CC)</li> <li>• To identify the positive impacts and risks of CC (Collaborative Consumption): Sustainability, social and economic.</li> </ul> <p><b>Participants:</b></p> <ul style="list-style-type: none"> <li>• Elder People (<math>\geq 60</math> years old)</li> </ul> <p><b>Training contents: TOPIC 1. INTRODUCTION TO COLLABORATIVE CONSUMPTION</b></p> <ol style="list-style-type: none"> <li>1. Concept and types of Collaborative Consumption (CC).</li> <li>2. CC Platforms. Introduction to the main characteristics.</li> </ol>
1	<b>FACE TO FACE SESSION –GUIDELINES, DURATION AND TOOLS</b>
1.1	<p><b>Opening.</b></p> <p>- Once attendees have arrived to the classroom, the trainer will welcome them, present himself and introduce a <b>brief explanation of the course (objectives, contents and planning)</b>. They will also introduce the COL SUMERS project to contextualize the course.</p> <p>To break the ice, the trainer will propose an Icebreaker game: THE SPIDER NET</p> <p>-Duration: 10 minutes.</p> <p>- Tool: Word document (<i>COL SUMERS - Topic 1. Icebreaker Game</i>) and game material (Ball of wool).</p>

1.2	<p><b>Training contents:</b></p> <ol style="list-style-type: none"> <li>1. <b>Concepts and types of CC.</b></li> <li>2. <b>CC Platforms. Introduction to the main characteristics.</b></li> </ol> <p>The trainer will introduce CC concepts and types, giving clear examples on each type of concepts.</p> <ul style="list-style-type: none"> <li>• To do so, the trainer will start with an <b>activity with a pre-selected video</b> (see example) about CC concepts, which should not take too long (3-5 minutes). Then the trainer starts a discussion with all trainees, asking what the participants think about the video and what the main thoughts on the video are. The trainer notes down the core ideas on the blackboard (10 minutes).</li> <li>• After this activity, the trainer has an idea of the participants' previous knowledge on CC. To make this activity more dynamic the trainer can <b>prepare some questions about the video to boost trainees' participation</b> (10 minutes).</li> <li>• After this activity, the <b>trainer introduces the trainees to the main concepts and types of CC</b>, giving a selection of clear examples of each type, trying to relate the main ideas written down in the blackboard with the concepts and types provided in the <b>presentation</b> (10 minutes).</li> <li>• <b>Alternative methodology.</b> The groups can work on the same video or each group can work on a different video so they present the contents of it and main conclusions</li> </ul> <p><b>EXAMPLE VIDEOS:</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.youtube.com/watch?v=-R3WtXOPYfs">https://www.youtube.com/watch?v=-R3WtXOPYfs</a></li> <li>• <a href="https://www.youtube.com/watch?v=1Qfqrn67Le0">https://www.youtube.com/watch?v=1Qfqrn67Le0</a></li> <li>• <a href="https://www.consumocolaborativo.com/2015/09/29/video-curso-de-consumo-colaborativo-en-iskool/">https://www.consumocolaborativo.com/2015/09/29/video-curso-de-consumo-colaborativo-en-iskool/</a></li> <li>• <a href="https://www.ted.com/talks/rachel_botsman_the_case_for_collaborative_consumption?language=es">https://www.ted.com/talks/rachel_botsman_the_case_for_collaborative_consumption?language=es</a></li> </ul> <p><b>-Conclusions (10 minutes).</b> After the previous steps are done, the trainer proposes the trainees to form groups , and ask them:</p> <ul style="list-style-type: none"> <li>• Which are the main benefits/problems that CC can have for you, taking into account your specific situation?</li> <li>• Do you think that CC can be interesting for you to improve the quality of your life?</li> <li>• Why elder people should increase my CC competences?</li> <li>• Do elder people have specific CC needs different from the younger population?</li> <li>• Each group works on these questions and come to common conclusions, one representative of each group explains to the rest of the trainees their main conclusions.</li> </ul> <p>- Bear in mind that you will have different profiles with different levels of ICT skills / knowledge, try to give examples understandable for all types of profiles.</p> <p>- Timing: 40 minutes.</p> <p>- Tools: PPT, video</p> <p>- Include time for questions and discussion.</p>
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1.4	<p><b>Closure</b></p> <ul style="list-style-type: none"> <li>• The trainer tries to solve all possible doubts and questions.</li> <li>• The trainer explains how the e-Training Platform works (user, password, structure, tools, etc.) and also how they can use the services of the platform</li> <li>• The trainer explains how the online training sessions work and what is expected, and details the activities that will be done in the next training session.</li> <li>• The trainer asks trainees for feedback.</li> <li>• The trainer summons the students for the next F2F training session.</li> </ul> <p>-Duration: 10 minutes.</p> <p>- Tool: PPT, e-Training Platform, co-working space and coach/mentor.</p> <p>- Include time for questions and interaction.</p>
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2	<b>ONLINE SESSION – GUIDELINES, DURATION AND TOOLS</b>
2.0	<p>The trainer has already designed and uploaded the online session to the e-Training platform.</p> <p>Things to be done online:</p> <ul style="list-style-type: none"> <li>• Trainees must read (and download, if they want), the training materials (PPT, Word document, complementary readings, etc.) for Topic 1.</li> </ul>
2.1	<p><b>Activity 1. Creating their own study cases</b></p> <p>The trainees must make a case study (instructions and points of the report must be decided on in advance) of national CC digital platforms (at least 2), stating in a document the main characteristics, and the opportunities provided for the improvement of their quality of life.</p> <ul style="list-style-type: none"> <li>• The teacher will help the students to select CC platforms</li> <li>• This can be done in the co-working space.</li> <li>• This can be done in groups or individually.</li> <li>• Results must be uploaded in the e-Training platform (virtual co-working space), accessible by all participants</li> <li>• This can be discussed in the forum.</li> <li>• Duration 60 minutes</li> </ul>

### TRAINING MATERIALS (I.O.2)

SESSION	MATERIALS
<b>FACE TO FACE SESSION</b>	
<b>1.1. Opening session</b>	<b>Course presentation (PPT)</b> Contents: <ul style="list-style-type: none"> <li>• COL SUMERS project</li> <li>• Objectives</li> <li>• Contents</li> <li>• Planning</li> </ul>
<b>1.1. Opening session</b>	<b>Game</b> <ul style="list-style-type: none"> <li>• Ice breaker exercise</li> </ul>
<b>1.2. Face to face session part 1</b>	<b>Handbook_Topic 1 (word)</b> <b>Training Materials (PPT)</b> Contents: <ol style="list-style-type: none"> <li>1. Concepts and types of CC.</li> <li>2. CC Platforms. Introduction to the main characteristics.</li> </ol>
<b>1.3. Closure</b>	<b>Presentation (PPT)</b> Contents: <ol style="list-style-type: none"> <li>1. Presentation of the online training sessions</li> </ol>
<b>ON LINE SESSION</b>	
<b>2.1. Creating their own study cases / Analysis of a CC platform</b>	<b>Word document</b> <ol style="list-style-type: none"> <li>1. Template to analyze the characteristics of an CC Platform and the opportunities provided for the improvement of their quality of life</li> </ol>