



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

2. IMPACT OF COLLABORATIVE CONSUMPTION IN SUSTAINABILITY  
(ENVIRONMENT, SOCIETY AND ECONOMY)

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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 2

STEP	CONTENTS	DURATION
<b>SESSION 1. FACE TO FACE</b>		
<b>1.1. Opening session</b>	<b>Presentation of topic 2</b> <ul style="list-style-type: none"> <li>Objectives</li> <li>Contents</li> <li>Planning</li> </ul>	10 minutes
<b>1.2. Face to face session</b>	1. Opportunities for elder people, barriers and drivers. Sustainability, social and economic impacts and risks of Collaborative Consumption 2. CC and digital competences	40 minutes
<b>1.3. Closure</b>	<ul style="list-style-type: none"> <li>e-Training Platform works</li> <li>Presentation of the online training sessions</li> </ul>	10 minutes
<b>SESSION 2. ON LINE SESSION</b>		
<b>2.1. The COL SUMERS e-training platform</b>	<ul style="list-style-type: none"> <li>Create an account</li> <li>Log In</li> <li>Download training materials</li> <li>Send messages / Chats</li> <li>Log out</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	<b>DESIGNED EXPERIENTIAL TRAINING ACTIVITY (DETA) 2. IMPACT OF COLLABORATIVE CONSUMPTION IN SUSTAINABILITY (ENVIRONMENT, SOCIETY AND ECONOMY)</b>
0	<p>- The length of this DETA is estimated in 2 hours distributed in 2 training sessions,</p> <ul style="list-style-type: none"> <li>• 1 hour face-to-face (F2F)</li> <li>• 2 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 (≥ 60 years old)</li> </ul> <p><b>Training contents: TOPIC 1. INTRODUCTION TO COLLABORATIVE CONSUMPTION</b></p> <ol style="list-style-type: none"> <li>1. Opportunities for elder people, barriers and drivers. Sustainability, social and economic impacts and risks of Collaborative Consumption</li> <li>2. Collaborative Consumption (CC) and digital competences</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 topic 2 (objectives, contents and planning)</b>.</p> <p>-Duration: 10 minutes.</p>

1.2	<p><b>Training Contents:</b></p> <ol style="list-style-type: none"> <li><b>1. Opportunities for elder people, barriers and drivers. Sustainability, social and economic impacts and risks of Collaborative Consumption</b></li> <li><b>2. CC and digital competences</b></li> </ol> <p>- Each trainer will introduce the concepts, giving clear examples to the trainees.</p> <ul style="list-style-type: none"> <li>For doing so, the trainer will start with an <b>activity with a pre-selected press article</b> (see <a href="#">example</a>) <b>on the concepts</b> (not too long, 1-2 pages). The trainer can <b>prepare some questions about the press article to boost trainees' participation</b>. The trainees read the article individually. In the groups, already formed in the previous activity, the individual opinions are discussed and then shared with a wider audience (all the other groups) their main conclusions, moderated by the trainer (15 minutes).</li> <li>Special attention must be paid to the need for digital skills to participate in the CC.</li> <li>After the previous activity, the <b>trainer introduces main concepts, types and trends, as well as opportunities for elder people</b>, giving clear examples of the contents (15 minutes).</li> <li><b>Methodology alternative</b>. The groups can work on the same press article or each group can work on a different article so they present the contents of the article and main conclusions.</li> </ul> <p><b>PRESS ARTICLE EXAMPLES</b></p> <ul style="list-style-type: none"> <li><a href="https://www.eldiario.es/economia/consumo-colaborativo-temblar-economia-tradicional_0_265624060.html">https://www.eldiario.es/economia/consumo-colaborativo-temblar-economia-tradicional_0_265624060.html</a></li> <li><a href="https://www.elmundo.es/economia/2014/05/25/537f5644e2704eab698b457b.html">https://www.elmundo.es/economia/2014/05/25/537f5644e2704eab698b457b.html</a></li> <li><a href="https://elpais.com/economia/2016/02/18/actualidad/1455817896_691350.html">https://elpais.com/economia/2016/02/18/actualidad/1455817896_691350.html</a></li> <li><a href="https://www.huffingtonpost.es/2016/07/21/yo-no-desperdicio-alimentos_n_10694868.html?utm_hp_ref=es-consumo-colaborativo">https://www.huffingtonpost.es/2016/07/21/yo-no-desperdicio-alimentos_n_10694868.html?utm_hp_ref=es-consumo-colaborativo</a></li> <li><a href="https://www.hosteltur.com/116658_seniors-comienzan-interesarse-economia-colaborativa.html">https://www.hosteltur.com/116658_seniors-comienzan-interesarse-economia-colaborativa.html</a></li> <li><a href="https://www.emprendedores.es/ideas-de-negocio/a63104/seniors-economia-colaborativa-consumo/">https://www.emprendedores.es/ideas-de-negocio/a63104/seniors-economia-colaborativa-consumo/</a></li> </ul> <p><b>-Conclusions</b> (10 minutes). 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>What are the advantages from the economic, social and environmental point of view of the CC? And the potential risks? A synthesis of the aspects identified should be noted on the blackboard.</li> <li>After the first contact with the CC concept, do you think you have enough digital skills to participate in CC platforms?</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>- Show examples of how Elder People can be engaged in CC, by providing examples of digital platforms.</p> <ul style="list-style-type: none"> <li>- Duration: 40 minutes.</li> <li>- Tools: PPT, press articles and links to digital platforms.</li> <li>- Include time for questions and interaction.</li> </ul>
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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 2.</li> </ul>
2.1.	<p><b>Activity 1. The COL SUMERS e-training platform</b></p> <p>The first part of the online session is to show how the online platform works. The student will have to perform the following operations:</p> <ul style="list-style-type: none"> <li>• Create an account</li> <li>• Log In</li> <li>• Download training materials</li> <li>• Send messages / Chats</li> <li>• Log out</li> </ul> <p>Duration 60 minutes</p>

### 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>• Objectives</li> <li>• Contents</li> <li>• Planning</li> </ul>
<b>1.3. Face to face session</b>	<b>Handbook_Topic 2 (word)</b> <b>Training Materials (PPT)</b> Contents: <ol style="list-style-type: none"> <li>1. Opportunities for elder people, barriers and drivers. Sustainability, social and economic impacts and risks of Collaborative Consumption</li> <li>2. CC and digital competences</li> </ol>
<b>1.3. Closure</b>	<b>Presentation (PPT)</b> Contents: <ol style="list-style-type: none"> <li>1. How the e-Training Platform works</li> <li>2. Presentation of the online training sessions</li> </ol>
<b>ON LINE SESSION</b>	
<b>2.1. The COL SUMERS e-training platform</b>	<b>Presentation (PPT)</b> Contents: <ol style="list-style-type: none"> <li>1. How the e-Training Platform works</li> </ol>