



INTELLECTUAL OUTPUT I.O.3 DESIGNED EXPERIENTIAL TRAINING ACTIVITIES

8. COLLABORATIVE CONSUMPTION FOR SHARING ESSENTIAL GOODS

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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 IO.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 (≥ 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 take place 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
SESSION 1. FACE TO FACE		
1.1. Opening session	Course presentation <ul style="list-style-type: none"> COL SUMERS project Session objectives Contents Planning Icebreaker Game (Choose a photo, Group counting or Singing a song together)	15 minutes
1.2. Face to face session (Part 1)	1. Presentation on CC in clothing & housing.	45 minutes
1.3. Face to face session (Part 2)	2. Opportunities for elder people, barriers and drivers. Sustainability, social and economic impacts and risks of Collaborative Consumption 3. Best practices and real experiences in renting or sharing a house	50 minutes
1.4. Closure	<ul style="list-style-type: none"> e-Training Platform works Presentation of the online training sessions 	10 minutes
SESSION 2. FACE TO FACE		
2.1. Creating their own study cases	<ul style="list-style-type: none"> Selection of a CC platform on clothing or housing Group work session: Description of characteristics, and the opportunities provided for the improvement of their quality of life. 	90 minutes

2.2. Webinar	<ul style="list-style-type: none">• Video or an audio-recording of an interview with an expert on the CC• Questions• Conclusions	30 minutes
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TRAINING COURSE PLANNING

	F2F / ONLINE	PARTICI PANTS	DURATI ON	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 waste (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) 6. COLLABORATIVE CONSUMPTION FOR SHARING ESSENTIAL GOODS
0	<ul style="list-style-type: none"> - The length of this DETA is estimated in 4 hours distributed in 2 training sessions, <ul style="list-style-type: none"> • 2 hours face-to-face (F2F) • 2 hours online - Don't forget to have the attendance list ready. - Don't forget to take pictures and if possible record some video of the activities. - Coffee breaks are not included in the duration. Coffee break should take approximately 30 minutes.
0.1	<p>Objectives:</p> <ul style="list-style-type: none"> • To increase the awareness and competences of elderly people on CC in clothing and housing. <p>Participants:</p> <ul style="list-style-type: none"> • Elder People (≥ 60 years old) <p>Training contents: TOPIC 6. COLLABORATIVE CONSUMPTION FOR SHARING ESSENTIAL GOODS</p> <ol style="list-style-type: none"> 1. Delivering data and information on the subject of justification of the existence of CC. 2. Introducing the participants to collaborative consumption of clothing, shoes, houses, etc. 3. Introduction to the traditional business model in fashion industry and comparison with the new collaborative models. 4. The new understanding of ownership. 5. Fashion sharing. 6. Motivations for consumers to engage in collaborative consumption. 7. Types of collaborative consumption & the Sharing economy. 8. Examples of sharing platforms.
1	FACE TO FACE SESSION – GUIDELINES, DURATION AND TOOLS

1.1	<p>Opening.</p> <p>How do we proceed? For how long? What do we expect to know after the session? Questions?</p> <ul style="list-style-type: none"> • Self-presentation of trainees. They do it in pairs; they interview each other asking themselves their names, their background, their expectations of the course and their main hobbies. After the interview, each component of the couple introduces the other. <p>Duration: 20 minutes.</p>
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<p>1.2</p>	<p>Presentation.</p> <ol style="list-style-type: none"> 1. Traditional vs. Collaborative or sharing models for essential goods: basics, history, business modeling. 2. Types of collaborative models: sharing economy or collaborative consumption? 3. Platforms for sharing clothes. 4. Platforms for renting housing. <p>Questions that might be asked:</p> <ul style="list-style-type: none"> • How does this business work actually? Is there a cleaning process? • Is there a fee if there is a damage on the clothes when returned? • Do you need bigger wardrobe for your new clothes or renting/swapping would be a good practice? • What about my consumer rights in these transactions? • Is there something that you've looking for before? Is it on a better price here? Would you rent baby products? Which ones? Why? • What is "sharewashing" and is there a difference between the model of a library and that of a renting platform? • Is there a difference between sharing economy and collaborative consumption? <p>- Timing: 45 minutes. - Tools: PPT, Q&A session?</p> <p>Training Contents:</p> <ol style="list-style-type: none"> 1. Opportunities for elder people, barriers and drivers. Sustainability, social and economic impacts and risks of Collaborative Consumption 2. Best practices and real experiences in renting or sharing a house. <p>1.3.</p> <p>Games:</p> <ol style="list-style-type: none"> 1. Silent discussion. <p>Objective: Sharing arguments on a topic of interest. Demonstration of the usability of sharing goods.</p> <p>Materials: 6x A2 sheets.</p> <p>Rules: There are several A2 sheets on the wall and every one of them has a question or statement. Every participant writes on the topic on every A2 sheet at least once. The participants are discussing three goods – one that they would give away; one that they would rent out; and another that they would sell. Discussion follows after the presentation of every sheet to the participants.</p>
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	<p>2. Discussion in small groups.</p> <p>Objective: Reiterating on the learned information</p> <p>Questions: Would I rent an apartment for a weekend vacation? Would I share my apartment for free? How would I do that?</p> <p>Rules: Every group chooses two of the questions and discuss on them. After the end of the discussions, member of the group is presenting their discussion to the other participants.</p> <p>Conclusions (10 minutes). 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.</p> <ul style="list-style-type: none"> - Duration: 50 minutes. - Tools: games, discussion. - Include time for questions and interaction.
1.4	<p>Closure</p> <ul style="list-style-type: none"> • The trainer tries to solve all possible doubts and questions. • 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 • The trainer explains how the online training sessions work and what is expected, and details the activities that will be done in the next online training session. • The trainer asks trainees for feedback. • The trainer summons the students for the next F2F training session. <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>

2	ONLINE SESSION – GUIDELINES, DURATION AND TOOLS
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"> • Trainees must read (and download, if they want), the training materials (PPT, Word document, complementary readings, etc.) for Topic 6.
2.1	<p>Activity 1. Creating their own study cases. The trainees must make a case study (instructions and points of the report must be decided on in advance) of national CC digital platforms (limit of 4 examples), 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"> • This can be done in the co-working space. • This can be done in groups or individually. • Results must be uploaded in the e-Training platform (virtual co-working space), accessible by all participants • This can be discussed in the forum. • Duration 1,5 hours.
2.2	<p>Activity 2. Webinar. The trainer will call the trainees to a webinar.</p> <ul style="list-style-type: none"> • In the webinar, the trainer will show the trainees a video or an audio-recording of an interview with an expert of the CC (no longer than 15 minutes), guiding the discussion and answering the questions. Alternatively, the expert could be explaining and discussing his/her view on CC. • At the end of the webinar, the trainer will ask the trainees which are the main conclusions from the discussion. Conclusions must be uploaded by each participant in the co-virtual space. • Webinar duration. 30 min. <p>EXAMPLE VIDEOS:</p> <ul style="list-style-type: none"> • https://www.ted.com/talks/rachel_botsman_the_case_for_collaborative_consumption?language=es • https://www.youtube.com/watch?v=hRd8Dj_A4jY

TRAINING MATERIALS

SESSION	MATERIALS
1.2. Face to face session	<p>Training Materials (PPT)</p> <ol style="list-style-type: none">1. Traditional vs. Collaborative or sharing models for essential goods: basics, history, business modeling.2. Types of collaborative models: sharing economy or collaborative consumption?3. Platforms for sharing clothes.4. Platforms for renting housing.