



INTELLECTUAL OUTPUT I.O.3 DESIGNED EXPERIEN- TIAL TRAINING ACTIVI- TIES

Topic 5: **Collaborative consumption in the
field of energy and water consumption**

ACTIVITY LEADING ORGANISATION



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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 (≥ 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 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.
 - e. 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

Training Materials and trainers material

To facilitate the teaching of the topic described in this DETA, two packages of materials have been developed:

- Training materials: Materials to be used by attendees during classes. This material will be shown and / or delivered to students during classes.
- Trainers materials: Materials to help teachers implement the class. This material will be used exclusively by the teacher

AGENDA DETA 5		
STEP	CONTENTS	DURATION
SESSION 1. FACE TO FACE		
1.1. Opening and introduction session	Session presentation <ul style="list-style-type: none"> • Introduction • Objectives of session • Contents 	10 minutes
1.2. Face to face session (Part 1)	<ol style="list-style-type: none"> 1. Rights and awareness 2. The basics of energy communities 3. Video presentation of energy communities in EU. 4. Potential for development in the field of energy communities 	20 minutes
1.3. Face to face session (Part 2)	<ol style="list-style-type: none"> 4. Practical exercise: Case study. <ol style="list-style-type: none"> 1 Bioenergy Village Jühnde - Germany 5. Practical exercise: Case study <ol style="list-style-type: none"> 2 Presentation and step by step guidance through Sifnos Island Cooperative 6. Presentation of water cooperatives 	20 minutes
1.4. Closure	- Conclusions	10 minutes
SESSION 2. ON LINE SESSION		
2.1. The COL SUMERS e-training platform	<ul style="list-style-type: none"> • Log In • Download training materials 	10 minutes
2.2. Creating their own study cases	<ul style="list-style-type: none"> • Selection of a examples of cases of Collaborative consumption in the field of energy and water consumption. 	20 minutes

2.3. Assessing the platforms characteristics	<ul style="list-style-type: none">• Description of characteristics, and the opportunities provided for the improvement of their quality of life when using a CC platform in the field of energy and water consumption.	30 minutes
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TRAINING COURSE PLANNING

	F2F / ONLINE	PARTICI- PANTS	DURA- TION	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 (environment, 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) Topic 5. Collaborative consumption in the field of energy and water consumption
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"> • 1 hours face-to-face (F2F) • 1 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 competences of elder persons about the challenges and opportunities of energy and water co-operatives; • • To present the main opportunities offered by platforms in the area of energy and water to the elder people; • • Analyse co-operatives in the area of energy production and consumption; <p>Participants:</p> <ul style="list-style-type: none"> • Elder People (≥ 60 years old) <p>Training contents: TOPIC 5. Collaborative consumption in the field of energy and water consumption.</p> <ol style="list-style-type: none"> 1. Rights and awareness 2. The basics of energy communities 3. Video presentation of energy communities in EU. 4. Potential for development in the field of energy communities 5. Practical exercise: Case study. 1 Bioenergy Village Jühnde - Germany 6. Practical exercise: Case study 2 Presentation and step by step guidance through Sifnos Island Cooperative 7. Presentation of water cooperatives
1	FACE TO FACE SESSION –GUIDELINES, DURATION AND TOOLS

1.1	<p>Opening.</p> <ul style="list-style-type: none"> - Once attendees have arrived to the classroom, the trainer will welcome them, present himself and introduce a brief explanation of the course (objectives, contents and planning). - They will also introduce the challenges of sustainable energy production and consumption <p>-Duration: 10 minutes.</p> <p>- Tool: PPT.</p>
1.2	<p>Training contents:</p> <ol style="list-style-type: none"> 1. Rights and awareness related to collaborative consumption in the field of energy and water consumption 2. The basics of energy communities <p>The trainer will introduce the main issues related to Rights and awareness related to collaborative consumption in the field of energy production and consumption</p> <ul style="list-style-type: none"> • The trainer will start with explaining those issues: <ul style="list-style-type: none"> - social and solidarity-based economy; - innovation in the energy sector; - tackling energy poverty; - promoting energy sustainability and innovation; - self-consumption, distribution and supply of energy; - improving local acceptance of energy efficiency in end-use at local and regional level; • After this activity will go into the basics of energy communities and the characterised by the following common conceptual elements: <ul style="list-style-type: none"> • Governance: • Ownership and control: • Purpose • Alternative methodology. 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 <p>3. Video presentation of energy communities in EU.</p> <p>EXAMPLE VIDEOS:</p> <p>Story of a local community: https://youtu.be/0YE_n1Lczig</p> <p>Project: https://www.seai.ie/community-energy/sustainable-energy-communities/</p> <p>4. Potential for development in the field of energy communities</p> <p>Time: 20 min.</p>

1.3	<p>Training Contents:</p> <ol style="list-style-type: none"> 5. Practical exercise: Case study. 1 Bioenergy Village Jühnde - Germany 6. Practical exercise: Case study 2 Presentation and step by step guidance through Sifnos Island Cooperative 7. Presentation of water cooperatives <ul style="list-style-type: none"> - Each trainer will begin the practical exercise with an introduction to Potential for development in the field of energy communities <p>Practical example 1 or 2 (20 minutes): presentation of Case study. 1 Bioenergy Village Jühnde - Germany which is an example of community in a small village in Lower Saxony, Germany, with a population of around 750 inhabitants.</p> <p>A step by step presentation will be implemented with the aim to get the participants acquainted with the examples.</p> <p>Step 1: Presentation of the community Step 2: Presentation of the solution Step 3: organisation and technical support; Step 4: results</p> <p>Presentation of water cooperatives and Village waters project example.</p> <ul style="list-style-type: none"> • Methodology alternative. The groups can work on each step under the supervision of the trainer. <ul style="list-style-type: none"> - Show other examples of how Elder People can be engaged in CC on , by providing examples of digital platforms. - Duration: 20 minutes. - Tools: PPT and links to case studies. - Include time for questions and interaction.
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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 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>
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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> <p>Trainees must read (and download, if they want), the training materials (PPT, Word document, complementary readings, etc.) for TOPIC 5. Collaborative consumption in the field of energy and water consumption.</p>
2.1.	<p>Activity 1. The COL SUMERS e-training platform</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"> • Log In • Download training materials <p>Duration 15 minutes</p>
2.2	<p>Activity 2. Creating their own study cases</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"> • The teacher will help the students to select CC platforms in the area of TOPIC 5. Collaborative consumption in the field of energy and water consumption. • 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 <ul style="list-style-type: none"> • Duration 30 minutes
2.3	<p>Assessing the platforms characteristics</p> <ul style="list-style-type: none"> • Description of characteristics, and the opportunities provided for the improvement of their quality of life when using an case study of Collaborative consumption in the field of energy and water consumption. • This can be discussed in the forum. <p>Duration 15 minutes</p>



TRAINING MATERIALS TO BE DEVELOPED (I.O.2)

SESSION	MATERIALS TO BE DEVELOPED
FACE TO FACE SESSION	
1.1. Opening session	Course presentation (PPT) Contents: <ul style="list-style-type: none"> • Introduction • Objectives of session • Contents
1.2. Face to face session part 1	Training Materials (PPT, video) Contents: <ol style="list-style-type: none"> 1. Rights and awareness 2. The basics of energy communities 3. Video presentation of energy communities in EU. 4. Potential for development in the field of energy communities
1.3. Face to face session part 2	Training Materials (PPT, websites, pressarticle) Contents: <ol style="list-style-type: none"> 5. Practical exercise: Case study. 1 Bioenergy Village Jühnde - Germany 6. Practical exercise: Case study 2 Presentation and step by step guidance through Sifnos Island Cooperative 7. Presentation of water cooperatives
1.4. Closure	Presentation (PPT) Contents: <ol style="list-style-type: none"> 1. How the e-Training Platform works for Topic 5. 2. Presentation of the online training sessions
ON LINE SESSION	
2.1. The COL SUMERS e-training platform	Presentation (PPT) Contents: <ol style="list-style-type: none"> 1. e-Training Platform for topic 5 Collaborative consumption in the field of energy and water consumption.

2.2. Creating their own study cases / Analysis of a CC platform and 2.3. Assessing the platforms characteristics	Word document <ol style="list-style-type: none">1. Template to give feedback on the characteristics of a CC Platform in the field of energy and water consumption and the opportunities provided for the improvement of their quality of life.
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