



COL SUMERS



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7. COL-SUMERS LAB

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Presentation and Objectives

- The COL-SUMERS LAB consists of 8 activities which highlight and support the topics of the DETAs you will explore throughout this course.
- The activities have a total duration of 8 hours and will be primarily carried out at the end of the F2F sessions of each DETAs.
- By completing these activities, you will apply the course's concepts and tools on real collaborative activities.
- Additionally, you will learn to cooperate with your peers, think critically and creatively, apply new knowledge and skills in you everyday life.



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OUTLINE & PLANNING

CORRESPONDING DETA	NAME OF ACTIVITY	DURATION
INTRODUCTION TO CC (DETA 1)	Activity 9.1 “Revolving Pros and Cons”	1 hour
IMPACT OF CC IN SUSTAINABILITY (DETA 2)	Activity 9.2 “Starting from your neighbourhood”	1 hour
EVALUATING MY COMPETENCES AND EXPECTATIONS IN CC, SELF-ASSESSMENT (DETA 3)	Activity 9.3 “Myself, a blooming flower”	1 hour
COLLABORATIVE CONSUMPTION IN THE FIELD OF WELLBEING: HEALTH AND EMOTIONAL (DETA 4)	Activity 9.4 “The Well-Being Wheel”	1 hour
COLLABORATIVE CONSUMPTION IN THE FIELD OF ENERGY AND WATER CONSUMPTION (DETA 5)	Activity 9.5 “Renovation through Innovation”	1 hour
COLLABORATIVE CONSUMPTION TO REDUCE WASTE AND PROMOTING RECYCLING AND REUSING (DETA 6)	Activity 9.6 “The 3Rs: Reduce, Reuse, and Recycle”	1 hour
COLLABORATIVE CONSUMPTION IN THE FIELD OF MOBILITY (DETA 7)	Activity 9.7 “Design our own city”	1 hour
COLLABORATIVE CONSUMPTION FOR SHARING ESSENTIAL GOODS (CLOTHES, HOUSEHOLDS...) (DETA 8)	Activity 9.8 “Let’s make a deal”	1 hour



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Activity 9.1

Introduction to CC

“Revolving Pros and Cons”



□ Main idea

The main idea of this activity is that you learn to see your peer’s perspectives on the one hand and on the other hand you exchange ideas, views and opinions. This activity will lead to an open discussion on the DETA topics, which will result in better understanding CC and its benefits.

□ You will need

pens, green and red strips of paper, a board/ a flipchart/sheets of A1 to place on the walls

□ Expected duration

60’

Let’s go!



Activity 9.2

Impact of CC in sustainability

“Starting from your neighbourhood”



☐ Main idea

The main idea of this activity is that participants will be able to identify ways for sustainability through collaborative consumption starting from their own environment, realizing the impact in the environment, society and the economy and realize how collaborative consumption could be used in everyday life.

☐ You will need

Papers, writing utensils

☐ Expected duration

60'

Let's go!



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Activity 9.3

Evaluating My Competences And Expectations in CC, Self-assessment

“Myself, a blooming flower”



□ Main idea

The main idea of this activity is to encourage you and evaluate your strengths and weaknesses regarding CC. The activity will help you to discover yourselves as well as the other members of your group and explore your similarities and differences.

□ You will need

Copies with the outline of a flower with as many petals as needed, one copy per participant, markers

□ Expected duration

60'

Let's go!



Activity 9.4

Collaborative Consumption in the Field of Wellbeing

“The Well-Being Wheel”



□ Main idea

This activity can highlight the importance of construct clarification and self-reflective awareness. Moreover, it serves as an effective means by which to reflect on your life and its current quality in terms of well-being. Finally, you are given an opportunity to explore and understand how CC supports well-being.

□ You will need

Copies of the Well-being wheel, one copy per participant, markers

□ Expected duration

60'

Let's go!



Activity 9.5

CC in the field of energy and water consumption

“Renovation through Innovation”



□ Main idea

This activity assists participants to identify ways to reduce energy and water consumption in their everyday life through a monitoring activity, that will indicate all the factors that need to be considered and provide further knowledge on the range of renewable sources

□ You will need

whiteboard (chalkboard, butcher paper, large flip chart, etc.), pens, papers

□ Expected duration

60'

Let's go!



Activity 9.6

Collaborative Consumption to Reduce Waste and Promoting Recycling and Reusing

“The 3Rs: Reduce, Reuse, and Recycle”



☐ Main idea

This activity aims to increase your understanding for reducing, reusing and recycling, to understand the connection of the CC with waste management and improve your knowledge on waste management's steps.

☐ You will need

Pens and papers

☐ Expected duration

60'

Let's go!



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Activity 9.7

Collaborative Consumption in the Field of Mobility

“Design our own city”



Main idea

This activity will help you understand the connection between mobility and Collaborative Consumption. You will explore and discover the operating principles, advantages, and positive impacts of bike-sharing, car-pooling, and car sharing systems.

You will need

Pens and papers

Expected duration

60'

Let's go!



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Activity 9.8

Collaborative Consumption for Sharing Essential Goods

“Let’s make a deal”



□ Main idea

This main aim of the activity is to understand how CC is directly connecting with the exchange of goods and the shared use of goods and gain a clearer understanding of the definition of CC. Also, you will identify and discuss ways for exchanging and sharing goods and services.

□ You will need

Pens and papers

□ Expected duration

60’

Let’s go!



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Conclusions

- What these activities aimed to do was to support the theory of the DETAs and provide a better understand of the topics presented.

- By now, you should be able to
 - explore Collaborative Consumption in all the fields presented
 - have a clearer idea of how CC can help in your everyday life
 - understand how CC can increase the quality of your life
 - think of new ideas to make use of goods and services taking CC into consideration



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Closing thoughts on Collaborative Consumption?

Share them with the group!





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Thank you for your attention!

For more information about the
project, please visit us:

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