**Living Smart Course Report**

**DRAFT FORMAT**

**DATE VENUE FACILITATOR OF COURSE**This course was facilitated by FACILITATOR and held in the VENUE It ran for seven weeks on a TIME OF THE WEEK from TIMES starting on DATE OF FIRST SESSION and finishing on DATE OF LAST SESSION. The course was sponsored by HOST.

**Participants**

A total of ?? people enrolled in the course. ADD NUMBERS WHO PULLED OUT AND REASONS AND ANY THAT JOINED LATER

Numbers for weekly sessions ranged from LOWEST NUMBER to HIGHEST NUMBER *Participants provided good notification if they could not come via email or text*. ??% of participants attended all sessions with another ??% only missing one session. The table below shows weekly enrolments.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Session** | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **Attendance** |  |  |  |  |  |  |  |

**Pre Course Information**

A pre-course form was distributed during the first session. This form mostly included questions to help plan this and future courses including items about what concerns people had for the future, why people came to the course, how they heard about it, living situations, formal and life education and interests, transportation and some idea of people’s awareness and activities in the areas of sustainability covered in the course.

*There was an* *interesting spread of ages amongst participants. Three couples completed the course together*.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| AGE | Over 65 | 50- 64 | 35- 49 | 25- 34 | 18- 24 | Under 18 |
| % |  |  |  |  |  |  |

??% of participants owned their own **homes** with ??% renting.

Participants were asked about their **education** **(formal and life), skills and interests** and how sustainable their life was in the 10 areas covered in Living Smart. This information was used to plan the course, with participant expertise being used when appropriate.

Participants were also asked about their ability **to express opinions in a group** and confidence in talking in front of a group. The confidence of participants to talk in a group varied widely, and this information was used by the facilitators to ensure all felt comfortable.

**Course Content**

The following table shows the topics covered each week, and the main activities completed.

**Post course survey and activities**

*Throughout the course a “brag book” was collated where participants noted actions they had taken, things they had done and thoughts they had. Results from snowballs and various other reflective activities were added to the book, as well as photos, emails and stories. ADD WHAT WILL HAPPEN TO THE BOOK*

During the last session participants completed several reflection and evaluation activities.

First a rotating group protocol was used to collate information about action people had taken as a result of the course. A full list of the actions noted by participants is attached.

A post course forms were used as part of the last week’s activities. This one page survey detailed satisfaction with the course, view of discussion and hands on activities, favourite and least favourite parts of the program, and how much people shared what they learnt in the course

**Course Satisfaction**

Participants were asked to rate how interesting, useful, and enjoyable they found the course, before overall rating their **satisfaction with the course** on a scale of one to seven.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **How . . . was this course?** | Interesting | Useful | Enjoyable | Overall satisfaction |
| **Score** |  |  |  |  |

The overall satisfaction rating was ?? suggesting a COMMENT ON RATING..

Participants were asked to comment on the course sessions, using three separate scales, with a rating scale of 1-7 (one being lecture style, listening and theoretical, seven being interactive discussion based and hands on). The following average ratings were given. COMMENT ON RATINGS

|  |  |
| --- | --- |
| More lecture style or more interactive |  |
| More listening or more discussion |  |
| More theoretical or more hands on |  |

When asked about their **favourite part** of the course ??% of participants COMMENT ON MOST COMMON RESPONSES

When asked about their **least favourite part** **and suggestions of things to change** ??% of participants COMMENT ON COMMON RESPONSES

**Course Spread**

All participants commented that had **told others about the course**. The following table shows the numbers of people told.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Number told** | 1-5 | 6-10 | 11-20 | 21-50 | 50 plus |
| **percentage** |  |  |  |  |  |

The following table shows the type of people told. (Percentages may add up to more than 100% as participants often listed more than one type of person)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Person type** | family | friends | neighbours | Work colleagues | other |
| **percentage** |  |  |  |  |  |

**Impact of the course**

After completing the brainstorm activity of changes made during the course and plans for the future participants were asked to reflect on what they **remembered learning in the course, the actions they were proudest of, insights they had, and questions they still had.**

It was interesting to note the range of ideas people **remembered learning**. This suggests people learnt different things depending on their interests, prior knowledge and needs. EXAMPLE ONLY *Commonly listed learnings included ways to conserve water (31%), how to make a veggie patch (31%), learning about green cleaning products (25%), good house design (25%) and the fact that small things will make a difference (25%). 19% of participants noted that they learnt that you don’t need stuff to be happy, 19% learnt more about peak oil, 13% to make better compost, 13% how to set goals and 13% that it was possible to have fun while learning*.

A similar range occurred when people were asked to list the three actions they were **most proud of taking**. EXAMPLE ONLY *33% of people listed planting a veggie patch as their proudest action, 27% riding a bike as a form of transport, 33% mentioned reusing greywater, and 20% joining a community group or organised a community activity. 20% were proud of changing their cleaning products, 13% decluttering, 13% sharing their learning with friends and colleagues (one with a formal talk at work), 13% began carpooling, and 13% consciously chose products with less packaging. Other actions listed ranged from taking up yoga, to giving up TV and hosting an eco-friendly party.*

There was a range of **insights** recorded, including many learning moments. EXAMPLE ONLY*38% of participants noted that the major insight was that it was possible to create a sustainable life and home, 23% realised how important community was, and 23% were impacted with how essential it is for our society to move away from oil as a fuel source. Other shared insights related to the need to lead a simpler life, make more and buy less and inspire others.*

When asked about a **question they still had** EXAMPLE ONLY*questions varied widely, from why was the course only 7 weeks to how come there were not more males enrolled, how to get rid of asbestos to how to change all humans? Several participants asked about engaging with local government to enact positive change.*

ADD HOW YOU DID FINAL VISION OR GOAL SETTING

EXAMPLE ONLY *To* *assist in further vision and goal setting, participants were asked to write a letter to themselves which they will not see for six months. They were asked to think about their vision for their life, street, and community, and comment on their next goals or plans.These letters were collected and will be posted to participants in six months’ time.*

EXAMPLE ONLY – IF YOU DID THIS

Finally, in summarising how they felt about the course, participants responded to the following statement - **This Living Smart Course** . . . . and the following responses were collated.

**Living Smart Action Brainstorm**

**SAMPLE ONLY**

**Healthy Home**

Cleaning with vinegar, bicarb and eucalyptus oil. 11 (p1)

Enjo. 1

Cleaning dishes with lemon. 2

Opening windows at night to cool house. 7

Closing curtains in the morning. 3

Sun dry clothes. 10

Doing the dishes in the old fashion way. 4

Reduced the use of air conditioner. 6

Turn the lights off when leaving the room. 5

Switch the main elec switch before bed.

Never use commercial cleaning products. 3

Made own toothpaste.

Dust more often. 2

No aerosols. 2

**Healthy You.**

Using organic make up/facial creams. 2

Reduce all additives in personal products (shampoo etc.)

Less packaged and processed food. 8

Riding skateboard more. 2

Stopped watching TV. 5

Got a bike and using it regularly. 3 (p1)

Drinking green smoothies every day. 1 (p1)

Stopped using disposable baby wipes and use washable cloths .

Eating lots of greens. 3

Going to exercise twice a week in Fremantle pool.

Drinking more water.

Lots of walking. 4

Eating home-made meals (100%)of our intake. 4

Eating our own produce. 3

Make and drink veggie juices again. 2 (p1)

Use home-made toothpaste. 2

Eat raw food. 2

**Community.**

Living Smart Facilitators course.(p1)

Seed saving at the local primary school in their veggie garden.(p)

Join community garden. (p)

Met our neighbours.

Car pooled to Living Smart. 3

Free salvage yard in Western Suburbs. (Need land) (p1)

Join a community group based on sustainability. 6 (p2)

Join the Greens. 2 (p2)

Signed up to Australian Migrant Education Programme (AMEP). Will be helping teacher. Have been to 2 workshops. 2

Going to 2 street parties to meet more neighbours.

Talked to everyone about our sustainability course. 4

Having a neighbour worm farm party.

Buy veg, fruit and eggs from markets.

Have friends over for vegan food and environmental doco.

In Earth Carers.

**Gardening.**

Purchased native bottle-brush tree as Xmas tree and then planted it in the laneway.

Planted 100 pots. 3

Made paper pots. 2

Watered plants so they didn’t die. 7

Actually started to care about gardening.

Harvested rainwater for garden. 2

Making compost. 4

Fixed my retic. 2

Paving over the old lawn with recycled pavers.

Moved 4 meter deciduous tree to the north side of the house.

Move other deciduous trees. (p1)

Remove part of garden to replace with natives. 1 (p1)

Changed retic to dripper line. 1 (p2)

Collected sunflower seeds for planting.

Put in a veggie garden. 5

Joined the local community organic gardening plot.

Hand-picked grubs off my plants each day. 3

Hand watered as needed instead of putting on retic.

Planted water wise garden.

Planted edibles in laneway for locals to enjoy.

**Waste**

Reduced our waste. 6

Went to library instead of buying books

Took TV to e waste collection

Recyling plastic bags 8

Garden waste to council collection 2 (p1)

All veggie waste to animals, compost or work farm 12

Recycle more 6

Made compost 1 (p1)

Reducing packaging, bring own produce bags 3

Planet ark for bulk toiletries (3p)

Mailed cellphone off to recycling

Buying less packaged stuff 3

Dupster diving 2

Got recycling bins at work

Living Simply

Declutter household stuff 6 (p2)

Decluttered wardrobe 4 (p2)

Bougth secondhand furniture to recondition 2

Recycled verge goods 2

Minimize Xmas gifts 3

Stay out of stores 4