

JULY 2022 EDITION



ECO_CARE ACTIVITY BOOKLET:

ENHANCING ENGLISH PROFICIENCY

Created by Alexa Bennett & Aoife Cummins



Check out the audiobook!

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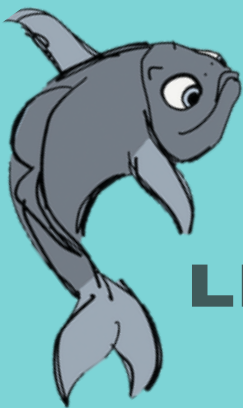
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INTRODUCTION

WHAT IS ECO_CARE?



ECO_CARE is an Exchange Program on empathy, compassion, and care in water governance, from the perspective of integral ecology. Bringing together research and education from Norway and Brazil, the ECO_CARE platform aims to rethink and reinterpret water rights by blending environmental law with indigenous knowledge. Through several global projects, ECO_CARE participants have developed ground-breaking research through a novel model of collaborative water governance. This is accomplished through participatory and community-based methods.

In order to effectively support this inclusive approach, ECO_CARE focuses on creating and promoting tools that empower individuals to learn, communicate, and advocate for their water rights.

INTRODUCTION

ABOUT THE BOOKLET

The *ECO_CARE Activity Booklet: English Proficiency* aims to provide participants with a basic understanding of English communication strategies under the framework of water governance and environmental law.

Using ECO_CARE concepts and examples, this book is structured into seven lessons where participants will be introduced to key definitions, basic grammar, and general tips on narrative and academic writing.

Moreover, the booklet will guide participants through the fundamentals of oral communication and present the best practices in public speaking to linguistically and culturally diverse audiences.



LESSON ONE

ECO_CARE VOCABULARY

This section outlines key vocabulary related to the ECO_CARE approach to water governance. Familiarize yourself with the terminology by reading the list of definitions below.

KNOWLEDGE

Awareness, familiarity, or understanding gained by experience of a fact or situation.

PARTNERSHIP

Voluntary relationships between various individuals and/or parties in which all actors agree to work together to achieve a common purpose or undertake a specific task

COMMUNITY

A group of people with diverse characteristics who are linked by social ties, share common perspectives, and engage in joint action

EMPATHY

The ability to comprehend and share the feelings of others.

COMPASSION

The ability to feel together

CARE

The ability to take restoring actions

INTEGRAL ECOLOGY

A holistic understanding of global challenges in relation to human activities, behaviors, and relationships.

WATER GOVERNANCE

Range of political, institutional, and administrative rules, practices, and processes (formal and informal) through which decisions are taken and implemented. Stakeholders can articulate their interests and have their concerns considered, and decision-makers are held accountable for water management

SUSTAINABLE DEVELOPMENT

Growth that meets the needs of the present generation without compromising the ability of future generations to meet their needs

PARTICIPATORY RESEARCH

Research that integrates scientific investigation with education and political action. Researchers work with members of a community to understand and resolve community problems, to empower community members, and to democratize research.

*Please note that these definitions are limited to our understanding and may be interpreted differently by diverse perspectives.

LESSON ONE

ECO_CARE VOCABULARY

AGREEMENT

A legally recognized contract that is developed through a meeting of minds and is made through offer and acceptance.

LAW

The system of rules which a particular country or community recognizes as regulating the actions of its members and which it may enforce by the imposition of penalties.

INDIGENOUS

Distinct social and cultural groups that share collective ancestral ties to the lands and natural resources where they live, occupy or from which they have been displaced

LEGAL DESIGN

Encompasses the production of pieces and documents concerning law in an explicative and creative way. This helps make legal services more human, usable, and understandable to a wider audience.

VISUAL LAW

This the external manifestation of the Legal Design and serves to put into practice and create legal documents with a non-conventional format more explanatory and creative.

CONVENTION

An international law agreement where the parties are normally the states..

ENVIRONMENTAL DECISION-MAKING

The act of making choices that impact the natural environment.

ACCESS RIGHTS

Information

Includes both the 'passive' (when the public access environmental information from public authorities) and 'active' aspects (when the government has the obligation to collect and disseminate environmental information).

Participation

Public participation is supported by mitigating the impact of social, economic, cultural, geographical, linguistic, and gender barriers to ensure all can equally contribute.

Justice

Ability to review procedures and to challenge decisions, acts, or omissions subject to the public participation provisions.

LESSON ONE

ECO_CARE VOCABULARY

Match the vocabulary term with the associated ECO_CARE application by drawing a line to connect the shapes.

water
governance

community-involved
methodology

participatory
research

economic advancement
without compromising
social and environmental
health

sustainable
development

an approach that
recognizes the rights and
duties of both the planet
and its inhabitants

community

trusting and coordinated
alliances

partnership

collaborative water
management

integral ecology

connected by social ties
and common
perspectives

LESSON ONE

ECO_CARE VOCABULARY

Now, fill in the blanks using the vocabulary terms in the word bank below.

The Escazù _____ was negotiated by governments in Latin America and the Caribbean and enshrines the right of every person of present and future generations to live in a healthy environment and to sustainable development.

This document ensures that people have the right to access _____ about their environment, to be involved in public decisions through _____, and the ability to reform laws and promote_____.

In order to make this information inclusive to the Chiquitano people, _____ was used to develop comic books and other creative materials.

The adoption of access rights empowers _____ peoples to protect the health of both humans and nature through _____.

WORD BANK:

Indigenous
Law
Legal Design
Knowledge
Visual Law
Agreement
Environmental Decision Making
Access Rights (Information,
Participation, and Justice)

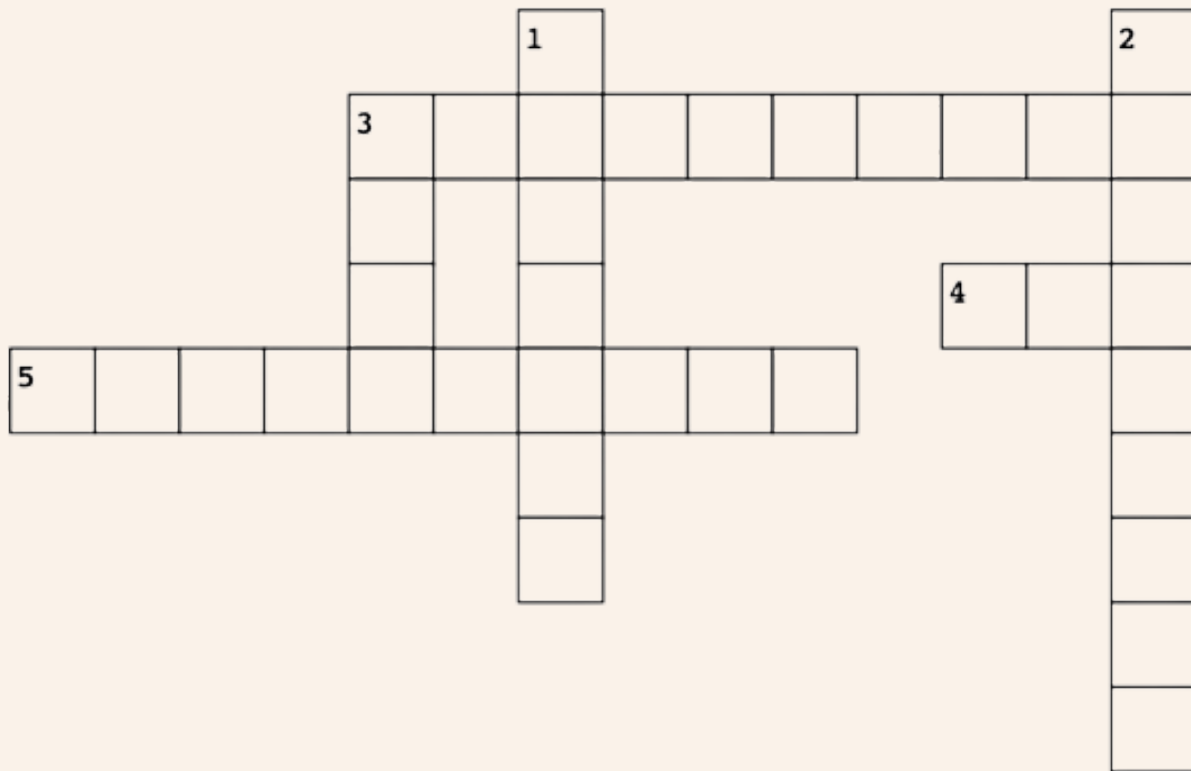


LESSON ONE

ECO_CARE VOCABULARY

Complete the crossword below.

Hint: the answers are the ECO_CARE vocabulary terms from lesson one.



DOWN

1. The act of understanding the experience of another.

2. A Dynamic process that can be collectively created through new interactions.

5. Look after and provide for

ACROSS

3. Collective understanding that stimulates participation

4. This system often relies on inaccessible vocabulary. This is counter-intuitive as it helps to govern our actions and rights.

5. A formal consensus between different international bodies to coordinate a solution to a particular issue.



Play virtually by scanning this
QR Code!

LESSON 2

WRITING COMPLETE SENTENCES

WHAT IS A COMPLETE SENTENCE?

A set of words that conveys a **complete** statement, question, exclamation, or command. It is composed of four key elements:

01. SUBJECTS

A noun (person, place, thing or idea) or pronoun (word that replaces a noun: he, she, we, they, etc.) that tells who or what the sentence is about.

02. PREDICATE

A part of a sentence that contains a verb (a word that shows action or being) which states what the subject does or is.

03. PUNCTUATION

Marks (i.e. question mark, a comma, a period, etc.) that separate thoughts and sentences from each other.

04. CAPITALIZATION

Complete sentences must start with a capital letter. In addition, within the sentence, the pronoun I and all proper nouns must be capitalized.

EXAMPLES

In the following sentences, the subject is **bolded**, the predicate is enclosed in braces {}, the capital letter is underlined, and the punctuation is **pink**.

ECO_CARE {promotes collaboration}.

TIP: Proper nouns are the specific name for a particular person, place, organization, or thing. They always start with a capital letter, unless, officially, they are written in lower-case characters (i.e. iPhone, eBay). In this example, ECO_CARE is a proper noun.

The project is about {listening to one another}, {working beyond borders}, and {transcending colonialist ideology}.

TIP: Sometimes, sentences can have more than one predicate and/or subject. In this example, there are three predicates. Compound subjects or predicates are joined with conjunctions (i.e. and, or, both, either, etc.) and/or separated using commas (in-text punctuation marks).

LESSON 2

WRITING COMPLETE SENTENCES

we must integrate multiple perspectives. When developing solutions

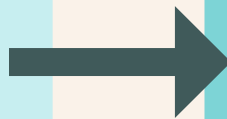


We must integrate multiple perspectives when developing solutions.



This sentence has two errors. Firstly, the first letter of the sentence is uncapitalized. Secondly, the punctuation is placed in the wrong spot, separating one thought into two uncomprehensible fragments.

A process of knowledge exploration and co-creation



Participatory research is a process of knowledge exploration and co-creation.



This sentence is missing two key elements: the subject (participatory research), and the verb (is). Without these essential elements, readers are not able to understand what the sentence is about or what action is taking place.

Because they have repercussions on all the components of ecosystems.



Declining marine conditions are significant because they have repercussions on all the components of ecosystems.



While this example has all four key elements of a sentence, this sentence does not convey a complete thought. This is because the sentence is fragmented. TIP: Complete sentences can only begin with 'because' in limited scenarios (i.e following a question, etc.)



LESSON 2

WRITING COMPLETE SENTENCES

Identify the problem with each of the sentences below & re-write the sentence correctly.

01.

*This project reinterprets water rights through empathy
compassion and care.*

02.

are you interested in sustainable development?

03.

Demonstrates the value of participatory research.



LESSON 2

WRITING COMPLETE SENTENCES

Practice writing sentences of your own using the rules you learned above.

This project focuses.....

I care about water governance because....



Bonus point if you use the keywords from lesson 1!

LESSON 3:

PROPER PARAGRAPH STRUCTURE

This section gives an overview of how to formulate your ideas into proper paragraphs. A paragraph is a group of 3-8 sentences that develops a central idea. Each paragraph will have the following components.

TOPIC SENTENCE

01.

An opening sentence that describes the main idea of the paragraph. It answers questions like why, how, or where.

CLOSING SENTENCE

03.

A sentence that summarizes or concludes your paragraph. It is often a creative way of restating your topic sentence and will be used to flow into the following paragraph.

REVELANT DETAILS

02.

Details that you include in the paragraph will support the topic sentence and give your paragraph meaning. Adding specific examples can bring your ideas to life. Transition words can be helpful to connect ideas within a paragraph (see table below).

To Show Comparison

- Similarly
- Equally
- Likewise
- As with
- Just as ... so too
- A similar
- Comparable
- In the same time
- Just as
- Same as
- By the same token
- In the same way
- Just like

To Show Contrast

- However/ Nevertheless
- Alternatively
- Despite this
- On the contrary
- Yet
- Whereas
- Apart from
- Even so
- Although
- In spite of
- While

To Illustrate

- For example
- Such as
- For instance
- In other words
- An instance
- As revealed by
- To show that
- In the case of
- As an example
- For one thing



TIP: remember to begin your paragraphs with an indentation using the Tab key (or about 1/2 an inch if writing by hand)

PARAGRAPH EXAMPLE:

Water is a source of life and a robust connector of living beings and places. Nevertheless, globally we have seen a rise in water-related challenges such as scarcity, contamination, and inequitable distribution. As a result, we observe an increase in ecological challenges, leaving both biodiversity and people in a vulnerable state. The ECO_CARE project aims to transform water governance by reinterpreting water rights through empathy, compassion, and care. Water is one of our most precious resources and must be protected in order to achieve a sustainable future for all.

TIP: remember that your writing should be left-justified (lined up on the left side of the page)



LESSON 3:

PROPER PARAGRAPH STRUCTURE

In the space below, practice writing a paragraph of your own using the information on the previous page as a guide. Choose a topic from the word bank below or think of one that is relevant to you.

WORD BANK

Collaborative water governance

Water rights

Environmental law

Participatory design in research



LESSON 4

HOW TO WRITE A BLOG POST

A blog is a piece of writing that can be used to fulfill a personal, business, or academic need. It tends to use an informal tone and incorporates the authors personal reflections and comments on a given topic. Blogs will often include hyperlinks, videos, and photographs to engage the reader. The points below are suggestions on how to enhance a blog post.

CHOOSE AN INTERESTING TOPIC

THINK OF A CATCHY TITLE AND OPENING SENTENCE

The first line or 'hook' should capture the readers attention

CONNECT TO THE TOPIC PERSONALLY

Share your own experiences and comments

KNOW YOUR AUDIENCE

Use appropriate language and examples that your readers can connect with

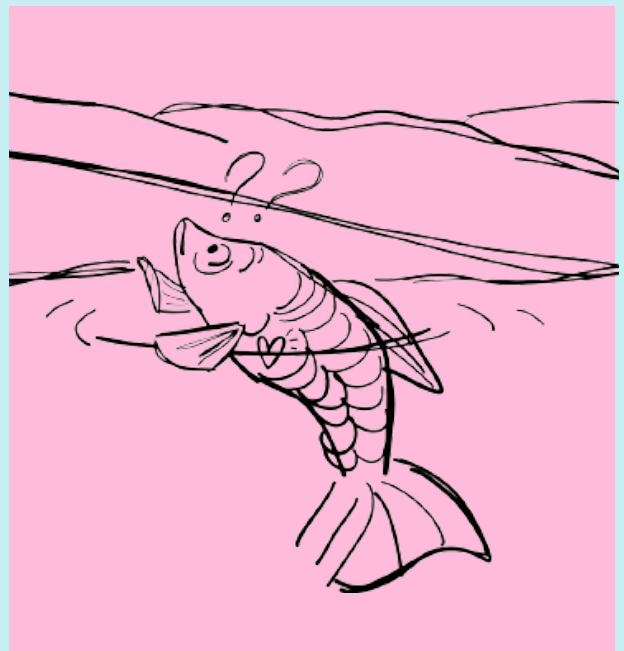
USE A CLEAR LAYOUT

Use a mind-map to lay out your ideas before starting the writing process

PROOFREAD YOUR WORK



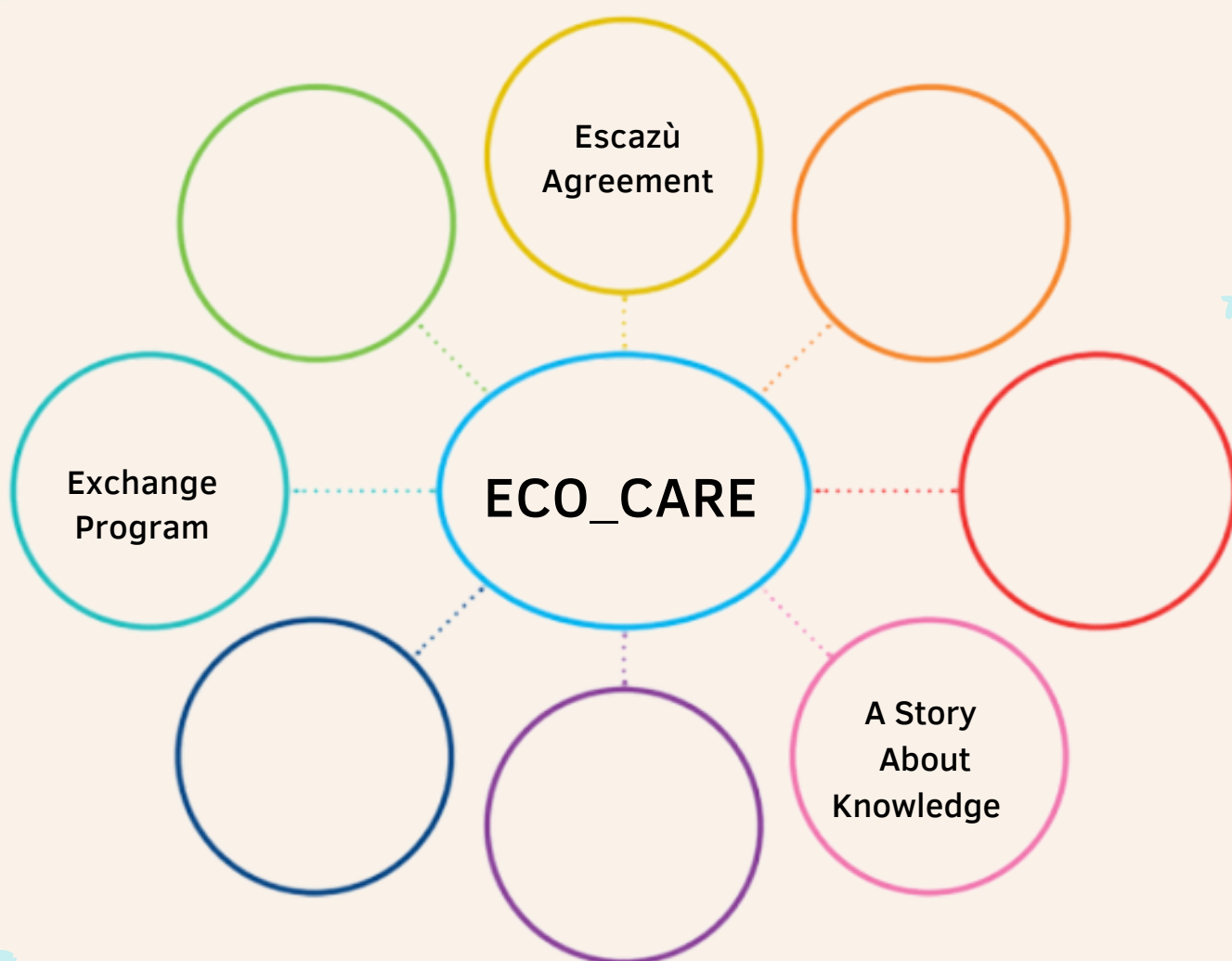
TIP: Remember that a blog post is a creative way to convey your ideas. Expressive writing and visual materials are interesting ways to engage your readers.



>>>> LESSON 4 <<<<

BLOG POST: MIND MAPPING

Mind mapping is a useful technique that can help you organize your thoughts before you begin the writing process. It is a visual diagram for brainstorming that can be used to jot down notes and connect ideas. At the centre is the main topic and the surrounding bubbles are themes that you plan to explore in your writing. You can also connect additional shapes to help you sketch out your ideas. Below is an example of a mind map for the ECO_CARE project. Practice by filling in some of the remaining bubbles.

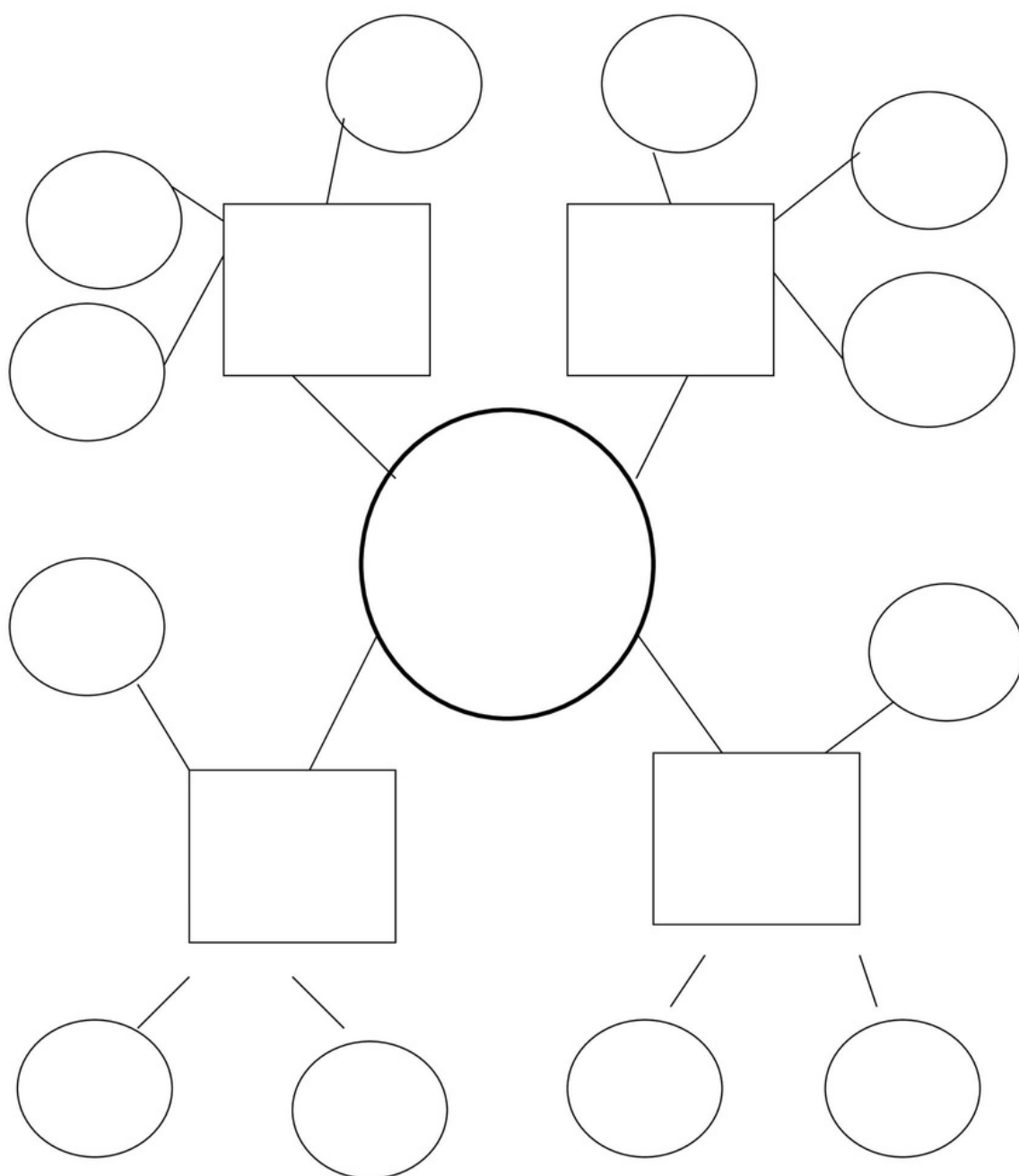


>>>> LESSON 4 <<<<

BLOG POST PART 1: MIND MAPPING

Using the template below, complete a mind map for your own blog post. Feel free to use extra paper and draw your own lines and shapes to connect your ideas.

Prompt: Write a blog post about an experience from your life that highlighted empathy, compassion, or care. How did one of these core emotions impact you or people around you?



LESSON 4

BLOG POST PART 2: BLOG

Use the space below to write out your blog post using the ideas you generated in the mind map above.

Prompt Reminder: Write a blog post about an experience from your life that highlighted empathy, compassion, or care. How did one of these core emotions impact you or people around you?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

LESSON 5

HOW TO WRITE AN ABSTRACT



An abstract is a short summary of your research article, essay, or report.

It should be about 6-7 sentences long and should include the following key elements:

- 01.** A statement of the problem and objectives
- 02.** A statement of the significance of the work
- 03.** A summary of employed methods or your research approach
- 04.** A summary of findings or conclusions of the study
- 05.** A description of the implications of the findings

LESSON 5

HOW TO WRITE AN ABSTRACT

This example abstract is taken from Poto & Porrone's (2021) article, *A Co-Created Methodological Approach to Address the Relational Dimension of Environmental Challenges: When Critical Legal Analysis Meets Illustrated Storytelling*. Within this example, identify and underline the 5 key elements of an abstract.

Environmental education research needs to consider the relational dimension of the ecological challenges of our time. Through the lens of critical legal analysis and participatory research, we explore the beneficial effects of co-creating knowledge with the help of a specific learning toolkit (LT), built around storytelling and designed to stimulate respectful relationships between participants. The LT addresses a wide audience of students, researchers, and indigenous and local communities. The result is that both education and research become part of the solution to the challenge itself in the shape of a harmonious relational and transformative experience. The solution lies in the recognition of the individual and collective capacity to change systems by changing relationships. Only through a collective effort towards a common sense of trust and relational accountability can we heal the individual and collective wounds of humanity and, thus, to the planet.



TIP: The five key elements of the abstract do not follow a strict and linear flow. It is up to the writer's imagination on how and where they want to outline each element.

LESSON 5

HOW TO WRITE AN ABSTRACT

Think about a recent essay that you have written or an article you have read. Write a short summary of that document using the five elements of an abstract as a guide.

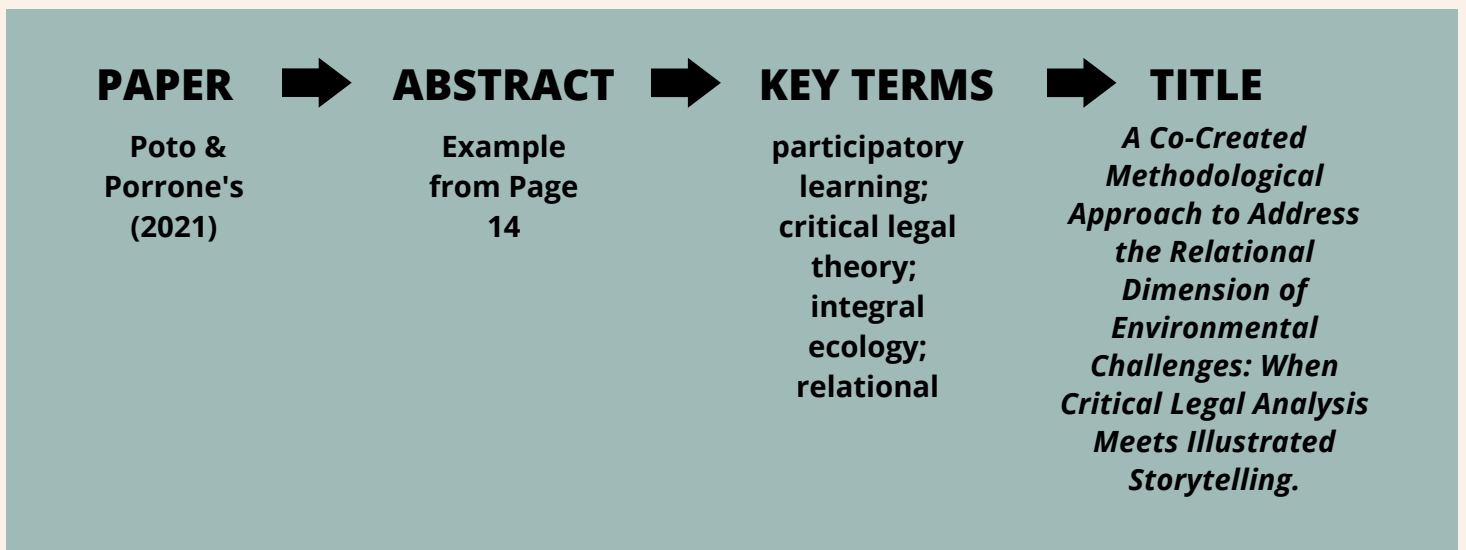


TIP: Think about the similarities between an abstract and proper paragraph structure. For instance, the statement of the problem and objectives can be viewed as your topic sentence. This may help you better understand the task.

LESSON 5

HOW TO WRITE AN ABSTRACT

When writing an abstract, it is important to recognize the factors that will help get your piece noticed. This includes choosing an effective and relevant key terms and the subsequent creation of a powerful title. For further clarity of this process, please review the framework outlined below:



Now that you have written your abstract, think of 3-5 keywords you want to be associated with your piece:

Using these keywords, try and build a title:

Remember that a title serves as the summary to the summary, so make sure it is concise but catchy.

TIP: Avoid using question marks as they can interfere with the search engine's algorithm. You can also use a colon (:) to further expand on the title.

LESSON SIX

ARTICULATING IDEAS VERBALLY

Articulating your ideas out loud in English becomes easier with practice. Below is a link to a video that will help you pronounce some of the key ECO_CARE terms.



Note: the terms are pronounced with a Canadian accent (i.e. in American English).

Once you have watched the video and practiced articulating the terminology, make a list of English words that you find challenging to say out loud. Present this list orally to a peer.

LESSON SIX

ARTICULATING IDEAS VERBALLY: ELEVATOR PITCH

It can be helpful to practice presenting a summary of your ideas in a clear and concise way. For this activity, create and deliver an "**elevator pitch**" for a project that you are working on. Think of this as a shortened persuasive speech where you will attempt to capture your audiences attention using your strongest points. Your presentation should summarize all of the main information in under one minute.



- Remember only to include the most relevant information
- Try to "sell" your project (i.e. what are the benefits)
- Practice your pitch in front of a mirror
- Film your pitch and time yourself
- Practice on friends or peers
- Body language such as hand gestures and eye contact can be useful to engage the audience

This image shows a full page of a document template. It consists of a light gray background with a series of evenly spaced, thin black horizontal lines running across the width of the page. The lines are uniform in thickness and spacing, creating a clean, minimalist look suitable for writing or drawing. There are no margins, text, or other graphical elements present.

LESSON SEVEN

ORAL PRESENTATION SKILLS

Oral presentations are a great way to improve understanding and raise awareness.

Hence, learning how to share your ideas through this format is essential in your effort to advocate for water rights.

KNOW YOUR AUDIENCE

When presenting a topic, you must highlight its importance to your targeted audience.

Moreover, you must communicate in a manner that your audience can understand. For instance, when talking to children, you should use basic vocabulary.

01.

BE CONCISE

Audiences have short attention spans.

Hence, it is important to find ways to communicate your thoughts as efficiently as possible.

Remember, there is power in a short sentence.

02.

BE MEMORABLE

In order to have an impact, your presentation must resonate with your audience.

Repetition is valuable and can help reinforce your main point.

Additionally, stimulating emotional response through videos or stories can be helpful.

03.

USE VISUAL MATERIALS

Using visual materials to support your oral communication can be extremely helpful.

Not only can it increase understanding and capture audience attention, but it is a more inclusive approach.

04.

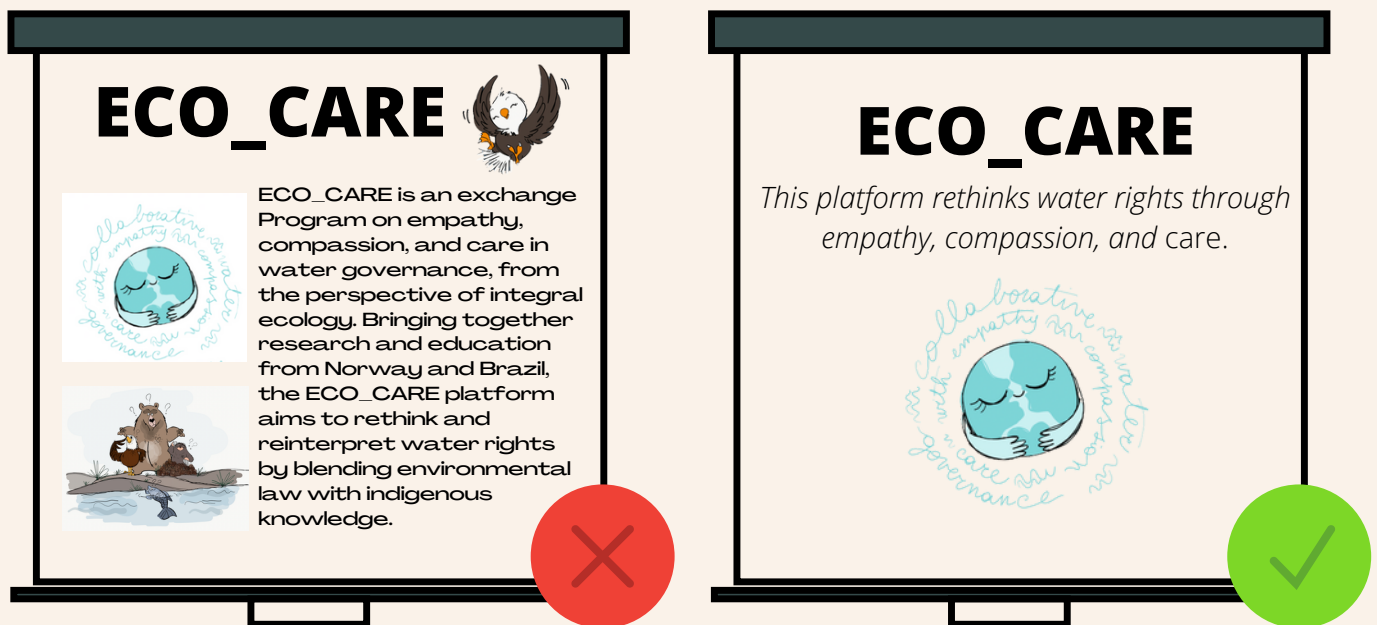
LESSON SEVEN

ORAL PRESENTATION SKILLS

"A picture is worth a 1000 words"

When giving a presentation, visual materials can help you to get your point across and keep your audience engaged.

However, remember to provide visual clarity. It can be tempting to add content, but blank space helps to drive focus.



While the slide on the right might appear boring and simple, this design highlights a key point.

Remember, visual materials are a tool to support your oral communication, not replace it. This means that you should focus on a few keywords rather than include your whole speech. Or even better, just use a photograph!

**For copy-right free pictures, check out: <https://unsplash.com/>*

LESSON SEVEN

ORAL COMMUNICATION SKILLS

Visual material can come in diverse virtual or physical forms. Some online tools that can help you create dynamic visual materials for presentations include powerpoint, prezzi, canva, and google slides.



Google Slides

To help expand the reach of your presentation, you can consider recording them by filming yourself presenting live or using your computer's screen-recording function.

You can then add this footage to a video editing software (i.e. iMovie, Microsoft Video Editor, etc). and add memorable and captivating elements like music to help capture audiences.

Check out ECO_CARE examples via the QR codes below!

POWERPOINT:



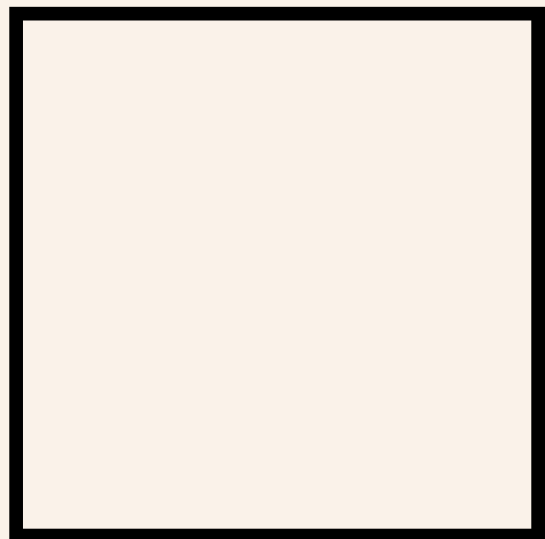
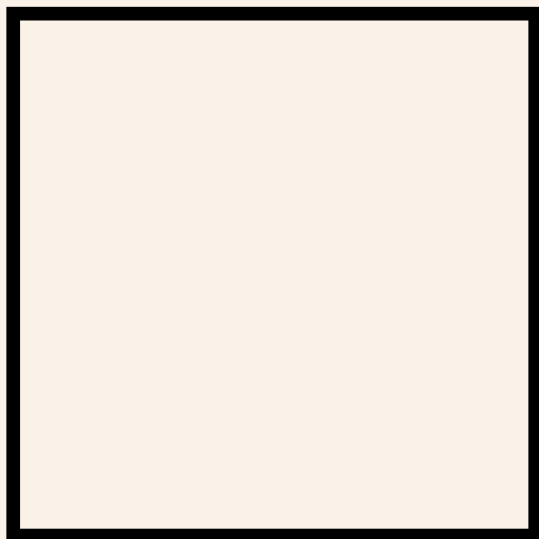
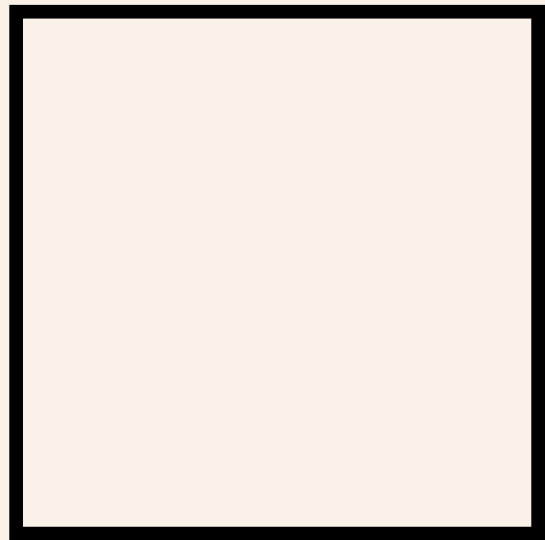
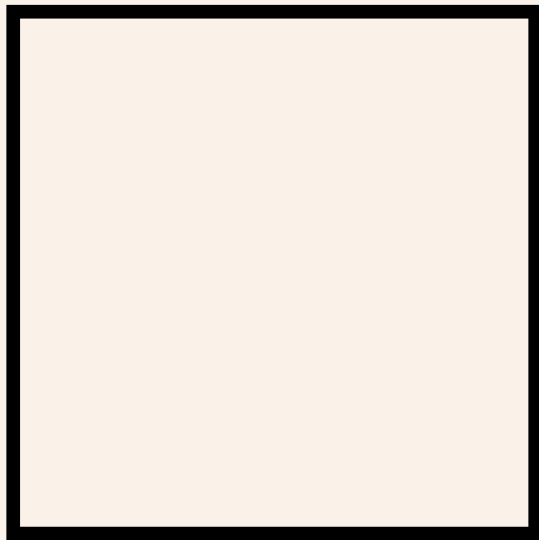
PREZI:



LESSON SEVEN

ORAL COMMUNICATION SKILLS

In the squares below, use your creativity and outline an effective way to visually represent your elevator pitch from the last activity.



★ *Bonus point if you make it a reality using the tools listed in the previous page!* ★

QUICK TIPS TO IMPROVE YOUR WRITING



- Read your work out loud to catch errors
- Find a friend to read and edit your work
- Use appropriate language (know your audience)
- Read materials in your area of study to expand your vocabulary
- Be concise in your writing. Remember, a sentence is approximately 1-3 lines and a paragraph is generally 3-8 lines long.
- Write in English rather than first writing in your native tongue and then translating it.

QUICK TIPS TO IMPROVE YOUR ORAL COMMUNICATION



- Face your audience
- Speak clearly
- Ensure that you pause to take breaths
- Project your voice so that your entire audience can hear
- Use hand gestures and maintain eye contact
- Repeat important information
- Familiarize yourself with the correct pronunciation of common terminology
- Try to memorize your main points
- Be prepared to answer questions

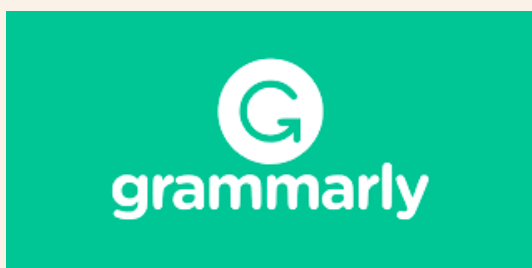
Note: there are different cultural norms around oral communication in different contexts. Try to be mindful of this and pick up on the nuances in your local context.

WORKBOOK COMPLETE

Congratulations on your completion of the ECO_CARE activity booklet. We hope this serves a helpful resource for enhancing English proficiency through the lens of water governance.



LEARNING RESOURCES



Free Online Writing Assistant
<https://www.grammarly.com>



Free online resources for
grammar and academic writing
<https://owl.purdue.edu/>



Oral presentations on
different topics
<https://www.ted.com/talks>



Offers free online classes on
subjects, such as grammar
<https://www.khanacademy.org/>



Offers free videos and quizzes
for enhancing English proficiency
<https://www.bbc.co.uk/learningenglish/>



Find news and blog posts
about ECO_CARE
<https://en.uit.no/project/eco-care>

MEET THE CREATORS OF THIS BOOKLET



ALEXA BENNETT

Alexa is completing her MSc in Global Health at McMaster University in Canada. Her research background relates to drinking water and health in low and middle income countries.



AOIFE CUMMINS

Aoife is an MSc. Global Health Candidate from Toronto, Canada. She has a keen interest in promoting inclusive and collaborative knowledge translation strategies.



SPECIAL THANKS TO ECO_CARE PRINCIPAL INVESTIGATORS

Margherita Palo Poto
from UiT and Guilia
Parola from Uni Rio.



Notes

Notes

Notes

This image shows a full page of white paper with horizontal black ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook or legal stationery. There are no margins, text, or other markings on the page.

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ANSWER KEY

LESSON 1:

Page 7: Matching

Water governance: collaborative water management. Participatory research: community-involved methodology. Sustainable development: economic advancement without compromising social and environmental health. Community: connected by social ties and common perspectives. Partnership: trusting and coordinated alliances. Integral ecology: an approach that recognizes the rights and duties of both the planet and its inhabitants.

Page 8: Fill in the Blanks

Agreement; Information; Participation; Justice; Visual Law; Indigenous; Environmental decision-making

Page 9: Crossword

DOWN

- | | |
|--------------|---------------|
| 1. Empathy | ACROSS: |
| 2. Knowledge | 3. Compassion |
| 5. Care | 4. Law |
| | 5. Convention |

LESSON 2:

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This project reinterprets water rights through empathy, compassion, and care.

Are you interested in sustainable development?

The ECO_CARE project demonstrates the value of participatory research.

LESSON 5:

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Element 1: Environmental education research needs to consider the relational dimension of the ecological challenges of our time

Element 2: The LT addresses a wide audience of indigenous and local communities, students, and researchers.

Element 3: Through the lens of critical legal analysis and participatory research, we explore the beneficial effects of co-creating knowledge with the help of a specific learning toolkit (LT), built around storytelling and designed to stimulate respectful relationships between participants

Element 4: The result is that both education and research become part of the solution to the challenge itself in the shape of a harmonious relational and transformative experience.

Element 5: Only through a collective effort towards a common sense of trust and relational accountability can we heal the individual and collective wounds of humanity and, thus, to the planet.



ECO_CARE