Fashion & Food synergy for sustainability.
New courses and innovative digital tools in higher education
F&F4sustainability

KA220-HED - Cooperation partnerships in higher education
Project number KA220-HED-1A225A8C

R2 - Training Guidelines for Teachers

➢ Overview

This document presents educational materials developed through the *Fashion & Food Synergy for Sustainability Project*, an Erasmus+ initiative conducted between 2021 and 2024.

Built on sustainability studies in the fashion and food sectors, these digital resources aim to deepen knowledge for educators and enhance teaching practices. Flexible guidelines help teachers effectively utilize the materials, with module formats, instructional activities, and assessment tools designed to streamline grading. The document provides practical tips for classroom organization, strategies to foster collaborative learning, and guidance on certification, attendance, and group management, ensuring seamless adaptation for both

in-person and online settings.

➢ The Project

The *Fashion & Food Synergy for Sustainability Project*, funded by Erasmus+, offers a set of six digital courses designed to support educators in teaching sustainability within the fashion and food sectors. With adaptable formats suitable for both in-person and online learning, these resources empower educators to enrich their curriculum and foster a deeper understanding of sustainability in the participants.

➢ **The Digital Resources**

The Erasmus+ programme *Fashion & Food Synergy for Sustainability* has developed the following **six** digital Courses or "Learning Modules", of 20 study hours each:

1 - The challenge of sustainability, which provides basic knowledge to address and understand the history and complexity of sustainability today**.**

2 – Circularity. Circular economy application in the fashion and food industries, which provides the concepts and tools to understand the Circular Economy and the transition towards it, exploring the application of the two Fashion & Food sectors

3 – Footprint - Environmental footprint in everyday consumption. Mainstream and alternative, which provides basic knowledge on the "footprint" and essential skills to analyse the fashion and food industries and their environmental impact. Furthermore, the aim of the learning module is to develop experimental thinking on possible ways to reduce the footprint.

4- Ecosystem of responsibility, which provides basic knowledge on ecosystems of responsibility in all their complexity and along the entire value chain from production to consumption in both the fashion and food industries. The difference and overlap between corporate social responsibility and the due diligence directive is addressed. The module will also examine alternative sustainability systems, such as post-growth or degrowth initiatives

5 – Communication for Sustainability, provides essential skills to manage the tools for building communication strategies for sustainability through monitoring, listening and analyzing the online and offline communication flows of sustainable brands and companies operating in the Fashion and Food sector

6 – The Challenges of Greenwashing and Consumer Protection, provides basic knowledge to address and understand the complexity of sustainability communication for companies and the importance of protecting consumers from false and misleading messages in the trade of fashion and food products.

The learning modules are available in two **formats**:

- Files repository, including module structure description and attached materials (available for download from www.unicatt.it/modacult)
- Open access courses in the platform OpenEdu

➢ **Additional Resources for Enhanced Learning**

Each of the Learning Modules can be taught as a separate unit, but taking several ones will bring synergy to the learning process. It is also recommended to start with "The challenge of sustainability" module before engaging in more specialized topics.

The modules include a variety of supplementary tools developed by our Erasmus+ team to deepen understanding and engagement:

- Glossary of Sustainability: A comprehensive, open-access glossary that defines key terms in sustainability, helping students build foundational knowledge
- Case Studies: Real-world case studies that highlight sustainability initiatives in fashion and food, illustrating concepts in practice
- Webinars and Additional Resources: Access to recorded webinars and other project-developed materials that provide further insights and practical applications in sustainability education

These resources are designed to be adaptable for both in-person and online teaching formats, making it easy to create dynamic, collaborative learning experiences Whether you teach a full course or supplementing existing material, our project offers versatile tools to enrich the learning journey of your participants
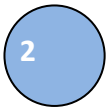
➢ Format and Structure of the Digital Courses/Learning Modules

A Learning Module is designed for online education of 20 hours of (self-)study each

One Learning Module typically contains a description of:

- Short description of course contents
- Course objectives
- Detailed description of the contents of 4 till 6 units
- Assessment
- Feedback and evaluation

A **unit** can typically contain the following content:

- Description of teaching mode (live, online, or a mix)
- Written introduction to the unit
- Suggestions for instructional activities and assignments, both for individuals and for group work These suggestions include the number of study hours
- Slide presentation, or a knowledge clip, or a video lecture
- Glossary readings
- Case studies (including readings and related learning activities)
- Literature: academic and/or informational literature, institutional reports and reputable websites
- Visuals: Ted talks and/or online documentaries
- Suggestions for further reading
- Self-assessment: multiple-choice test
- Criteria for the assessment of the activities and assignments

➢ How to Use These Resources

Are you an educator interested in incorporating sustainability concepts into your teaching? Here is how our project can support you. The digital courses and learning modules provided by the Fashion & Food Synergy for Sustainability Project are open-access tools designed for flexible use in educational settings.

You can:

- **Encourage Independent Learning**: Invite participants to enrol in the six digital courses directly on EduOpen allowing them to explore the material at their own pace.
- **Integrate Modules into Your Curriculum**: Use the complete modules as structured courses within your classes, offering a comprehensive approach to sustainability in the fashion and food sectors.
- **Selectively Incorporate Resources**: Supplement your existing curriculum with targeted resources from the modules, such as readings, case studies, and videos, to enhance specific lessons or activities.

➢ Tips for teaching

The Learning Modules have been taught and tested by a mixed team of university teachers and tutors; they have been adapted on the basis of the feedback by (university) students. The professor and tutor made themselves available for office hours to collect questions or requests from participants.

Please visit EduOpen or the project webpage and make yourself familiar with the materials for a Learning Module. (https://learn.eduopen.org/)

Then choose how to teach the Learning Modules:

- Self-taught
- Online with live lectures or discussions
- Offline in presence
- Or a mix of those

In our experience it works best to include some live sessions.

We developed self-assessment tests to help reduce the workload for teachers and tutors by allowing participants to check their own progress throughout the course. Additionally, we incorporated a variety of both individual and group-based activities, such as writing a policy paper, creating a video, or designing a solution. These serve as a comprehensive assessment of participants' learning and skills by the end of the course. These are also designed to provide flexible options for teachers who may wish to adapt them to their own classes.

➢ Practical organization

Please note that some of the units in the Learning Modules aim to create a collaborative learning environment where participants can exchange different skills and learn from the teacher and from peers. It is therefore important to create a working environment that facilitates group work. To this end, we suggest keeping the number of participants per group small (no more than 4-5 people). To facilitate intervention and discussion during plenary sessions, keep the total number of participants around 25.

Some more tips:

- Recruitment of participants should be governed by well-defined dates, including an enrolment date and a withdrawal date.
- Encourage and support participation throughout the module.
- When recruiting participants, clarify attendance policy in case of live online meetings.
- If you aim to create and promote collaboration between participants from different countries, universities and/or courses, modulate the organisation of the groups considering the diversity of the members.

➢ Certification

For universities, please note that the Learning Modules cannot award ECTS credits. However, a module can be integrated into the curriculum of an existing course in a school or university that award ECTS credits. The student can then earn the credits allocated by the course instructor for the corresponding exercise by completing the Learning Module.

We suggest organizing a Certificate of Attendance or a Digital Badge to valorise successful completion of the learning module, for example on attending at least 80% of the scheduled classes and submitting all assignments.