

## **SUSTAINABLE LIFESTYLES FESTIVAL: Learning to Live Better and Lighter**

### **Launching the Sustainable Lifestyles University Network**

**June 13-14, 2023**

**10:00 - 18:00 Almaty time (GMT+6), 06:00 - 14:00 CET**

#### **Background**

Have you ever wondered if our daily decisions could make a difference? Our future depends on the decisions and actions taken today. By 2050, the world's population may reach a whopping 10 billion people. With more people comes more consumption – of food, fashion, travel, and related aspirations. Two to three billion of these will be urban, young consumers, who receive 90% of their information from social media. In a world stretched thin for resources and under threats of global climate change, biodiversity loss and pollution, how can we enact change? We are all designers of our future – as individuals and in our roles in business or government and we have the power to effect positive change, no matter who we are, or where we live.

UNEP is accelerating action towards a healthy planet and prosperity of all, *inter alia*, by addressing and promoting sustainable lifestyles and consumption to enable us to live better and lighter in a 1.5-degree world. More precisely, the 1.5°C lifestyles are about how individuals, governments and business consume and how to change our consumption pattern. By reducing consumption and waste, reusing and recycling, we contribute to circular economy growth and carbon footprint minimization.

[The Global Opportunities for Sustainable Development Goals \(GO4SDGs\)](#) takes an active stance to accelerate the progress necessary to meet the 2030 Agenda. The Initiative builds partnerships to connect global initiatives with regional needs and solutions by supporting GOVERNMENTS (to strengthen policy coherence), SMALL AND MEDIUM-SIZED ENTERPRISES (access for financing innovation and circularity), and YOUTH (to empower them to embrace sustainable lifestyles). Thus, GO4SDGs is active in Central Asia and supports activities to empower youth to embrace sustainable 1.5-degree lifestyles. To understand and embrace sustainable lifestyles thinking, pilot activities were launched in 2022, in close partnership with the Kazakh-German University, to implement 'Green Nudges', and to develop research projects for universities to facilitate positive change through influencing behavioral pattern and decision-making. The activities also targeted to formalize the Central Asian Universities interaction into the Sustainable Lifestyles University Network with an official launching during the festival.

As of now, the project engages some 15 Universities which have expressed an interest in becoming sustainable and promoting Sustainable Lifestyles on and beyond the campus. The Sustainable Lifestyles University Network is growing along with an increased demand to know more and develop capacities for sustainable living and lifestyles and related domains of food, mobility, housing, and leisure (which includes consumer goods and tourism).

Universities play a pivotal role in shaping the leaders of tomorrow, so, join us for this educator-based festival on what should and can be done and what is already happening. Get motivated and get focused!

### Objectives of the Sustainable Lifestyles Festival:

- Launch the Sustainable Lifestyles University Network in the region.
- Promote South-South cooperation on sustainable lifestyles, exchanging best practices, and lessons learned between the universities from Asia-Pacific, Latin America and the Caribbean, and Central Asia.
- Present the progress of Central Asian pilot project with recommendations on enhancing the curriculum, research, and infrastructure through the lens of sustainable lifestyles.
- Discuss the Central Asian Universities Action Plan till 2025 to introduce sustainable lifestyles on campus.

### Participants:

Central Asia universities, upper/graduate class students, Ministries of Education from five Central Asian countries, private sector, civil society representatives, and international organizations are invited.

The event will be held in hybrid mode. Simultaneous Russian-English translation and recording will be provided.

### Sustainable Lifestyles Festival Agenda

Tuesday, 13 June 2023		
Zoom link:		
<a href="https://us06web.zoom.us/meeting/register/tZcrd-qtqj0vGdRFVBaMXoxGhKGN9kdcAlEe">https://us06web.zoom.us/meeting/register/tZcrd-qtqj0vGdRFVBaMXoxGhKGN9kdcAlEe</a>		
Moderator: <b>Ms. Madina Ibrasheva</b> , GO4SDGs Regional Coordinator for Europe and Central Asia, UNEP		
Time	Agenda	Speaker
09:30-10:00		Registration. Welcoming tea and coffee
10:00-10:15	Welcoming Remarks	<b>Ms. Aidai Kurmanova</b> , Head of the UN Environment Programme (UNEP) Sub-regional Office Central Asia  <b>Ms. Adriana Zacarias Farah</b> , Head and Global Coordinator GO4SDGs, UNEP, Deputy Head 10YFP Secretariat  <b>Dr. Wolrad Rommel</b> , President, Kazakh-German University
<b>10:15-12:30</b>	<b>Session One: Round Table for Central Asian Universities</b>	
10:15-10:30	UNEP/GKU project "Promoting Sustainable Lifestyles with and through Universities" survey results and recommendations	<b>Ms. Inna Matveyenko</b> , DKU, Kazakhstan

10:30-11:10	On campus green nudges in Central Asia	<p><b>Ms. Gorshkova Ekaterina</b>, DKU, Kazakhstan</p> <p><b>Mr./Ms. _____</b>, Narxoz University, Kazakhstan</p> <p><b>Mr. Seth Phiri</b>, American University of Central Asia – AUCA</p> <p><b>Mr./Ms. _____</b>, National Research University "Tashkent Institute of Irrigation and Agricultural Mechanization Engineers"</p>
<b>11:10-11:30</b>	<b>Questions and Answer</b>	
11:30-11:50	Launching Sustainable Lifestyles University Network and its Declaration on Learning to Live a More Conscious and Conscientious Lifestyle	<b>Ms. Barbara Janusz-Pawletta</b> , Vice President for International Cooperation and Sustainable Development, Kazakh-German University
<b>11:50-12:30</b>	<b>Question and Answer</b>	
<b>12:30-14:00</b>	<b>Lunch Break</b>	
<b>14:00-18:00</b>	<b>Session Two: Green Nudges – Best Practices from Asia Pacific and LAC regions</b>	
14:00-14:10	Introduction into the UNEP Approach to Sustainable Lifestyles	<b>Ms. Adriana Zacarias Farah</b> , Head and Global Coordinator GO4SDGs, UNEP, Deputy Head 10YFP Secretariat
14:10-14:30	Behavioral economics: Nudging towards sustainability	<b>Mr. Lewis Akenji</b> , Managing Director, Hot and Cool Institute, Berlin (tbc)
<b>14:30-14:45</b>	<b>Questions and Answer</b>	
14:45-15:05	Green Nudges on Campus: Research, curriculum, and infrastructure	<p><b>Ms. Mimi Pawitra Chamnanrot</b>, Chula Zero Waste Initiative, Chulalongkorn University, Environmental Research Institute and Office of Physical Resources Management, Bangkok</p> <p>Green Nudges on Campus: Research, curriculum, and infrastructure</p>
<b>15:05-15:20</b>	<b>Questions and Answer</b>	
15:20-15:40	Green Nudges on Campus: Research, curriculum, and infrastructure	Mr./Ms. _____, Latin America and the Caribbean
<b>15:40-16:00</b>	<b>Questions and Answer</b>	
<b>16:00-16:30</b>	<b>Coffee Break</b>	
16:30-17:00	Discussion on international best practices scaling up Conclusions and next steps for cooperation	
<b>17:00-18:00</b>	<b>Bilateral Consultations with Sustainable Lifestyles International Experts</b>	

Wednesday, 13 June 2023

Zoom link:

<https://us06web.zoom.us/j/82129289485?pwd=ZnFKMVMvVXBCMTVYTFBwOGV5bllHZz09>

Moderator: **Ms. Ekaterina Gorshkova**, Project Manager, Kazakh-German University

Time	Agenda	Speaker
10:00-10:15	Welcoming Remarks	<b>Ms. Barbara Janusz - Pawletta</b> , Vice President for International Cooperation and Sustainable Development, Kazakh-German University
<b>10:15-11:30</b>	<b>Session One: Group Work – Issues and Practical Solutions on Implementation of Sustainable Lifestyles at Universities</b>	
11:00-11:10	Group 1 Presentation: Operational	Challenges in operational part of the Central Asian universities and possible sustainable solution;
11:10-11:20	Group 2 Presentation: Education	Challenges in education part of the Central Asian universities and possible sustainable solution;
11:20-11:30	Group 3 Presentation: Research	Challenges in research/science part of the Central Asian universities and possible sustainable solution.
<b>11:30-11:50</b>	<b>Coffee Break</b>	
<b>11:50-13:00</b>	<b>Session Two: Sustainable Lifestyles</b>	
11:50-12:30	Consultation (panel) with sustainable lifestyles local experts on sustainability of the universities	<b>Ms Inga Nichanian - UNITWIN/UNESCO Chairs Programme, Future of Learning and Innovation, Education Sector, UNESCO:</b> education part  <b>Ms. Aliya Salmenova, founder, Ecological fund "Ecosen":</b> operational part  <b>CASIB representative:</b> research/science
12:30-13:00	Development of Sustainable Lifestyles Action Plan for Central Asian Universities till 2025	<b>Ms. Inna Matveyenko</b> , DKU, Kazakhstan
<b>13:00-14:00</b>	<b>Lunch Break</b>	
14:00-15:00	Awarding ceremony for the Research Papers contest winners and the best video in social media (TikTok, Instagram, Facebook) on sustainable lifestyles	
<b>19:00-21:00</b>	<b>Official Closing of the Festival</b>	