

Discovery Sessions for Higher Education

2022 Overview

Summary

For the past two years Lestari have run outdoor experiential learning programmes for undergraduate and postgraduate students at the University of Exeter, with the intent of supplementing and supporting their wider studies. The sessions have attracted students from across biosciences, geography, the humanities, and business courses.

Sessions

Lestari have developed four sessions suitable for undergraduate and postgraduate level. These sessions span behavior change, framing and values; biomimicry and nature inspired design; nature connection and pro environmental behavior; and environmental education and wellbeing. Each of these sessions run for approximately 2 hours and involve hands-on activities.

We are open to working with clients to develop further sessions based on requirements.

Framing nature – lessons from human behaviour for biodiversity conservation

In this interactive session, we explore what values are and how we frame our messages for effective conservation campaigns. We examine lessons from studies of human behaviour to develop a deepened understanding of what frames might help to strengthen the stories we tell.

Key outcomes:

1. An introduction to human behaviour and conservation communications.
2. An appreciation of why human values, frames and social norms are important for conservation.
3. New skills and techniques in developing effective communications.

Biomimicry and nature-inspired design

Nature has sustained itself for 3.8 billion years. Nature looks complex, yet behind this complexity lie simple principles which enables life to adapt and thrive. Biomimicry is the study of these principles - nature's operating system. These principles applied to human design can have a transformational impact. In this session we explore Biomimicry through hands-on outdoor activities and explore the potential it holds for bringing us into closer connection with nature, as well as for improving design and innovation.

Key intended outcomes:

1. Understand what Biomimicry is and learn about some of the principles which underpin it.
2. Consider application of Biomimicry for design & development of solutions to sustainability challenges.
3. Explore Biomimicry design thinking through hands-on experiential activities on campus.

Nature connection and pro-environmental behaviour

In this session we explore the importance of connectedness to nature for human health and wellbeing and environmental protection. We consider the roots of human behaviour and motivation and enjoy some interactive activities to help us reconnect with nature and consider our place within it.

Key outcomes:

1. Understand what pro-environmental behaviours are, and different social/psychological approaches to behaviour change.
2. Learn how nature connection may hold benefits for both wellbeing and pro-environmental behaviours.
3. Consider how noticing nature can help to ease eco-anxiety and promote wellness.

Effective environmental education and wellbeing

In this session, the role and potential of environmental and experiential education in enhancing wellbeing will be explored and take-home recommendations shared. A series of outdoor activities will encourage reflections of our own experiences with education and reconnection.

Key outcomes:

1. Develop an understanding of wellbeing
2. Understand how different perspectives of the natural environment can impact wellbeing
3. An appreciation of the benefits of outdoor learning and alternative education approaches
4. Develop a series of recommendations for wellbeing and experiential learning at home