



Co-funded by the
Erasmus+ Programme
of the European Union

E³UDRES²

Engaged and Entrepreneurial European University as
Driver for European Smart and Sustainable Regions



1ST SESSION



SUSTAINABLE CITIES

ILL 10

How might we make cities more biodiversity-friendly?

ILL 22

How might we make cities healthier considering biodiversity?

Why are
we
together??



Session 1

1. Getting to know each other
2. Brief introduction to the ILL organization
3. Biodiversity meanings ...
4. Empathize map
- 5 To do next week





Who are we?



Helena Caria

4 EE- IPS



Helena
Simões



Ricardo
Batista



Ana Rolo



NBI – Natural Business Intelligence
<https://naturebasedeconomy.com/>

1 Stakeholder – Challenge owner



Hugo Rebelo



INTRODUCTION

Please introduce **yourself**:

- What is your name?
- Where are you from?
- What are you studying?
- Why did you choose a Living Lab related to sustainability?
- Give one example of a sustainable behavior you have and another example of a behavior you would like to change 😊

You have one minute

01:00



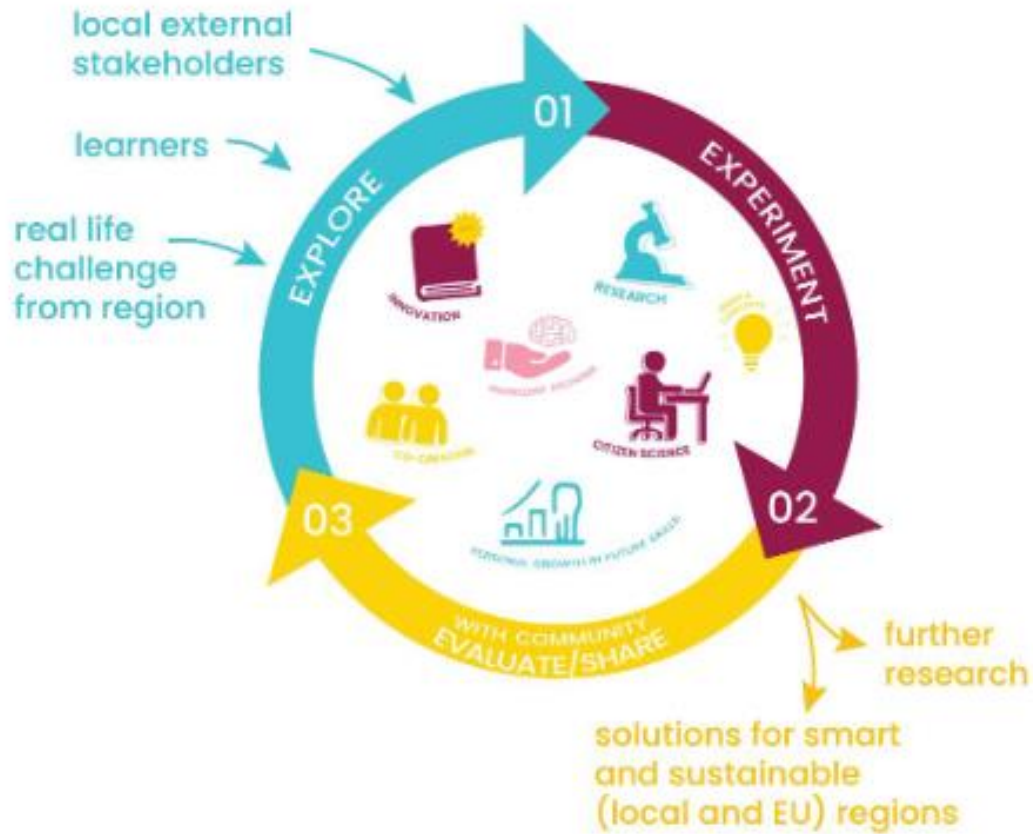
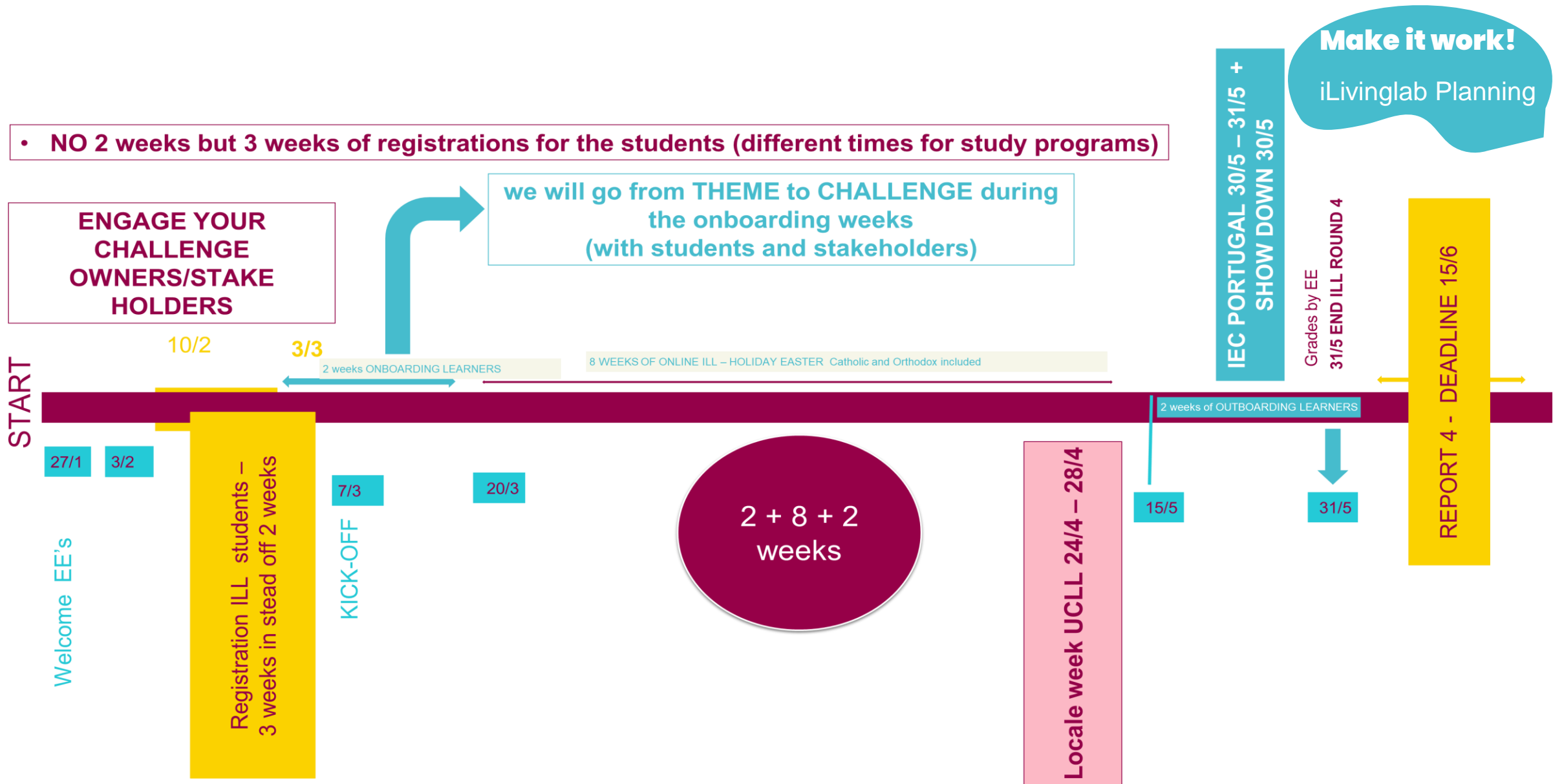


Figure 1: The concept of an I Living Lab

ILL

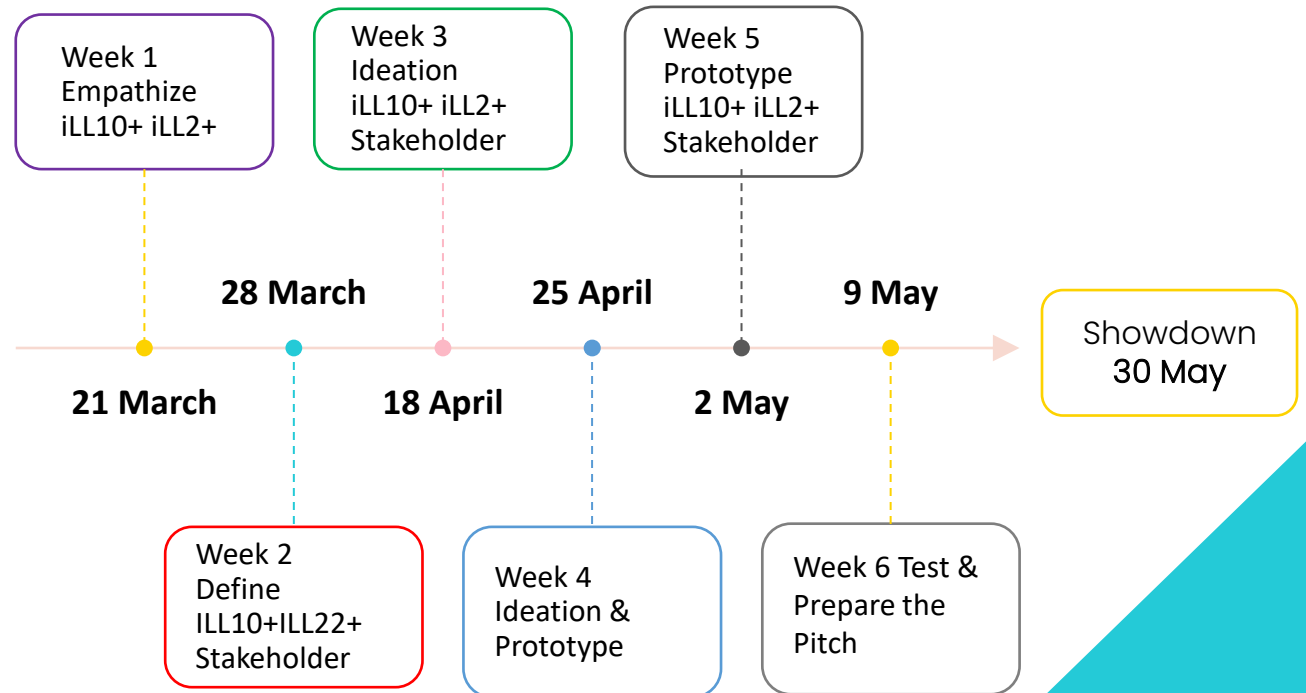
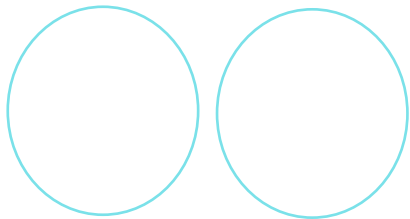
- Working on real life challenge – provided by an entrepreneur, (non-profit) organisation or local government.
- Together with an international transdisciplinary team, work on a real-life solution using design thinking methodology.



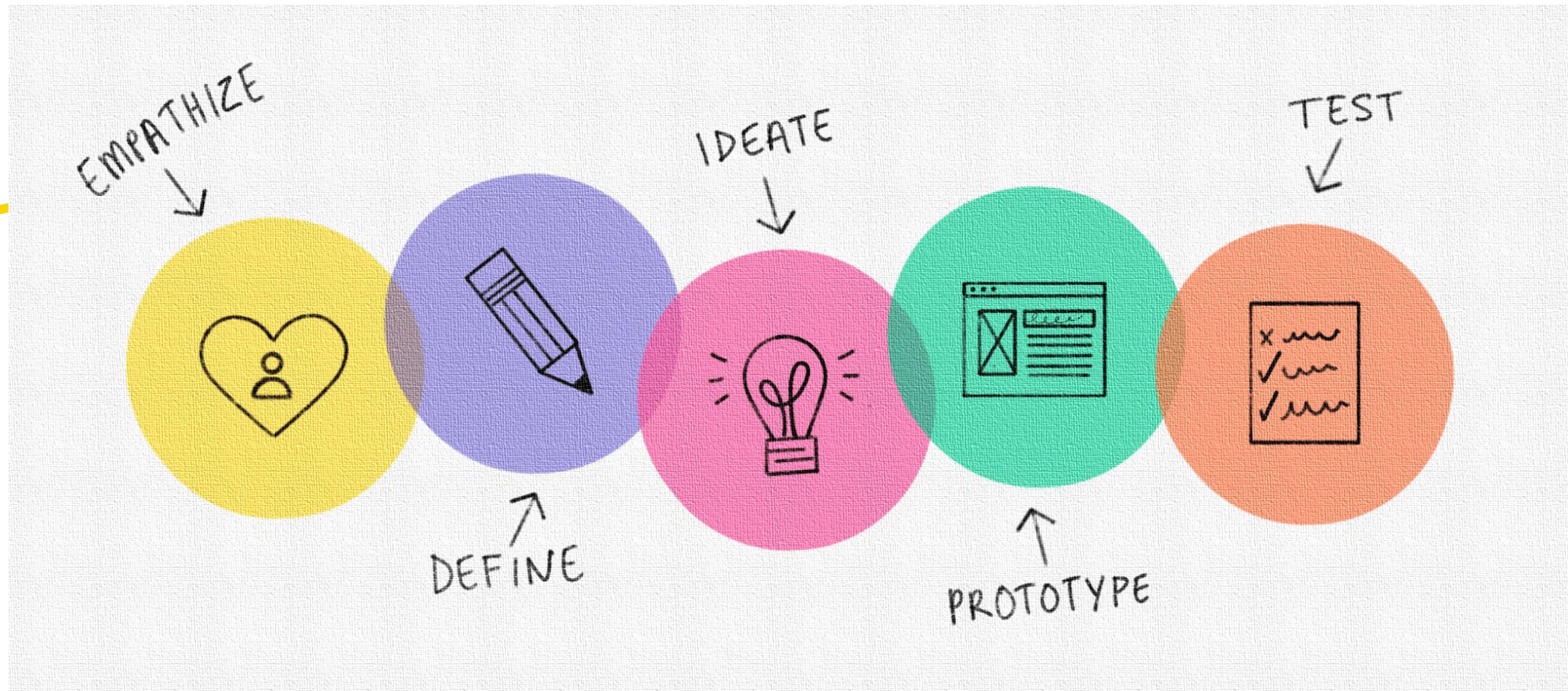
SCHEDULE OF THE SEMESTER

- 6 weeks between 20th March and 15th May 2023
- Showdown: 30th May (17:00 p.m. CET?)
- **Assessment meeting** (individual on-line meetings with you + saying goodbye with all of you) June 2023
- Our regular on-line meetingy **once a week (with EE and the stakeholder)**:
 - *On Tuesday*
 - *At 18:00 to 20:00 CET*
- Besides our on-line meetings each ILL group should meet each week to carry the work—choose the timetable and the platform (WhatsApp, Zoom, ...)

PLANNING OF THE SESSIONS



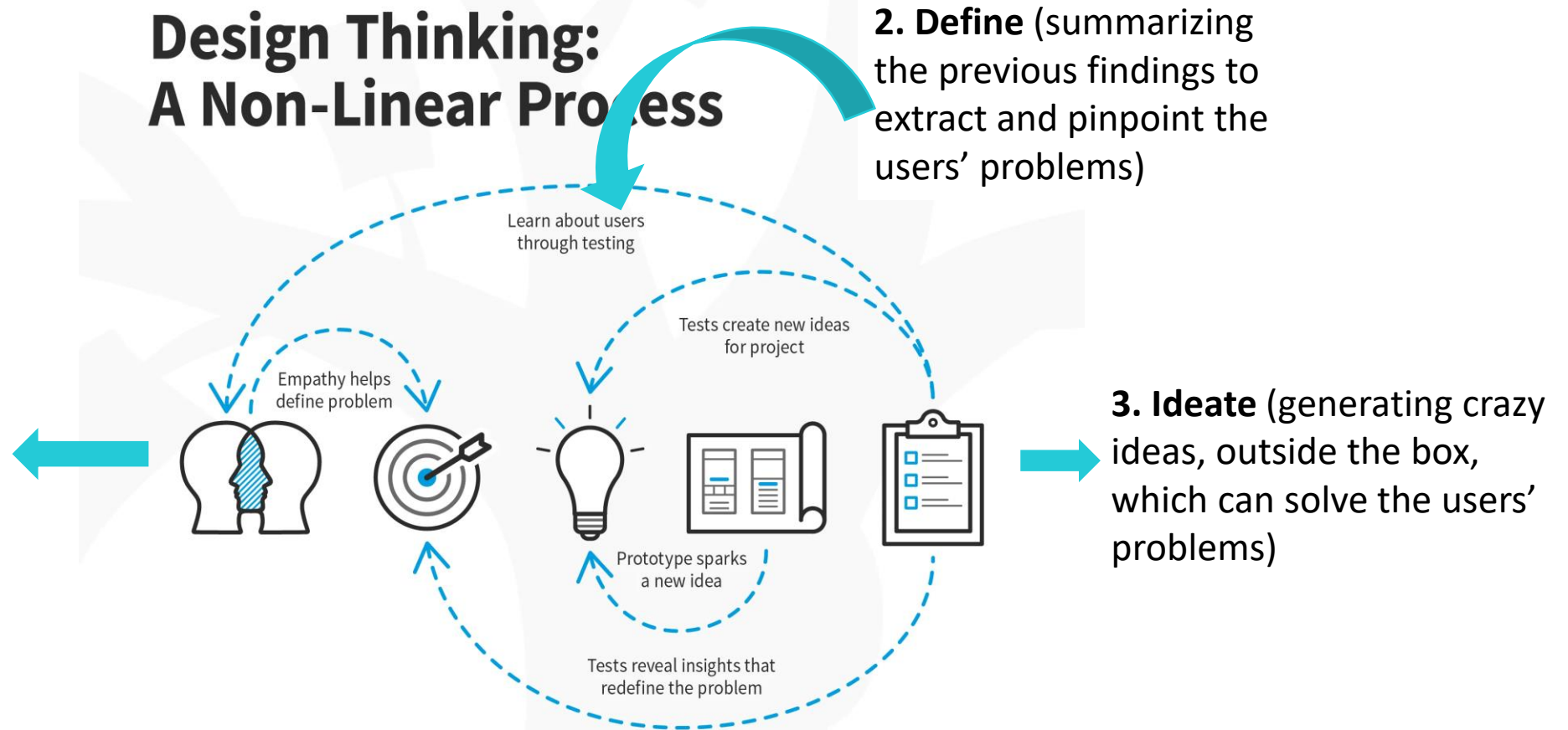
DESIGN THINKING METHODOLOGY



Design Thinking: A Non-Linear Process

1. Empathize

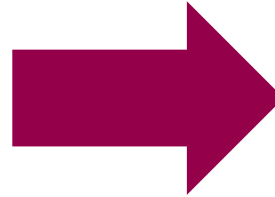
(researching the pains and needs of the users in an empathetic way),



ILL – WHAT ARE MY STRENGTHS REGARDING THIS CHALLENGE? – GIVE 3 EXAMPLES

○ Go to www.menti.com and enter the code: **789 9703**

○ Or



<https://www.menti.com>



Mentimeter

Please enter the code

Submit

The code is found on the screen in front of you



Week 1

Empathize

- **Mutual introduction with e. g. sociodramatic methods**
- **First brainstorming activities on the challenge**
- **Outlook & co-creating activities to do for the next week**

Each student chooses a "reflection partner". Bi-weekly meeting reflect entries on portfolio. Exchange on "Sparkling moment of the two weeks related to the project" (e. g. something worked out very well, an innovative idea emerged).

Steps until week 2

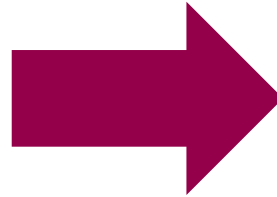
Part of „Empathize“

- *Students questionnaire (start)*
- *Start E-Portfolio with more detailed personal introduction within first week and choosing one to three Future Skills student wants to develop*
- *Call to research*
- *Look on brainstorming and add ideas / find and name clusters*

Input to our topic

BRAINSTORMING – Write 3 words you associate with the concept of biodiversity

- Go to www.menti.com and enter the code: **7539 6887**
- Or



<https://www.menti.com>



Mentimeter

Please enter the code

Submit

The code is found on the screen in front of you



EMPHATISE STAGE

Empathy – the ability to put yourself in your users' shoes; to truly see the world through their eyes in a given context or situation.

Emphatise phase – to get to know the user and understand their needs and motivations.

Uncover as much insight as possible when engaging in conversations or observing your users;

- Why do they behave in a certain way?
- Why do they prefer to do this instead of that?
- Why? ...focus on user's motivations / emotions / feelings

Help to identify needs, motivations, or challenges that they're not aware of - the solution lies in links and contradictions nobody had even noticed.

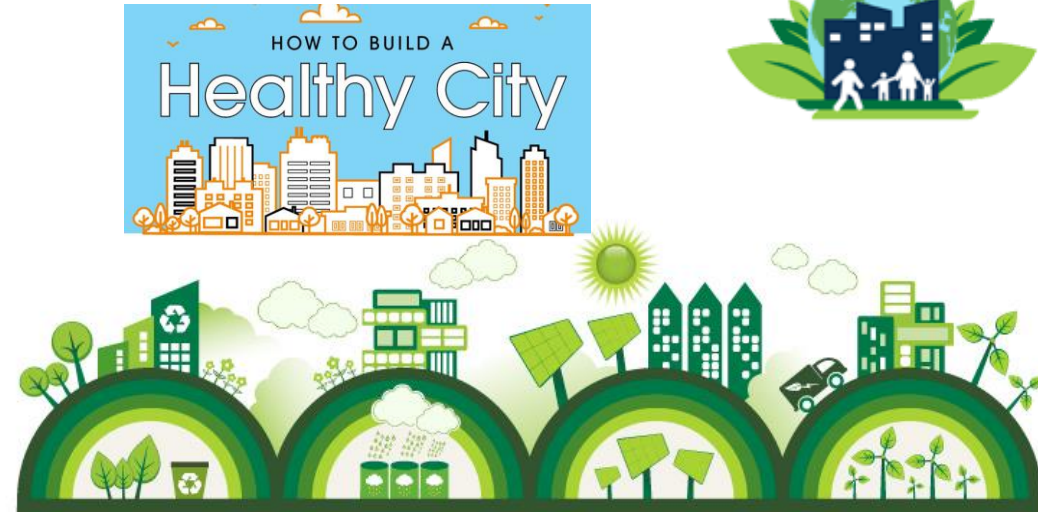
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I Living Lab

ILL 22

How might we make cities healthier considering biodiversity?



**Sustainable
Healthy Cities**
A National Science Foundation-supported
Sustainability Research Network (SRN)



What do you think? Why is it important?
What are your experiences?

EMPATHISE EXERCISE:

CONDUCT BRIEF INTERVIEW + EMPATHY MAP

1. Conduct brief interview (breakout rooms)

... Pair up

... Person A interviews Person B and then switch roles

2. Empathy map

... Fill the empathy map based on the interview you have conducted

... Present it briefly to the rest of the group (your group session)

... Reflect and discuss what you've learned about “the interviewed” and about the topic

EMPATHISE EXERCISE:

CONDUCT BRIEF INTERVIEW + EMPATHY MAP

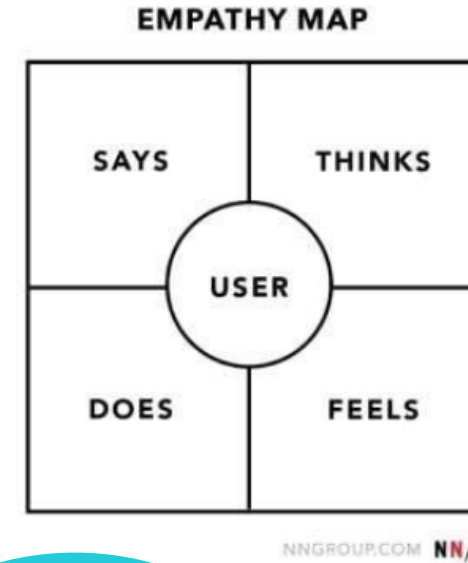
- **Says**
 - quotes from what users say during interview
- **Thinks**
 - What users seem to think when experiencing the product
- **Does**
 - Actions that the user takes during the experiment
- **Feels**
 - The user's emotional state (adjective + context)
 - Example:

Impatient: pages load too slowly

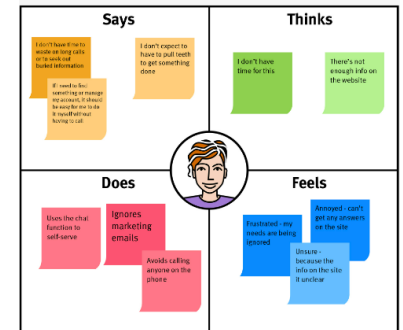
Miro –

https://miro.com/welcomeonboard/aXFJNExFN2RVYzdtTUhUUVJnS2FLbHV2VFJnNGZINTRYdlZlczl5MGdYenJXZWZMamdGQTNIOXJhOEh3Y01lbnwzMDc0NDU3MzUwMjAxMTM0NjE2fDI=?share_link_id=961104049695

E³UDRES²



Create it as a
Team in MIRO



TO DO UNTIL NEXT WEEK

- **Interview** a young person from the city you are living in and feel an **empathy map**. Share the map in the Miro board.
- Choose a **reflection partner** among the colleagues of your ILL.
- Organize a **meeting** among ourselves, in each ILL.
- Go to Unicampus, take the of **future skills test** and choose the skills you wish to improve.
- And if you haven't done it yet ...
go to Unicampus and do the **talent test**. Its good material for your **portefolio**!

Don't forget to read the
learners' guide!

Volunteers for next
session ice breaker?



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