

Sustainability, Climate Change & Environmental Knowledge

This track is for anyone who wants to learn more about sustainability through various topics. You will have a better understanding of climate change and the environment, as well as how to actively take steps to mitigate our environmental impacts, whether individually, at work, or collectively.



Green Buildings & Sustainable Neighborhoods

This track has been designed to give architects, engineers, developers, landscapers, or any other construction professional a complete and methodical understanding of sustainable design & construction, with case studies & best-practice examples, and a preparation to green building certifications & LEED accreditations.



The Circular Economy & Eco-Design

This track will open your eyes about the Circular Economy, and how we can contribute to accelerating the change towards it. You will learn about the principles of designing for circularity, meaning designing out waste & pollution, keeping products & materials in use within the production or biological cycles, and regenerating natural systems.



Eco & Social Entrepreneurship

The aim of this track is to assist potential eco and/or social entrepreneurs in launching new environmental/social start-ups in a very practical way. You will learn how to convert step by step your Green or Social Business Ideas, or a new idea proposed during the workshops, into a sound & feasible business project and find solutions to the challenges of doing so along the way.



Sustainability, Climate Change & Environmental Knowledge

This extremely diverse Track, suitable for all levels, is for anyone who wants to learn more about sustainability through various topics. You will have a better understanding of climate change and the environment, as well as how to actively take steps to mitigate our impacts, whether individually, at work, or collectively.

January	7	SE02	Play the "Fish Banks" Board Game with us!
	8	CE01	An intro to the Circular Economy with an Eco-Design Card Game to pick your Brains :)
	9	SE01	An intro to Sustainability, Climate Change, Ecological & Carbon Footprint, Green Construction: Why should we care?
	14	CE08	Composting DIY
	21	SE08	An Interactive Introduction to Permaculture!
	28	SE04	Climate Change Adaptation: Learn about the Drawdown Project
February	4	SE06	Play the environmental "Dilemma" Board Game with us!
	11	CE09	Food Waste: A Sustainable Approach to Food
	12	CE02	Beeswax Food Wraps Workshop to Replace Plastic
	18	CE03	Introduction to Biomimicry
	25	SE07	Neuroscience for Environmental Behaviour Change Designing an Environmental Campaign - PART I - Full Day
	26	SE07	Neuroscience for Environmental Behaviour Change Designing an Environmental Campaign - PART II - Full Day
March	3	SE05	Green Cosmetics & Green Cleaning Products
	10	GB14	Sustainable Neighborhood: Reclaiming your Street! PART I
	17	GB15	Sustainable Neighborhood: Reclaiming your Street! PART II - Scouting the street of Jeanne d'Arc
	18	CE05	Meet the Architect: <i>Casa Batroun & Bkerzay</i> Eco-projects
	24	CE06	Meet the Architect! <i>Lifehaus</i> Passive House
	31	SE03	Urban Afforestation: Lebanon's first Miyawaki Forest

* All seminars will start at 5:30 pm & will last 1 ½ to 2 hours with the exception of the Neuroscience for Environmental Behaviour Change which will run over two full days, from 9am to 5pm.

The Sustainability, Climate Change & Environmental Knowledge Track

Over half of the seminars & workshops in the Sustainability, Climate Change & Environmental Knowledge Track will be given by *the EcoConsulting team* at the Circular Hub, while the others will be provided by different experts in the environmental fields with whom we collaborate. Most will be held at the Circular Hub, and occasionally some will be on a project / initiative site or on the street!

You can mix & match between a variety of over 15 seminars, workshops, and environmental games, typically 2 hours each. Sessions cover both theoretical concepts & practical applications on ways to minimize and mitigate our impacts on the natural environment, as well as our health & well-being. Case studies, videos, animations and other tools have also been integrated into the sessions to enrich them with practical examples and make your learning experience interactive and fun.

A variety of different seminars & workshops will be offered each semester, so there will be a continuous opportunity to learn and deepen your environmental knowledge!

The Certificate

You will be able to obtain the *“Sustainability, Climate Change & Environmental Knowledge” Certificate*, by attending any combination of workshops, seminars, or games from the ones listed above, and securing a total of **12 Units**.

The seminars can be undertaken individually or in any combination, and count each for 1 UNIT at the Circular Hub. The only exception is the Neuroscience for Environmental Behaviour Change, which costs 6 UNITS but only counts for 3 UNITS towards the Certificate.

Most sessions are suitable for anyone, without the need for a specific background, and accessible too for teenagers above 15 years old.

Why should you pursue a Certificate?

Each Certificate can be used as a proof of awareness and knowledge of a certain field, that can enhance your personal or company CV. It is a recognition that you have actively participated in a series of seminars & workshops provided by experts, including EcoConsulting, in the topics related to each track.

A Certificate validates your understanding of the issues at hand and enables you to apply them to your field of studies or work. It can be used as a reference coming from EcoConsulting, an established company with over 15 years of experience in the field of sustainability, and a track record in giving or animating seminars, workshops, conferences and activities in this domain.

The Seminars & Workshops

SE02 - Tuesday, January 7th

- *Play the "Fish Banks" Board Game with us!* ○
The board game "Fish banks" uses the example of marine fisheries to teach important environmental and social lessons about the use of many renewable resources & public goods.
The game is fun and exciting to play for participants of different ages (13 years old to adults) and levels of expertise.

CE01 - Wednesday, January 8th

- *An intro to the Circular Economy with an Eco-Design Card Game to pick your Brains :)* ○
An introduction to the Circular Economy, and how we can individually & collectively contribute in the transition towards there. What is meant by eco-designing while keeping in mind the full life-cycle of a product, from resource extraction to product disposal, with a few examples from around the world. The discussion about some of the most important criteria of eco-design will be followed by a few challenging questions and interactive games to pick your brains! The workshop is suitable for anyone interested in environmental and eco-designing principles and doesn't require a design background. Suitable to all ages above 14!

SE01 - Thursday, January 9th

- *An intro to Sustainability, Climate Change, Ecological & Carbon Footprint, and Green Construction: Why should we care?* ○
Overview of sustainable development and the three pillars of sustainability, how is Climate Change affecting us, and why should we care? What is our Ecological Footprint & the overshoot day? Do you know your individual Carbon Footprint, are there some measures to reduce it? Why should we move to greener construction & energy-efficient, healthier buildings? With interactive discussions about many other topics...

CE08 - Tuesday, January 14th

- *Composting DIY with Marc Aoun* ○
Can food waste be composted home? Join us to learn what initiatives you can take to produce your own compost, get rid of your organic waste and contribute to a more sustainable Lebanon using simple tools and techniques.

This workshop is in collaboration with Compost Baladi

SE08 - Tuesday, January 21th

An Interactive Introduction to Permaculture!

Permaculture is slowly gaining exposure in Lebanon, especially within circles of people interested in self-sufficiency and healthy living. But what is permaculture really and how can we apply it in our daily lives? In this

○ Introduction to Permaculture session we'll take you through the origins, ethics and principles of permaculture, and give you an overview of the permaculture design methodology. You'll get to try out some of the analysis and design methods we use in permaculture (such as input/output analysis and zoning). ○

SE04 - Tuesday, January 28th

Climate Change Adaptation: Learn about the Drawdown Project

Project Drawdown is a world-class research organization that reviews, analyses, and identifies the most viable global climate solutions, and shares these findings with the world.

○ The aim of this workshop is to highlight the most up-to-date worldwide research in terms of climate change adaptation measures, and identify the ones with the highest potential to solve the climate crisis. How can we, individually and collectively, contribute to reducing our impact on climate change? Some measures are simple or straightforward but require awareness and habit changes, others are more complex, entrenched in our current systems, and will necessitate policies, regulations, activism, and a collective will to change. ○

SE06 - Tuesday, February 4th

Play the environmental "Dilemma" Board Game with us!

○ "Dilemma" is a quiz-like board game and a fun way to learn about sustainability, environmental challenges and climate change. It also encourages participants to reflect, to debate and to think critically about sustainability dilemmas, which often have both moral and ethical dimensions. ○

The game is entertaining and exciting to play for participants of different ages (14 years old to adults) and various levels of expertise.

CE09 - Tuesday, February 11th

Food Waste: A Sustainable Approach to Food with EcoConsulting

○ Let's talk about food! What does a planet-friendly grocery list look like? Where to shop? How to reduce the amount of food that we waste? Join us for a workshop, full of practical information and tips that you can use every day to reduce your environmental impact and move towards a circular closed-loop way of consuming food! ○

CE02 - Wednesday, February 12th

Beeswax Food Wraps Workshop to Replace Plastic with Joslin Kehdy

○ Single Use Plastic packaging contaminates nature and is dangerous for our health, disrupting our hormones and leaching plastic into our bodies. ○

Ditch the cling wrap and join us for a hands-on workshop to create your very own beeswax food wraps useful for sandwiches, snacks on the go, plate and even fruit and veggie wraps.

Materials provided for including fabric, beeswax, pine sap, iron. Attendees are welcomed and encouraged to bring their own recovered fabric (must be cotton) though we will have a supply ready. Additional materials will be available for purchase so that the attendees can create a kit at home. We will encourage others to be self-sufficient with the tools to continue on their own or to take it a step further and create a sustainable business line increasing access to beeswax wraps in Lebanon.

This workshop is in collaboration with Ecosouk

CE03- Tuesday, February 18th

Introduction to Biomimicry

Biomimicry is a Sustainable Design Methodology and approach to innovation that seeks sustainable solutions to human challenges by emulating nature's time-tested patterns & strategies. The core idea is that nature has already solved many of the problems we are grappling with. Animals, plants, and microbes are the consummate engineers. This seminar will give an overview of Biomimicry with some of its applications.

This seminar is in collaboration with theOtherDada

SE07 - Tuesday, February 25th & Wednesday, February 26th (9am-5pm)

Neuroscience for Environmental Behaviour Change

Designing an Environmental Campaign with Samah Karaki

The past & current efforts in facing environmental challenges have relied mostly on providing incentives or disincentives, and raising awareness about the dire consequences of our behaviors. Nevertheless, if you are tasked with developing a strategy to curb the harmful attitudes & behaviors towards the environment, your strategy requires a holistic approach to creating solutions as you want to develop interventions that last and make a difference.

This course will also shed a light on how our cognitive biases, emotions and decision-making environments all impact our behaviors and choices. The main goal is to offer an introductory guide which can help you identify the behavioral barriers and solutions to overcoming the biggest environmental threats. You'll come away from this workshop with:

- ✓ a clearer understanding that climate change requires behaviorally-informed solutions
- ✓ the capacity to build a practical framework for developing, implementing and evaluating behavior change interventions
- ✓ an understanding of key principles underpinning maintenance of behaviour change

Part 1 will introduce participants to foundational neuroscience principles. This will help us explore some key findings regarding human behavior & decision-making from a cognitive neuroscience perspective and discuss them with regard to unsustainable decision-making and behavior.

Part 2 will explore the experimental endeavors of a number of national governments, NGOs and global institutions in attempting to re-imagine policy making in an era where the cognitive, emotional, neurobiological and behavioural processes of the citizen are seen as the new target points of strategic policy. This day culminates in an exercise where participants apply the knowledge & skills developed in the session to an environmental campaign of interest.

This workshop is in collaboration with Social Brain Institute

SE05 - Tuesday, March 3rd

Green Cosmetics & Green Cleaning Products with Batoul Hakim

In this workshop Life Cycle Assessment (LCA) will be introduced, an approach through which all the aspects of resource use and environmental releases associated with product development from cradle-to-cradle are to be considered. This includes the extraction of raw materials from the earth and the production and distribution of energy, through the use, and reuse, and final disposal of a product. A final interactive activity will shed the light on chemophobia - the fear of chemicals. This activity aims at clearing the growing misconception where the public tends to be suspicious and critical of the presence of any man-made (synthetic) chemicals in products that they make use of.

This workshop is in collaboration with Savvy Elements

GB14 & GB15 - Tuesdays, March 10th & 17th

Sustainable Neighborhood: Reclaiming your Street! with Mona Hallak

PART I

What makes a street pedestrian-friendly? Can we reclaim the streets as a public space, not only to pass through it but as a social space for interactions? Can our streets hold our common identity and collective memory? How can we activate neglected or contested spaces? What makes a neighborhood more inclusive? More livable? More diverse? Find out all about it by taking this workshop!

PART II

Scouting the streets of Jeanne d'Arc & Ras Beirut

We will walk around the Ras Beirut neighborhood to discover its unique people and places, its pigeon trainers and fishermen, its stairs and hidden jewels. We will experience Jeanne d'Arc Street that was rehabilitated as a model for an inclusive pedestrian friendly street in Beirut in a collaborative and participatory design process. We will look at different artistic interventions that activate the neighborhood and engage the community to appropriate the public space and reconstruct our collective memory.

This seminar is in collaboration, AUB Neighborhood Initiative

CE05 - Wednesday, March 18th

Meet the Architect with Maha Nasrallah!

Casa Batroun, a small private house renovated and extended in an eco-friendly manner, which achieved the BREEAM Excellent rating and is the 1st project to be BREEAM-certified in Lebanon, and 1st BREEAM Excellent rating in the Middle-East. The detailed presentation will describe the bio-climatic design; the choice of materials; as well as all the energy-efficiency, water conservation, and sustainability features of the house.

EcoBkerzay, the first lodging project in the country to achieve a BREEAM or LEED certification and one of the highest ratings (Very Good) in Lebanon under BREEAM International 2016.

An overview of the different environmental techniques & solutions that have been integrated into the project will be presented.

CE06 - Tuesday, March 24th

Meet the Architect with Nizar Haddad!

Lifehaus Passive House, as a first self-sustainable house the seminar will tackle the different systems that makes it passive and self-sufficient (Canadian well, thermal mass storage, natural & reused material, water management, solar power etc.), and how this kind of design re-questions conventional construction industry and modifies its process.

SE03 - Tuesday, March 31st

Urban Afforestation: Lebanon's first Miyawaki Forest

The Beirut RiverLESS Urban Afforestation workshop will be focusing on Beirut's first native urban forest, a pilot project initiated by theOtherDada in partnership with Afforestt and SUGi, which aims to restore 200sqm of land adjacent to the river by creating a natural dense forest using native vegetation species. The workshop will focus on the process of creating a dense native forest using the Japanese Miyawaki Method of afforestation.

We will meet on the Sin el Fil Urban forest site and get a hands-on session of learning how to maintain a Miyawaki forest. The maintenance tasks include: de-weeding, re-tying ropes, re-staking support sticks, and re-mulching any exposed soil to retain the floor moisture for as long as possible.

Please note that the workshop is Family/ Kids (4 years+) friendly and will be free of charge for the Kids.

This seminar is in collaboration with theOtherDada

Pricing & Registration

* Please click on the [Circular Hub Pricing Scale](#) to refer to our detailed sheet for the fees associated with each session (1 Unit each), as we have different packages depending on your preferences & circumstances.

* All seminars & workshops will be hosted at *the Circular Hub*, located in EcoConsulting's office: *Nahas Building, 4th floor, Georges Haddad avenue, Saifi Village, Beirut*. Click on the green icon below for a Google Map link!



* All seminars & workshops start at 5:30 pm. Please arrive 15 minutes before for registration on your first session.

* The only exception is the Neuroscience for Environmental Behaviour Change which will run over two full days, from 9am to 5pm.

* To book or for more information, please contact EcoConsulting at 01-971266 or info@ecoconsulting.net

* Places are limited, we recommend early booking to avoid disappointment :)

Follow us on Facebook, Insta & LinkedIn (by clicking all the below icons) to receive up-to-date information about all our events.

Thank you for spreading the word about the Circular Hub to anyone who may be interested around you!

