#### 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.





September

October

## Green Buildings & Sustainable Neighborhoods

"Eco-Building, Sustainable Construction, BREEAM & LEED Green Associate Training"

This innovative Track, suitable for all levels, has been designed to give architects, engineers, developers, landscapers, or any other construction professional or student a complete & methodical understanding of green & sustainable design and construction. You will also be able to identify different measures that can be applied to buildings to reduce their impact in terms of eco-design, materials, energy, water and waste. Finally, this track will prepare you for the LEED Green Associate (GA) exam.

15	SE01	An intro to Sustainability, Climate Change, Ecological & Carbon Footprint, Green Construction: Why should we care?
16	GB01	Introduction to Eco-Construction & Green Building Certifications (BREEAM, LEED) NEEREA, LEA & green construction Financial Incentives
21	GB03	Energy-Efficiency - HVAC systems
22	GB04	Energy-Efficiency - Lighting Thermal Modeling & Case Studies
23	GB05	Introduction to Renewable Energies
28	GB09	Introduction to Water Conservation
29	CE03	Introduction to Biomimicry
30	GB02	Sustainable Sites, Ecology & Land-use
5	GB08	Choice of Materials & Waste Management - PART I
6	GB08	Choice of Materials & Waste Management - PART II
7	GB06	Bioclimatic Design in Warm Countries - PART I
12	GB07	Bioclimatic Design in Warm Countries - PART II
13	GB10	Green Buildings Case Studies: <i>IC Elementary School</i> (LEED Gold) & <i>M1 Headquarters</i> (LEED Platinum)
14	CE05	Meet the Architect! Casa Batroun & Bkerzay Eco-projects
19	GB11	Overview of LEED, the USGBC, and GBCI LEED GA Exam Preparation - PART I
20	GB12	LEED GA Exam Preparation - PART II





\* All seminars will start at 5:30 pm & will last 1 ½ to 2 hours

Most of the seminars in the Green Building & Sustainable Neighbourhood Track will be given by the EcoConsulting team

### The Green Building Track

Following successful trainings & conferences in the UK since 2003, EcoConsulting has accumulated a track record in giving and animating seminars, workshops, conferences & activities on eco-buildings and sustainability. With over 15 years of experience as consultants in environmentally-friendly buildings, and having worked on the majority of the certified BREEAM & LEED green buildings in Lebanon, our seminars will provide the attendees with best practice solutions and technologies, in-depth knowledge on green construction, and plenty of real case examples from the projects we have worked on: check our <u>newsletter</u> and <u>website</u> for some.

16 Seminars, each 1.5 to 2 hours, cover both theoretical concepts & practical applications on ways to minimize and mitigate the impacts of buildings on the natural environment, as well as enhance the health & well-being of buildings' occupants. **Case studies** have also been integrated into the Track's program to enrich the course with practical examples of projects in Lebanon.

In addition to the regular presentations, during some of the seminars we invite specialist professionals in the construction industry to intervene & present specific eco-friendly solutions or products.



### The Certificate

The seminars can be undertaken individually or in any combination, and count each for 1 UNIT at the Circular Hub.

You will be able to obtain the **"Green Buildings & Sustainable Neighbourhoods"** Certificate, by attending a series of sessions related to the Green building & Sustainable Neighborhood Track and securing a minimum of12 Units.

Most eco-building design recommendations and techniques can be considered & applied to all types of projects, whether residential, commercial, institutional, or other public buildings.

This Certificate can also contribute to the LEED Green Associate (GA) or LEED Accredited Professional (AP) Credentials Maintenance Program (CMP), or to demonstrate eligibility in order to register for the LEED GA exam.

### **The Seminars**

#### SE01 - Tuesday, Sept 15<sup>th</sup>

 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 we should move to greener construction & energy-efficient, healthier buildings?
Click here for the full seminar details.

#### GB01 - Wednesday, Sept 16<sup>th</sup>

Introduction to Green Building Certifications

 Overview of BREEAM certifications in the UK, overview of LEED certification in the US, comparison between BREEAM and LEED; overview of ARZ in Lebanon

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Overview of the NEEREA, LEA & other green construction financial incentives in Lebanon

O Intent, benefits, current interest rates, procedure (how to apply) for each of these loans

Click here for the full seminar details.

GB03 - Monday, Sept21<sup>st</sup>



#### Energy-Efficiency - HVAC systems

Overview of energy-efficiency technologies / solutions suitable to hot climates, building services HVAC systems control and low-energy cooling, mechanical ventilation with heat recovery, low-environmental impact
cooling, choice of refrigerants and refrigerant leak detection systems, submetering and BMS, thermal comfort, thermal zoning and controls, and commissioning.

Click here for the full seminar details.

#### GB04 - Tuesday, Sept22<sup>nd</sup>

Energy-Efficiency – Lighting

Overview of the performance characteristics of lighting systems, different types of lighting, lighting controls, light pollution and guidelines for a good lighting design that reduces energy consumption and light pollution.

Thermal Modeling & Case Studies

A full dynamic 3D model of different case studies – including the objectives of the analysis, modelling procedure, results, and conclusions.

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Click here for the full seminar details.

#### GB05 - Wednesday, Sept23rd

Introduction to Renewable Energies

Overview of renewable energy technologies / solutions suitable to the Mediterranean and hot climates (solar water heating, photovoltaics, building integrated photovoltaics, solar thermal heating, solar thermal cooling, wind

o power, geothermal energy and ground-source heat pump, CHP, trigeneration and energy waste recovery).

Click here for the full seminar details.

GB09 - Monday, Sept28<sup>th</sup>

Introduction to Water Conservation in Buildings

Importance of water conservation: Choice of water-efficient devices and fixtures, introduction to rainwater collection in buildings, grey-water recycling for usage in buildings or irrigation, low-water irrigation & landscaping.

Click here for the full seminar details.

CE03 - Tuesday, Sept29<sup>th</sup>



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. O 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.

Click <u>here</u> for the full seminar details.

#### GB02 - Wednesday, Sept30<sup>th</sup>

Sustainable Sites, Ecology & Land-use Overview of what constitutes sustainable sites (including criteria in BREEAM & LEED) & measures to reduce site water pollution. Overview of how to protect & enhance the ecological value of a site and its biodiversity.

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Introduction to the different types of green roofs & their various benefits.

Click here for the full seminar details.

#### GB08 - Monday, Oct5<sup>th</sup>&Tuesday, Oct6<sup>th</sup>

Choice of Materials & Waste Management – Part I &II Importance of materials selection in construction (lower impact materials, local and regionally-sourced materials, recycled or re-used materials, sustainably-sourced materials and timber, renewable materials).

How to choose between different building elements and low-impact finishes.
The importance of waste management during construction and during the building's operation.

Click here for the full seminar details.

#### GB06 & GB07 - Wednesday, Oct7<sup>th</sup>&Monday,Oct12<sup>th</sup>

Bio-climatic Design in warm / hot countries- Part I &II

Basic design principles of bioclimatic houses in warm/hot countries. The importance of insulation, air tightness, reducing the heat island effect, balance between natural daylighting and overheating, choice of glazing, shading devices, and usage of green roofs.

Overview of natural ventilation & cross-ventilation and various different passive ventilations techniques, including solar chimneys, wind towers, and provincial wells.

Click here for the full seminar details.

GB10 -Tuesday, Oct13<sup>th</sup>



Green Buildings Case Studies

IC Elementary School & M1 Headquarters

First projects in Lebanon to achieve respectively the LEED Gold and LEED
Platinum certificates; presentation includes each of the new buildings' green features (from each credit category within LEED).

Click here for the full seminar details.

#### CE05 - Wednesday, Oct14<sup>th</sup>

Meet the Architect with Maha Nasrallah!

Casa Batroun, a small private house renovated and extended in an ecofriendly manner, which achieved the BREEAM Excellent rating and is the 1<sup>st</sup> project to be BREEAM-certified in Lebanon, and 1<sup>st</sup> 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.

Click here for the full seminar details.

#### GB11 & GB12 - Monday, Oct 19<sup>th</sup>&Tuesday, Oct20<sup>th</sup>

Overview of LEED, the USGBC, and GBCI LEED Green Associate (GA) exam preparation

 LEED GA specific exam preparation (overview of the LEED GA exam structure, hints on what to pay attention at, sample exam questions, online resources useful to prepare the exam)

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LEED Green Associate Mock Exam

LEED GA specific mock exam questions & review of the correct answers

Click <u>here</u> for the full seminar details.

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### Pricing

#### Regular fees

- \* For Employed / Self-Employed: 720,000LL
- \* For Students / Unemployed / NGOs: 480,000LL

#### Current fees with a 15% Discount

- \* For Employed / Self-Employed: 620,000LL
- \* For Students / Unemployed / Local NGOs: 400,000LL

In support to the current Lebanese crisis, 10% of the webinar revenues will be collected and donated to <u>BEDCO</u>-Beb el Dahab- a construction and rehabilitation social initiative to empower Tripoli's marginalised youth, powered by the NGO <u>MARCH</u>. BEDCO is currently assisting in the reconstruction efforts of Beirut. Please let us know should you wish to add a personal donation to BEDCO.

#### **Scholarships**

We know that the current situation may be very hard for some of you, we are thus offering up to 5 free registrations provided we have enough participants to run the course. If you really can't afford our fees right now but still want to take part, please reach out via email with a short explanation of why this Certificate and its qualifications is important for you. We will allocate the free registrations on a first-come first-serve basis.

### Registration & Practical Info

\* All Circular Hub webinars will be hosted<u>online</u>through Microsoft Teams; we will provide you gradually with login instructions prior to each seminar.

 $^{\ast}$  All seminars & workshops start at 5:00 pm, and last between 1.5 to 2 hours each.

\*Payment optionsare by Cash, Check, Bank Transfer or OMT; further details will be givenupon registration.

\* To book or for more information, please contact EcoConsulting at <u>rouba@ecoconsulting.net</u> or via WhatsApp or call at +961 79 123 523.

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!



Beirut, Lebanon

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# 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. Indeed, economists, corporations, designers, and experts worldwide are moving towards a Circular Economy model. Given the current uncertain worldwide context, circularity also offers practical ways & solutions for communities, cities, and nations to become more resilient, self-sufficient,

and autonomous while promoting healthier environments through enhanced food security, circular agriculture, localized efficient production and waste recirculation. You will understand the principles of designing for circularity. This will allow to become one of the few truly knowledgeable about circularity and potentially apply it in your field of work or life!

Sept	15	SE01	An intro to Sustainability, Climate Change, Ecological & Carbon Footprint, Green Construction: Why should we care?
	17	SE04	Climate Change Adaptation: Learn about the Drawdown Project
	22	CE01	An intro to the Circular Economy &EcoDesign (Part I)
	24	CE01	An intro to the Circular Economy &EcoDesign (Part II) Includes an EcoDesign Card Game to pick your brain :)
	29	CE03	Introduction to Biomimicry
	1	CE09	Food Waste: Sustainable Approach to Food
Oct	6	SE09	Sustainable & Circular Agriculture
	8	CE07	Circular Strategies Workshop
	13	CE12	Systems Thinking for a Circular Economy - Workshop Part I
	15	CE12	Systems Thinking for a Circular Economy - Workshop Part II
	20	CE05	Casa Batroun & Lifehaus Passive House Eco-projects
	22	CE10	Circular Refurbishment of an Interior Space
	27	EEO3	Life-Cycle Assessment & Eco-Design Methodology for Businesses
	29	CE13	Circular Fashion
Nov	3	CE04	Circular Design Thinking Workshop

\* All seminarswill start at 5:30 pm except Intro to Sustainability (Sept 15) & Intro to Biomimicry (Sept 29) which will start at 5pm.

\*\* All seminars will last 1 ½ to 2 hours, apart from the Life-Cycle Assessment & Eco-Design Methodology forBusinesses and the Circular Design Thinking Workshops(Part I & II)which will take between 2.5 to 3 hours each.



### The Circular Economy & Eco-Design Track

This Track will open your eyes about the Circular Economy, and how we can contribute to accelerating the change towards it. Indeed, economists, corporations, designers, and experts worldwide are moving towards a Circular Economy model. You will learn about the principles of designing for circularity, meaning designing out waste & pollution, keeping products & materials in use, and regenerating natural systems and their various applications. This will allow you to become one of the few truly knowledgeable about circularity and potentially apply it in your field of work and daily life!

Very importantly, and given the current uncertain worldwide context, circularity also offers practical ways & solutions for communities, cities, and nations to become more resilient, self-sufficient, and autonomous while promoting healthier environments - through enhanced food security, circular agriculture, localized & efficient production, and waste recirculation.

These seminars and workshops are particularly valuable for anyone involved in the field of design – any type of design really: industrial, fashion, architectural, product design! It will open your eyes on different tools and methodologies to assess upfront the potential impact of a product through its life-cycle and re-design it or design it from scratch in a circular way, as much as possible. The seminars are also interesting for manufacturers of products who wish to become more eco-friendly and enhance their customer image, positioning themselves as environmentally responsible. Finally, anyone involved or interested in the field of waste management will surely benefit from an in-depth understanding of the circular economy.

Over half of the seminars & workshops in the Circular Economy & Eco-Design Track will be given by the EcoConsulting team, while the others will be provided by different experts in the environmental fields with whom we collaborate.

The series of sessions includes a diverse choice of 15 seminars and workshops, 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!

### TheCertificate

You will be able to obtain the "Circular Economy & Eco-Design Track" Certificate, by securing a total of 12 Units.

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



### 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

#### SE01 - Tuesday, September15<sup>th</sup>

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

C Ecological Footprint & the overshoot day? Do you know your individual Carbon Footprint, are there some measures to reduce it? Why we should move to greener construction & energy-efficient, healthier buildings?

Click here for the full seminar details.

#### SE04 - Thursday, September17<sup>th</sup>

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.

Click here for the full seminar details.



#### CE01 -Tuesday, September22<sup>nd</sup>& Thursday, September24<sup>th</sup>

An intro to the Circular Economy & EcoDesign (Part I& II) An introduction to the Circular Economy, and how we can individually & collectively contribute in the transition towards there. What is meant by ecodesigning 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!

Click here for the full seminar details.

#### CE03 - Tuesday, September29<sup>th</sup>

#### Introduction to Biomimicry with Adib Dada

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.

Click here for the full seminar details.

#### CE09 - Thursday, October1<sup>st</sup>

#### Food Waste: A Sustainable Approach to Food

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!

Click here for the full seminar details.

#### SE09 - Tuesday, October 6<sup>th</sup>

#### Sustainable & Circular Agriculture

The course will explain this concept and how and where it can be applied. The role of animal agriculture will be highlighted as well as that of aquaculture as possible links within the Circular Agriculture cycle.

Finally, the advantages and limitations of this approach will be discussed.
Knowing that 2-hours of lecture time can summon the sleep fairy even for the most caffeinated audience, an interactive approach will be followed to make the message and the time go by with a smile!

This workshop is in collaboration with Lina Jaber.

Click here for the full seminar details.



#### CE07 - Thursday, October8<sup>th</sup>

#### Circular Strategies Workshop

Are there different or eco-friendlier ways to meet the end-user or consumer needs & expectations by applying circular strategies? In this workshop, you will redesign a common use object by re-evaluating the functional and emotional

needs that it serves and making use of circular strategy cards to brainstorm new solutions, materials, or designs for that object that are more eco & socially responsible.

Click here for the full seminar details.

#### CE12 - Tuesday, October13<sup>th</sup>& Thursday, October15<sup>th</sup>

#### Systems Thinking for a Circular Economy - Workshop Part I &II

Systems Thinking equips users with a holistic lens that allows them to capture the different elements when tackling complex problems. This is quite useful when working on problems that require the intervention of circular economy practices since they are often complex. In addition, Systems Thinking provides participants with the tools to visualize loops and circularities within systems, which is aligned with the circular economy principles.

During the workshop, participants will learn about the Systems Thinking method as well as the different tools used to build a systems map. Together with the facilitator and the modeler, the participants will define, map and solve a problem that falls within the circular economy context. At the end of the session, participants will have learned a new method that equips them with new tools such as defining messy problems, building a causal loop diagram, and identifying leverage points of intervention in a systems map.

Click here for the full seminar details.

#### CE05 - Tuesday, October 20<sup>th</sup>

# Meet the Architects! Casa Batroun & Lifehaus Passive House Eco-projects with Maha Nasrallah, EcoConsulting, & Nizar Haddad

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.

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.

Click here and here for the full seminar details.



#### CE10 - Thursday, October22<sup>nd</sup>

#### Circular Refurbishment of an Interior Space

In order to create a new space for offering environmental seminars & workshops, a client would like you to redesign their main office to accommodate their new vision.

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O During this workshop, you will take time to remake a space in a circular way, think about creative ideas to reduce its environmental and health impact, select appropriate low-impact materials, and present your ideas to the rest of the participants. With guidance, we will come up as a group with different options for the circular refurbishment of an interior space.

#### EE03 - Tuesday, October 27th

#### Life-Cycle Assessment & Eco-Design Methodology for Businesses

Review of the Circular Economy and adaptation of circular principles in the context of start-ups or existing businesses: How to integrate an environmental and social approach into the design or procurement of your products and services, based on a step-by-step methodology & Life-Cycle Assessment? How to minimize the ecological & social impact of your office, manufacturing plant, warehouse, or simply the operational of it and transportation of goods?

#### CE10 - Thursday, October29<sup>th</sup>

**Circular Fashionwith Aya Hoteit, Fabric Aid, and EcoConsulting** Clothes are an everyday need, and for many an essentialway to self-expression. Unfortunately the way clothes and textiles are produced and used today is excessively wasteful and polluting.

Join us for an interactive session to learn about the environmental, health and social impact of clothes and how this can be reduced. Are there ways to make

the fashion industry more circular? What can the modern end-consumer do to reduce the footprint of clothing while still meeting its needs for different type of clothes and trends? How can each one of us contribute to closing the loop in terms of textile waste?

This seminar is in collaboration with Aya Hoteitand FabricAid.

#### CE04 - Tuesday, Nov3<sup>rd</sup>

#### Circular Design Thinking Workshop

Design Thinking has become an extremely popular approach to problemsolving-not only among designers, but across all areas of business. How can we also apply a Circular Design Thinking to tackle sustainability issues? Indeed, it is estimated that in many cases 80% of the costs & impacts of a

product or service are defined at the design stage. The earlier we can integrate circular, eco-friendly, and socially responsible solutions in the design phase, the more we can mitigate negative impacts and do better with less. Join us for a hands-on, interactive and fun Circular Design Thinking Workshop!

This workshop is in collaboration with Journana Ibrahim.

Click here for the full seminar details.



### Pricing

#### Regular fees

- \* For Employed / Self-Employed: 675,000LL
- \* For Students / Unemployed / Local NGOs: 450,000LL

#### Current fees with a 15% Discount

- \* For Employed / Self-Employed: 575,000LL
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#### **Scholarships**

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



Beirut, Lebanon

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