



How can we elaborate the SIT4PLANET, a generic syllabus that enables university stakeholders to embed mindfulness practices in any European course and campus activities ?

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► To cite this version:

Nathalie Schnuriger, Fatma Fourati-Jamoussi. How can we elaborate the SIT4PLANET, a generic syllabus that enables university stakeholders to embed mindfulness practices in any European course and campus activities ?. Encuentro XIII: Reflection on the future of Higher Education in the world and its needs to adapt to the reality of the current global context, Nov 2022, Beauvais, France. 2022. hal-04142642

HAL Id: hal-04142642

<https://normandie-univ.hal.science/hal-04142642>

Submitted on 27 Jun 2023

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5 Partners
Institut Polytechnique UniLaSalle (Coordinator, FR)
UNICA (BE)
Valladolid University (ES)
Nova University Lisbon (PT, UNICA member)
Consorzio Scuola Comunità Impresa (IT)

4 associate partners: Vilnius University (LT), Zaragoza University (ES),
ISLE network (FR) and The Sprouts (BE)

OP4C – Open Pass for Climate
OP4C is an Erasmus+ funded project,
with 250 000 €.

European Open Badge Passport for Climate - OpenPass4Climate (November 2022-October 2025)

Work Packages

1. Eco-pedagogy mapping
2. Nature & assessment of engagement
3. Open Badges and Passport
4. Impact evaluation, enlargement & policy recommendations

Project purpose: Create a European passport of open badges to record, analyse and understand the impact of all existing learnings on individual and collective commitments for climate justice.

How to engage the production of a comprehensive system as it is a cornerstone for the recognition and certification?
How to promote the inclusion of mindfulness practices in the curricula?
What are the Public Policy recommendations to include Mindfulness Practices in society?

Problematic: How can we elaborate the SIT4PLANET, a generic syllabus that enables university stakeholders to embed mindfulness practices in any European course and campus activities?

Research objective: European survey to understand the main challenges and concerns faced by students in 2022 and a survey of the existing mindfulness practices in education.



The first SDG to be shared by
English (17 nationalities),
French and Lithuanian students.



Technical objective: Creation of the first Mindfulness Toolbox for Faculties and Students.

Environmental awareness



Well-being and institutional responsibility



Kick off – October 2021

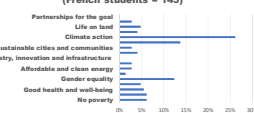
Collective intelligence



Summary of the students survey

English: <https://forms.gle/3v4kVW7m> - 40 answers
French: <https://forms.gle/3v4kVW7m> - 145 (over 90 answers)
Lithuanian: <https://forms.gle/3v4kVW7m> - 8 answers
Lithuanian: <https://forms.gle/3v4kVW7m> - 13 answers
Portuguese: <https://forms.gle/3v4kVW7m> - not yet released
Spanish: <https://forms.gle/3v4kVW7m> - not yet released
Time to collect information until 30th of November.

Choose the SDG you would like to share
(French students = 145)



EMP4S

PRE - Review and working session

Preliminary results of the survey

Choose the SDG you would like to share (1 choice only)



UniLaSalle Pre-project Experience

175 students followed the mindfulness optional classes

169 personal essays submitted, under study

8 sessions of 20 hours on climate, social and relational experiences

From 2020 to 2022

Year 1 and 2, bachelor degree

Concerns ?

What made us want to try a programme like MP4S

Students increasingly concerned about injustice of any kind, social and climate



MP4S – Mindfulness Practices for Students in Society
MP4S is an Erasmus+ funded project with 400 000 €
(November 2022-October 2024)
<https://mp4s.eu/>

8 Partners
Institut Polytechnique UniLaSalle (Coordinator, FR)
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Consorzio Scuola Comunità Impresa (IT)
OCAK 121 Bernegli (TR)
Conhecer-Se-associacao de crescimento pessoal (PT)

4 associate partners: University of Warsaw (PL, UNICA member), University of Granada (ES), Agrianto (IT), Agence Française de Développement (FR).

Transforming the
future together

