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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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HAL Authorization

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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.

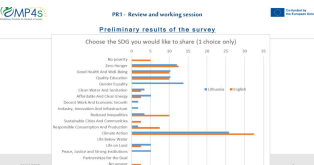
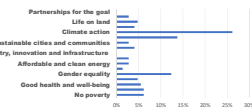


Summary of the results survey

- English: <https://data.unica.be/encuentro13> - 40 answers
- French: <https://data.unica.be/encuentro13> - 145 answers
- Spanish: <https://data.unica.be/encuentro13> - 8 answers
- Lithuanian: <https://data.unica.be/encuentro13> - 18 answers
- Portuguese: <https://data.unica.be/encuentro13> - not yet as just released
- Italian: <https://data.unica.be/encuentro13> - not yet as just released
- Spanish: <https://data.unica.be/encuentro13> - not yet as just released

Note to collect information until 30th of November.

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



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

Environmental awareness

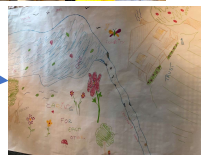


Well-being and institutional responsibility



Kick off – October 2021

Collective intelligence



MP4s – Mindfulness Practices for Students in Society
MP4s is an Erasmus+ funded project with 400 000 €
(November 2022-October 2024)
<https://mp4s.eu/>



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

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Nova University Lisbon (PT, UNICA member)
Roma Tre University (IT, UNICA member)
Consorzio Scuola Comunità Impresa (IT)
OCAK 121 Bernegli (TR)
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4 associate partners: University of Warsaw (PL, UNICA member), University of Granada (ES), Agrianto (IT), Agence Française de Développement (FR).

Transforming the
future together

