



Eco Summer Camp

– From wild consumption to responsible engagement –

Thursday, 25th August

12:00- 14:00		Arrival and Check-In
15:00		Get to know the place <i>Director of the Lassalle-Haus: Tobias Karcher</i>
15:30		Calling on the land and the environment <i>Ursula Popp</i>
16:00- 18:20	Welcome-Cocktail	Get to know each other <i>Jakob Ellensohn / Ewelina Bajor</i>
18:30- 19:30	Dinner	Vegan
20:15- 21:15	Official Welcome	Welcome speech <i>Valerio Ciriello</i> Presentation of the program-partners, experts, and organisation team, as well as a short overview of the week, few rules of the house
21:15	Enjoy the evening	Socializing and getting to know each other

Friday, 26th August

7:15- 7:45	Start of the day	Sitting or Walking Meditation <i>Ursula Popp and Valerio Ciriello</i>
7:45- 8:30	Breakfast	
8:45	Welcome and outlook of the day	<i>Jakob Ellensohn / Ewelina Bajor</i>
9:15- 12:00	Morning Session	“Nature is over” – global sustainability challenges <i>Dr. Sabin Bieri</i>



12:15-
13:15

Lunch

Vegan & Vegetarian

14:00-
15:00

Guided reflection of morning session (in small group)

Ranka Junge / Gloria Kenyatta

15:00-
17:00

Practical Workshops

Four options:

1. Walking through the forest, *with Kari Müller*
2. Visit of eco farm "Chripfelihof" *with Gottfried Halter, Farmer*
3. Become an Ambassador for the Ecological Transition - Why it is important to "Talk the Sustainability Walk" *with Eva, Martina und Ewelina*
4. Sustainable cooking *with Andreas Bossert (16:00-18:30)*

18:30-
19:30

Dinner

Vegan

20:00-
21:15

Jazz-band and socializing *with Matthias & Co.*

Saturday 27th August

7:15-
7:45

Start of the day

Sitting or Walking Meditation

Ursula Popp and Valerio Ciriello

7:45-
8:30

Breakfast

8:45

Welcome and
outlook of the day

Jakob Ellensohn / Ewelina Bajor

9:15-
12:00

Morning Session

New economic thinking

Prof. Gaël Giraud

12:15-
13:15

Lunch

Vegan & Vegetarian

14:00-
15:00

Guided reflection on morning session

Ranka Junge / Gloria Kenyatta

15:00-
17:45

Practical Workshops

Three options:

1. Walking through the forest, *with Kari Müller*
2. Visit of eco farm "Chripfelihof" *with Gottfried Halter, Farmer*



3. Become an Ambassador for the Ecological Transition - Why it is important to "Talk the Sustainability Walk" with *Eva, Martina und Ewelina*

18:00-
19:30

Panel discussion - Sustainable Development: Between urgency and system change

(semi-public event, "invited guests")
between *Sabin Bieri* and *Gaël Giraud*, moderated by *Bernd Nilles*, CEO of *Fastenaktion*

19:30-
21:30

Apéro Riche

Sunday 28th August

7:15-
7:45

Start of the day

Sitting or Walking Meditation
Ursula Popp and Valerio Ciriello

7:45-
8:15

Light Breakfast

Liquids and Fruit only

8:30

Welcome and outlook of the day

Ursula Popp and Jakob Ellensohn

8:45-
9:15

Short Input

Ecological Engineering @ ZHAW
Ranka Junge

9:39

Departure by bus!

9:30-
15:30

Fasting, hiking, contemplation & silence
Ursula Popp
"Fireside talk" with Prof. Ranka Junge (during "Lunch-Time")

16:00-
18:30

Sustainable cooking
with Andreas-Christian Bossert

18:30-
19:30

Dinner

Vegan

20:00-
21:15

Fireside talk with *Bernd Nilles*



Monday 29th August

7:15- 7:45	Start of the day	Sitting or Walking Meditation <i>Ursula Popp and Valerio Ciriello</i>
7:45- 8:15	Breakfast	
8:35	Departure by bus	Day excursion at the ZHAW Campus Grüental (Wädenswil)
8:45	Welcome and outlook of the day (in the bus)	<i>Jakob Ellensohn / Ewelina Bajor</i>
9:15- 12:00	Morning session	Excursion to Ecological Engineering Living Lab and pilot facilities: <i>different options</i>
12:15- 13:00	Lunch	<i>Eating in the canteen of the campus (vegan)</i>
13:15- 15:00	Afternoon session	Three interactive outdoor excursions (choose two options): <ul style="list-style-type: none">- «Grassland - how the land feeds us»- «Treasure below your feet»- «Next stop future»
18:30- 19:30	Dinner	Vegan
20:00- 22:00		Cultural Evening

Tuesday, 30th August

7:15- 7:45	Start of the day	Sitting or Walking Meditation <i>Ursula Popp and Valerio Ciriello</i>
7:45- 8:30	Breakfast	
8:45	Welcome and outlook of the day	<i>Jakob Ellensohn / Ewelina Bajor</i>
9:15- 10:00	Morning Session	Cradle to Cradle NGO <i>Dr. Monika Griefahn</i>



10:15- 11:00		Senior Women for Climate Protection Switzerland sue Switzerland before the European Court of Human Rights <i>Pia Hollenstein</i>
11:15- 12:00		Guided reflection on morning session <i>Gloria Kenyatta</i>
12:15- 13:15	Lunch	Vegan & Vegetarian
13:30- 16:30		Excursion to V-Zug
16:30- 18:00		Free time in Zug (or in the Lake)
19:00- 20:00	Dinner	Vegan
20:00- 21:15		Fireside talk with <i>Dr. Monika Griefahn</i>

Wednesday 31st August

7:15- 7:45	Start of the day	Sitting or Walking Meditation <i>Ursula Popp and Valerio Ciriello</i>
7:45- 8:30	Breakfast	
8:45	Welcome and outlook of the day	<i>Jakob Ellensohn / Ewelina Bajor</i>
9:15- 10:00	Morning Session	Fasting in 3D <i>Dr. Françoise Wilhelmi de Toledo – Buchinger Wilhelmi Clinic</i>
10:15- 11:00	Morning Session	The path to sustainable logistic enterprise <i>Max Schachinger</i>
11:15- 12:00		Guided self-reflection <i>Gloria Kenyatta</i>
12:15- 13:15	Lunch	Vegan & Vegetarian



**14:00-
15:00**

Propositional self-reflection
Gloria Kenyatta

**15:00-
17:00**

Active Hope
Ursula Popp

**18:30-
19:30** Dinner

Vegan, with surprises

**19:30-
open
end**

Closing Party

Thursday 1st September

**8:30-
10:15** Brunch

10:45 Final Words and
Goodbye

Valerio, Jakob und Ewelina

12:00 Departure

Don't forget to give back your keys and your name badges 🗝️