



Eco Summer Camp

– From wild consumption to responsible engagement –

(draft)

Sunday, 18th August

12:00- 14:00		Arrival and Check-In
15:00		Get to know the place Director of the Lassalle-Haus <i>Toni Kurmann</i>
16:00-17:30	Afternoon Session	Ecological Bodies - connecting to the self and the collective A movement practice in nature to bring awareness, focused attention and relational intelligence. <i>Karthik Rajmohan</i>
18:00-18:30	Welcome-Cocktail	Get to know each other! <i>Jakob Ellensohn / Hafsa El Horri</i>
19:00-20:00	Dinner	
20:30-21:30	Official Welcome	Welcome speech Presentation of the program-partners, experts, and organisation team, as well as a short overview of the week, few rules of the house <i>Valerio Ciriello, Jakob Ellensohn / Hafsa El Horri</i>
21:30	Enjoy the evening	Socializing

Monday, 19th August

7:30-8:00	Start of the day	Meditation sessions (three options) <i>Giulia Dockerty, Martin Föhn and Karthik Rajmohan</i>
8:00-8:35	Breakfast	
8:40	Welcome and outlook of the day	<i>Jakob Ellensohn / Hafsa El Horri</i>



9:00-12:00	Morning Session	“Nature is over” – global sustainability challenges <i>Sabin Bieri</i>
12:15-13:00	Lunch	
14:00-15:00	First optional session	Two groups are formed, each with a maximum of 15 participants (this day two participants are the responsible) Each participant has to choose at least twice-such an optional session during the whole week.
15:15-17:15	Afternoon Session	Concious food choices: Co-benefits for health and climate <i>Elina Christes</i>
17:30-18:15		Reflection in groups The participant are subdivided in small groups of 6 to 8 people <i>Jan Maisenbacher</i>
18:30-19:15	Dinner	
19:30-21:30	Fireside talk “special”	Pioneers of Change – Transformation from the inside out <i>Martin Kirchner</i>
22:00-22:30		Yin Yoga <i>Karthik Rajmohan</i>

Tuesday 20th August

7:30-8:00	Start of the day	Meditation sessions (three options) <i>Giulia Dockerty, Martin Föhn and Karthik Rajmohan</i>
8:00-8:35	Breakfast	
8:40	Welcome and outlook of the day	<i>Jakob Ellensohn / Hafsa El Horri</i>
9:00-12:00	Morning Session	Economy for the Common Good – a Model Fit for the Future <i>Christian Felber</i>
12:15-13:00	Lunch	



15:15-17:30	Afternoon session	Ecological Engineering @ ZHAW Preparation to the excursion on Wednesday <i>Ranka Junge</i>
14:00-15:00	Second optional session	Two groups are formed, each with a maximum of 15 participants <i>Martin Kirchner / Jan Maisenbacher</i>
17:30-18:15		Reflection in groups <i>Jan Maisenbacher</i>
18:30-19:15	Dinner	
19:45-21:15		Embodying knowledge in the body: “dancing” session <i>Christian Felber</i>
22:00-22:30		Yin Yoga <i>Karthik Rajmohan</i>

Wednesday 21st August

7:30-8:00	Start of the day	Meditation sessions (three options) <i>Giulia Dockerty, Martin Föhn and Karthik Rajmohan</i>
8:00-8:35	Breakfast	
8:40	Departure by bus!	Excursion-day at the ZHAW Campus Grüental (Wädenswil) <i>Ranka Junge</i>
9:00-12:00	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 (splitting in two groups) - «Treasure below your feet» - «Next stop future»
15:30	Driving back home	From 16:00 onwards swimming in Zug’s Lake (optional) Reflection group in the bus?



18:00-20:00 Open dinner

20:15-21:30 Fireside talk

My way through my life

Valerio Ciriello

22:00-22:30

Yin Yoga

Karthik Rajmohan

Thursday 22nd August

7:30-8:00 Start of the day

Meditation sessions (three options)

Giulia Dockerty, Fabian Moos and Karthik Rajmohan

8:00-8:35 Breakfast

8:40 Welcome and
outlook of the day

Jakob Ellensohn / Hafsa El Horri

9:00-12:00 Morning session

Science of regenerative capacity in Agro-ecology

Amar KJR Nayak

12:15-13:00 Lunch

14:45-16:45 Afternoon session

With agro-ecology towards food security and sustainability: insights of the project of Fastenaktion's partner organisation KIMAETI in Kenya

Benno Steffen / Miriam Kisilu / Seline Friedli

17:00-17:45

Reflection in groups

Jan Maisenbacher

18:00-
19:30/20:00

Panel discussion: The role of faith and science in socio-ecological transformation (semi-public event, "invited guests")

Alessandra Smerilli, Aneeqa Malik and Amar KJR Nayak moderated by Stefan Einsiedel

20:00-21:30 Dinner

Apero Riche

22:00-22:30

Yin Yoga

Karthik Rajmohan



Friday, 23rd August

7:30-8:00	Start of the day	Meditation sessions (three options) <i>Giulia Dockerty, Fabian Moos and Karthik Rajmohan</i>
8:00-8:35	Breakfast	
8:40	Welcome and outlook of the day	<i>Jakob Ellensohn / Hafsa El Horri</i>
9:00-12:00	Morning Session	Systems Thinking: A Journey into the Wild (online) <i>Arash Golnam</i>
12:15-13:00	Lunch	
14:00-15:00	Third optional session	Two groups are formed, each with a maximum of 15 participants
15:15-17:15	Afternoon session	Yes we can – fight climate change with our brains <i>Lilla Gurtner</i>
17:30-18:15		Reflection in groups <i>Jan Maisenbacher</i>
18:30-19:15	Dinner	
19:30-21:15	Fireside talk	Asian-Pacific perspective in the socio-ecological transition- <i>Pedro Walpole</i>
21:45-22:30		Sound Body, Sound Mind A guided somatic meditation to connect to our own purpose and calling through inner homecoming, accompanied by an immersive sound journey. <i>Karthik Rajmohan</i>

Saturday 24th August

7:30-8:00	Start of the day	Meditation sessions (three options) <i>Giulia Dockerty, Fabian Moos and Karthik Rajmohan</i>
8:00-8:25	Breakfast	



8:30	Welcome and outlook of the day	<i>Jakob Ellensohn / Hafsa El Horri</i>
9:00-12:00	Morning session	Enterprise day The case study REENCO: active in renewable energy <i>Wolf Preuster-Drews and Patrick Preuster</i>
12:15-13:00	Lunch	
15:15-17:15	Afternoon session	Workshops (only one option) <ul style="list-style-type: none">• Carbon conversation <i>Seline Friedli</i>• Walking through the forest (only German speakers) <i>Kari Müller</i>• Visit of eco farm "Chripfelihof" <i>Gottfried Halter</i>
17:00-18:30		Evaluation of the Week (the participant can write a letter after the lunch and the session at 15:30)
18:30-19:30	Closing Dinner	
20:30- open end	Closing Party	Singing and Dancing

Sunday 27th August

8:30-10:15	Breakfast	
10:45	Final Words and Goodbye	<i>Valerio Ciriello, Jakob Ellensohn and Hafsa El Horri</i>
12:00	Departure	Do not forget to give back your keys! 😊