



Eco Summer Camp

– From wild consumption to responsible engagement –

(3rd draft)

Sunday, 18th August

12:00- 14:00		Arrival and Check-In
14:30		Get to know the place Director of the Lassalle-Haus <i>Toni Kurmann</i>
15.30 - 17:45	Afternoon session	Check-in: Landing at Lassalle-Haus Between meditation and nature <i>Jan Maisenbacher & Karthik Rajmohan</i>
18:15-18:45	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>Hafsa El Horri / Jakob Ellensohn / Valerio Ciriello</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



Jeannette Behringer

12:15-13:00	Lunch	
13:00-15:00	Workshop	Visit of eco farm “Chripfelihof” <i>Gottfried and Edith Halter</i>
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 participants 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	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	
13:45-15:00	Workshop	Personal sharing and exchange (in two groups) <i>Martin Kirchner / Christian Felber</i>
15:15-17:15	Afternoon session	Ecological Engineering @ ZHAW Preparation to the excursion on Wednesday



Ranka Junge

17:30-18:15

Reflection in groups

Jan Maisenbacher

18:30-19:15 Dinner

19:45-21:15

Embodying knowledge in the body: “dancing” session

Christian Felber

22:00-22:30

Yin Yoga

Karthik Rajmohan

Wednesday 21st August

7:30-8:00

Start of the day

Meditation sessions (three options)

Giulia Dockerty, Martin Föhn and Karthik Rajmohan

8:00-8:35

Breakfast

8:40

Departure by bus!

Excursion-day at the ZHAW Campus Grüental (Wädenswil)

Ranka Junge

9:00-12:00

Morning session

Excursion to Ecological Engineering Living Lab and pilot facilities: different options

12:15-13:00

Lunch

Eating in the canteen of the campus (vegan)

13:15-15:00

Afternoon session

Interactive outdoor excursions (splitting in two groups)

- «Treasure below your feet»
- «Next stop future»

15:30

Driving back

From 16:00 onwards swimming in Zug’s Lake (optional)

18:00-19:45

Open dinner

20:15-21:30

Fireside talk

My way through life

Valerio Ciriello

21:30 -22:30

Day Check-out @ the fire

Jakob Ellensohn, Theo Haas

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	<i>Jakob Ellensohn / Hafsa El Horri</i>
9:00-12:00	Morning session	Science of regenerative capacity in Agro-ecology <i>Amar KJR Nayak</i>
12:15-13:00	Lunch	
14:00-14:30		Yin Yoga <i>Karthik Rajmohan</i>
15:00-16:30	Afternoon session	With agro-ecology towards food security and sustainability: insights of the project of Fastenaktion's partner organisation KIMAETI in Kenya <i>Benno Steffen / Miriam Kisilu / Seline Friedli</i>
17:00-17:45		Reflection in groups <i>Jan Maisenbacher</i>
18:00-20:00	Panel discussion (semi-public event)	Participatory Panel discussion: The role of spirituality and science in socio-ecological transformation (leveraged by Mentimeter survey) <i>Alessandra Smerilli, Aneeqa Malik and Amar KJR Nayak moderated by Stefan Einsiedel</i>
20:00-21:30	Dinner	Apero Riche <i>(with three stands of the speaker)</i>

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>
9:00-11:00	Morning session	Ideas for climate action from a psychology perspective <i>Lilla Gurtner</i>



11:15-12:00	Workshop	Personal sharing and exchange (in two groups) <i>Aneeqa Malik / Lilla Gurtner</i>
11:15-13:00	Workshop	Walking through the forest (only German speakers) <i>Kari Müller</i>
12:00-13:30	Open lunch	
14:00-17:00	Afternoon session	Systems Thinking: A Journey into the Wild (online) <i>Arash Golnam</i>
17:30-18:15		Reflection in groups <i>Jan Maisenbacher</i>
18:30-19:15	Dinner	
19:30-21:15	Fireside talk	The Asian-Pacific perspective in the socio-ecological transition <i>Pedro Walpole</i>
19:30-21:15		Yin Yoga <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>
8:00-8:35	Breakfast	
8:40	Welcome and outlook of the day	<i>Jakob Ellensohn / Hafsa El Horri</i>
9:00-11:00	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	
13:30-15:45	Afternoon session	World-Café: From wild consumption to responsible engagement - From me, to us, to all of us... <i>Jan Maisenbacher / Jakob Ellensohn / Theo Haas / Valerio Ciriello</i>



16:00-18:30

Writing a letter to your self

18:30-19:30 Dinner

20:30-21:30 Closing meditation

A guided somatic meditation to connect to our own purpose and calling through inner homecoming, accompanied by an immersive sound journey

Karthik Rajmohan

21:30- open End

End the evening with conversations and encounters, campfire. Spread out around the camp and talk out of your soul!

Sunday 25th August

8:30-10:15 Breakfast

10:45 Final Words

Check-out: The (emotional) goodbye

Valerio Ciriello, Jakob Ellensohn and Hafsa El Horri

12:00 Departure

Physical Check-out: Do not forget to give back your keys! 🗝️

*Please complete the **evaluation form** as soon as possible. This is a very important tool for us so that we can integrate your ideas, criticisms, and recommendations for the next running of the camp. Please do this within 24 hours of departure.*