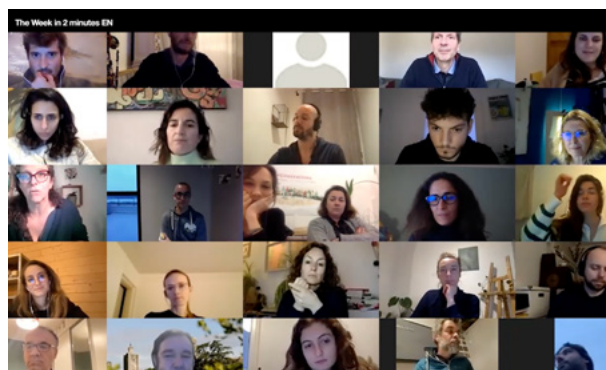




Would you like to participate in The Week?

What can we do ourselves to help build a sustainable future? Join The Week, a series of three engaging sessions that combine facts, reflection, and inspiration. EU GREEN and the University of Gävle are now inviting you to The Week during week 42.

The Global Sustainable Development Goals highlight the changes needed for humanity to protect, preserve, and restore our shared environment—so that future generations inherit a world worth living in.

In recent years, a complementary perspective has emerged: that real change also need to begin within ourselves. We need to make our behaviors and attitudes more sustainable—shifting our focus from the external to the internal. **Inner Development Goals** are all about this.

The Week puts Inner Development Goals into practice. The format is simple: a group of 8–10 people meets three times over the course of a week to reflect on what each person can do as a small but important contribution to the whole. Each session begins with a pre-recorded film (approx. 1 hour) and continues with a discussion (approx. 30–45 minutes).

- **Monday, October 12: Session 1** – an eye-opener on the urgent situation humanity faces regarding the environment and climate.
- **Wednesday, October 14: Session 2** – How did we end up here – and what opportunities are there for a turnaround?
- **Friday, October 16: Session 3** – what can I personally do in my own life to contribute to change?

Time for all sessions: 3:00–5:00 p.m.

More information

To get a better understanding of The Week:

Please watch the short introductory video (2 minutes).

Registration

Are you interested in participating in The Week?

Please register and add the event to your calendar.

You cannot register for individual sessions; registration applies to all three sessions. We will send out a Zoom link a few days before the first session.

Welcome to The Week!

DATE
Session 1
October 12
Session 2
October 14
Session 3
October 16
Time
3:00–5:00 p.m. CET
Location
Online via Zoom



Co-funded by
the European Union

