



UK Training School: RESTORATIVE SUSTAINABILITY
November 14-17 2017
Lancaster (UK)



TS Location: Top Left: Lancaster Top Right: Lancaster Castle with Lake District Fells *
TS Visits: Bottom left: Brockholes (BREEAM Outstanding) Bottom Right: Cuerdon Valley Park (LBC Project)
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We are delighted to offer our first RESTORE Training School that will take place in **Lancaster, UK between 14th and 17th November 2017**. It will focus on **Restorative Sustainability, Biophilia, and Sustainability Education**. In four days trainees will gain a deep understanding of Restorative Sustainability and learn about key topics from RESTORE working groups.

Training School trainees (students, educators, and practitioners) will participate in multiple introduction seminars, action learning, team and individual presentations, study tours, and much more.

The Training School will operate as **an accredited train the trainer course**; equipping delegates with techniques and knowledge to run restorative sustainability education modules within their own institute and networks, and in doing so, receive recognised certification.

Who can apply? Students (including PhD), Early Career Investigators, Educators, Practitioners, Change Agents

APPLY NOW! Making your case: why is this Training School important for you, and, how will you use it to expand Restorative Sustainability understanding in your country.

Important and Useful Information:

Applications Close: 15th September 2017

Announcement of the selected trainees: 30 September 2017

Deadline for e-Cost registration and confirmation: 13 October 2017

Training School will start Tuesday, November 14, 2017 **and end** Friday, November 17, 2017

Location: Lancaster (closest airport: Manchester and then by train)

Suggested Hotels: Sun Hotel 0.2 miles, Borough 0.1 miles, Toll House 0.2 miles, Lancaster University 2 miles

About Lancaster: <http://www.visitlancashire.com/explore/lancaster>

Local Host Organisation: Class of Your Own (RESTORE Member, UK MC Sub)

Training School Director: Martin Brown (Fairsnape, Vice Chair RESTORE, Lead WG1)

The Training School will be limited to **35 delegates**, 30 funded through the COST Action and 5 self funded or sponsored opportunities.

Financial support from COST Action RESTORE: the selected trainees will benefit of a grant of 640 Euro. The Trainee Grant is a contribution to the overall travel, accommodation and meal expenses of the Grantee. The trainees must sign the meeting attendance list on each day that they attend the event. The grant will be received one month after the training school.

Important! Read the **Vademecum** www.cost.eu/Vademecum for eligibility for funding.

Training School Sessions will include

- *Introduction to Restorative and Regenerative Sustainability*
- *Introduction to Biophilia and Biophilic Design Concepts*
- **Biophilic Design Workshop**
- *Introduction to Sustainable Education*
- **Sustainable Education Design Workshop**
- *Live delivery Sustainable Education module*
- *Introduction to and Discussion Panel – RESTORE – The Faro Papers State of the Art and Visions* (Social, Wellbeing and Behaviour, Restorative Heritage, Regenerative Buildings, Economics and Resources)
- **Restorative Sustainability Panel Debate (Public)**

Trainee Deliverables

- **Biophilic Design Poster Session**
- **Education Module Delivery to schools**
- **Individual and Group Presentations**
- **End of Training School Report**
- **Post Training School Dissemination**

Site Tours

- Lancaster Castle and Refurbishment Works
- Building Relationships with Place and Nature: Brock Holes (Preston) BREEAM Outstanding
- EU and UK First Living Building Challenge Project, Cuerdon Valley Park, Lancashire

Guest Lectures:

- Sustainable Coffee
- Mindfulness for Sustainability
- Re-Wilding / Re-Connecting with Nature
- Circular Economy
- Environmental and Sustainable Management – Aeriaded Blocks

Confirmed Trainers and Guest lectures

- Martin Brown - Restorative Sustainability - Author FutuREstorative
- Edeltraud H - RESTORE
- Alison Watson - Sustainability Education
- Simon Thorpe - Project manager Cuerdon Valley Park LBC Project
- Ann Vanner- Sustainable Heritage
- Anne Parker – Mindfulness for Sustainability
- Paul Clarke – Connecting with Nature

CALL FOR UK Training School
COST Action RESTORE | CA16114

Applying for the Training School

The applicant should confirm the eligibility Training School by carefully reading the rules in Section 5 of the COST Vademecum www.cost.eu/Vademecum.

Your TS applications will be considered by a committee of RESTORE core group members. You will be notified by the TS Manager on the outcome of your application evaluation as soon as it is known.

TS Application

To apply for a Training School (TS) within the RESTORE Cost Action (CA16114), please send the following documents (in a single pdf file) to dorin.beu@rogbc.org:

- i) A cover letter briefly (one page) introducing yourself, any previous sustainability experience and why you are wanting to attend.
- ii) How you will benefit from the TS and disseminate learning through education or awareness sessions within your own institute or countries.
- iii) Your CV.

Your application will then be evaluated by the TS evaluation committee based on the following criteria:

	Description	Grading	Weight
1.	Previous sustainability projects and experience	1 to 10	15 %
2.	Involvement in RESTORE related activities (see appendix B and C)	1 to 10	15 %
3.	Reasons of the applicant to participate to TS	1 to 10	20 %
4.	Benefits of the TS for the applicant	1 to 10	20 %
5.	Plan to disseminate TS topics	1 to 10	30 %

Purpose:

Address COST RESTORE MOU requirements ... inclusion of restorative sustainability criteria within education curricula, preparing next generation ... network members are change agents	Train the trainer approach: <i>RESTORE Training Schools will impart restorative sustainability knowledge, expertise and educational content enabling delegates to run restorative sustainability courses within their own institutions across Europe. It is anticipated that the Training Schools will be accredited and enable delegates to receive recognised certification</i>
Introduce the core topics of Restorative Sustainability	Disseminate core topics from Working Groups One

Training School Formats:

Accredited Course	30 hours structured Training School
Certification for Delegates	Exam / Test / Presentation at end of TS Report following TS Evidence of delivering Restorative Sustainability Modules post TS
Introduction Seminars Action Learning Presentations (Team and Individual) Design and Run School Sustainability Education workshop Study Tours / Interviews with Living Building Challenge Project Teams Report Writing Evening seminars	

Skills Attained:

Skill	Attained through:
Understanding and Application of Sustainability Education	Expert / Tutor Lecture Delivery of education module by delegates
Understanding of COST Action / Outcome / Requirements	Presentation + Discussion Faro Papers
Understanding of RESTORE Sustainability	FutuREstorative (accredited) module Lecture / Course Work
Understanding and Application of Biophilic Design	Biophilia Presentation Biophilia course work
Designing, Building and Managing a Living Building Challenge Project	Presentation / Site Visit Delegate Report
Sustainability Aspects for BREEAM Outstanding Projects	Site Visit Delegate Report
Understanding Sustainability in other areas	Guest lectures

Appendix A

The Training School Programme

(Details all subject to revisions and improvement)

Day One (TUESDAY, November 14)

09.00 School Starts

am

Inductions, Welcomes and Arrangements

Introduction to RESTORE

TS Requirements

Restorative Sustainability Thinking

FutuREstorative Module

pm

Introduction to Biophilic Design and Impact on Sustainable Behaviour

Production of Biophilic Design Plan (for Birth Center (Design or Refurbishment)

Presentation of Biophilic Design Plans (to Birth Center client)

Evening

Guest Lecture Sustainable and Traceable Coffee - Presentation and Coffee Tasting

Dinner

Day Two (WEDS, November 15)

am

Introduction: Sustainability Education, Inspiring the next generation

Planning An Education Workshop – facilitated group work to design a training module for delivery on day 3

Site Tour Lancaster Castle + Refurbishment Works

pm

Working Group One: Faro Papers, Intro and Discussion

- Social Wellbeing, Behaviour
- Restorative Heritage
- Regenerative Buildings
- Economics, Resources 'the circular economy'

Including Guest Lectures (egHeritage, Biomimicry, Circular Economy)

Evening

UK ReWilding Guest Lecture

Dinner

Day Three (THURS, November 16)

am

Running a Live Sustainability Education Workshop (Local School tbc)

Education Workshop Feedback from students and teachers

pm to evening

Finalisation of Reports/Presentations
Public event with sustainability, built environment professionals)
Training School Presentations to Core Group
Training School Q&A Panel Session (chair tbc)

Day Four (FRIDAY, November 17)

Study Tours to RESTORE demonstration Buildings

Building Relationships with Place and Nature: Brock Holes (Preston) BREEAM Outstanding
Site Visit – Living Building Challenge Project, CVP, Lancashire
Living Building Challenge Design Issues,
Designing and Building with Natural Materials

Training School Debriefing
Post Course requirements

- Report
- Training Delivery

17:00: Training School Closes

Recommended Reading:

By tutors and/or WG1 Faro recommendations

- Faro Papers (2017) (see Appendix B)
- Brown, Martin. 2016. FutuREstorative: Working Towards a New Sustainability. RIBA Publishing.
- Raworth, Kate. 2017. Doughnut Economics: Seven Ways to Think Like a 21st-Century Economist. Chelsea Green Publishing.
- Cheshire, D Building Revolutions: Applying Circular Economy to Built Environment RIBA.
- Terrapin Bright Green Patterns of Biophilia (2015)
<https://www.terrapinbrightgreen.com/report/14-patterns/>
- Daniel Wahl, 2016, Designing Regenerative Cultures, Triarchy Press
- Terrapin Bright Green, Economics of Biophilia (2017)
<https://www.terrapinbrightgreen.com/report/economics-of-biophilia/>
- Jones, Barbara, 2015 Building with Straw Bales: A Practical Manual for Self-Builders and Architects (Sustainable Building) Green Books
- Palwyn, M 2016 Biomimicry in Architecture RIBA Publishing

Appendix B

Working Group One: Restorative Sustainability

Objectives: Define the influence of the built environment as a contributing cause / factor and potential solution to address climate change; new paradigm definition

The Evolving Agenda of Restorative Design, which introduces the evolving spectrum of paradigms, design challenges, opportunities, and perspectives for sustainable architecture and urban design. It discusses the knowledge, skills, and competence that should inform and orient the practice shift required by an approach to architecture informed by restorative sustainability.

Working Group One will set the scene for other working groups and asks three questions:

1. What is the state of the art for Restorative Sustainability?
2. Moving beyond the state of the art: Where do we want to be?
3. How do we get there?

The Working Group will consider a number of key themes and topics:

PLACE: Relationship with place, ecology, nature, soils, bio-climate,

ENERGY: restorative and regenerative energy, net-zero, carbon-neutral, energy storage

WATER: net positive water, building influence, floods, drought, water stress

WELLBEING: health, happiness, Salutogenesis, biophilia, mindfulness, air, light, comfort

CARBON: science based targets, 350ppm, 2Deg, 1.5Deg, social impact,

RESOURCES: healthy materials, responsible, transparency, conservation, circular economy,

EQUITY: equality fairness, inclusion, respect,

EDUCATION: behaviour, next generation, next project, development,

A number of subgroups will be established, cutting across themes, for example:

I. Social, Health, Education

II. Regeneration, Heritage

III. Restorative Buildings

IV. Economics, Resources

Lead: Martin Brown

Vice Lead: Edeltraud Haselsteiner

Discussion Paper from the first working group are under development and will be available as the Faro Papers prior to the Training School

Appendix C

Useful Information

(Note interim website, new website to be live soon)

Website <https://eurestore.wordpress.com/>

Working Groups Link: <https://eurestore.wordpress.com/working-groups/>

Training School Web Link <https://eurestore.wordpress.com/training-schools/>

Vademecum (COST Action Rules)

This is a must read document prior to making your application

[COST Vademecum](#)

RESTORE Cost Action Link

<https://e-services.cost.eu/action/CA16114/overview>

TS Selection Committee

TS Lead: Dorin BEU dorin.beu@rogbc.org.

UK TS Director: Martin Brown

Working Group One: Edeltraud Haselsteiner

Local Host Organisation COYO Alison Watson

RESTORE Action Twitter Account

@CostRESTORE

RESTORE Action Facebook Page

<https://www.facebook.com/COSTRestore/>