



Eco Summer Camp

– From wild consumption to responsible engagement –

(Final version)

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 Lasalle-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	Non-sustainable developments – global sustainability challenges <i>Jeannette Behringer</i>
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	Circular talks	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 <i>Ranka Junge</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: different options
12:15-13:00	Lunch	<i>Eating in the canteen of the campus (vegan)</i>
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 <i>Valerio Ciriello</i>
21:30 -22:30		Day Check-out @ the fire <i>Jakob Ellensohn, Theo Haas</i>



Thursday 22nd 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	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</i> <i>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	Circular talks	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>
22:00-22:30		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 yourself
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 <i>Karthik Rajmohan</i>
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 <i>Valerio Ciriello, Jakob Ellensohn and Hafsa El Horri</i>
12:00	Departure	Physical Check-out: Do not forget to give back your keys! 😊 <i>Please complete the evaluation form (maybe on the way back) 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.</i>