

Faculty	Faculty 3 Social Sciences
Course Title	Quality of Life & Sustainable Consumption
Number of ECTS credits	6
Hours per week (SWS)	4 + 1
Semester	Fall/Winter Term; year 3 Bachelor
Course objective	<p>The teaching and learning objectives of this module are to impart or achieve the following technical, methodological and key competences. The students should</p> <ul style="list-style-type: none"> • know, recognise, develop and critically evaluate sustainable consumption options in everyday life and leisure • critically reflect on their lifestyle in terms of sustainability • know the determinants of quality of life and their relation to old and new models of prosperity • be able to evaluate the sustainability of offers • be familiar with strategies, concepts and instruments of sustainable consumption and be able to handle them • reflect on their role as potential multipliers and encourage others to adopt sustainable consumption • have the opportunity to practice and improve their presentation and discussion skills • further develop their analytical, critical, creative and innovative thinking skills
Recommended reading	Will be announced at the beginning of the course
Teaching methods	lecture, discussion, individual and group work, case study work; self-study of the literature given, online sessions
Language of instruction	English
Course content	<p>Consumption is the basis of all economic development. If development is to be sustainable, consumption must change structurally in order to control the consumption of ecological, economic and socio-cultural resources - the basis of quality of life. The module is intended to be a valuable source of knowledge for students, covering topics from the fields of psychology, sociology, social policy, economics, leisure and tourism science, and environmental science that are relevant to decision-makers in public and private companies and organisations. Students should also critically examine the connection between quality of life and sustainable consumption in general and in leisure and tourism in particular, in order to identify, practice and promote sustainable lifestyles. Topics are among others:</p>

- Quality of life: determinants, indicators, comparisons
- Old and new concepts of prosperity, standard of living, green luxury / living simply
- Consumption patterns: age specifics, sustainable options (areas: mobility, nutrition, energy, investment, clothing, cleaning), ethics, etc.
- Lifestyle types: LOHAS, LOVOS, etc.
- Problematic developments (climate change, hunger, poverty, demographic change); economic, ecological and social consequences of unsustainable development, pressure to act
- Responsibility: collective (politics/state) vs. individual, north vs. south, old vs. young, producers vs. consumers, etc.
- Instruments and methods: ecological rucksack, carbon credits and carbon footprint, carbon footprint / ecological balance, ecological footprint, food miles, life cycle assessment (LCA) / social LCA, carbon legacy, emissions trading, personal CO2 account, etc.
- Time: time prosperity, leisure, deceleration / downshifting vs. acceleration (simultaneity)
- Wellness, health, living more consciously, pleasure
- Environmental awareness and environmental behaviour (discrepancies), change in values
- concepts: Fair trade, sustainable shopping basket; eco- label
- Institutions, actors, protagonists (German Council for Sustainable Development, Otium, German Society for Time Policy, Association for the Deceleration of Time); competitions/awards; CSR & greenwashing; strategies (sustainability strategy for Germany, progress report and peer review); best practice for sustainable consumption
- Sustainability communication: labels, new media
- Sustainability and politics (regulations), sustainability and philosophy (normativity), sustainability and science (discipline, studies), sustainability and economics (public goods problem), sustainability and culture
- Education for Sustainable Development: Environmental education,
- Gestaltungskompetenz ('shaping competence', the specific capacity to act and solve problems)