


ONLINE






01 JAN 2025 - 31 DEC 2025


# Sustainable Lifestyles

CLIMATE CHANGE

SUSTAINABLE DEVELOPMENT AND THE SDGS



					
<b>LANGUAGE</b> English	<b>DURATION</b> 3 hours	<b>ENROLL BY</b> 31 Dec 2025	<b>PRICE</b> Free	<b>LOCATION</b> ONLINE	<b>TARGET</b> Everyone

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The central promise of the 2030 Agenda for Sustainable Development is to take transformative steps to shift the world to a sustainable and resilient path.

This course explores sustainable lifestyles in the context of the 2030 Agenda, advancing the understanding of how lifestyle choices impact the world around us and how we can find ways for everyone to live better and lighter.

The course will explore what sustainable lifestyles are, the values and beliefs that influence our choices, and the strategies that we could apply to create positive and long-lasting change towards sustainability in our systems and our lives.

## Introduction

The central promise of the [2030 Agenda for Sustainable Development](#) is to take transformative steps to shift the world on a sustainable and resilient path. This is only possible if we collectively rethink the way we live and how we consume, making conscious choices toward more sustainable lifestyles.

To have clarity about our choices, it is important to assess the impacts that our current behaviours and consumption patterns have on the planet and make lifestyle choices that contribute to sustainability. Lifestyles are different according to each group and region, and even though there is no “one solution fits all” when moving towards sustainable living, it is possible to come up with solutions and initiatives that are better adapted to each reality.

This course explores sustainable lifestyles in the context of the 2030 Agenda, advancing the understanding of how our lifestyle choices impact the world around us and how we can find ways for everyone to live better and with a lighter impact.

# Objectives

Upon the successful completion of this course, participants should be able to:

- Understand the concept of sustainable lifestyles and the potential of the collective impact of individual actions.
- Realize the main determinants and values that shape our lifestyle decisions.
- Understand the five key domains of consumption and how they can become more sustainable.
- Explore the policy environments that support sustainable choices.
- Recognize the importance of individual actions to promote long-lasting transformation.
- Explore solutions tailored to different realities and contexts.

## Course methodology

UNSSC online courses are designed to deliver maximum learning outcomes through carefully chosen high-quality learning materials.

This online course combines a self-paced study module with applied learning components, such as case studies and interactive exercises. Participants will learn more about sustainable lifestyles, their connection with the 2030 Agenda and climate change, the current unsustainable living patterns, and how we can generate change.

The course presents successful case studies from across regions and sectors that apply the concept of sustainable lifestyles to reality. Participants will understand the key hotspots of lifestyles domains and be invited to replicate some of the initiatives to their communities.

UNSSC online courses give learners the opportunity to complete activities when it best fits their schedule. Participants are largely free to determine their own weekly study plan. Demanding three hours of study, this UNSSC online course incorporates the same high academic rigour as any UNSSC face-to-face programme.

## Course contents

Lesson 1: Why are we living in unsustainable ways?

Lesson 2: What are sustainable lifestyles?

Lesson 3: How can we drive lasting change?

Lesson 4: Sustainable lifestyles in action.

## Target audience

All stakeholders interested in influencing decision-making towards more sustainable lifestyles.

## Cost of participation

This course is free of charge.