UNITED NATIONS SYSTEM STAFF COLLEGE

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ONLINE

01 JAN 2026 - 31 DEC 2026

Sustainable Lifestyles

Climate and Environment

Sustainable development and the SDGs



LANGUAGE	DURATION	ENROLL BY	PRICE	LOCATION	TARGET
English	3 hours	31 Dec 2026	Free	ONLINE	Everyone

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At the heart of the 2030 Agenda for Sustainable Development lies a bold commitment: to take transformative action that steers the world toward a more sustainable and resilient future.

This course examines sustainable lifestyles through the lens of the 2030 Agenda, deepening participants' understanding of how everyday choices impact the world around us—and how we can collectively adopt ways of living that are both fulfilling and environmentally responsible.

Participants will explore the concept of sustainable lifestyles, the underlying values and beliefs that shape our decisions, and practical strategies for driving lasting, positive change toward sustainability—both in our systems and in our personal lives.

Introduction

The core commitment of the 2030 Agenda for Sustainable Development is to take transformative action that places the world on a sustainable and resilient trajectory. Achieving this vision requires a collective rethinking of how we live and consume—making intentional choices that support more sustainable lifestyles.

To make informed choices, it is essential to understand how our current behaviours and consumption patterns affect the planet and how we can make lifestyle choices that contribute to sustainability. While lifestyles differ across groups and regions, and no single solution fits all, it is possible to develop approaches and initiatives that support sustainable living and are tailored to specific contexts.

This course examines sustainable lifestyles within the framework of the 2030 Agenda. It deepens understanding of how our choices affect the world and explores ways for everyone to live more sustainably and with a smaller environmental footprint.

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 maximize learning outcomes through carefully curated, high-quality learning materials.

This course blends self-paced study with applied learning elements, including case studies and interactive exercises. Participants will explore the concept of sustainable lifestyles, their links to the 2030 Agenda and climate change, current unsustainable consumption patterns, and strategies for driving meaningful change.

The course showcases successful case studies from across regions and sectors that bring the concept of sustainable lifestyles to life. Participants will identify key lifestyle impact areas and be encouraged to adapt and replicate relevant initiatives within their own communities.

UNSSC online courses offer learners the flexibility to complete activities at their convenience, with participants free to set their own weekly study schedule. Requiring approximately three hours of study, this course upholds 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 shaping decision-making processes that promote more sustainable lifestyles.

Cost of participation

This course is free of charge.