



My Sustainability Self-Experiment Journal

Title:

Name:

Matr.No.:

Field of study:

Name of tandem-partner:



Karlsruher Transformationszentrum
für Nachhaltigkeit und Kulturwandel

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In case you apply the Sustainability Self-Experiment, we would be happy to get in contact with you.

Please send an e-mail to: info@transformationszentrum.org

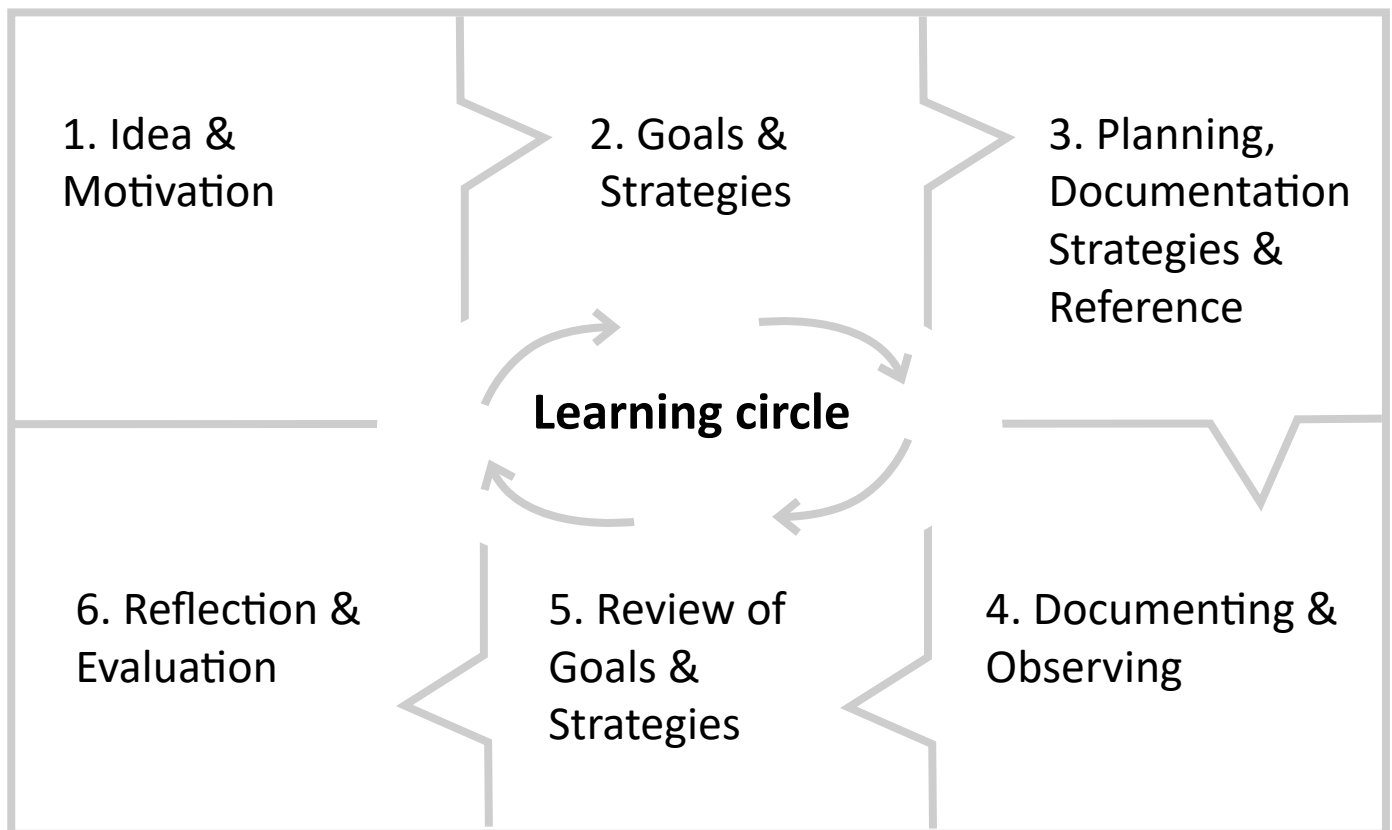
The **District Future – Urban Lab** is part of the **Karlsruhe Transformation Center for Sustainability and Cultural Change (KAT)** at the **Institute for Technology Assessment and Systems Analysis (ITAS)** of the **Karlsruhe Institute of Technology (KIT)**.



A Sustainability Self-Experiment is a method of transformative teaching that introduces participants to processes of change and design in the context of sustainable development. It enables a group of participants to temporarily try out a more sustainable lifestyle, while systematically documenting and reflecting on its impacts.

This journal was created to accompany the workshop **Sustainability in Self-Experimentation** (2018-2022) as part of the Spring Days of Sustainability at KIT. The workshop format consists of two block events with an interval of five to six weeks. Between the two events, students conduct their self-selected Sustainability Self-Experiment in an independent implementation phase. The journal guides them through the whole process with its key questions based on the concept of a learning cycle. It is intended to serve as a structure for documentation and reflection, as well as an inspiration for others who also want to bring more sustainability into their everyday life or teaching activities.

Journal design



Steps in my experiment

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I BEFORE the Experiment

1. Idea of the Experiment

[Describe the idea of your Experiment in a paragraph]

My Experiment relates to the subject area(s):

[Please tick, multiple answers possible]

Nutrition	
Mobility	
Consumption	
Simple, good life	
Community & Common Good	
Do good and talk about it	
Others:	

The following sustainability strategies are important for my Self-Experiment:

[Please tick, multiple answers possible]

	Not important	Rather not important	Rather important	important	Don't know
Efficiency					
Consistency					
Sufficiency					
Resilience					
Coherence					
Permanence					

Which sustainability theory do I base my Experiment on (see introductory lecture e.g. SDG's, Planetary Boundaries etc.)?

[Please describe briefly here]

2. Personal motivation

The theme of Self-Experimentation is important for me because...

[Approx. 3-5 lines]

3. Goals of my Self-Experiment

What direct effects should the Experiment have?

[Approx. 3-5 lines]

What indirect effects (e.g., reactions of the social environment, effects on other areas of life, positive or negative) might the Experiment have?

[Approx. 3-5 lines]

4. Documentation and observation

What do I measure or observe to identify the effects of my Experiment (e.g., amounts consumed, time spans, sensations...)?

[Identify at least 3 criteria by which you can measure change through your Experiment. Please also indicate whether the method is qualitative or quantitative.]

		Qual.	Quant.
a			
b			
c			

In which timeframe do I collect the measurement data and my experience?

[Approx. 3-5 lines]

How do I evaluate and analyse my observation?
(e.g., comparative data, scales, targets...)

		Qual.	Quant.
a			
b			
c			

5. Experience

What experiences do I want to gain in the Experiment (e.g., learning skills, experiencing limits, learning new things)?

[Approx. 3-5 lines]

How do I reflect on my personal experience (e.g., conversations with tandem partner, diary entry, visualizations)?

[Approx. 3-5 lines]

6. Schedule/Time table

Period (from-to)	Work step (example, please complete)
	Documentation des Status quo
	Preparation, research
	Experimenting
	Evaluation/Reflection
	Planning for possible continuation
	Create poster

7. Further project planning

Other parties involved:

What are the requirements (competencies, commitments, technology...)?

[Approx. 3-5 lines]

In case it doesn't work out at all. What is plan B?

[Approx. 3-5 lines]

II DURING the Experiment

8.1 Documentation of the preparation phase

[Here is space for documenting your status quo. Also, document your research or other preparatory activities for the experimentation phase. If you need more space, please add more material in the appendix.]

8.2 Documentation of the experimentation phase

[Here is space for your regular documentation. Find the documentation method that best fits your Experiment, you can also include photos, tables, sketches, etc. as an attachment. Make clear which phase of your schedule you are currently in (see point 6) and also document the criteria defined in point 4].

8.3 Plans for the continuation phase

[Here is space for your future plans.]

III AFTER the Experiment

9. Summary of the real procedure

[Compared to the schedule in point 6, how did the implementation actually work out?]

Period	Planned work step	Actual implementation
	Documentation des Status quo	
	Preparation, research	
	Experimenting	
	Evaluation/Reflection	
	Planning for possible continuation	
	Create poster	

What were the biggest hurdles?

[Approx. 3-5 lines]

What offered the greatest opportunities?

[Approx. 3-5 lines]

Were there any significant adjustments from the plan? Did anything unexpected happen?

[Approx. 3-5 lines]

10. Target achievement

To what extent have the direct impacts (see point 3) been achieved?

[Approx.3-5 lines]

What experiences did I have in the Experiment?

[Approx.3-5 lines]

What indirect effects could I observe?

[Approx.3-5 lines]

Did my measurement or observation methods (see point 4) prove useful?

a.

b.

c.

What has become clear to me in reflecting on the experiences and observations?

[Approx.3-5 lines]

Which results can be generalised?

[Approx.3-5 lines]

11. Self-evaluation and feedback

In retrospect, was the idea of the Experiment (see point 1) a good one?

[Approx. 3-5 lines]

Were the goals (see point 3) realistic?

[Approx. 3-5 lines]

In retrospect, was the overall approach appropriate?

[Approx. 3-5 lines]

What would I do differently/better next time?

[Approx. 3-5 lines]

How did I develop personally in the Experiment?

[Approx. 3-5 lines]