



*Actors and Strategies for Change  
Towards Global Sustainabilities*

*7.5 credits*



**Course Booklet for Actors and  
Strategies for Change Spring 2021**

# Welcome to Actors and Strategies for Change 2021 edition!!!

We have compiled this short booklet to guide you through the course. Through the three modules of the course, *Theories and Individuals in Change*, *Actors and Strategies* and *Actor in Action*, we hope to inspire and equip you to take part in changing the future for the better.

N.B This booklet is currently missing some information but it will be added as quickly as possible as we collaborate with the guest speakers throughout the semester.

## *A bit about us...*

Hey! My name is Nicola and I am currently doing my master thesis in Urban and Regional Planning at Stockholm University; I have also completed the master's in Sustainable Development at CEMUS. What interests me the most is policy making within urban areas related to sustainability and resilience and all of the connective areas that make up a cities system. What interests me and excites me about the course is the opportunity to connect acting for change to our own lives and the different perspectives of the different actors we will meet throughout the course.

Hi everyone! My name is Pontus and I am currently finishing my master thesis in the Sustainable Development program at CEMUS as well as taking a couple of other sustainability courses. The sustainability issues I care the most are the health of our forests and water bodies. What excites me the most about sustainability matters imagining what the sustainable future will look like. For our course, I am looking forward to hearing inspirational tales about how change happens and discussing with all you about our views on changing society, globally and locally, and how we as tiny individuals can fit into and help shape this crazy world.

We hope to create rooms for open discussions, student-led learning and an opportunity to develop and make this course your own.

Looking forward to learning with you!

Nicola & Pontus



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# *18<sup>th</sup> of January - Introduction to the Course and CEMUS Open Lecture*

**“Why you? Because there is no one better. Why now? Because tomorrow isn’t soon enough” - Donna Brazile**

**Time:** 17:15 - 18:00

The course introduction will be held by the course coordinators and will give an overview of the plans for the upcoming semester.

We will discuss the course schedule, seminars, literature, workshops, examination methods and have time for some questions at the end.

We will also introduce ourselves and are looking forward to meeting you and introducing yourselves also.

## **Notes!**

We will start each session at 17:15 each Monday and from 17:15-17:30 it will be a 15 minute check-in with everyone - Which will hopefully provide an enjoyable start to the class and will vary as much as is possible on zoom.

From 17:30 onwards it will either be one of our guest speakers or us hosting the session as can be seen in the schedule and written in more detail in this document. We hope and plan to end most sessions at 19:30 but they are scheduled until 20:00 and some may take use of the full time we have.

The mandatory sessions are marked **‘mandatory’** and these include the following:

- 22nd of February - Module 1 Seminar
- 1st of March - Letters to the Earth Workshop
- 26th of April - Literature Seminar and Module 2 Seminar
- 17th and 24th of May - Seminars and Final Student Presentations

## **Mandatory Literature:**

- Stroh, D.P. (2015) Systems thinking for Social Change - Chapter 1
- AtKisson (2014), How to be a more effective agent of change, TEDxUppsalaUniversity. Find at: [https://www.youtube.com/watch?v=ZR1Dn1HdSpA&feature=emb\\_title](https://www.youtube.com/watch?v=ZR1Dn1HdSpA&feature=emb_title)
- Atkisson, A. (2009) The Sustainability Transformation - Chapter 9

# *25<sup>th</sup> of January - Different Perspectives in Theory of Change*

**Time:** 17:15 - 20:00

**A little about the speaker(s):**

Cristian Alarcon Ferrari is currently a researcher at the Department of Urban and Rural Development: Rural Division at SLU. He is a former professor of law and Director at Universidad Academia de Humanismo Cristiano School of Law, Chile.

**Session Information:**

- 1) Will provide an overview of theories of social change within social theory
- 2) A focus on critical theories and the question of social change (including here Marx's theorising on social change, transitions and transformations and some of Global South's approaches to this)
- 3) Contemporary historical materialist theorizing of social change within the social-ecological context and political ecology.

Cristian will illustrate the conceptual points with empirical insights from his fieldwork on land use and political ecology in Chile and Sweden, and will also bring a discussion on how social-ecological alternatives emerge and can be scaled up (e.g. agroecological movements)

**Guiding questions:** Coming soon

**Mandatory literature:**

- Altieri, M.A. & Toledo, V.M. (2011) "The agroecological revolution in Latin America: rescuing nature, ensuring food sovereignty and empowering peasants", *The Journal of peasant studies*, (can be found online through the university library)
- van der Ploeg, Jan Douwe (2020) "The political economy of agroecology", *The Journal of peasant studies* (can be found online through the university library)

**Suggested literature:**

- Holton, R.J. (1981) "Marxist Theories of Social Change and the Transition from Feudalism to Capitalism", *Theory and society* (can be found online through the university library)

# *1<sup>st</sup> of February - Personal Courage on the Edge of Extinction*

**“When we least expect it, life sets us a challenge to test our courage and willingness to change; at such a moment, there is no point in pretending that nothing has happened or in saying that we are not yet ready” - Paulo Coelho**

**Time:** 17:15 - 20:00

## **A little about the speaker(s):**

Brian Palmer is a social anthropologist and scholar of religion from Uppsala University.

## **Guiding questions:**

- What type of change maker are you?
- What role do we have as individuals in enacting change?

## **Mandatory Literature:**

- Cribb, J. (2017) Available at: <https://mahb.stanford.edu/blog/nuclear-moron/>
- Schlosser, E. (2016) Available at: <://www.newyorker.com/news/news-desk/world-war-three-by-mistake>
- Pulla, P. (2019) Available at: <https://www.nature.com/articles/d41586-019-02578-5>

## **Suggested Literature:**

- Palmer, B. Courage can be almost as contagious as fear. Available at: [https://www.youtube.com/watch?v=NsuFsHw4L1o&feature=emb\\_title](https://www.youtube.com/watch?v=NsuFsHw4L1o&feature=emb_title)
- Scarry, E. (2017) Available at: <://www.thenation.com/article/archive/in-the-united-states-just-1-person-has-the-power-to-kill-millions-of-people/>
- Krajick, K (2020) Available at: <https://blogs.ei.columbia.edu/2020/03/16/even-limited-india-pakistan-nuclear-war-would-bring-global-famine/>

# *8<sup>th</sup> of February - TBA*

Info will be available here as soon as possible

**A little about the speaker(s):**

**Mandatory literature:**

- Holman, P., Cady, S. & Devane, T. (2007) The change handbook: the definitive resource on today's best methods for engaging whole systems, chapter 2 of part 1.
- White, D. (2021) Post Carbon Transition Futuring: For A Reconstructive Turn In The Environmental Social Sciences? [online] Available at:  
[https://www.researchgate.net/profile/Damian\\_White/publication/332868809\\_Post\\_Carbon\\_Transition\\_Futuring\\_for\\_a\\_Reconstructive\\_Turn\\_DW\\_TJR\\_Feb\\_7th\\_2019/links/5ccf0b82458515712e9543ef/Post-Carbon-Transition-Futuring-for-a-Reconstructive-Turn-DW-TJR-Feb-7th-2019.pdf](https://www.researchgate.net/profile/Damian_White/publication/332868809_Post_Carbon_Transition_Futuring_for_a_Reconstructive_Turn_DW_TJR_Feb_7th_2019/links/5ccf0b82458515712e9543ef/Post-Carbon-Transition-Futuring-for-a-Reconstructive-Turn-DW-TJR-Feb-7th-2019.pdf)

# *15<sup>th</sup> of February - Radical Transformational Leadership*

## **A little about the speaker(s):**



Trained as a physician and epidemiologist, Dr. Monica Sharma worked for the United Nations for 23 years, directed programs for whole systems transformation and leadership development world-wide. Currently, she works with United Nations, universities, management institutions, governments, non-governmental organisations, business, media, and other organizations. She led teams for policy formulation, strategic direction and programme development in over 60 countries, building multi-stakeholder partnerships with governments, media, civil society and business. She created a unique response model based on extensive application –a conscious full-spectrum model- and generated equitable and sustainable results related to several Sustainable Development

Goals, worldwide. Monica Sharma is the author of the award -winning book “Radical Transformational Leadership”.

## **Questions- Have answered prepared before the session (will be part of discussion)**

- What is your burning passion? Stand for your own passion! Relate to yourself personally
- What do you want to change in society?
- What do you want to change for the planet?

## **Mandatory Literature:**

- Radical Transformational Leadership - Ch. 12, Ch. 8 and Introduction.
- Watch the following movie: The Social Dilemma (On Netflix)

## **Suggested Literature:**

- Link to the Radical Transformational Leadership Organisations page:  
<https://www.radicallytransform.org/about2>
- Link to podcasts with Dr. Monica Sharma and guests, suggested podcasts include the following however you can also feel free to listen to others:  
<https://www.radicallytransform.org/podcasts>

After this session Dr. Sharma will send us some follow up literature and information to complement the session and help you in becoming actionable leaders of change.



# *22<sup>nd</sup> of February - Module 1 Seminar*

## **Mandatory**

*“All social change comes from the passion of individuals” - Margaret Mead*

### **Brief Summary of the seminar:**

A reflection of module 1.

The first course module will conclude with a workshop where students will reflect on what an actor of change is, how one becomes an actor of change, how the students envision themselves as an actor of change and how this relates to the theories discussed in the first module.

### **Mandatory literature:**

- DIY Toolkit - Theory of Change. Find at: [https://www.youtube.com/watch?v=6zRre\\_gB6A4](https://www.youtube.com/watch?v=6zRre_gB6A4)
- Novogratz, J. (2020) What it takes to make change. Find at: [https://www.ted.com/talks/jacqueline\\_novogratz\\_what\\_it\\_takes\\_to\\_make\\_change#t-152189](https://www.ted.com/talks/jacqueline_novogratz_what_it_takes_to_make_change#t-152189)

### **Suggested literature:**

- Rettig, H. (2006) The Lifelong Activist. (the parts that seem useful to you as an individual)  
Find it at: <http://lifelongactivist.com/>

More info coming

# *1<sup>st</sup> of March - Workshop with Letters to the Earth*

**Mandatory**



## **A little about the speaker(s):**

Kay Michael is a theatre-maker and co-founder of Culture Declares Emergency. As a director she has worked at Theatre Royal Plymouth, Paines Plough Roundabout and Arcola. She runs the Peter Brook Award nominated company Empty Deck where her new work has been presented at the Bristol Old Vic and Summerhall.

She is also one of the editors and co-founders of the book “Letters to the Earth” which came together at a kitchen table among a group of four women who wanted to find a way to facilitate a creative response to these times of emergency. They were profoundly shaken by the increasingly dire news of climate and ecological collapse.

## **Workshop Information:**

Group participants share a place that they appreciate in nature. Group participants are invited to share their responses to the climate and ecological emergency and how they are currently feeling (this can be done after introducing the group to headline facts/stories/news on the topic; or an introduction from one of our invited guests who can share their lived experience of the emergency through their professional or personal life). Through discussion or movement, the group will identify where they are currently on the 'Grief Map' (from denial/shock through to acceptance). The group is invited to channel their particular feeling into creative writing. They are given 10 or so minutes to start writing their 'letter to the earth'; this is open to interpretation: it can be a letter to or from the earth, other species, past/future generations, people in positions of power. It can be poetic, a call to action or dramatic. Small groups of 2-4 share/read each other's letters and reflect on what they hear / any commonalities / emergent themes. The full group comes back together to share responses, how the process was for them; anything new they heard or discovered or felt. Anyone is invited to read their letter to the full group. Small groups break-out to discuss what they heard in the letters that they felt they could take action on. Full group final reflection and close.

## **Mandatory literature:**

Letters to the Earth: Writing to a Planet in Crisis (2019) Introduction: Emma Thompson.

Available in hardback, audio and ebook.

Audiobook: [https://www.audible.co.uk/pd/Letters-to-the-Earth-Audiobook/0008374465?qid=1573665613&sr=1-1&pf\\_rd\\_p=c6e316b8-14da-418d-8f91-b3cad83c5183&pf\\_rd\\_r=Q2R6BN9JJ896CF1BMWPY&ref=a\\_search\\_c3\\_lProduct\\_1\\_1](https://www.audible.co.uk/pd/Letters-to-the-Earth-Audiobook/0008374465?qid=1573665613&sr=1-1&pf_rd_p=c6e316b8-14da-418d-8f91-b3cad83c5183&pf_rd_r=Q2R6BN9JJ896CF1BMWPY&ref=a_search_c3_lProduct_1_1)

The Letters to the Earth website also offers audiovisuals of various letters from the book being read and interviews with different people involved.

Video: <https://www.letterstotheearth.com/video>

Audio: <https://www.letterstotheearth.com/audio>

# *8<sup>th</sup> of March - Beyond Growth with Mikael Malmaeus*

*“Future progress simply must be made in terms of the things that really count rather than the things that are merely countable.” Herman E. Daly*

**Time:** 17:15 - 20:00

## **A little about the speaker(s):**

Mikael Malmaeus is a researcher at IVL, Swedish Environmental Institute as well as climate activist in Uppsala’s “Klimataktion”. He has been passionate about environmental issues since his childhood and between 2014 and 2018 he was part of the team of researchers who conducted the transdisciplinary project “Bortom BNP-tillväxt” where they explored four future scenarios for how welfare in society could work without eternal economic growth. The project is based on sustainability goals and wants to showcase alternative ways of living.

## **Mandatory literature:**

- Malmaeus, J.M. & Alfredsson, E.C. (2017) "Potential Consequences on the Economy of Low or No Growth - Short and Long Term Perspectives", Ecological economics (available through university library)
- European Environmental Bureau. (2021) Decoupling Debunked – Evidence And Arguments Against Green Growth As A Sole Strategy For Sustainability. (available from <https://eeb.org/library/decoupling-debunked/> )

# *15<sup>th</sup> of March - TBA*

Info will be available here as soon as possible

**A little about the speaker(s):**

**Mandatory literature:**

- Kasriel, E. (2020) A 'mass experiment' for the climate  
<https://www.bbc.com/future/article/20200624-has-covid-19-brought-us-closer-to-stopping-climate-change>
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# *22<sup>nd</sup> of March - Community Initiatives, Transition Towns*

**If we wait for the governments, it'll be too little, too late; if we act as individuals, it'll be too little; but if we act as communities, it might just be enough, just in time. – Rob Hopkins**

**Time:** 17:15 - 20:00

## **A little about the speaker(s):**

Rob Hopkins is the founder of the Transition movement, and has 15 years of experience supporting communities doing Transition, and before that was a teacher of permaculture. More recently his work has focused on the nurturing of imagination in our culture. In this workshop, he will tell some stories from the Transition movement, and will also do some imagination-expanding exercises with us. His work was once described as 'hope with its sleeves rolled up', and he will share many stories of what communities are capable of if they are inspired and motivated. He will aim to give us the tools and the thinking to enable us to cultivate longing in people, to bring to life through imagination and playfulness.

Link to website: <https://www.robhopkins.net/>

## **Mandatory literature:**

- This short video on the history of the Transition movement:  
<https://www.youtube.com/watch?v=ObmpRoq0pSo&feature=youtu.be>
- The Essential Guide to Doing Transition - a great guide to getting started:  
<https://transitionnetwork.org/resources-essential-guide-transition/>
- A guide to how to start a Transition group in your University:  
<https://transitionnetwork.org/news-and-blog/introducing-new-transition-universities-guide/>

## **Suggested literature:**

- Previous editions of his podcast, 'From What If to What Next': Available at:  
<https://www.patreon.com/fromwhatiftowhatnext>
- In addition, his blog [www.robhopkins.net](http://www.robhopkins.net) has a lot of useful resources.

# *29<sup>th</sup> of March - Radical Journalism*

**“The further a society drifts from the truth, the more it will hate those that speak it” - George Orwell**

**Time:** 17:15 - 20:00

## **A little about the speaker(s):**

Joakim Medin is an independent Swedish journalist, author, lecturer and photographer based in Sweden. Link to his website: <http://joakimmedin.se/english/>

He has a special interest in the Middle East and has worked in Lebanon, Syria, Iraq, Turkey and the Kurdish areas for several years. I have made several visits to Syria to cover different sides of the war

## **Guiding questions:**

- How can the media be a tool for change?
- How does the media manipulate our perceptions?
- How can we learn from the truth and put it into action? Literature:

## **Mandatory Literature:** Info coming

- C Cropper, J. (2016) Journalism as a tool for truth and social change. The Refugee Journalism Project. Available on: <https://www.refugeejournalismproject.org/2016/06/28/journalism-as-a-tool-for-truth-and-social-change-nargess-tavassolian-expresses-her-view-on-journalism-through-herpersonal-experience/>
- Hans Rosling: Don't use news media to understand the world YouTube video: <https://www.youtube.com/watch?v=xYnpJGaMiXo>

## **Suggested Literature**

- Trailer of 'City of Ghosts': <https://www.youtube.com/watch?v=jBeqGcMaC-A>
- Naskova, L. (2015) Can new media activism promote social change? Available on: <http://wpmu.mah.se/nmict152group5/2015/09/20/can-new-media-promote-social-change/>

# *12<sup>th</sup> of April - Democracy, Diversity and Change*

Info will be available here as soon as possible

**A little about the speaker(s):** TBA

**Mandatory literature:**

- Video: Climate Change & Ireland's Citizen's Assembly  
<https://www.youtube.com/watch?v=LFTyKcbVpyU>



# *19<sup>th</sup> of April - Feminist Grassroots Organising for Change with Silvana del Valle*

**Time:** 17:15 - 20:00

**A little about the speaker(s):**

Silvana del Valle is a professor and director at Universidad Academia de Humanismo Cristiano School of Law in Chile and formerly of Washington University. She is part of the feminist network Red Chilena contra la Violencia hacia las Mujeres and was an active participant of the recent protests in Chile as well as one of the lawyers that provided legal support for the protesters.

**Mandatory Literature:**

- The Popular Uprising of October 2019 in Chile. Available at: <http://www.cemus.uu.se/oct-27-2020-chile/>

**Suggested literature:**

- Taub, A. (2019) Available at: <https://www.nytimes.com/2019/11/03/world/americas/chile-protests.html>

# *26<sup>th</sup> of April - Literature Seminar and Module 2 Seminar*

**Mandatory**



## **Brief summary:**

The second course module will conclude with a workshop where students will reflect on the content of the module as well as discuss the book they chose and reflect on its relation to the content of the course. For the book discussions, students will first discuss in groups of people having read the same book, and then in groups where everyone has read different books.

This seminar will take on a role-playing exercise, in which the course coordinators are the hosts of an exciting new TV show with various actors of change. The students will take on the role of the authors of the book they chose to read for the course and will be interviewed as the author in discussing their books.

## **Guiding questions:**

- Reflect upon the authors.
- What led them to writing this book?
- What did they want readers to take from reading their books?
- What are the main messages for your book?
- How does the book relate to sustainability challenges facing the world today?
- What surprised you about the book?

## **Literature:**

This session will be dedicated to discussing the course books. Information about the course books is available on Studium. Each student will only be required to read one of the books, which one will be determined by sign-ups on Studium. Each student is expected to read the book they have signed up for and come prepared to discuss it with others.

# *3<sup>rd</sup> and 10<sup>th</sup> of May - Actors in Action*

## *“Field” Research*

**“Raise the bar and set yourself some new challenges. You can accomplish more than you think.” - Rebecca Gordon**

During these two weeks, our Monday sessions and usual literature are set aside to make time for you to follow your ‘actor in action’. You will do the written report individually but may do the research in pairs and need to do the presentation in the pairs. This will be based on your chosen actor.

Guiding questions

- How does your ‘actor in action’ relate to your chosen theme?
- How is their approach similar or different to the lecture based on the same topic in class?
- What strategies does your actor employ to enact change?

No Literature

If you have any questions feel free to contact us at the following email addresses:

[nicola.donohoe@cemus.uu.se](mailto:nicola.donohoe@cemus.uu.se)

[pontus.roseen@cemus.uu.se](mailto:pontus.roseen@cemus.uu.se)



# *17<sup>th</sup> and 24<sup>th</sup> of May - Seminar and Student Presentations*

## **Mandatory**

For the final presentations based on the final project, it will be divided into two sessions so as not to have too many in one or have to rush through to many pairs in one session. As mentioned in the description of the final assignment you will research and follow a specific actor of change individually. Two people will be focused on the same person and when done with the individual assignment you will present together your shared actor of change. This should include not only the similarities between your reports but also the differences and maybe unexpected insights you both realised throughout the project. Remember that you do not work together on the presentation until the individual parts are done so as to peer review each other's work and then create a presentation together from the different experiences and data gathered.



# *31<sup>st</sup> of May - Course Finale*

## Submission of Final Assignment Deadline.

The last class of the semester! We will reflect on the course and on your own changemaker capabilities. Whilst hopefully enjoying the sunshine, we will go over the course through some fun exercises and evaluate your learning.

Guiding questions

- What type of change maker are you?
- How do you perceive yourself in the world?
- What role do we have as individuals in enacting change?

No Literature

