



**CEMUS**

# *Actors and Strategies for Change Towards Global Sustainable*

*7.5 credits*



Course Booklet

## *Welcome to Actors and Strategies for Change 2020!*

We have compiled this short booklet to guide you through the course. Through the three modules, *Seeds of Change*, *Actors and Strategies* and *Leading the Change* we hope to inspire you become change agents at home, within your community and in your workplace.

In module one, we will dive into theories of change, existing power structures and how we as individuals influence change. In module two, we will look at strategies for change in relation to specific wicked sustainability problems such as food security, biodiversity loss and inequality through active, student-led sessions and guest lectures. In the final module, you will have the opportunity to follow a change actor related to a theme of your choice and to share your learning with the class.

We hope that after completing the course you will feel empowered to imagine and act toward a hopeful world with a network of peers, professionals, researchers, and other actors working together.

*A bit about us...*

Hi! My name is Abigail and I am currently finishing my master's thesis about children's connection to nature in urban environments at Aalto University. I am interested in grassroots change movements and the thing that most excites me about this course is the potential to connect change making to our own lives, interests and expertise.

Hej! I am Rianne and have just finished my degree in Environmental Communication & Management at SLU by writing about nature interpretation in Swedish national parks. What interests me about sustainable development is the different dimensions environmental problems affect us. Through this course, I hope to create a positive outlook on our communal futures!

We have left plenty of room for discussion and student-led learning and we hope that you will take this opportunity to really make the course your own.

Looking forward to learning with you,

*Abigail and Rianne*

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# 1 ■ 20th of January | Course Welcome & Introduction

In the first session of the semester, maybe even your first class ever in Uppsala, we will get to know each other, introduce CEMUS as an educational model and go over the course as a whole.

## Guiding questions

- What is change?
- (Why) Do we need change?
- Who are changemakers?

## Mandatory Literature

- Mahajan, S. & Graves, K. (2018) Changing behaviour to improve sustainability. Re:Think. Available on: <https://rethink.earth/changing-behaviour-to-improve-sustainability/>
- Khasnabish, A. & Haiven, M. (2014) Why social movements need the radical imagination. OpenDemocracy. Available on: <https://www.opendemocracy.net/en/transformation/why-social-movements-need-radical-imagination/>
- Greta Thunberg Is Leading a Global Climate Movement. Video: [https://www.youtube.com/watch?v=uRgJ-22S\\_Rs&list=WL&index=29](https://www.youtube.com/watch?v=uRgJ-22S_Rs&list=WL&index=29)

## Recommended Literature

- The International Institute of Climate Action and Theory - Manifesto for Radical Social Change. Available on: <http://www.iicat.org/manifesto-for-radical-social-change>
- Engler, P. & Lasoff, S. (2017) Resistance Guide – How to sustain the movement to win. Available on: <https://www.guidingtheresistance.org/>



## 2. 27<sup>th</sup> of January | Wicked Sustainability Problems

**“Every morning I awake torn between a desire to save the world and an inclination to savor it” - E.B. White**

During this session we will introduce 8 sustainability themes that we will focus on during the term and create student teams around each theme. These themes will form the base of your assessment for this course. We will also introduce the course books.

**Note! This is a mandatory session and is part of your examination.**

Guiding questions

- How to approach wicked problems in a time of (climate) change?
- What wicked sustainability problems most affect your life?
- What wicked sustainability problem would you most like to work with?

Mandatory Literature

- Rockström, J., Bai, X., deVries, B., 2018. **Global sustainability: the challenge ahead**. Glob. Sustain. 1, e6. <https://doi.org/10.1017/sus.2018.8>
- 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)

Recommended Literature

- Ripple et al., 2017. **World Scientists' Warning to Humanity: A Second Notice**. BioScience, 67(12), 1026–1028.
- Paulsen, R., 2019. **Better and better? A comment on Hans Rosling**. Find at: [https://www.youtube.com/watch?v=Oolcsj9ysvs&feature=emb\\_title](https://www.youtube.com/watch?v=Oolcsj9ysvs&feature=emb_title)

# 3. 3rd of February | Theories of Change



To navigate through the wicked sustainability problems that were introduced last week, we need some tools. Theories and models of change can help us make sense of complex problems and look for solutions to improve our agency. In this session we go over a few theories and models and how we can use it throughout the course.

**Note! This is a mandatory session and is part of your examination.**

## Guiding questions

- What kind of theories and models of change are there?
- How do we use these theories or models to drive the change we want?
- How do we use these theories or models to evaluate the change we see?

## Speaker | Neil Powell

Researcher from the Swedish International Centre of Education for Sustainable Development

## Mandatory Literature

- Stroh, D.P. (2015) **Systems thinking for Social Change Chapter 1** (Find on SP)
- Geels, F.W. (2010) **Ontologies, socio-technical transitions (to sustainability), and the multilevel perspective**. Research Policy, 39, p.495-510
- **DIY Toolkit - Theory of Change**  
[https://www.youtube.com/watch?v=6zRre\\_gB6A4](https://www.youtube.com/watch?v=6zRre_gB6A4)

## Recommended Literature

- Atkisson, A. (2009) **The Sustainability Transformation Chapter 9** (Find on SP)
- Stroh, D.P. (2015) **Systems thinking for Social Change Chapter 11** (Find in CEMUS library)
- Oberlack et al. (2019) **Theories of change in sustainability science: understanding how change happens**. *Forum Focus: Research for SDGs*
- Atkisson Group (2016) **An Introduction to VISIS**. Find here:  
<https://www.cbss.org/wp-content/uploads/2017/11/Alan-AtKisson-An-Introduction-to-VISIS.pdf>

## 4. 10th of February I Civic Courage

**“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**

During this session we will consider how our personal strategies for change making through a group exercise and will have a guest lecture by Brian Palmer.

Guiding questions

- What type of change maker are you?
- What role do we have as individuals in enacting change?
- What is the impact of our individual actions?

Speaker I **Brian Palmer**

Social Anthropologist and Scholar of Religion from Uppsala University

Mandatory Literature

- Palmer, B. **Courage can be almost as contagious as fear.** Find here: [https://www.youtube.com/watch?v=NsuFsHw4L1o&feature=emb\\_title](https://www.youtube.com/watch?v=NsuFsHw4L1o&feature=emb_title)
- Celikates, R., 2016. **Rethinking Civil Disobedience as a Practice of Contestation-Beyond the Liberal Paradigm.** Robin Celikates. CONSTELLATIONS 23, 37–45. <https://doi.org/10.1111/1467-8675.12216>

Recommended Literature

- O’Sullivan, S., McCausland, C., Brenton, S., 2017. **Animal Activists, Civil Disobedience and Global Responses to Transnational Injustice.** Res Publica 23, 261–280. <https://doi.org/10.1007/s11158-017-9361-6>



# 5. 17th of February I Peace and Democracy

In times of turmoil, there is the constant wish for peace and democracy, and we are in the dilemma where we want to keep peace and democracy but change our ways. This week we dive into questions about peace and democracy and we have a guest lecture from Magnus Walan, who works for an international development organization.

## Guiding questions

- Who is responsible for peace and democracy?
- Where do we draw the line between what we want and what we need and how far do we go?
- Is democracy something we want to keep striving for – and if not, what do we want instead?

## Speaker I **Magnus Walan**

Policy Officer at Diakonia, a faith-based Swedish international development organization

## Mandatory Literature

- Brulle, R.J. (2010) **From environmental campaigns to advancing the public dialog: Environmental communication for Civic Engagement.** *Environmental Communication*, 4:1, p. 82-98
- Shiva, V. (2015) **Earth Democracy: Justice, Sustainability and Peace.** Take a look inside here: <https://www.amazon.com/Earth-Democracy-Justice-Sustainability-Peace/dp/1623170419> Read the pages that are available as a preview
- Walan, M (2019) **Mina lärdomar av Sydafrika** <https://www.omvarlden.se/Opinion/analys/magnus-walan-mina-lardomar-av-sydafrika/> (In Swedish but v. readable with google translate!)

## Recommended Literature

- Ganesh, S. & Zoller, H.M. (2012) **Dialogue, Activism, and Democratic Social Change.** *Communication Theory*, 22, p. 66-91



# 6. 24th of February I Perspective on Technology

During this session we will consider the role of technology in creating sustainable futures.

Guiding questions

- What ways has technology has changed the course of history?
- In what ways does technology currently shape our lives?
- Can technology be considered to be a 'moral agent'?

Speaker I **Dougald Hine**

British storyteller and co-founder of [The Dark Mountain Project](#) and 'a school called HOME'.

Mandatory Literature

- Rosol, C., Nelson, S. & Renn, J. (2017) **In the machine room of the Anthropocene.** *The Anthropocene Review*, 4:1, p. 2-8  
<https://journals.sagepub.com/doi/full/10.1177/2053019617701165>
- Harris, T, 2017. **How a handful of tech companies control billions of minds every day.** Find at:  
[ted.com/talks/tristan\\_harris\\_how\\_a\\_handful\\_of\\_tech\\_companies\\_control\\_billions\\_of\\_minds\\_every\\_day/up-next](https://www.ted.com/talks/tristan_harris_how_a_handful_of_tech_companies_control_billions_of_minds_every_day/up-next)

Recommended Literature

- Bouskill, Kathryn, **The unforeseen consequences of a fast-paced world.** Find at:  
[https://www.ted.com/talks/kathryn\\_bouskill\\_the\\_unforeseen\\_consequences\\_of\\_a\\_fast\\_paced\\_world/transcript?language=en](https://www.ted.com/talks/kathryn_bouskill_the_unforeseen_consequences_of_a_fast_paced_world/transcript?language=en)
- Murphy, J. (Ed.), 2007. **Governing technology for sustainability- Chapter 11.** Earthscan, London; Sterling, VA. (file in student portalen)



# 7 ■ 2nd of March | Post Truth: Radical Journalism

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

Every day we are bombarded by thousands of messages, but there is an endless search for the truth. This session brings in a journalist who has done undercover work to radically find the truth, what comes afterwards and how this affects or encourages our strive for change.

Guiding questions

- How can 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?

Speaker | **Joakim Medin**

Independent Swedish journalist, author and lecturer, writing on democracy, politics, right-wing populism and extremism, human rights, refugee crisis and poverty related topics.

Mandatory Literature

- 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-her-personal-experience/>
- Medin, J. (2018) **Welcome to Sin City**. Available here: <https://schystresande.se/rapport/welcome-to-sin-city/> Read p. 39-64 & 87-92
- Ranking of World Press Freedom Index: <https://rsf.org/en/ranking>

Recommended Literature

- Hans Rosling: **Don't use news media to understand the world** YouTube video: <https://www.youtube.com/watch?v=xYnpJGaMiXo>
- **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/>

# 8. 9th of March | Biodiversity

## Loss: Nature Activism



This session will focus on nature as a change maker and change agents working to protect the rights of nature in different ways.

### Guiding questions

- What would the world look like if nature was given the same rights as humans?
- What role does biodiversity play in creating a sustainable future?
- What method and strategies exist for the protection of nature?

### Speaker | **Guy Finkill**

Guy is a former course coordinator at CEMUS and activist in the climate justice movement where he has played a role in combatting the institutionalised power that is founded on deeply embedded hegemonic societal structures that wield a disproportionate level of power with oppressive force.

### Mandatory Literature

- The Guardian (2019) **Rewilding will make Britain a rainforest nation again**. Find at: <https://www.theguardian.com/commentisfree/2019/sep/25/rewilding-britains-rainforest-planting-trees>
- Abel-Hirsch, H. 2019. **The secret life of Hambach Forest's eco-activists** <https://www.bjp-online.com/2019/09/the-secret-life-of-hambach-forests-eco-activists/>
- Alberto Acosta **'Extractivism and neoextractivism: two sides of the same curse'**. Find here: [https://www.tni.org/files/download/beyonddevelopment\\_extractivism.pdf](https://www.tni.org/files/download/beyonddevelopment_extractivism.pdf)

### Recommended Literature

- **Verdict for the tribunal of the rights of Lake Vättern**. Find at: <http://www.naturesrattigheter.se/2019/05/12/verdict-for-the-tribunal-of-the-rights-of-lake-vattern/>
- Greenpeace (2019) **Old-Growth Forests Threatened by the Swedish State**. Find at: <https://www.greenpeace.org/sweden/pressmeddelanden/2769/old-growth-forests-threatened-by-the-swedish-state/>
- Pecharroman, L.C. 2018, **Rights of Nature: Rivers That Can Stand in Court** in "Resources", Volume 7, Issue 1 (March 2018).

# 9. 16th of March I Inequality: Embracing Difference

## About

To be announced as soon as possible

## Guiding questions

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## Speaker I TBD

## Mandatory Literature

TBD

## Recommended Literature

Hunjan, R. & Pettit, J. (2011) Power: A Practical Guide for Facilitating Social Change.  
*Democracy & Civil Society Programme*

# 10. 23th of March I Food Security

**“Nature provides a free lunch, but only if we control our appetites” - William Ruckelshaus**

During this week we will visit Tim Ölund's organic farm and consider the future of food production. On Monday we will have our usual session with a student-led session and film screening instead of a guest lecture.

Guiding questions

- How do our food choices impact the environment?
- How will we feed a growing population?
- What role can organic farming play in a sustainable future?

Field Trip I **Timofarm**

[Link to Tim's website](#)

Mandatory Literature

- **Eat-Lancet Commission Summary Report**, 2019. Find at: <https://eatforum.org/eat-lancet-commission/eat-lancet-commission-summary-report/>
- Doiron, R. 2011. **My subversive (garden) plot**  
[https://www.ted.com/talks/roger\\_doiron\\_my\\_subversive\\_garden\\_plot](https://www.ted.com/talks/roger_doiron_my_subversive_garden_plot)

Recommended Literature

- Machovina, B., Feeley, K.J., Ripple, W.J., 2015. **Biodiversity conservation: The key is reducing meat consumption**. Science of The Total Environment 536, 419–431.  
<https://doi.org/10.1016/j.scitotenv.2015.07.022>
- Pasture-Fed Livestock Association (PFLA), 2018. **The animal welfare and environmental benefits of Pasture for Life farming**  
<https://www.pastureforlife.org/media/2018/08/the-animal-welfare-and-environmental-benefits-of-pasture-for-life-farming.pdf>

# 11 . 30th of March | Production and Consumption

The production and consumption of goods is one of the most unsustainable resource industries in the contemporary world, but how do we actively change it? In this session we will look at bridging the gap between science and practice in the textile industry, with most notably the circular economy framework at its core.

## Guiding questions

- In what ways can science support practice and the other way around?
- How do we direct our efforts to affordable production and consumption for everyone?
- Can consumption be called sustainable?

## Speaker | **Celinda Palm**

Researcher at the Stockholm Resilience Centre with a focus on science-business collaboration of the textile sector

## Mandatory Literature

- European Parliament (2019) **Environmental impact of textile and clothes industry**. Available here: [http://www.europarl.europa.eu/RegData/etudes/BRIE/2019/633143/EPRS\\_BRI\(2019\)633143\\_EN.pdf](http://www.europarl.europa.eu/RegData/etudes/BRIE/2019/633143/EPRS_BRI(2019)633143_EN.pdf)
- Palm, C. (2017) A fashion system without getting dressed? A two-strand approach towards understanding how to define and transform a global complex socio-ecological system. *Consuming the Environment*. Find here: [https://www.researchgate.net/profile/Henri\\_Count\\_Evans2/publication/322020909\\_Public\\_understanding\\_and\\_perceptions\\_of\\_climate\\_change\\_and\\_global\\_warming\\_in\\_Zimbabwe\\_and\\_South\\_Africa/links/5bb5215892851ca9ed379599/Public-understanding-and-perceptions-of-climate-change-and-global-warming-in-Zimbabwe-and-South-Africa.pdf#page=127](https://www.researchgate.net/profile/Henri_Count_Evans2/publication/322020909_Public_understanding_and_perceptions_of_climate_change_and_global_warming_in_Zimbabwe_and_South_Africa/links/5bb5215892851ca9ed379599/Public-understanding-and-perceptions-of-climate-change-and-global-warming-in-Zimbabwe-and-South-Africa.pdf#page=127) (p. 127-141)
- Hickel, J. (2018) Why growth can't be green. *Foreign Policy*. Find here: <https://foreignpolicy.com/2018/09/12/why-growth-cant-be-green/>

## Recommended Literature

- Wiek, A., Farioli, F., Fukushi, K. & Yarime, M. (2012) **Sustainability science: bridging the gap between science and society**. *Sustainability Science*, 7:1, p. 1-4 Find at <https://link.springer.com/article/10.1007/s11625-011-0154-0>
- Chouinard, Y. (2016) **Let my People go Surfing**. Available in CEMUS library. **Just browse through a little if you want.**

# 12. 6th of April | Climate Change: Climate Action

**“You must unite behind the science. You must take action. You must do the impossible. Because giving up can never ever be an option” - Greta Thunberg**

This session will focus on the role of activism in the climate change debate.

Guiding questions

- How is climate change affecting the world right now?
- How important is the role of activism in the climate change debate?
- What strategies do activists use to enact change?

Speaker | **Karl Andreasson**

Activist and Community Manager at Greenpeace

Mandatory Literature

- Stephan, M.J. & Chenoweth, E. (2008) **Why civil resistance works – the strategic logic of nonviolent conflict.** *International Security*, 33:1, p. 7-44 Find here: [https://www.belfercenter.org/sites/default/files/legacy/files/IS3301\\_pp007-044\\_Stephan\\_Chenoweth.pdf](https://www.belfercenter.org/sites/default/files/legacy/files/IS3301_pp007-044_Stephan_Chenoweth.pdf)
- Monbiot, G, 2019. **Only rebellion will prevent an ecological apocalypse.** Find at: <https://www.theguardian.com/commentisfree/2019/apr/15/rebellion-prevent-ecological-apocalypse-civil-disobedience>

Recommended Literature

- European Changemakers, 2018. **Think Strategically.** Find here: [https://www.youtube.com/watch?time\\_continue=12&v=wz1S5KJMHdW&feature=emb\\_title](https://www.youtube.com/watch?time_continue=12&v=wz1S5KJMHdW&feature=emb_title)



# 13. 20th of April | Missing Perspectives



## About

What have we missed during the course? Students will host a topic and speaker they are interested in and that they feel was not represented during the semester.

## Guiding questions

- To be set by students

## Speaker | **TBD**

To be set by students

## Literature

To be set by students

## Recommended Literature

# 14 & 15. 27<sup>th</sup> of April & 4<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 this in the groups based on your chosen theme.

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

# 16. 11th of May I Literature Workshop



This session will be dedicated to discussing the course books. We require that every student reads one book and comes prepared to discuss it with others.

**Note! This is a mandatory session and is part of your examination.**

Guiding questions

- 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

Choose one of the following books:

- Hopkins, R. (2019) *From What is to What if: Unleashing the Power of Imagination to Create the Future We Want*
- Brown, A.M. (2017) *Emergent Strategy: Shaping Change, Changing World*
- Giridharadas, A. (2019) *Winners Take All: The Elite Charade of Changing the World*
- Crutchfield, L.R. (2018) *How Change Happens: Why Some Social Movements Succeed While Others Don't*
- Solnit, R. (2019) *Hope in the Dark: Untold Histories, Wild Possibilities*

# 17 & 18. 18th - 25th May | Student Presentations

**“Act as if what you do makes a difference. It does.” - William James**

Your groups will present their observations of the “Actors in Action” research in any way possible. By engaging the class, you can draw upon the instructions and discuss the different ways actors work to create change.

**Note! The group presentation is part of your examination.**

Guiding questions

- Where do actors aim to create change?
- How do actors interpret sustainable development and use it in their change-making actions?
- How do you connect to these ways of change?

No Literature

# 19. 1st June | Course Finale



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

## Examination I Overview

During the course you will be examined through a series of 6 assignments which run throughout the course. These differ in length and only assignment highlighted in **bold** require a written submission.

No.	Date	Description	Action	Grading
1	M1 27 <sup>th</sup> Jan	Wicked Sustainability Problems Workshop	Individual Prep	Pass/fail
2	M1 3 <sup>rd</sup> Feb	<b>Theories of Change Seminar</b>	Individual Prep	Pass/fail
3	M2 -	<b>Student-led session on chosen theme</b>	Group Submission	Pass/fail
4	M3 27 <sup>rd</sup> Apr- 4 <sup>th</sup> May 18 <sup>th</sup> - 25 <sup>th</sup> May	<b>Actor in Action Research &amp; Presentation</b>	Group Submission	Pass/fail
5	M3 11 <sup>th</sup> May	Literature seminar	Individual Prep	Pass/fail
6	M3 7 <sup>th</sup> June	<b>Written assignment</b>	Individual Submission	Fail, 3, 4, 5