



Climate & Movement Cohort

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Introduction

Our daily activities all involve movement. Just as the meaning of the word might suggest, movement is a nuanced term that can take on meanings like getting from one place to another on our daily commute, or intentionally engaging in movement activities and exercise for our health and well-being, or it take on the meaning of movement as displacement due to the climate crisis or include social movements stemming from community organizing. We will look at movement through different contexts and its relations to Canadian guidelines, UBC level plans, as well as Sustainable Development Goal 3: Ensure healthy lives and promote well-being for all at all ages. Movement looks different for everyone depending on their lived-experiences and we will explore some of these different nuances throughout the Sustainability Ambassadors Program.

At UBC, expanding active transportation methods and increasing physical movement is integral. Campus initiatives such as Campus & Community Planning (C&CP), UBC Athletics & Recreation, and UBC Wellbeing promote physical movement through different lenses: reducing harmful greenhouse gas emissions through active transportation methods, fostering community building and physical health through recreational activities, and promoting mental wellbeing through movement. As a university, UBC is committed to sustainable transportation and aims to reduce emissions from commuting while increasing physical activity rates among the UBC community.

UBC Context

Listed below are examples of key goals relating to the Climate & Movement cohort as outlined in campus-wide to national level strategic plans. This list is non-exhaustive and provides a foundation for the goals we are working towards as a Sustainability Ambassadors cohort.



Sustainable Development Goals

- **SDG 3: Good Health and Wellbeing**
 - Target 3.4 - promote mental health and well-being to reduce non-communicable diseases by one third
- **SDG 11: Sustainable Cities and Communities**
 - Target 11.2 - access to safe, affordable, accessible and sustainable transport systems for all and expanding public transport, particularly for vulnerable populations, women, children and persons with disabilities

Sustainability Hub

Sustainability Hub Strategic Plan

- Transformative Learning Goal 7: Cultivate the use of **transformative pedagogies**, including a variety of **enriched, experiential and applied learning** approaches, for sustainability education across UBC and beyond
- Local and Global Engagement Goal 13: Build strong **diverse supportive and reciprocal relationships** with local and regional communities to **mobilize for climate action** and sustainability.
- Local and Global Engagement Goal 15: Foster engagement that invites **courageous dialogue** and motivates urgent and intentional action to address pressing sustainability challenges.

Movement & Wellbeing

Canadian 24-Hour Movement Guidelines

- Perform 150 minutes of moderate to vigorous physical activity per week

The Okanagan Charter

- Embed health into all aspects of campus culture, across the administration, operations and academic mandates; and lead health promotion action and collaboration locally and globally.

UBC Wellbeing Strategic Framework

- **Move more:** 10% increase in the prevalence of physical activity for UBC community members by 2025.
- **Diverse Community, Diverse Programming:** 10% increase in UBC community members' satisfaction with recreation facilities and programs by 2025



Infrastructure and accessibility

UBC Climate Action Plan 2030

- Achieve a 45% reduction in emissions from commuting to and from the university's Vancouver campus by 2030. Currently, commuting contributes close to the same amount of GHG emissions as the combined output of building and energy supplies
- Support sustainable commuting opportunities by creating policies and programs in support, advocate for campus SkyTrain connections and improve cycling infrastructure

UBC Inclusion Action Plan

- Goal 2.01 - Enhance the **accessibility of physical spaces** on UBC campuses for students, staff, and faculty.

Rooting in Indigenous Knowledge

UBC Indigenous Strategic Plan

- Goal 2: Advocating for the truth: Facilitate open public dialogue about truth, reconciliation and the recognition of Indigenous peoples' human rights.
- Goal 4: Indigenizing our curriculum: Include Indigenous ways of knowing, culture, histories, experiences and worldviews in curriculum delivered across Faculties, programs and campuses.

Learning Objectives

Drawing on the Sustainability Ambassadors Program Framework, upon completion of the Sustainability Ambassadors Program, Ambassadors will achieve the following objectives in order to advance the above goals and plans of the University, UBC Athletics & Recreation, and the Sustainability Hub:

1. Ambassadors are able to work collaboratively with various stakeholders from within the Sustainability Hub, UBC Campus partners, external community partners to engage with diverse perspectives, especially from Indigenous and marginalized groups, to enhance their understanding of the relationships between movement and sustainability
2. Ambassadors are able to understand movement based on their own lived experiences, while learning from the different experiences of others to gain a more holistic understanding of connections and inequities between movement and sustainability
3. Ambassadors are able to develop project management and complete community-oriented projects and workshops rooted in compassion and innovation



Ambassador Projects

1. Exploring embodied climate emotions through movement and shared knowledge

This project would explore embodied emotions around climate change by hearing from different speakers, while offering participants a physical movement grounding opportunity. Participants would hear from different speakers about the interconnectedness between humans and earth from different perspectives. Coupled with this, a passive resource that can be displayed on social media and organization websites would be offered.

These sessions would be open to students, faculty, staff, and the UBC community of all abilities. This project would be intended to occur in February, as part of **Move UBC**, in November as part of **UBC Thrive**, and/or offered during Climate Emergency Week.

2. Climate Wellbeing Breaks (inspired by and adapted from <https://recreation.ubc.ca/get-moving/move-u-crew/>)

The Climate Wellbeing breaks would be developed and delivered by ambassadors in a similar format to the **Move U Crew Movement Breaks**. Climate Wellbeing Breaks would be developed during Term 1 and be rooted in learnings from expert speakers, weekly workshops, and knowledge holders from a wide range of backgrounds. Ambassadors would then create short 10-15 minute workshops to be implemented by request from university faculty in February as a part of **Move UBC**, and see continuous delivery through Term 2. There would be potential for Ambassadors to train Move U Crew on the Climate Wellbeing Breaks for future delivery.

3. Online climate and movement resource database

This project would include gathering existing resources (websites, social media posts, videos, etc.) relating to sustainable transportation, movement and wellbeing, managing climate anxiety and stress, and other topics of Ambassadors' choosing, provided by UBC and the community. The resources would be gathered in a centralized online location that is easily accessible for the community. Ambassadors could choose to create their own contributions for this resource.

This project is suitable for Ambassadors who are interested in working more independently and have experience in communications and graphic design or are looking to develop web-based skills.