

Group Work Exercise

Taking Stock of Our Planet

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SAG Part 1

Session 1 Exercise

Goal: Create a comprehensive picture of the socio-ecological challenges facing our society.

Structuring based on a selection of thematic areas from the Doughnut Economics concept: **Ecological Ceilings** and **Social Foundations**.

The Doughnut Economics Framework

Social Foundations

Food
Health
Education
Income & work
Peace & justice
Political voice
Social equity
Gender equality
Housing
Networks
Energy
Water

Ecological Ceilings

Climate change
Ocean acidification
Chemical pollution
Nitrogen and phosphorus loading
Freshwater withdrawals
Land conversion
Biodiversity loss
Air pollution
Ozone layer depletion

Task 1: Individual Perspective

Goal: Select a topic and form groups to begin exploration.

Time: 15 minutes

Actions:

- Select a topic from the Doughnut Economics framework
- **Recommendation:** "Step out of your comfort zone"
- Form groups (3 people per topic)
- Familiarize yourself with the topic using available resources

Task 2: Global Overview

Goal: Research and document the global state of your chosen challenge.

Time: 45 minutes

Create a poster that includes:

- **One-sentence description** of what the topic is about
- **Central challenges:** Describe the current state with numbers and trends
- **Key indicators:** Select and recommend one or more central metrics
- **Causes/drivers:** Distinguish between micro and macro levels
- **Sources:** Document all references

Result: A well-structured flip chart sheet (upright format)

Task 2: Detailed Requirements

What makes a good poster?

- **Clear structure:** Easy to read and follow
- **Data-driven:** Include specific numbers and trends
- **Visual:** Use diagrams, icons, or simple illustrations where helpful
- **Cited:** All information sources documented
- **Concise:** Focus on the most important information

Remember: This poster will be viewed and discussed by all groups!

Poster Exhibition (Round 1)

Goal: Share knowledge and learn from other groups.

Time: 30 minutes

Activities:

- Walk around and view all posters
- Engage in discussion with poster creators
- Ask questions for clarification
- Suggest additions or improvements
- Take notes on connections to your topic

Task 3: Networking

Goal: Identify connections between challenges to understand systemic relationships.

Time: 15 minutes

In your groups:

- Identify connections between your topic and others
- Consider: How does your challenge affect or interact with others?
- Add keywords on Post-its to the respective posters
- Think about: causes, effects, feedback loops, synergies

Task 3: Connection Examples

Example connection types to look for:

- **Causal relationships:** Climate change → Biodiversity loss
- **Reinforcing loops:** Energy poverty → Health outcomes
- **Trade-offs:** Land conversion ↔ Food security
- **Co-benefits:** Renewable energy → Air quality improvement
- **Resource competition:** Freshwater ↔ Energy ↔ Food
- **Social-ecological links:** Income inequality → Environmental degradation

Exercise Timeline Summary

Task	Duration	Activity
Task 1: Individual Perspective	15 min	Select topic, form groups
Task 2: Global Overview	45 min	Research and create poster
Poster Exhibition (Round 1)	30 min	View and discuss
Task 3: Networking	15 min	Add connections
Poster Exhibition (Round 2)	15 min	Final viewing
Total	120 min (2 hours)	

Tips for Success

For effective group work:

- **Divide tasks:** Research, writing, design, sources
- **Use reliable sources:** Academic, governmental, international organizations
- **Think critically:** Question claims, check data quality
- **Be concise:** Focus on key information, not everything
- **Collaborate:** Listen to all group members' perspectives
- **Document sources:** Write full citations as you go

Remember: Quality over quantity!

Reflection Questions

After completing the exercise, consider:

- What surprised you most about your topic?
- Which connections between challenges were unexpected?
- How does the regional reality differ from global patterns?
- What does "systemic thinking" mean after this exercise?
- Where do you see the greatest leverage points for change?

Ready to Start?

Let's take stock of our planet together!