

# October to December: Consumerism

## Low-tech - Step-by-step Guide



# Step-by-step Guide

<b>Climate Change Topic</b>	Consumerism		
<b>High-tech or Low-tech?</b>	Low-tech		
<b>Duration of the activity (in minutes)</b>	<p><b>30 to 40 minutes for intergenerational discussion and 20 to 30 minutes to test a repair-café</b></p>	<b>Learning Outcome</b>	<p>Learners will be able to:</p> <ul style="list-style-type: none"> <li>- Bring their point of view on a given situation.</li> <li>- Dialogue and exchange on these differences of points of view.</li> <li>- Discuss values and points of view.</li> <li>- Experiment with a repair-café to extend the life of an object.</li> </ul>
<b>Materials required for the activity</b>	<p>For intergenerational discussion: no object is required.</p> <p>To test a repair-café: a defective object used at home.</p>		
<b>Step-by-step instructions</b>	<p>In this theme of overconsumption, we propose 2 exercises to choose from. The first is an exercise in exchanging ideas, and open conversations between an intergenerational pair.</p> <p>Here are the steps of this <b>first exercise</b>:</p> <p><b>Step 1:</b> Discuss what success and happiness mean to each of you.</p> <p><b>Step 2:</b> Talk to each other about what you think a successful life would mean.</p> <p><b>Step 3:</b> The more money you have, the more you consume. What do you think? Debate how you can be happy without owning too many objects?</p> <p>The purpose of this exercise is to bring a long-term vision and to open up to other ideals that society often wants to promote. And seniors can play a key role here in relation to the younger generation and bring a rich exchange on their life experience, making it possible to live happily with less.</p> <p>The <b>second exercise</b> is used to experience a repair-café. Switzerland has a web page that lists more than 200 object repair centres, called "repair-café". These are distributed across regions.</p>		

Other café-shops do not appear on this site such as that of Yverdon-les-Bains. It is therefore interesting to search the Internet for the repair-café in your area.

These centers make it possible to give a second life to objects that, despite defects, still often work thanks to a minor repair. Try the experiment the next time one of your objects breaks down and then discuss your experience around you.