

# Blended Intensive Program (BIP) - Metamorphosis - Understanding the social and ecological polycrisis we're in and cultivating our meaningful agency.

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## General information

BIP Title	<b>Metamorphosis – Understanding the social and ecological polycrisis we're in and cultivating our meaningful agency.</b>
Coordinating Institution	UBO
Partner Institutions	Kiel University University of Split - tbc NORD University – tbc
ISCED Code	0021 - Literacy and numeracy 0031 - Personal skills and development 0521 - Environmental sciences 0528 - Environment, inter-disciplinary programmes
BIP Code	2025-1-FR01-KA131-HED-000318546-3
Abstract	<p>Climate change, biodiversity collapse, planetary boundaries overshoot, social inequalities...The increasingly fluctuating world that comes (and is already here) calls for a civilisation change. The polycrisis we are facing is not a technical problem, it is a cultural one. Preparing citizens to the transformations required to allow continued viability for humans on earth is part of higher education's mission and higher education needs to be transformed to be transformative.</p> <p>We therefore need individual and collective profound transformations. This 5-day workshop is a journey (built on the U theory from MIT) offering its participants a safe time and place to share knowledge and understanding of the social and ecological predicament. It also allows them to share the emotions they go through and learn to embrace them as key leverage information to build their responses and prototypes.</p> <p>The intention of Metamorphosis is to nurture and foster individual and collective agency by embracing our connectedness to the world, sense making and mobilising all our intelligences towards meaningful action.</p>

	It allows its participants to say 'I (we) knew what was going on and I (we) did what I (we) had to do.'
Number of ECTS	3
Application details and deadline	<ul style="list-style-type: none"> <li>• June 8th, 2025: Nominations deadline</li> <li>• June 15th, 2025: Confirmation of acceptance</li> <li>• September 24th : Virtual part - Introduction module (2h)</li> <li>• October 5-9th, 2025: Physical mobility in Brest</li> </ul>
Dates	October 5-9th, 2026
Number of participants	<p>The minimum number of participants is 12 and maximum is 20.</p> <p>Each SEA-EU university can propose up to two participants (+ 1 participant on the reserve list). Please send your nominees to <a href="mailto:mobilite.internationale@univ-brest.fr">mobilite.internationale@univ-brest.fr</a> (Séverine Allain)</p>
Mobility costs	This mobility is eligible for Erasmus+. Please contact your university for more information.
Contact	<p>For content-related matters Nathalie Richard and Myriam Guichard: <a href="mailto:nrichard1@univ-brest.fr">nrichard1@univ-brest.fr</a> and <a href="mailto:myriam.guichard@univ-brest.fr">myriam.guichard@univ-brest.fr</a></p> <p>For logistics-related matters and signing of OLA: <a href="mailto:mobilite.internationale@univ-brest.fr">mobilite.internationale@univ-brest.fr</a></p>
City & Country of the physical mobility	Brest, France
Apply to	Each university from the SEA-EU local offices will nominate their own students. Student applications made directly to the hosting institution will not be considered.

## Pedagogical information

Target group / Expected profile	Students and teaching staff interested in sustainability and what to do about the complex polycrisis our society is facing. Students and teaching staff genuinely wanting to drive meaningful change in their institutions and communities, contributing to a more desirable, sustainable and resilient future.
Requirements / Academic background /Level of studies	English B2 (test can be taken on EU academy)
Selection of	Each university from the SEA-EU local offices will nominate their own

participants	students. Student applications made directly to the hosting institution will not be considered.
Provisional Agenda	<p><b>September 24th :</b> Virtual part - Introduction module (2h)</p> <p><b>Monday, October 5<sup>th</sup> 2026</b>  <i>Every day starts at 9am and ends at 4.30pm except for the last day (Friday) where it starts at 9am and ends at 12.30pm.</i></p> <p><b>Day 1 : Observe what is going on in the world and feel</b></p> <ul style="list-style-type: none"> <li>- Introduction to the workshop</li> <li>- Getting to know each other</li> <li>- Documentary (episode 1) to share the facts on the polycrisis</li> <li>- Post viewing group discussions and reflections</li> <li>- Workshop around the exploration of our eco-emotions</li> <li>- Self-awareness and reflexivity</li> </ul> <p><b>Tuesday, October 6<sup>th</sup></b></p> <p><b>Day 2 : Understanding how we got there</b></p> <ul style="list-style-type: none"> <li>- More Self-awareness and getting to know each other,</li> <li>- Documentary (episode 2) to explore the polycrisis history,</li> <li>- Post viewing group discussions and reflections to discuss the polycrisis root causes,</li> <li>- Workshop around the role of storytelling in our predicament and how we could leverage it to turn things around,</li> <li>- Slow down and reflexive time.</li> </ul> <p><b>Wednesday, October 7<sup>th</sup>,</b></p> <p><b>Day 3 : Sense making</b></p> <ul style="list-style-type: none"> <li>- Still some self-awareness and getting to know each other time,</li> <li>- Documentary (episode 3) to be inspired by others responses and actions,</li> <li>- Post viewing group discussions and reflections to start discussing new possibilities,</li> <li>- Workshop including meditation, sense making, dream and aspirations,</li> <li>- More slow down and reflexive time.</li> </ul> <p><b>Thursday, October 8<sup>th</sup></b></p> <p><b>Day 4 : Imagining new possibilities and start acting</b></p> <ul style="list-style-type: none"> <li>- Workshop to practice our imagination and envisioning skills ,</li> <li>- Slow down and meditation time.</li> <li>- Inspiration around a new concept called Robustness,</li> <li>- Building of individual responses and calls to actions,</li> <li>- Sharing of those new roadmaps.</li> <li>- Reflexive time.</li> </ul> <p><b>Friday, October 9<sup>th</sup></b></p> <p><b>Day 5 : Landing</b></p> <ul style="list-style-type: none"> <li>- Reflexive time to look back on the journey, realize what the group has been going through and collect the lessons learned for the future,</li> <li>- Practicing of gratitudes &amp; appreciation,</li> <li>- Celebration and good byes.</li> </ul>

<b>Learning objectives / outcomes</b>	<p>During the journey the participants will acquire common knowledge regarding the different aspects of the polycrisis (climate change, biodiversity, natural resources and social inequalities).</p> <p>They will also gain knowledge regarding the ways we got there as a (western) civilization and an ability to debate about it and form a critical point of view.</p> <p>They will also practice intensively different inner competencies around the 5 dimensions of the IDGs (being, thinking, relating, cooperating, acting) such as self-awareness, emotional intelligence, inner compass, presencing, systemic thinking, critical thinking, empathy, creativity, communication skills, cooperation, connectedness, courage, prototyping.</p> <p>They will leave this workshop with hopefully hope and optimism renewed not in a superficial way but because they will have start building their individual and possibly collective roadmap as citizens and members of planet earth through this exceptional predicament we are living in.</p>
<b>Evaluation</b>	Critical self-reflection essay to be submitted one month after the physical part
<b>Certificates</b>	Failed or passed
<b>Language of the course</b>	English

## Practical information

Accommodation recommendations	A welcome handbook will be sent to selected participants.
Course location	Room Salle D133, Open Factory, 6 Av. Victor le Gorgeu, 29200 Brest
Any required materials/tips to take part in the course	n/a