Courses in English
Course Description

Department	13 General and Interdisciplinary Studies
Course title	**Sustainable Consumption**
Course number	
Hours per week (SWS)	2
Number of ECTS credits	2
Course objective	Learning Objectives Understand the basic concepts of sustainable consumption, its definition, meaning and different perspectives (economic, sociological, psychological, ethical). Combine knowledge from different disciplines to form a comprehensive understanding of sustainable consumption, linking theories to consumer behaviour and policy implications. Analyse theories and real-world cases, evaluate the effectiveness of practices and policies, and assess how different factors influence sustainable consumption. Develop skills in gathering, analysing and presenting data on sustainable consumption, including identifying credible sources and interpreting data. Learn to articulate thoughts clearly, engage with opposing viewpoints and refine arguments in debates and discussions. Gain experience in presenting complex information effectively, using visual aids and speaking with confidence. Apply theoretical knowledge to solve practical problems and propose innovative solutions to reduce environmental impact and improve sustainability. Skills Communication: Communicate ideas effectively orally and in writing for presentations and debates. Collaboration: Work in groups for discussions and collaborative research projects. Ethical reasoning: Make ethical decisions by considering the implications of consumer choices and business practices. Adaptability: Adapt arguments and approaches based on new information and feedback in dynamic debates. Research and analysis: Conduct in-depth research, analyse data and apply theoretical models to practical scenarios. By the end of the course, students will be well prepared to contribute to academic and professional discussions on sustainable consumption, with a deep understanding and practical application of the subject.
Prerequisites	None

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Recommended reading

Barendregt, B. A., & Jaffe, R. (Eds.). (2020). Green consumption: The global rise of eco-chic. Routledge, Taylor & Francis Group.

Bernstein, J. M., & Vos, R. O. (2021). SDG12 – Sustainable Consumption and Production: A Revolutionary Challenge for the 21st Century. Emerald Publishing Limited.

Ekström, K. M. (Ed.). (2014). Waste management and sustainable consumption: Reflections on consumer waste. Routledge.

Fuchs, D. A. (2022). Consumption corridors living a good life within sustainable limits. Routledge.

Fuchs, D., Sahakian, M., Gumbert, T., Giulio, A. D., Maniates, M., Lorek, S., & Graf, A. (2021). Consumption Corridors: Living a Good Life within Sustainable Limits (1st ed.). Routledge.

Han, H. (Ed.). (2022). Sustainable consumer behaviour and the environment. Routledge, Taylor & Francis Group. https://doi.org/10.4324/9781003256274

Horodecka, A. (2020a). Sustainable consumption in the light of alternative approaches to economics – the role of identity. In S. Smyczek (Ed.), Consumer Rights Protection. Threats and opportunities for enhancing consumer awareness (pp. 239–261). Uniwersytet Ekonomiczny w Katowicach.

Horodecka, A. (2020b). Sustainable Consumption on the crossroad between individual and collective needs. In A. Diemer, E. Nedelciu, M. Schellens, M. E. Morales, & M. Oostdijk (Eds.), Paradigms, Models, Scenarios and Practices for Strong Sustainability (pp. 117–134). Imprimerie Print Conseil.

Horodecka, A., & Szypulewska-Porczyńska, A. D. (Eds.). (2024). Collective sustainable consumption: The case of Poland. Routledge.

Isenhour, C., Martiskainen, M., & Middlemiss, L. (2019). Power and Politics in Sustainable Consumption Research and Practice. Routledge.

Laurett, R., do Paço, A. M. F., & Mainardes, E. W. (2019). Sustainable consumer lifestyles/sustainable consumption. In W. L. Filho, A. Azul, L. Brandli, P. Özuyar, & T. Wall (Eds.), Responsible Consumption and Production. Encyclopedia of the UN Sustainable Development Goals (pp. 751–759). Springer.

Mont, O. (Ed.). (2019). A research agenda for sustainable consumption governance. Edward Elgar Publishing.

Seyfi, S., Hall, C. M., & Strzelecka, M. (Eds.). (2024). Gen Z, tourism, and sustainable consumption: The most sustainable generation ever? Routledge.

Southerton, D. (2020). Time, consumption and the coordination of everyday life. Palgrave Macmillan.

Syse, K. L., & Mueller, M. L. (Eds.). (2016). Sustainable Consumption and the Good Life: Interdisciplinary perspectives. Routledge.

Teaching methods

Research for Oxford Debates: Students conduct rigorous research to prepare for structured Oxford-style debates, gathering evidence and formulating arguments on sustainable consumption issues.

Oxford Debates: Debates provide a platform for students to present research and viewpoints on contentious issues, developing oral communication, critical thinking and performance under pressure.

Group Presentations: Students work in groups to prepare and deliver presentations, interpreting and synthesising information from lectures and readings, and developing teamwork, leadership and public speaking skills.

Interactive discussions: Regular discussions link theoretical concepts to current events and real-world applications, encouraging enquiry and dialogue among students.

Case Study Analysis: Students analyse case studies to illustrate the practical implications of theoretical models, assess complexity and draw lessons for sustainable consumption strategies.

Critical evaluation of debates: Post-debate sessions include teacher-led reflection and critique, allowing students to evaluate performance and appreciate different arguments.

Application of theoretical knowledge: Students apply theories to real-world challenges by designing hypothetical policies, business strategies or community initiatives in line with sustainable practices.

These methods ensure that students actively participate in learning and develop a comprehensive understanding of sustainable consumption from individual to global contexts.

Assessment methods

Students will engage with case studies, interactive discussions, and multimedia resources to enhance understanding and practical application of concepts.

Language of instruction

English

Name of lecturer

Dr. Dr. habil. Anna Horodecka

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Link

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Course content

The course on "Sustainable Consumption" offers a comprehensive understanding of sustainable consumption through ten focused modules.

Module 1. Introduction to Sustainable Consumption: Defines sustainable consumption and explores its relevance to global challenges, neoliberal policies, and the sustainability triangle. Highlights the critical role of public policy.

Module 2. Sociological Perspectives: Examines how societal dynamics and institutions influence consumption patterns and discusses the potential for societal transformation through social movements.

Module 3. Psychological Perspectives: Investigates psychological factors affecting consumer behavior, including the gap between intentions and actions, and strategies to promote sustainable practices.

Module 4. Ethical Perspectives: Explores ethical frameworks such as utilitarianism, deontology, virtue ethics, and planetary justice, focusing on ethical dilemmas in consumption.

Module 5. Economic Perspectives: Contrasts mainstream and heterodox economic theories related to sustainability, assessing global economic policies and Sustainable Development Goals.

Module 6. Global Impacts: Analyzes the global context of sustainable consumption, key stakeholders, and international strategies, including frameworks like the SDGs and the Paris Agreement.

Module 7. Public Policies for Sustainable Consumption: Evaluates public policies promoting sustainable consumption, including policy-making processes, behavioral economics, and interdisciplinary policy evaluation.

Module 8. Institutional Influences: Explores the impact of formal and informal institutions on consumption, introducing consumption corridors and mechanisms like FairTrade.

Module 9. Corporate Perspectives: Discusses corporate strategies for sustainability, addressing challenges, greenwashing, and the importance of corporate transparency.

Remarks