



Seed Sprout Change, Edinburgh College of Art

An intravention that reconnects people with nature during isolation

Why I became a Sustainability Champion

Tell us how you heard about the network, why you decided to join, and a bit about what your experience has been like so far.

Design has a role to play in raising awareness of the important social and environmental issues we face today and in the future. It can also be used to facilitate discussions between stakeholders, and create not only sustainable solutions but regenerative ones.

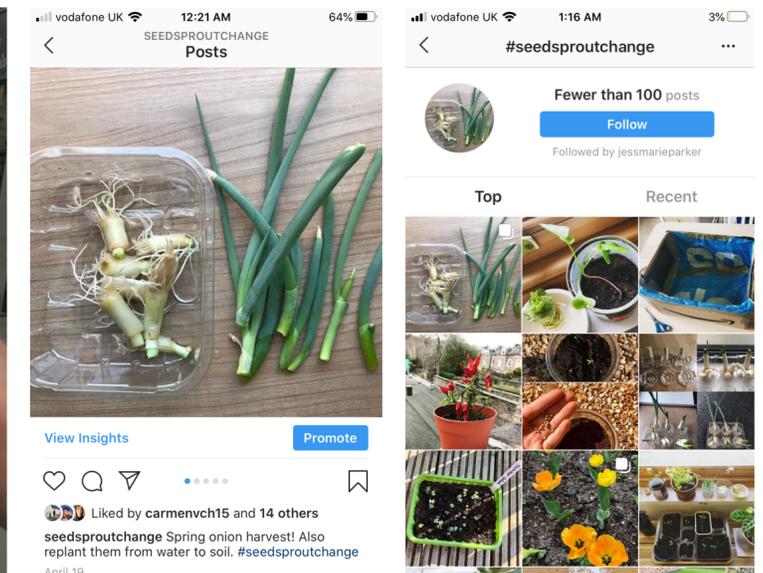
We heard about the network through a fellow class member in our Design for Change Masters programme. Although we are from another school, we follow SRS on Instagram and enjoy the sustainability tips and initiatives being shared by others. It highlights how we are all striving for sustainable outcomes.

My sustainable project or actions

Reconnecting individuals with nature during the recent lockdown through the planting of seeds and regrowing of vegetables provided an opportunity to learn more about nature and its life cycles, and sharing knowledge with others. It also highlighted current issues in our everyday systems such as food, livelihoods, and the value of land on an urban scale.

"I think it is a positive activity to feel close to nature, especially at a time we cannot go out much. I hope I can learn some gardening skills through this as it is something I have always wanted to try."

"Yes, I did not think about the importance of gardening techniques that much, but now I realised I probably need to learn more as time goes by for better growing of the plants."



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