

## **The CareLab for People and Planet: Collaboration and co-creation under the lens of care for enhancing inner and outer sustainability**

“What do I do to take care of myself? And what helps me to take care of the planet?” These two questions were asked in Summer 2021 within a photovoice project to diverse academic and non-academic members of a Portuguese faculty to start the dialogue about inner and outer sustainability under the lens of ethics of care (Ives et al. 2020, Moriggi et al. 2020). The initiative was embedded in the creation of a new space of collaboration, co-creation and transformative learning: the CareLab for People and Planet at NOVA School of Science and Technology, NOVA University Lisbon (<https://the-care-lab.org/>). Following a transformative approach within sustainability-oriented labs (McCrary et al. 2020), with a specific focus on aspects of care and the interlinkages between personal and collective sustainability, first, a conceptual framework was developed during 2021, preparing the kick-off of the activities starting at the beginning 2022. The agenda of activities for this year’s spring term includes e.g. nature-based learning activities, a mindfulness course, the “CareLab Challenge” along 21 days, webinars with international scholars of related research, and a co-creation process to design an outreach event at the faculty under the topic “The care-full sustainability campus”.

This work aims to present the accompanying qualitative assessment of the initiatives within the CareLab, using Theory of Change (ToC) as the guiding evaluating framework (Ahmad et al, 2018). ToC was chosen for its adequacy (i) to guide and evaluate reflective and participatory research practices; (ii) to identify ongoing sources of evidence that can help verifying whether the link between purpose, design and outcomes is apparent, and (iii) assess the impact of initiatives and interventions. The research and its findings will be presented using a storytelling approach, eventually with audiovisual material, with reflective moments for the audience to pause and engage in (guided) self-reflection and also moments of exchange in pairs.

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