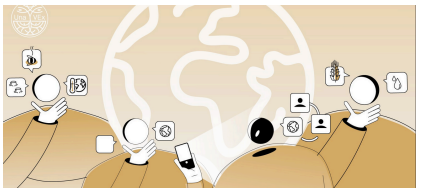
VIRTUAL BRIDGE
BETWEEN EUROPEAN & AFRICAN STUDENTS
FOR SUSTAINABLE FUTURES



una europa

Una Europa Virtual Exchanges for Sustainability (UnaVEx)

Program & Instructions

UnaVex is a five-week-long virtual exchange unit consisting of a total of five sessions. During the virtual exchange, you will attend **inspiring plenary talks** on different perspectives on sustainability. You will also be introduced to your **international small group** and a moderator. In the groups, you will discuss and develop a collaborative, sustainability-themed action task.

UnaVEx offers a versatile look into sustainability – topics of the virtual exchange include:

- Sustainable Development
- Ecological Sustainability
- Social Sustainability
- Economic Sustainability
- Cultural Sustainability
- Taking action for sustainability



No previous sustainability or natural science studies are required. UnaVEx is a platform for **multidisciplinary** and **intercultural** encounters for university students interested in sustainability and the future of our common planet. UnaVEx welcomes students from EU and African nations, building a bridge between the continents for sustainable futures.

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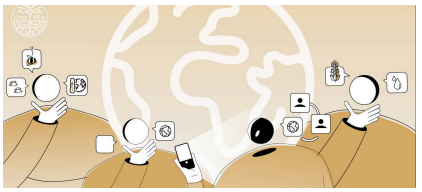
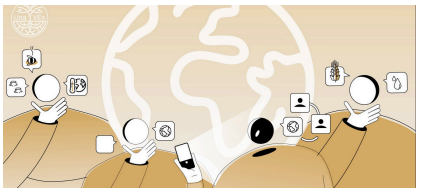


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Instructions for the first day

Before the start of the Virtual Exchange (VE) Week, please, study and familiarise yourself with the materials on DigiCampus online learning platform.

Prior to the 1st day of the VE Week, **prepare to introduce yourself and your thoughts related to sustainability to your small group**. Find also **a sustainability action that took place in your local community** or home country to share with your group members.

Structure of the virtual exchange

The weekly virtual exchange sessions follow the same structure consisting of plenary sessions and small group activities.

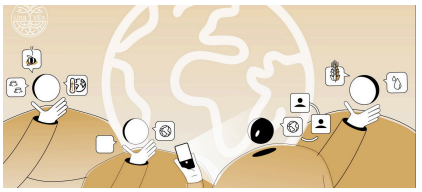
Time	13.11.2025	20.11.2025	27.11.2025	4.12.2025	11.12.2025
1. Hour	Guest lecture, Q&A	Guest lecture, Q&A	Guest lecture, Q&A	Guest lecture, Q&A	Guest lecture, Q&A
Hours 2-3	Small group activities	Small group activities	Small group activities	Small group activities	Small group activities

Planning and implementing the Sustainability action

Indivdual study report

1 ECTS

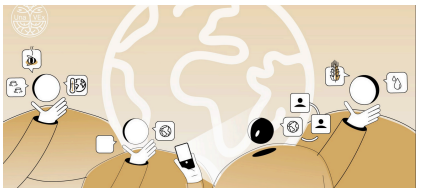
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Virtual exchange program

Date	Time	Plenary topic & guest speaker	Group activity
13.11.2025	14–17 (Bologna, Kinshasa, Leuven) 15–18 (Helsinki, Johannesburg) 16–19 (Nairobi)	Introduction to UnaVEx; Guest speech: Kairos Futura, Nairobi-based art collective: *Imagination in Action*	• Getting to know one another and starting to plan your group's *Sustainability action.* • **Pre-task:** Find a sustainability action that took place in your local community or home country to share with your group members.
20.11.2025	14–17 (Bologna, Kinshasa, Leuven) 15–18 (Helsinki, Johannesburg) 16–19 (Nairobi)	Cultural sustainability Guest speech: Enzio Manzini, author and design academic in social innovation and sustainability design: *Design in the Ecological Transition*	• Discussion on the day's topic • Continue with your group's *Sustainability Action* task.
27.11.2025	14–17 (Bologna, Kinshasa, Leuven) 15–18 (Helsinki, Johannesburg) 16–19 (Nairobi)	Sustainable development as a concept and in politics, Guest speech: Tarja Halonen, the former president of Finland: *Sustainable Development in Politics*	• Discussion on the day's topic: reflect on your Sustainability action on how it relates to the guest speech • Continue your sustainability action task
4.12.2025	14–17 (Bologna, Kinshasa, Leuven) 15–18 (Helsinki, Johannesburg) 16–19 (Nairobi)	Social and economic sustainability Guest speech: Prof. Cush Luwezi, Univ. Kinshasa, Kongo: *Foresight in Agriculture, Food and Energy: Planning and Managing Water in the Changing Global Environment*	• Discussion on the day's topic: reflect your action plan in terms of social and economic sustainability. • Update the process and advance the task

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11.12.2025	14–17 (Bologna, Kinshasa, Leuven) 15–18 (Helsinki, Johannesburg) 16–19 (Nairobi)	Ecological sustainability Guest Speech: Professor Daniel Olago, ICCA University of Nairobi	• Discussion on the day's topic • Reflect and finalize your Sustainability Action task • Fill in the feedback survey. Joint closing session

Digicampus course page & the virtual exchange materials

UnaVEx uses *Digicampus* online learning platform. There, you will access all the materials and instructions you need to complete the virtual exchange, including:

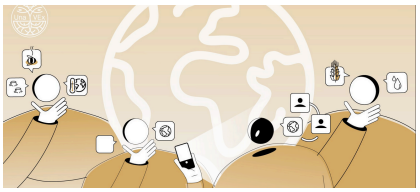
- News forum about the course practicalities
- Your group number
- Lecture recordings and PowerPoint presentations of the virtual exchange sessions
- The Zoom link
- Folder for returning the individual course report

After the virtual exchange: Becoming a Global Sustainability Advocate

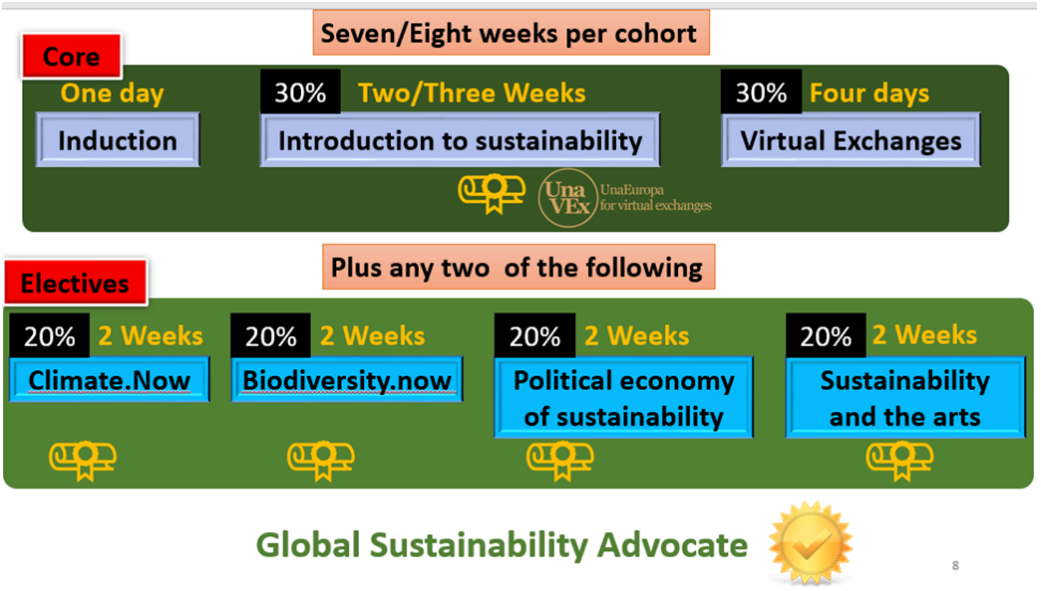
To become a *Global Sustainability Advocate*, you will need to complete the following:

1. **Virtual Exchange Program**: Participate in five online sessions (each 2-3 hours), earning 1 Credit Point.
2. **Introduction to Sustainability MOOC**: Complete this foundational course (worth 3 ECTS) via the University of Helsinki's online learning platform. Find the course here.

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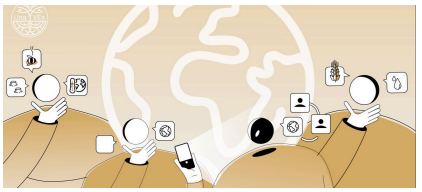
3. **Optional Una Europa MOOC**: Choose and complete two additional MOOC from the Una Europa Micro-credential in Sustainability program. [Browse the courses here](#).



This combination of courses and virtual exchange will equip you with the foundational knowledge and practical skills needed to advocate for sustainability on a global scale.

By participating in the Virtual Exchange, you will receive a certificate of completion and earn one credit, regardless of additional coursework.

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UnaVEx Program

Thursday 13.11.2025

Host: Lee-Ann Modley, University of Johannesburg, South Africa

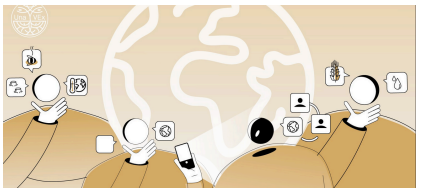
15:00 Welcoming words, overview of the UnaVEX Virtual Exchange, Solomon Derese, University of Nairobi & Laure van Hoecke, KU Leuven

Short introduction of Unavex Partner Universities:

- *University of Helsinki, Institute for Atmospheric and Earth System Research (UH-INAR), Hanna Lappalainen & Helsinki team*
- *Alma Mater Studiorum – Universita di Bologna (UNIBO), Italy (IT), Francesco Maria Spampinato and Bologna Team*
- *Katholieke Universiteit Leuven (KUL), Belgium (BE), Laure van Hoecke, KU Leuven and KUL team,*
- *University of Johannesburg (JU), South Africa (ZA), Lee-Ann Modley & JUL team*
- *University of Nairobi (UoN), Kenya (KE) Solomon Derese & KE team*
- *Universite de Kinshasa (UNIKIN), Democratic Republic of the Congo (CD), Gode Bola & UNIKIN team*

15:15 UnaVEx Global sustainability advocate, Solomon Derese, University of Nairobi
15:30 Sustainability action task, Julia Karhumaa, University of Helsinki
15:45 Reports and getting credits, Aleksi Vauhkonen, University of Helsinki & Laure van Hoecke, KU Leuven
16:00 How communicate and work on-line during the virtual exchange, Laure van Hoecke, KU Leuven
16:15 Guest speech: Imagination in Action, Kairos Futura, Nairobi-based art collective. Introduced by Francesco Spampinato, Università di Bologna
17:00 Zoom break-out rooms, Mikko Kulmala University of Helsinki
17:10 Small group activity in Zoom break-out rooms (students & moderators) E.g testing Miro tool together
18:00 End of the day

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Thursday 20.11.2025
Host: Francesco Spampinato, Università di Bologna

15:00 Welcoming words, program of the day
15:15 Guest speech: Design in the Ecological Transition, Enzio Manzini, Honorary Professor at Milan Polytechnic, Italy. Introduced by Francesco Spampinato, Università di Bologna
16:00 Instructions for the group activity & Zoom break-room, Julia Karhumaa, Mikko Kulmala, University of Helsinki
16.15 Sustainability action task (students & moderators)
18:00 End of the day

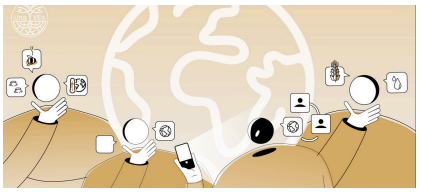
Thursday 27.11.2025
Host: Hanna Lappalainen, University of Helsinki, Finland

15:00 Welcoming words, program of the day, Hanna Lappalainen, University of Helsinki
15:15 Guest speech: Sustainable Development in Politics, President Tarja Halonen, former president of Finland
16:00 Instructions for the group activity & Zoom break-room, Julia Karhumaa, Mikko Kulmala, University of Helsinki
18:00 End of the day

Thursday 4.12.2025
Host: Professor Raphaël Tshimanga, Universite de Kinshasa, Kongo

15:00 Welcoming words, program of the day
15:15 Guest speech: Foresight in Agriculture, Food and Energy: Planning and Managing Water in the Changing Global Environment, Prof. Cush Luwezi, Univ. Kinshasa, Kongo
16:00 Instructions for the group activity & Zoom break-room, Julia Karhumaa, Mikko Kulmala, University of Helsinki
16.15 Sustainability action task (students & moderators)
18:00 End of the day

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Thursday 11.12.2025
Host: Solomon Derese, University of Nairobi, Kenya

15:00 Welcoming words, program of the day
15:15 Guest speech: Solomon Derese, Univ. Nairobi, Kenya
16:00 Instructions for the group activity & Zoom break-room, Julia Karhumaa, Mikko Kulmala, University of Helsinki
16.15 Sustainability action task (students & moderators) & introduction of Miro(s) in the plenary session
18:00 End of the day

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