

Practical workshop "Technological dependence"

Technology has transformed our society and propelled it to unexpected heights. Think of medicine, the Internet, computers, and cell phones. It demonstrates human genius. It has allowed the most remote populations to connect with the rest of the world. It now occupies a central place. But now they are experts around the world warning us of this very real threat : security, physical and psychological health, personal identity, overconsumption, environmental disaster, etc.

Technology has become much more than just a tool at the service of humans. This workshop offers us a useful and desirable reflection on the place of technology in our society. It leads us to measure its impact in our daily lives and to measure its use.

As a recognized agent of social change, Canadian facilitator Jean Provencher will bring his decades-long expertise and social commitment to participants.

Target audience

Activity accessible to all audiences: individuals, schools, companies, organizations

Registration required.

| Reference | Category | Duration |
|------------------------|-------------------------------------------------------------------------------------|------------------------------|
| Trainevo-022022-CS-0 4 | Societal change | 4 heures 2 hours |
| Language(s) | Training organization | Nb of participants (min/max) |
| French |  | Minimum: 10 |

Objective(s)

Understand the insidious factors that lead to a dependence on technologies, fueled by the dream they constantly let us believe.

Be aware of the harmful impacts that are caused by the manufacture, acquisition, excessive use and abandonment of technological equipment and materials.

Define the actions, attitudes, behaviors, and actions that can be implemented daily to avoid technology-related harms.

Program

This workshop is part of an educational path for social change, which offers activities (e.g., a conference and a seminar) to go deeper into certain themes.

Three formulas proposed for a total day of 8 hours

- One 8-hour theme of your choice ► Full day
- Two themes of 4 heures to choose from ► 1 in AM + 1 in PM
- Four 2-hour theme of your choice ► 2 in AM + 2 in PM

Themes offered (according to the applicable time blocks)

| Thematic | 8h | 4h | 2h | |
|--------------------------------|----|----|----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Global warming | X | X | X | <ul style="list-style-type: none"> • Measuring the magnitude and impacts of warming • Learning to fight global warming every day |
| Power of the citizen | X | X | X | <ul style="list-style-type: none"> • Becoming aware of the powerful power in our hands • Exercising this power in practice |
| Responsible consumption | X | X | X | <ul style="list-style-type: none"> • Realizing how consumption governs everything • Adopt healthy and sustainable consumption patterns |
| Technological dependence | | X | X | <ul style="list-style-type: none"> • Questioning the place of technology in our society • Dominating the techno footprint to limit its impacts |
| Information and disinformation | | | X | <ul style="list-style-type: none"> • Understanding the influence of information warfare • Guarding against disinformation and propaganda |
| Responsible Investment | | | X | <ul style="list-style-type: none"> • Discover the benefits of investing responsibly • Identify truly responsible investments |

General approach of the workshop

(* the sequence and duration of the elements below will vary according to the chosen formula)

- 1.Context of the theme
- 2.Scenarios
- 3.Individual exercise(s)
- 4.Exchange(s) in group or subgroup(s)
- 5.Information Shared
- 6.Conclusion

Method

Prerequisites: It is strongly recommended to have attended the conference "Being, thinking and acting differently" beforehand.

The workshop includes various forms of learning and practice depending on the chosen formula: visual presentation, multimedia tools, pedagogical content delivered by the facilitator, individual practical exercises, exchanges in small groups, plenary.

Evaluation

Certificate of participation in the workshop.