

Experiential Learning and Wellness in Sustainability Education: Bridging DEIB on Eco-Expeditions

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AGENDA

- About Qatar & CMU-Qatar
- Sustainable Development Goals
- Experiential and Global Learning
- Wellness
- Rwanda
- Bhutan
- Qatar
- Process

Carnegie Mellon University in Qatar



4 Majors

CMU-Q offers four major programs, providing students with a diverse range of academic opportunities.



Branch Campus

The university is a branch campus of Carnegie Mellon University, leveraging the resources and expertise of the main institution.



Part of Qatar Foundation

CMU-Q is a proud member of the Qatar Foundation, a leading organization dedicated to education, research, and community development.



High-Impact Practices

The university's curriculum incorporates a range of high-impact educational practices, including capstone courses, global and experiential learning, internships, and service learning.

CMU-Q student body composition

470+

STUDENT BODY

38% QATARI

43% MALE

57% FEMALE

62% NON-QATARI



Doha, Qatar: Norms and Lifestyle

High Emissions

Doha, Qatar is one of the biggest emitters of greenhouse gases in the world.

Extreme Heat

Doha experiences extremely hot summers, reaching 40-50°C, leading to high air conditioning usage and limited outdoor activity.

Lack of walking

Due to the hot climate, there is little walking in Doha, as people rely heavily on cars and air conditioning.

Country	Annual footprint (tCO2e)
Singapore	27.3
Qatar	26.3
United States	17
Portugal	5.1



Sustainable Development Goals

1

SDG 3 – Good Health and Wellbeing

CMU-Q's promotes both physical health and and mental wellbeing in particularly challenging academic stresses and physical environments

4

SDG 15 Life on Land

Students engage with diverse ecosystems, from the conservation landscapes of Rwanda to the indigenous agriculture of Qatar, fostering a deep appreciation for the natural world.

2

SDG 4 - Quality Education

CMU-Q's innovative curriculum integrates sustainability education inside experiential learning, providing students with transformative learning experiences.

5

SDG 16 Peace, Justice, and Strong Institutions

CMU-Q's commitment to DEIB principles and global partnerships promotes inclusive, equitable, and sustainable development.

3

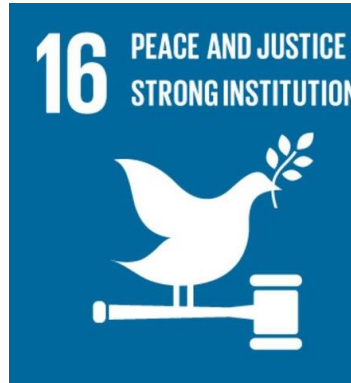
SDG 13 Climate Action

Through eco-expeditions, students explore climate science, emissions, and climate justice, empowering them to take action.

6

SDG 17 Partnerships for the Goals

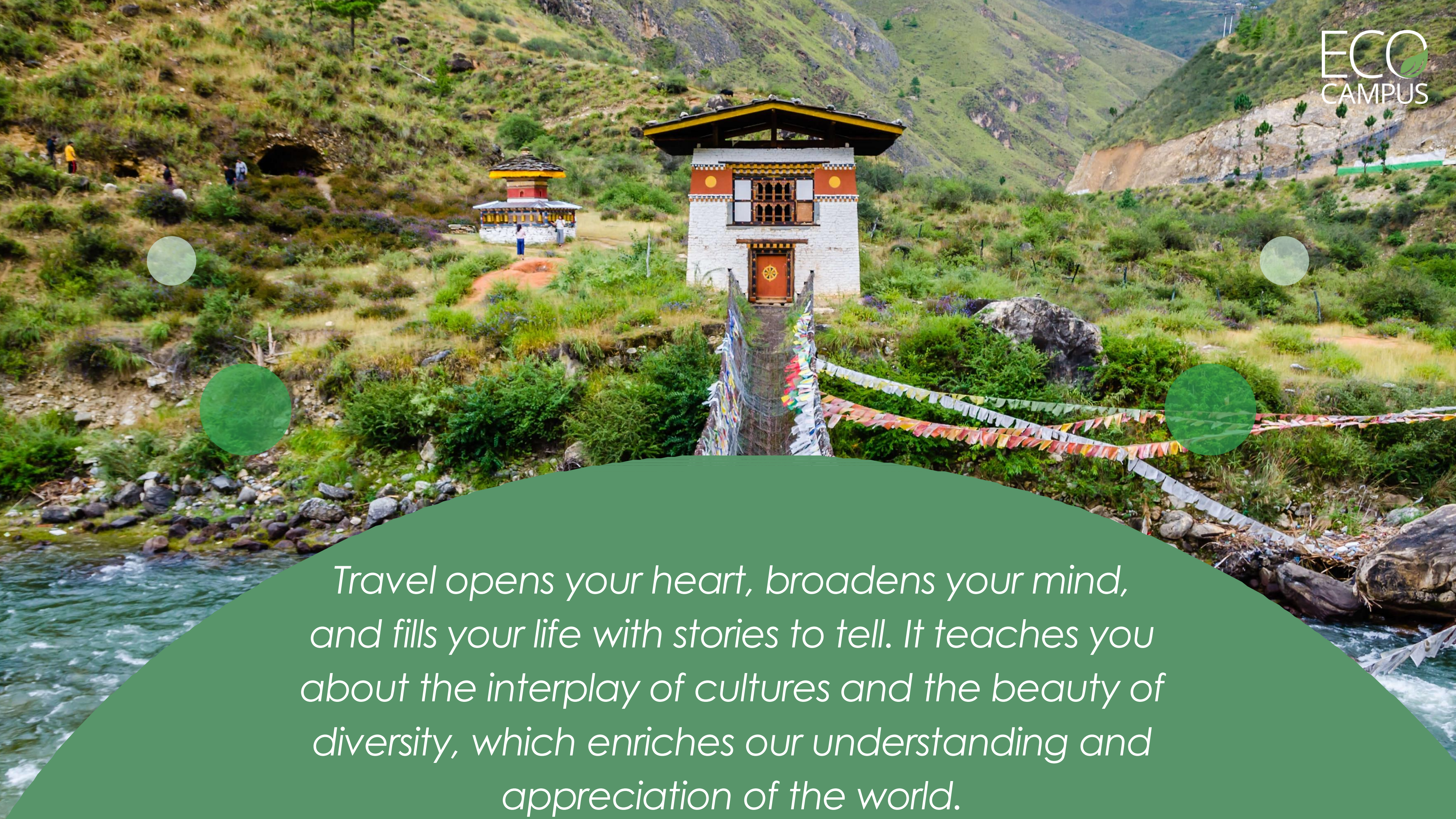
CMU-Q works with global and local non-profits, academic institutions, governments all over the world for education and projects



Wellness

- Wellness is important for our students
- We ask that they take care of themselves
- Spending time in nature, physical activities, and outside of the classrooms





*Travel opens your heart, broadens your mind,
and fills your life with stories to tell. It teaches you
about the interplay of cultures and the beauty of
diversity, which enriches our understanding and
appreciation of the world.*

Eco-Expeditions: A Global Perspective

Global Learning

- 1-Week long trips
- Small Groups
- Fall, winter, spring, summer breaks

Experiential Learning

- 2-3 months long
- 1-5 individuals
- Semester long or Winter and Summer Breaks



RWANDA



12

In 2023

17

in 2023

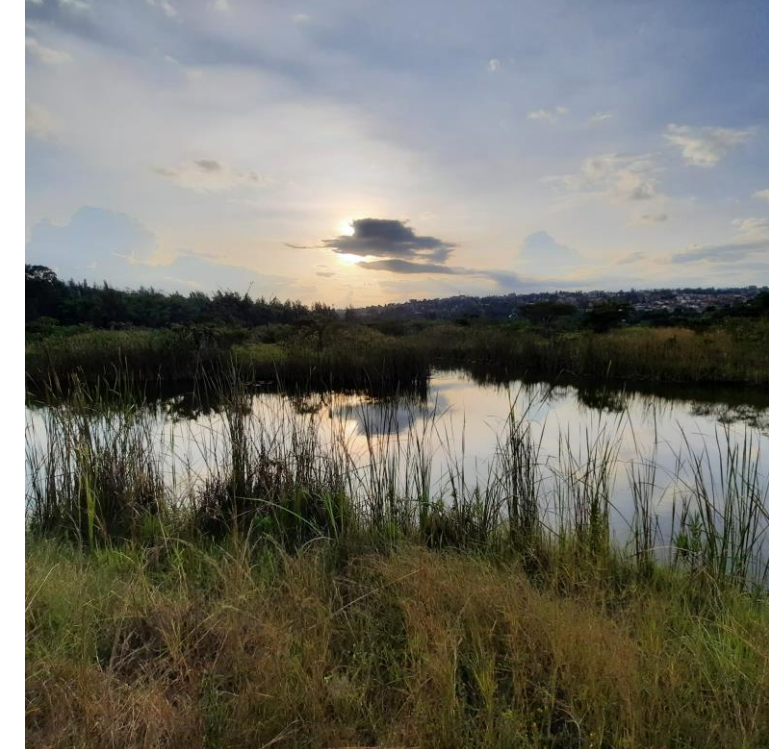
16

In 2024

4

interns

- Rwanda is the land of a thousand hills
- Staff, Faculty, and Student trips
- Plastic Bag Ban
- Umuganda
- Visits to Eco Tourism Park & National Parks
- Connection with CMU-Africa and local communities
- Free visa on arrival for all



BHUTAN

- **Curriculum Focus:** Climate science, emissions, carbon cycle, climate justice.
- **Bhutan Highlights:**
 - Only Carbon Negative country.
 - \$200 Sustainable Development Fee.
 - Gross National Happiness as a model for societal wellness and environmental policy.
- **Post-Trip:** Students engage in a year-long EcoCampus project to apply their learnings in local environmental actions.





AT HOME

QATAR



Locally, there are many trips that EcoCampus takes.

- Kayaking
- Trips to recycling plants, paper plants
- Doha's 2023 Horticultural EXPO
- Beach and Desert Cleanups
- Sustainable Agricultural Farms



Diversity, Equity, Inclusion, Belonging: Applications, Reflections & Engagement

Site Selection

Visa for all nationalities

Full tuition for all students for these programs

Essay Questions

All applicants had to undergo a blind application process and answer three essay questions. Ecocampus members selected the finalists, and the Global Learning Committee matched for preference and diversity.

Pre Departure Sessions

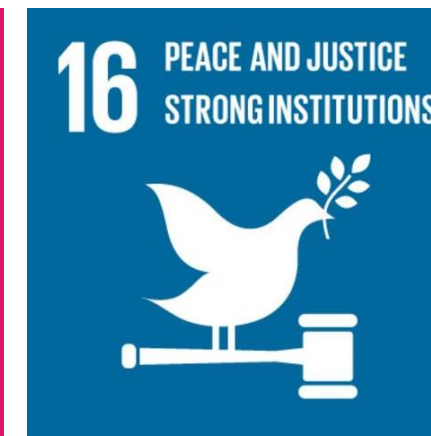
Five pre-departure sessions leading up to the trip included learning about 1.5 degrees C, global warming impacts, doing an awareness campaign, ideation for future Ecocampus projects.

Daily Reflections

During the trip, there are daily reflections and discussion questions to help process what is learned.

Post Departure Sessions & Project

Upon return, there is both a survey understanding what the students learnt and a dedication to one year working on a project based on what they learned: what will they bring back to campus?



THANK YOU

Questions?

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