



# CURRICULUM OVERVIEW

LEARN MORE AT



TILTINGFUTURES.ORG



# TL TAKE TN ACTION W LAB

## ABOUT

TAKE ACTION LAB ..... PAGE 3

PROGRAM THEMES ..... PAGE 4

## CURRICULUM

PILLARS ..... PAGE 5

### UNIT 1

FOUNDATIONS ..... PAGE 6

### UNIT 2

PRACTICUM ..... PAGE 7

### UNIT 3

REFLECTION ..... PAGE 9



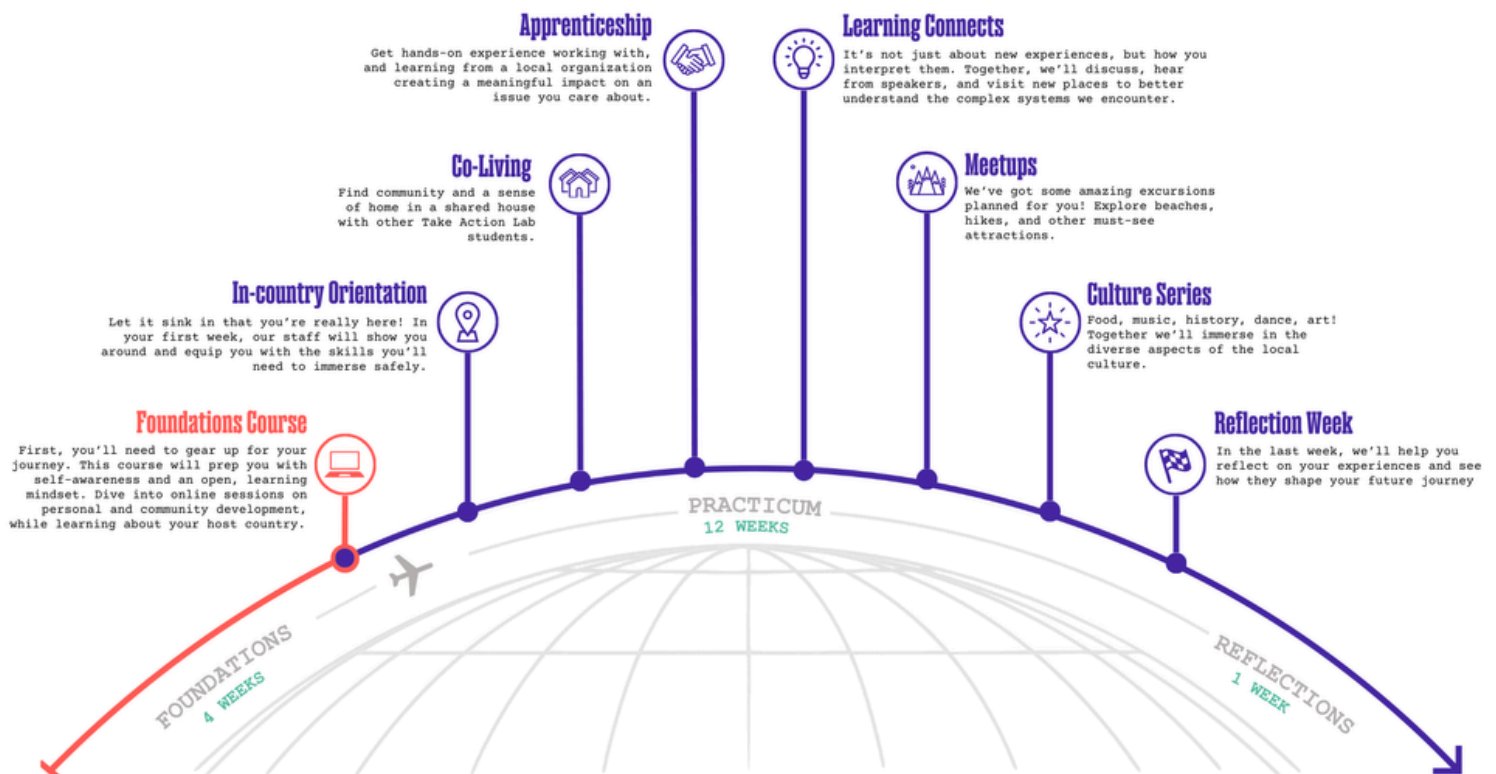
# About Take Action Lab

Take Action Lab is an immersive learning program from the nonprofit Tilting Futures. Since 2010, Tilting Futures has been at the forefront of educational innovation, empowering 2700+ young changemakers worldwide.

As a student with Take Action Lab, you'll learn how to create meaningful impact on issues you care about during a semester abroad.

Expand your global perspective and sense of purpose with cultural immersion experiences, a research-backed curriculum, and apprenticeships with organizations advancing human rights, environment & sustainability.

You'll join a lifelong community of world-changers from across the world, and develop the skills, network, and insights to create a fulfilling and impactful future.



# Program Themes

## Take Action Lab: Human Rights

CAPE TOWN, SOUTH AFRICA

Live, work, and learn in a vibrant multicultural, historically layered city.

Learn how to create a meaningful impact while apprenticing with organizations advancing universal human rights through food security, education, women's rights, youth empowerment, and services for refugees and migrants.



## Take Action Lab: Environment & Sustainability

PENANG ISLAND, MALAYSIA

Be at the forefront of environmental and sustainability efforts while living in a vibrant, multicultural city.

You'll work side-by-side with organizations advancing sustainability, protecting nature, and building climate-resilient communities.





# Systems Transformation

Systems transformation is the big idea that humans need to transform the systems that we've created (e.g. economic, social, energy and resource use) for a more just and regenerative future for all.

Take Action Lab uses a systems transformation approach to help students understand complex global issues and explore what it means to be an ethical changemaker.

You'll gain tools and frameworks for systems thinking, leadership, and innovation that can be widely applied to your future projects.

## Curriculum Pillars

### Self Discovery

#### ➔ SELF-AWARENESS

What am I learning about myself and how am I mindfully using this knowledge?

#### ➔ WELL-BEING

How am I developing habits of mind, body and spirit to support my own wellbeing and that of the community?

#### ➔ SENSE OF AGENCY

How am I strengthening my capacity for action that aligns with my values?

### Global Orientation

#### ➔ INTER-RELATEDNESS

How am I expanding my understanding of the connections and relationships between people, places, ideas and events?

#### ➔ GLOBAL PERSPECTIVE TAKING

How am I engaging with diverse perspectives and ways of knowing?

#### ➔ EMPATHY

How am I deepening my understanding of the experiences of others and responding with care?

# Unit 1 - Foundations

**This course will prepare you with self-awareness and an open, learning mindset.** Dive into online sessions on personal and community development, while learning about your host country. Start building new friendships as we bring the global community together.

**You'll also prepare for co-living and your apprenticeship.** You'll share some info about yourself to help us match you with the best fit. We put a lot of thought into every placement, so you can expect to find out a few weeks before travel begins.

## Format

**Duration:** 4 weeks - virtual

**Commitment:** Classes meet 3-4 times each week

- ~6 hours synchronous in class
- ~4 hours asynchronous prep

You can also opt to join weekly TAL 101 sessions on practical things like flying, budgeting, visas, and safety.

## What you'll accomplish

- ➔ Forge enduring relationships and develop community, trust, and a supportive culture within your cohort.
- ➔ Analyze how your experiences and intersectional identity markers have shaped your sense of self and your worldview.
- ➔ Interrogate how does it look, feel, and sound to responsibly and respectfully serve a community that I am not a part of.
- ➔ Integrate an emerging understanding of the legacy, history and the social/political context of your host country.

# Unit 2 - Practicum

**The Practicum is the heart of the Take Action Lab experience.** For 12 weeks you'll immerse yourself in the culture and community of Cape Town, South Africa or Penang Island, Malaysia. The following components will structure your immersion experience.

## Format



### ORIENTATION

Let it sink in that you're really in Cape Town or Penang Island! In your first week, our staff will show you around and equip you with the skills you'll need to immerse safely.



### CO-LIVING

Find community and a sense of home in a shared house with other Take Action Lab students. Cooking meals together, sharing stories, and making plans with new friends from all over the world bring cultural immersion home.



### LEARNING CONNECTS

It's not just about new experiences, but how you interpret them. We'll make meaning together, hear from experts, and visit new places to better understand the complex systems we encounter.



### MEETUPS

We've got some amazing excursions planned for you! Explore beaches, hikes, and other must-see attractions.



### CULTURE SERIES

Food, music, history, dance, art! Together we'll immerse in the diverse aspects of the local culture.





## → APPRENTICESHIP

Get hands-on experience working with, and learning from a local organization creating a meaningful impact on an issue you care about.

We'll help you team up with an amazing organization that's advancing:

Causes from the UN's Universal Declaration of Human Rights:

- Food Security
- Education
- Women's Rights
- Youth Empowerment
- Human Migration

Environmental efforts that align with the nine Planetary Boundaries:

- Climate Change
- Renewable Energy
- Ecosystem Preservation
- Building climate-resilient communities

Your apprenticeship will rely on you being there for 5-8 hours, 4 days a week.

An experienced supervisor will provide training and mentorship to help maximize your learning and your impact.

## What you'll accomplish

- Develop professional, cross-cultural communication skills.
- Deepen your understanding of human rights and environmental issues through direct engagement in human rights, environment & sustainability work.
- Expand your capacity for self-directed learning and action.
- Learn the principles of asset-based community development and put them into practice by conducting stakeholder interviews.
- Gain a comprehensive understanding of the mechanisms driving change for the advancement of Human Rights and Environment & Sustainability.





# Unit 3 - Reflection

**During the final week of the semester, you'll make meaning out of the rich experiences you've had in South Africa or Malaysia.** Through guided reflection, you'll consider how you want to integrate your new perspectives into life going forward.

With program completion, you'll be officially welcomed into Tilting Futures' alumni network - a robust community of 2500+ changemakers worldwide.

## Format

Final week in Cape Town, South Africa or Penang Island, Malaysia. Followed by induction into our lifelong alumni community.

## What you'll accomplish

- ➔ Reflect upon your experiences and their impact on your sense of self and your worldview.
- ➔ Consider how your new understandings may endure and inform your life after departing your host country.



APPLY NOW

# Now accepting applications!

Tilting Futures is the only program that recruits and selects the most promising future changemakers (independent of financial circumstances) and helps them to develop the insights, skills, and networks needed to drive social impact over the course of their lives.

**Apply to Take Action Lab today!**



APPLY NOW



TILTINGFUTURES.ORG



**DON'T JUST ADAPT TO THE  
FUTURE - TILT IT**

**LEARN MORE AT**



**TILTINGFUTURES.ORG**