



EAUC Annual Conference University of Leeds 23 – 25 March 2015

CHALLENGING CONNECTIONS

Incorporating the Student Sustainability Summit, Further Education Sustainability Summit and Transformational Leadership Summit

Workshop 17: MetMUnch: A Magic Recipe For Success

Haleh Moravej, Senior Lecturer, Manchester Metropolitan University; Floyd Johnson, MetMUncher, Nutritional Sciences Student, Manchester Metropolitan University and Abdullah Al Ali, MetMUncher, Nutritional Sciences Student, Manchester Metropolitan University



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CHALLENGING CONNECTIONS

MetMUnch: A Magic Recipe For Success

**Haleh Moravej, Abdullah Al Ali &
Floyd Johnson**

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Partnership and
Engagement





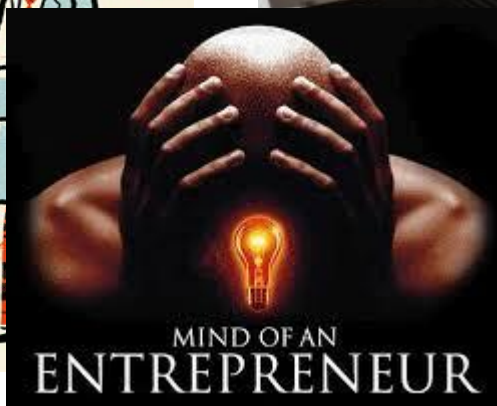
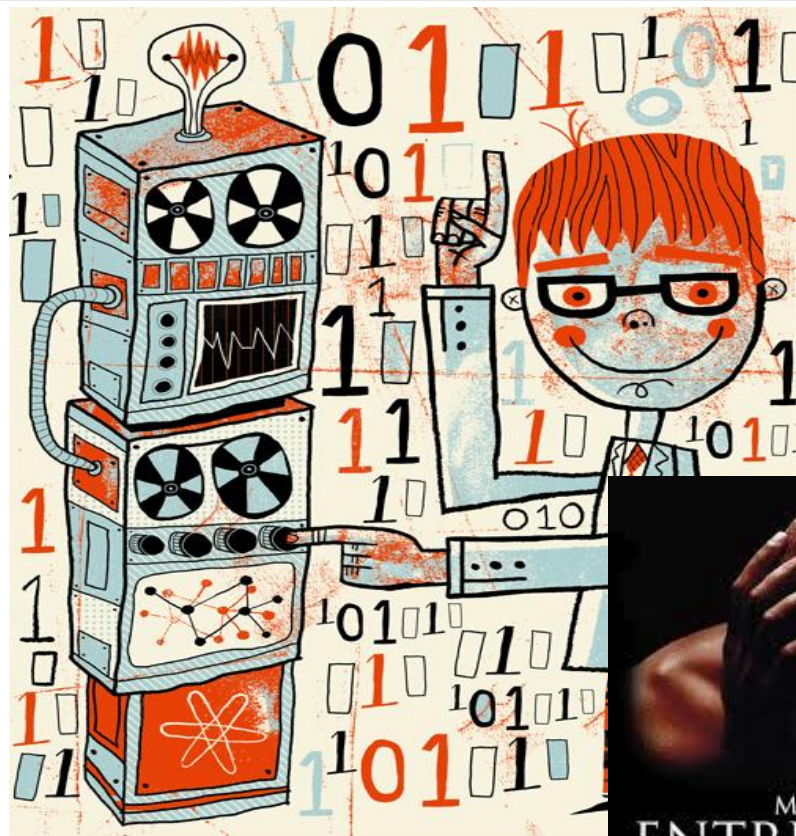
A flexible platform of
social enterprise,
sustainability,
employability, creativity
and community run by
students for students



Biomedical Scientist



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Passionate sustainability curators



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Food is a
passion. Food is
love.

Hector Elizondo

meetville.com



Purposeful Fun



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Self Sufficient Entrepreneurs



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A New Model of Education



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Hobbit to Harry



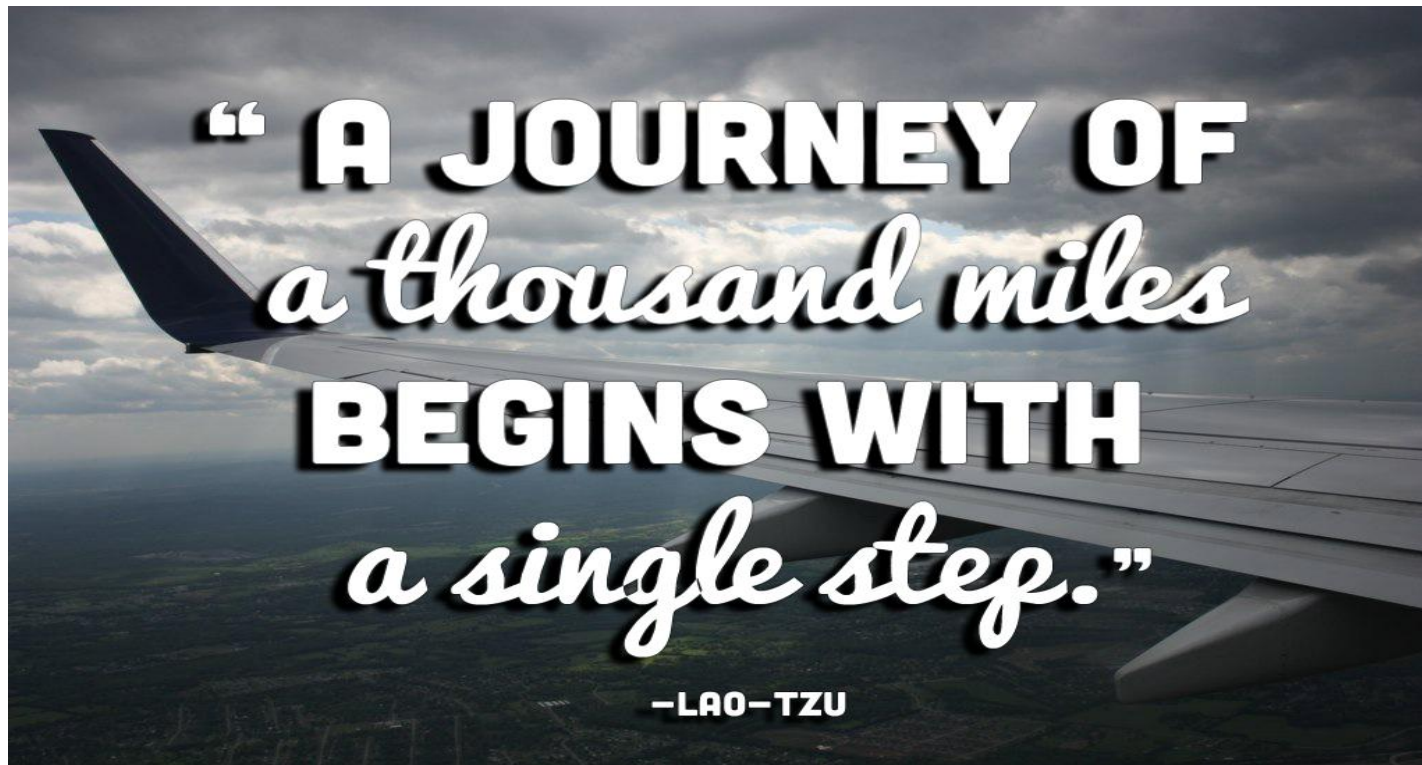
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Sustainability Journey



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MMU as a sustainability boot camp



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BOOTCAMP



Creativity



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A New 21st Century Business Model



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Business model
back to front, no
starting budget:
Empowered,
engaged & "fire In
The belly"
students



Chicken or egg? Must be Organic!

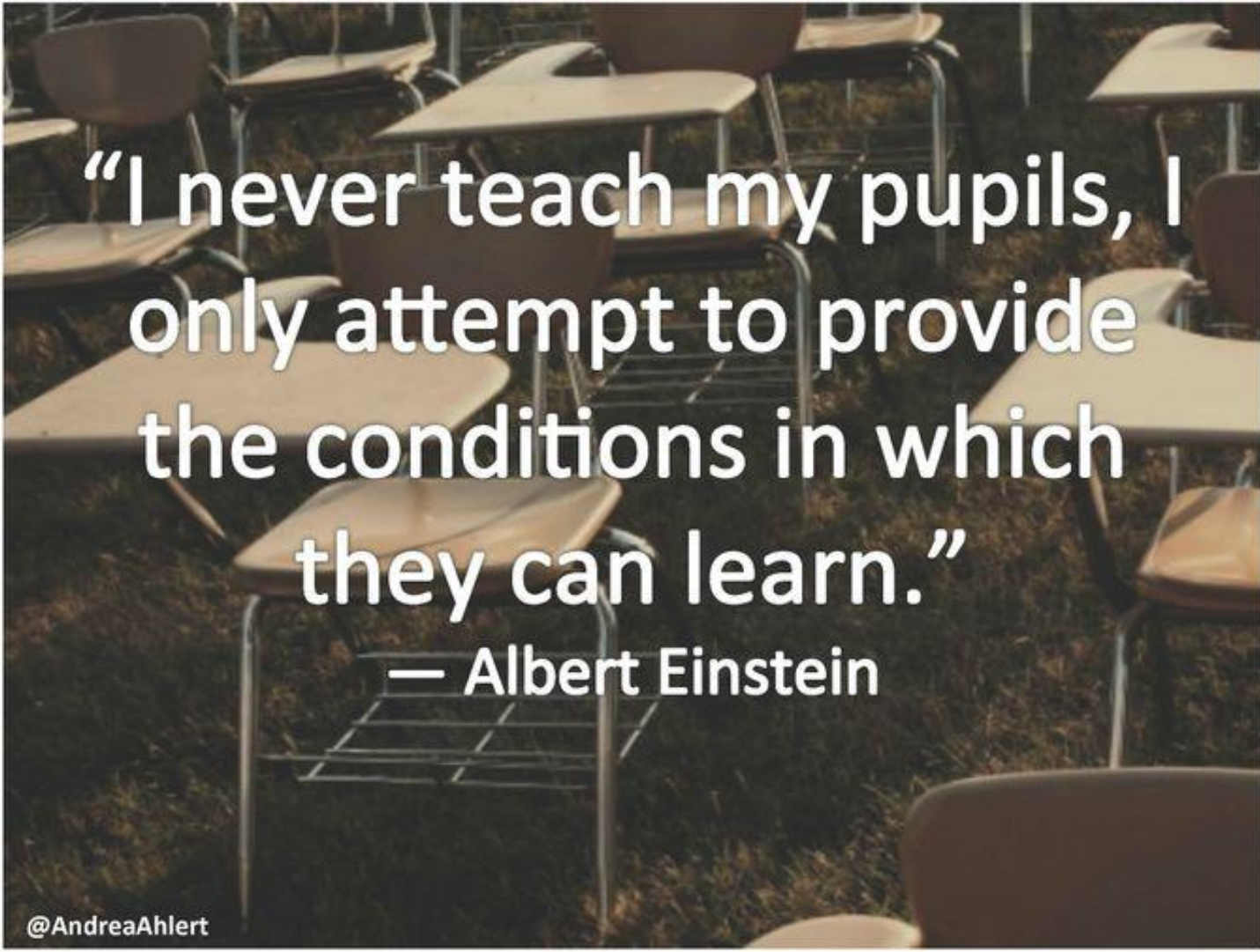


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Which one comes first?
Employability after education? Or
skills are learnt during
employability? Or can you have both
in parallel? **Going beyond
employability concept at university**





“I never teach my pupils, I
only attempt to provide
the conditions in which
they can learn.”

— Albert Einstein

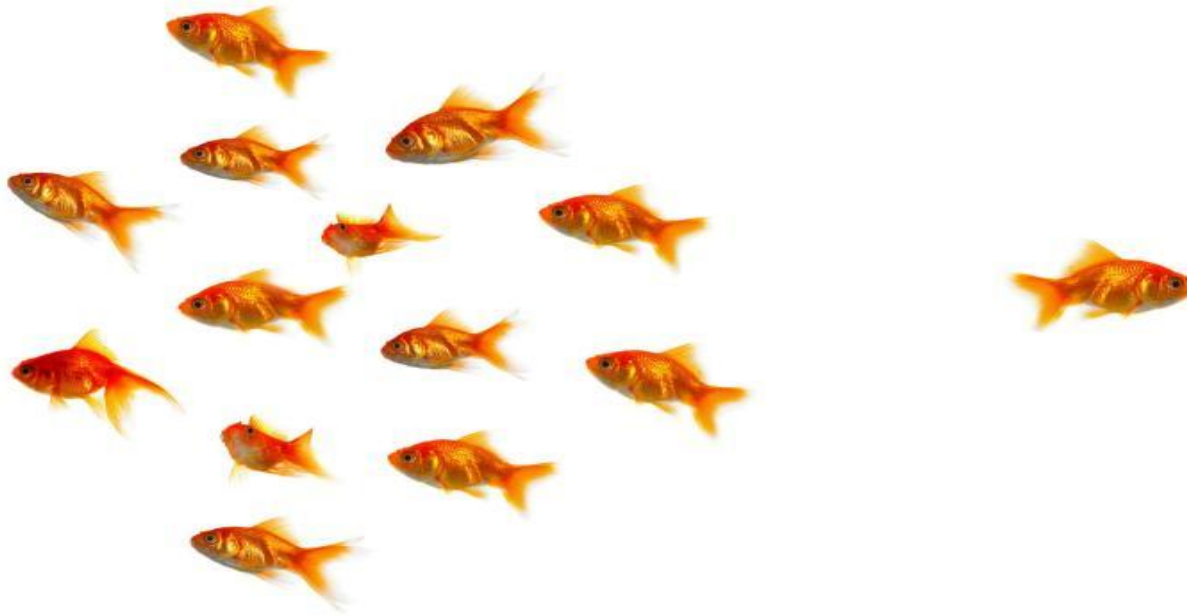
@AndreaAhlert



Dare to work with Sustainability



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Students as partners



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Self-esteem, psychosocial development



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I-Think Manual

(RED 5K Enterprise Fellowship award -2010- 2011)

- Teaching students how to think
- Transforming classroom theory into practice and personalization to enhance self- awareness and self- esteem
- Asking students to design a unique manual to explain who they are, what they what from their education and how they are going to achieve it.







What does creativity mean to you?

Leigh, 19, Wales
"Different and crazy ideas that someone comes up with"

Wrap Up

Business skills?

What skills do some of my group have that I would like to gain?

Out of the box thinking is when creativity is needed. This is the fun part of thinking. This is where the passion of the idea comes through.
Heart should rule over head.
Out of the box thinking

Thinking

need

Chee:
Chee has computer skills, that I can only dream of having.

Sarah:
communicates group effectively, is the job

Lara:
Lara is able to keep in control when something goes wrong!

What is critical thinking?

What does an ignorant idea look like?
Personally I feel that an ignorant idea is when individual only sees from their point of view and not into account the other's view

I have learnt a lot from this course. I have realised that I have many skills that I didn't know I had. I have also developed as a person due to interacting with my group. The beginning of this course I thought that I would be happy if I ended this I had gained confidence, and I'm glad to say I now have more confidence in myself and what I can achieve. I would like to thank my lecturer for pushing me to be the best version of me.
Thank you



What is thinking?
Thinking



In the box thinking
A great idea
Out of the box thinking
In the box and out of the box thinking are both needed when creating an idea. In the box thinking is used for the serious part of whether the idea will work and out of the box thinking is about the creative side of the idea.

From this exercise I learned that individually we are all great...



But together we are MORE that great!

In the past few years society has changed the way people view themselves.
There has been a stress on body image where people think
The thinner the better
This area of society is thinking

CATEGORIES :



TOASTER BAGS
SIMPLY POP INTO THE TOASTER FOR A QUICK SIMPLE LUNCH

CADBURY'S HOT CHOC CHUNKS

DROP INTO HOT MILK STIR AND THERE YOU HAVE A CHOCOLATEY DRINK



OSCAR AWARDS



Silent talking to yourself

Creativity comes from within!
Creativity comes from the heart. Ideas come from your brain but they can

Creative Thinking...

Creative thinking is the ability to make an informed and reflective judgement about what we believe in, response to observations, experience, reflection, reasoning and verbal communication. (Michael, M, 2001, pp3)

So, where does creative thinking come from? The human brain is made up of two almost identical hemispheres connected by millions of nerve fibres called the corpus callosum. The main two hemispheres are referred to as the left hemisphere and the right hemisphere. (Hediman, 2005, pp 48)

For many individuals, the left hemisphere of the brain is analytical and functions in a sequential and logical fashion and is the side that controls language, linear processes and equations, symbols, written text, mathematical equations, analysis and rationality.

On the other hand, the right hemisphere is creative and intuitive and is the side that controls dreams, visualisation, intuition, pattern recognition, non linear processes, holistic perception, beliefs and dreams. (Moravej, H, 11.02.2010)

Left...

$$2+2=4$$

CaVa?

$$8x-3=7x?$$

Right...

1,2,3,5,8,13...



Critical Thinking...

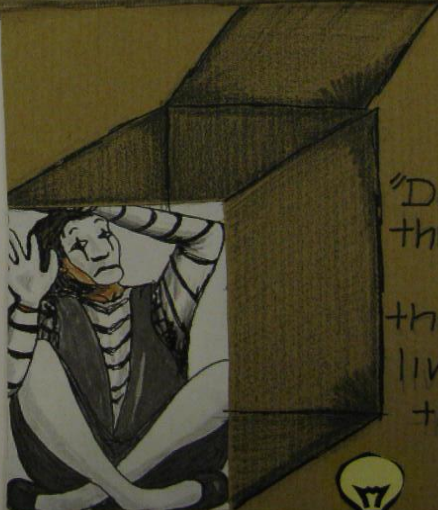
A creative person is often referred to as someone who is able to think "outside the box." But, who exactly knows what the box is or whether our actions belong inside or outside the box.

Thinking "outside the box" is a phrase that surrounds the process of lateral thinking and requires individuals to think differently, unconventionally or from a new perspective.

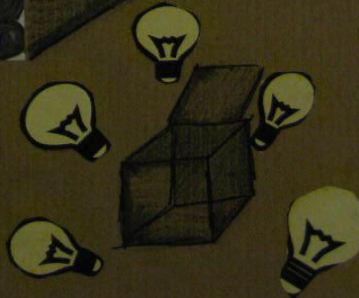
Thinking "inside the box" is reference to people's lifestyle and characteristics and allows individuals to carry out their lifestyle in a "safe" way. It provides them with the opportunity to remain out of the spot light and shy away from unwanted attention, helping them remain uncriticised and unjudged by others. However, "inside the box" thinking can be seen as dull, boring, un-opinionated and un-inspirational.

On the other hand, thinking "outside the box" allows individuals to express their opinions and lifestyles in a unique and individual way, creating new and unseen ideas. It can also inspire other people's way of thinking and start off certain trends. In spite of this, "outside the box" thinking can also be seen as strange, unordinary, weird, over-opinionated and just plain rude.

In terms of my personality and characteristics, I think the majority of my actions revolve around "in the box" thinking. As I tend to



"Don't just think outside the box, live outside the box."



I THINK

MANUAL

Empowering students & enhance cognitive development



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- **Accommodation:** adapting to the environment
- Changeable environment so it is always fresh (**embedded in Nutrition 21 first year unit**)
- Moving the lectures and learning to factories, GMP training academy, exhibitions, sustainable buildings, ethical factories, conferences, community settings and other faculties.
- “This unit keeps everything fresh”
(ISS Applied Nutrition 2013)



Enhanced Student Experience



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- **Level of academic challenge** : continually reconsidering, redesigning curriculum content (current, personalised, holistic)
- **Active and collaborative learning**: driven by students by active participation MetMuch Fairtrade ChocolateMile, working with elderly community of Sale, Sustainable Salads, Soreen Recipe Book, Moorhouses Brewery, Manchester Modernist Society, Banana Selfies, Fairtrade Foundation



Enrichment



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- **Enriching educational experiences:** GMP food and mood training sessions(600 police officers), Loreto College(300 Sixth formers) , Manchester Moss Side Academy (1000 kids) Manchester Council =Hulme Winter Festival (700 free meals) 2012& 2013
- **Student faculty interaction and supportive “super campus” environment:** MetMUnch working with MMUnion, MMU Futures, MMU Environment Team, Manchester Children Book Festival, MMU catering, MMU HR Mind, Body, Spirit Week, MMU CELT (**EGGucational** Breakfast for new lecturers)



Unlimited Learning



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“MetMUnch can make you feel everything is possible in the world, you just need to act on your ideas to make it happen.

I feel that after my graduation I can still do something

(MMUnion Awards 2013)



Public Engagement



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- Approximately **40,962** people reached
- +4,000,000 BBC listeners (9 radio stations at 5am)
- Starting budget : 0
- £7,582 in one year
- £4,047 spent





GMP Sustainable Food and Mood Training



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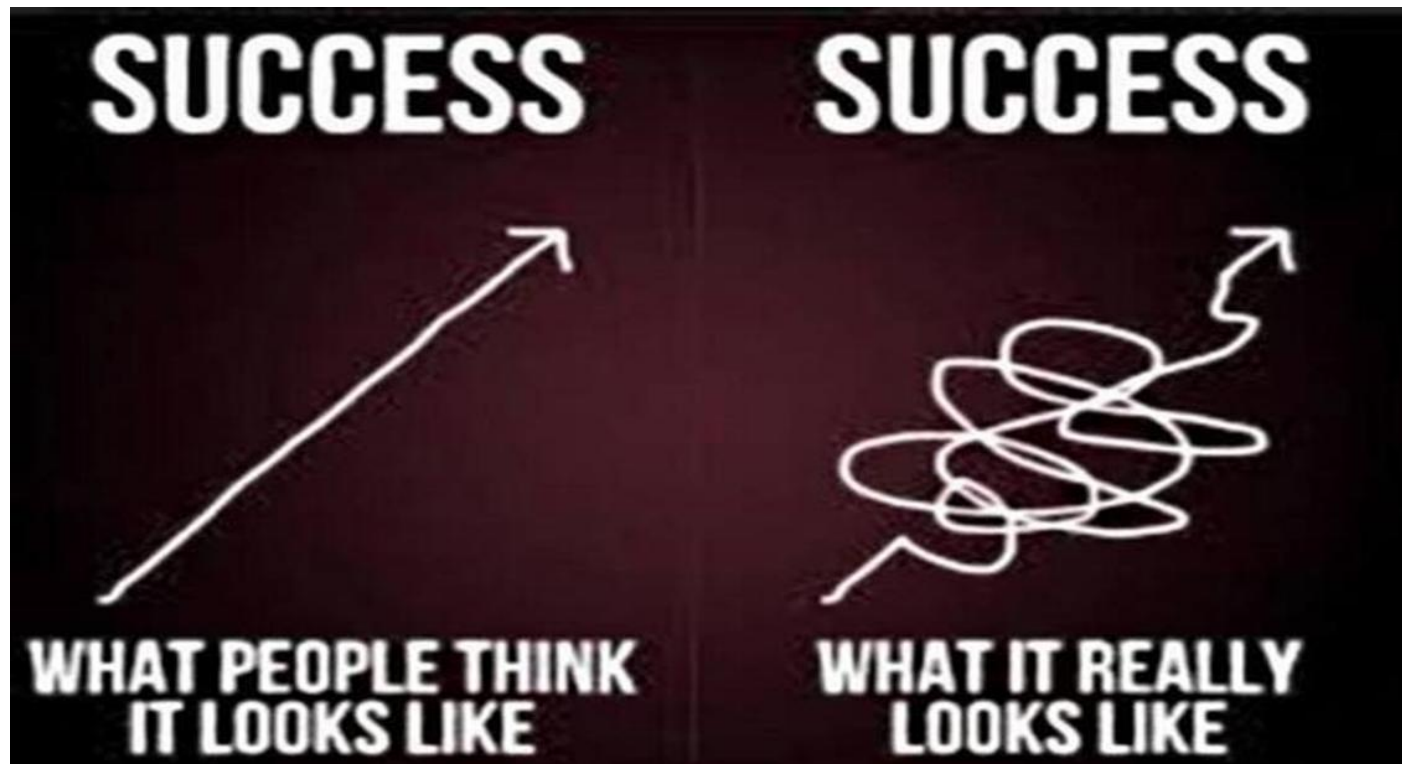
- “I would like to thank the MMU speakers for their excellent input. This is a topic I have been struggling with for some years. I will be taking on board the advice”
- All speakers from the Uni were brilliant, cracking input. Every officer should be made to attend this!”
- “More of this please, this is exactly what 21 century police officers need, best input in 28 years of service”



Learnt From Every Mistakes



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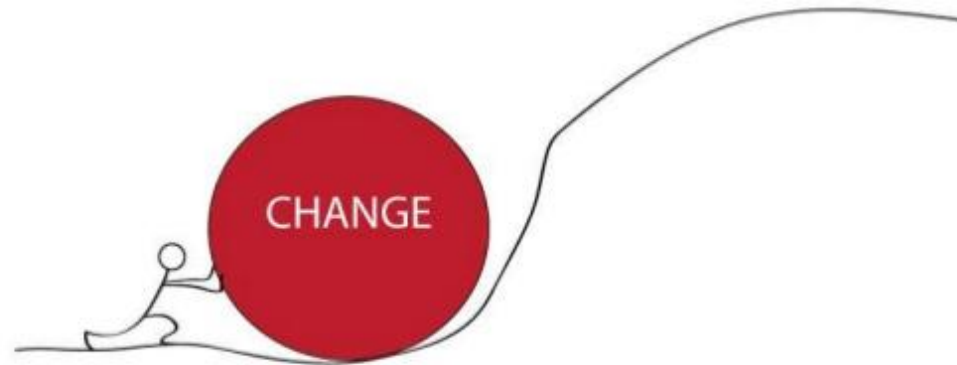
Solo Journey of a Lecturer



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Change is hard



winner



in Awards
International
winner 2014

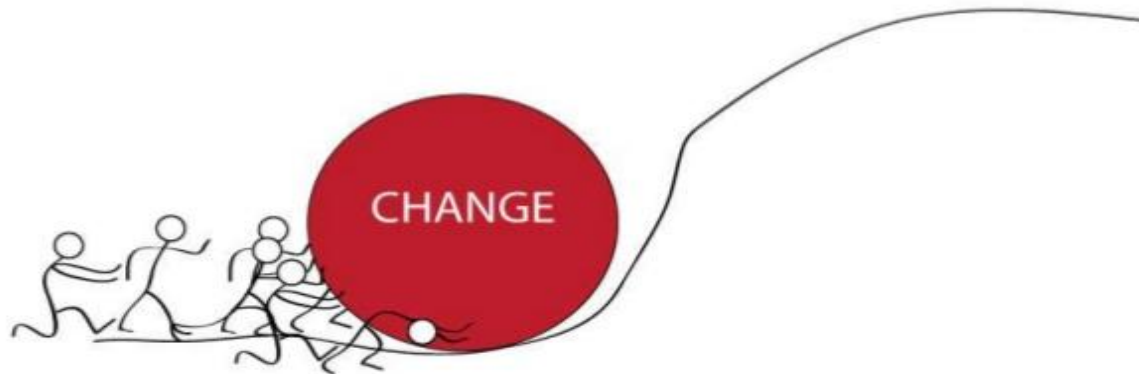
Students As Partners & colleagues



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Connected learners are more
effective change agents



Used Every Opportunity



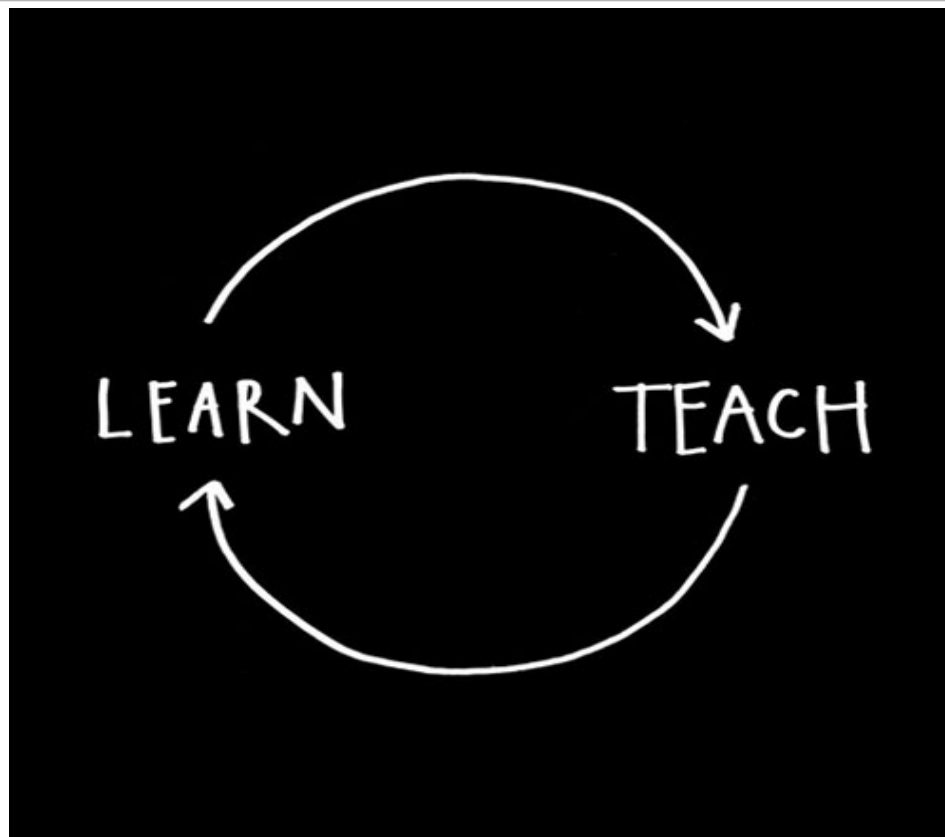
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By Doing You Become



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A Sustainability Camera



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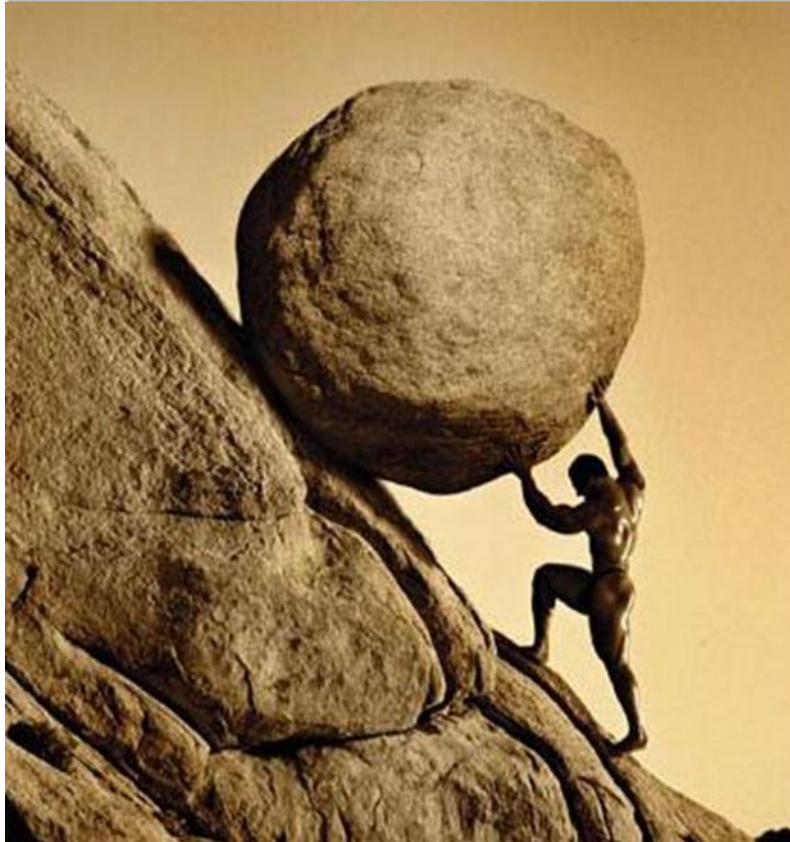
**LIFE IS LIKE A CAMERA.
JUST FOCUS ON WHAT'S
IMPORTANT AND CAPTURE
THE GOOD TIMES, DEVELOP
FROM THE NEGATIVES AND
IF THINGS DON'T WORK OUT,
JUST TAKE ANOTHER SHOT.**



It takes time and lots of effort
but it is worth it



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MetMUnch

A unique and successful partnership



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EAUC National & International Student engagement with sustainability Awards



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Feel The Fear But do It Anyway



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IF THERE ARE NO UPS AND DOWNS IN YOUR LIFE
IT MEANS YOU ARE DEAD



**DO IT WITH
PASSION
OR NOT
AT ALL.**

Who am I?



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Manchester
Metropolitan
University



My journey to the UK



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How did I find out about MetMunch?



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Why do we need sustainability?



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The Future



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What have I learned?



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- OMG – This woman wants something more!
- Carpe Diem
- What have we got to lose?
- Flexible – open to everyone, different commitments



Mul-Tea Cultural Event



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Organised Chaos: MetMunch



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Why MetMunch?



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MetMunch Connections, Partnerships, and Engagement come from:

- Sincerity
- Loving what we do by making sure we do what we love
- Improvising, Creativity
- Having fun
- Open-minded, experimental



MetMunch



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Thank You... Questions?

