

**Lena Rothe**

# Ecovillages as Destinations. Potential of Educational Tourism for Coping with Climate-Anxiety

**Master's Thesis**

# YOUR KNOWLEDGE HAS VALUE



- We will publish your bachelor's and master's thesis, essays and papers
- Your own eBook and book - sold worldwide in all relevant shops
- Earn money with each sale

Upload your text at [www.GRIN.com](http://www.GRIN.com)  
and publish for free



**Bibliographic information published by the German National Library:**

The German National Library lists this publication in the National Bibliography; detailed bibliographic data are available on the Internet at <http://dnb.dnb.de> .

This book is copyright material and must not be copied, reproduced, transferred, distributed, leased, licensed or publicly performed or used in any way except as specifically permitted in writing by the publishers, as allowed under the terms and conditions under which it was purchased or as strictly permitted by applicable copyright law. Any unauthorized distribution or use of this text may be a direct infringement of the author's and publisher's rights and those responsible may be liable in law accordingly.

**Imprint:**

Copyright © 2021 GRIN Verlag  
ISBN: 9783346962461

**This book at GRIN:**

<https://www.grin.com/document/1402021>

**Lena Rothe**

# **Ecovillages as Destinations. Potential of Educational Tourism for Coping with Climate-Anxiety**

## **GRIN - Your knowledge has value**

Since its foundation in 1998, GRIN has specialized in publishing academic texts by students, college teachers and other academics as e-book and printed book. The website [www.grin.com](http://www.grin.com) is an ideal platform for presenting term papers, final papers, scientific essays, dissertations and specialist books.

### **Visit us on the internet:**

<http://www.grin.com/>

<http://www.facebook.com/grincom>

[http://www.twitter.com/grin\\_com](http://www.twitter.com/grin_com)

Degree project 30 credits

June 2021

# Ecovillages as Destinations

Potential of Educational Tourism for Coping with Climate-  
Anxiety

---

Lena Rothe

## Abstract

Climate-anxiety is a growing mental health issue among the public and particularly among students in sustainability-related fields in Higher Education Institutions (HEI). The research field of climate-anxiety has emerged after 2007, and it also relates to other increasingly relevant mental health responses to environmental destruction such as eco-anxiety. This study examines how HEI can better address climate-anxiety. Specifically, it investigates whether non-formal actors like ecovillages can help students to cope with climate-anxiety. In this context, climate-anxiety is partly attributed to the way HEI teach about it. While education on climate change overly addresses cognitive learning, social and emotional learning are neglected.

Ecovillages are increasingly recognising their role in Education for Sustainable Development (ESD) and, through novel pedagogical approaches, can balance the shortcomings of HEI. Exploring the capacity of ecovillages for ESD and coping with climate-anxiety, the study includes five case studies of distinct ecovillages on three continents. The aim is on how educational tourism to ecovillages can help students to cope with climate-anxiety. This study found that lecturers do not sufficiently address climate-anxiety in HEI or Student Mental Health Services (SMHS) in Sweden. The paper argues that ecovillages are places where students can learn hands-on techniques to reduce their climate-anxiety and conclude by suggesting that HEI should initiate cooperation with local ecovillages to improve the problem of climate-anxiety among students.

*“We succumb to fatalism, and then it becomes impossible to muster the strength we absolutely need for a fierce struggle that will re-create the world. I am hopeful, not out of mere stubbornness, but out of an existential concrete imperative”*

Paulo Freire

*“Hope, much like imagination, comes at a premium. The cost is a life where more is expected. Where more is expected, new actions are required. The audacity of hope, the bold declaration to believe, and clarity of vision for a better life and world are seeds to personal growth, revolutionised societies, and life-changing technologies.”*

Ytasha Womack