

Sustainable Behaviour at Work and in Private Life

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How can sustainable lifestyles be supported in a world characterised through increased flexibility and acceleration? This is the main research question of the project “Sustainable Behaviour at Work and in Private Life”, financed by proVISION for nature and society - a programme of the Austrian Federal Ministry of Science and Research (BMWF).

Nutrition, health and mobility are fields of high priority for a sustainable lifestyle, as they have a high impact on the environment and are closely linked to well-being, health and quality of life for people in their everyday life.

The main focus of the project is put on the possible contributions of companies. It investigates how experiences and practices on the occupational level affect sustainable behaviour on the private level. The project’s output will be a toolkit for companies (good practice examples, instructions, fact sheets, etc.), showing how to link already existing company activities and how to supplement and implement management methods in an integrated manner, so that they facilitate sustainable practices and conduct at work and in the private lives of individuals.

The fields ‘workplace health promotion (nutrition and exercise)’ and ‘mobility’ will be investigated as well as measures to support work life balance, gender equality and diversity.

The key innovation of the project:

- It investigates the effects of behaviour on occupational level on everyday life.
- Environmental protection and work place health promotion (ecological and social topics, which are usually handled separately) are considered together.
- The perspective of the companies and the perspectives of the employers are compared to each other, with emphasis on trainees and sustainable education within the company.

The project provides usable knowledge for research into, and the practice of, sustainability management in companies, for education for sustainable development and for research on sustainable consumption and lifestyles.

Links: http://www.ifz.tugraz.at/index_en.php/article/articleview/1637/1/78/

Key words: sustainable lifestyle, CSR, health promotion, work-life-balance, trans-disciplinary research.