

ECO TEX

Manual do Utilizador

Plataforma de Aprendizagem Online UDEMY

*Competências Inovadoras em Economia Circular para o Setor Têxtil
Manual de Utilizador para o Curso Online “Técnico de Sustentabilidade”
Janeiro de 2020*

Centro Tecnológico das Indústrias Têxtil e do Vestuário de Portugal – CITEVE (Portugal)

Título do Projeto	<i>Circular Economy Innovative Skills in the Textile Sector</i>
Acrónimo do Projeto	<i>ECO TEX</i>
Número de Referência	<i>2017-1-ES01-KA202-038419</i>
Duração do Projeto	<i>01.11.2017 – 30.04.2020</i>
Parceiros do Projeto	<i>P1 Confederación de la Industria Textil - TEXFOR (Spain) P2 Hellenic Fashion Industry Association - SEPEE (Greece) P3 Technical University of Iasi – TUIASI (Romania) P4 Rigas Tehniska Universitate - RTU (Latvia) P5 Centro Tecnológico das Indústrias Têxtil e do Vestuário de Portugal – CITEVE (Portugal)</i>

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O objetivo do Intelectual Output 6 - Manual do Utilizador

Seguindo este manual, os utilizadores poderão facilmente aceder à plataforma on-line (UDEMY). Nesta plataforma, encontra-se disponível o curso "Técnico de Sustentabilidade", sem custos para o utilizador, que poderá navegar pelo curso de forma muito flexível. O manual é analítico e de fácil leitura.

O manual será produzido em formato eletrónico e efetuada a publicação de 100 itens idioma nacional de cada parceiro. O CITEVE é o parceiro líder deste Intelectual Output e responsável pelo seu desenvolvimento. O CITEVE desenvolveu o manual em português e inglês. Os restantes parceiros serão responsáveis pela tradução do Manual em cada idioma nacional. Cada parceiro será responsável por imprimir 100 itens do manual e distribuí-lo durante a fase piloto para os participantes.

Este documento é a versão final do Manual do Utilizador, que servirá como guia para os formandos acederem facilmente à plataforma on-line, onde os conteúdos do curso "Especialista em Sustentabilidade" estão disponíveis para o público.

1. Objetivos do curso “Técnico de Sustentabilidade”

O curso "Técnico de Sustentabilidade" visa capacitar os formandos a desenvolver uma compreensão das cadeias globais de fornecimento de vestuário e do impacto que têm nas pessoas e no nosso planeta, enquanto constrói estratégias para a mudança, impulsionando uma indústria têxtil e de vestuário que apoia as pessoas, o planeta, os lucros e a criatividade em igual medida.

2. Estrutura do curso “Técnico de Sustentabilidade”

O curso "Técnico de Sustentabilidade" é composto por quatro módulos que podem ser visualizados individualmente, para uma aprendizagem personalizada:

Módulo 1 - Gestão da Sustentabilidade

- Unidade 1.1 – Definição e Políticas de Sustentabilidade
- Unidade 1.2 – Desenvolvimento Sustentável (Modelos de Negócio)
- Unidade 1.3 - Aplicação de Certificações e Políticas
- Unidade 1.4 – Avaliação da Sustentabilidade
- Unidade 1.5 – Sustentabilidade Interna

Módulo 2 - Performance Ambiental

- Unidade 2.1. - Gestão da performance ambiental
- Unidade 2.2. - Refabricação e eficiência ecológica
- Unidade 2.3. - Melhores técnicas disponíveis (MTD) na indústria têxtil
- Unidade 2.4. - Performance ambiental dos produtos têxteis
- Unidade 2.5. - Legislação ambiental para o sector têxtil

Módulo 3 - Responsabilidade Social Corporativa

- Unidade 3.1 - Definição e âmbito da RSC
- Unidade 3.2 - Fundamentos da responsabilidade social corporativa (RSC)
- Unidade 3.3 - Cultura organizacional e RSC
- Unidade 3.4 - Implementar e avaliar a RSC
- Unidade 3.5 - Legislação de Saúde e Segurança no Trabalho para o sector têxtil

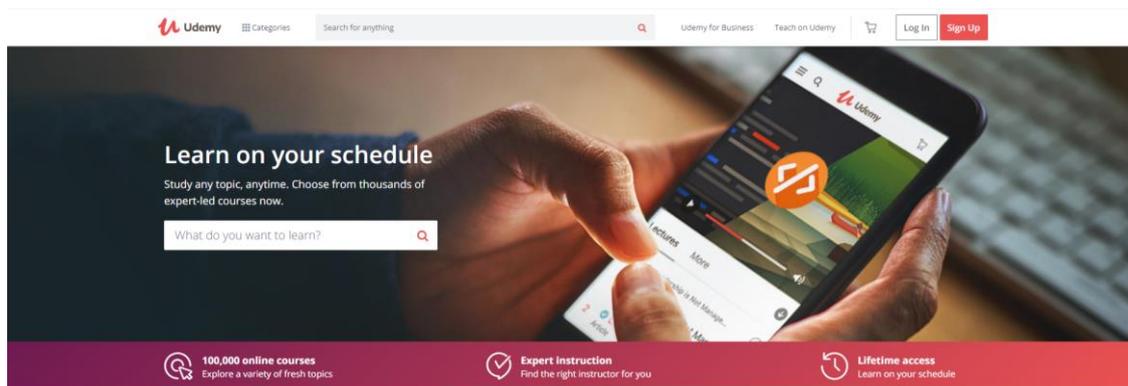
Módulo 4 - Economia Circular

- Unidade 4.1. - Definição e princípios da economia circular
- Unidade 4.2 - Identificação da legislação ambiental relativa à gestão de resíduos
- Unidade 4.3. - Economia Circular no sector têxtil
- Unidade 4.4. - Eco-design
- Unidade 4.5. - Modelos de negócio circulares para o sector têxtil

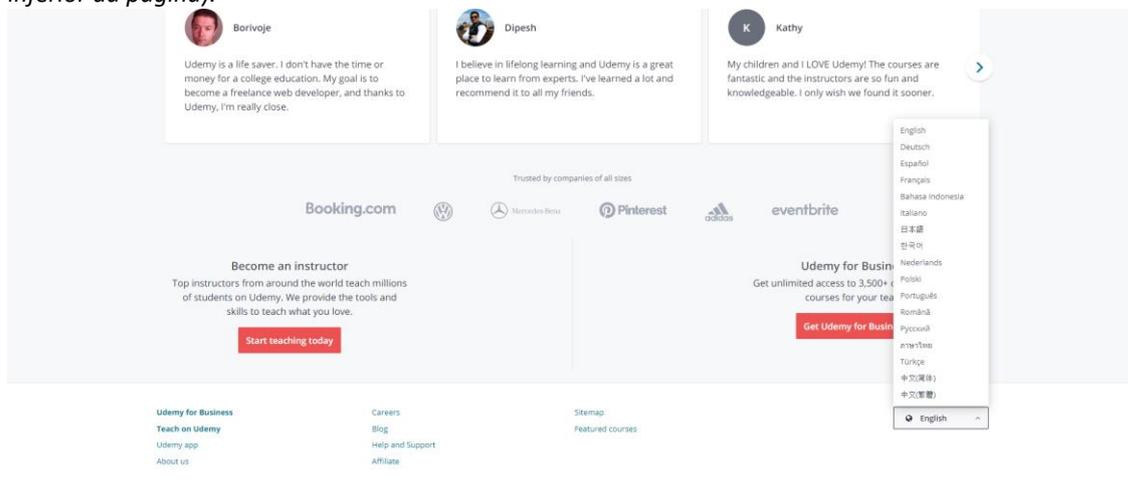
3. Passos para realizar o curso "Técnico de Sustentabilidade"

3.1 - Inscrição na plataforma de formação

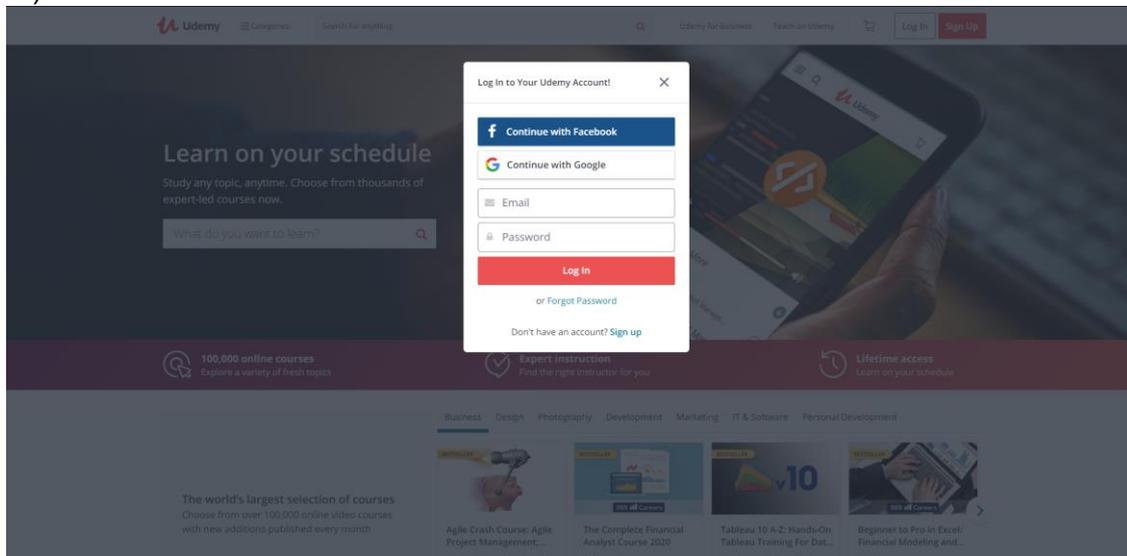
<https://www.udemy.com/>



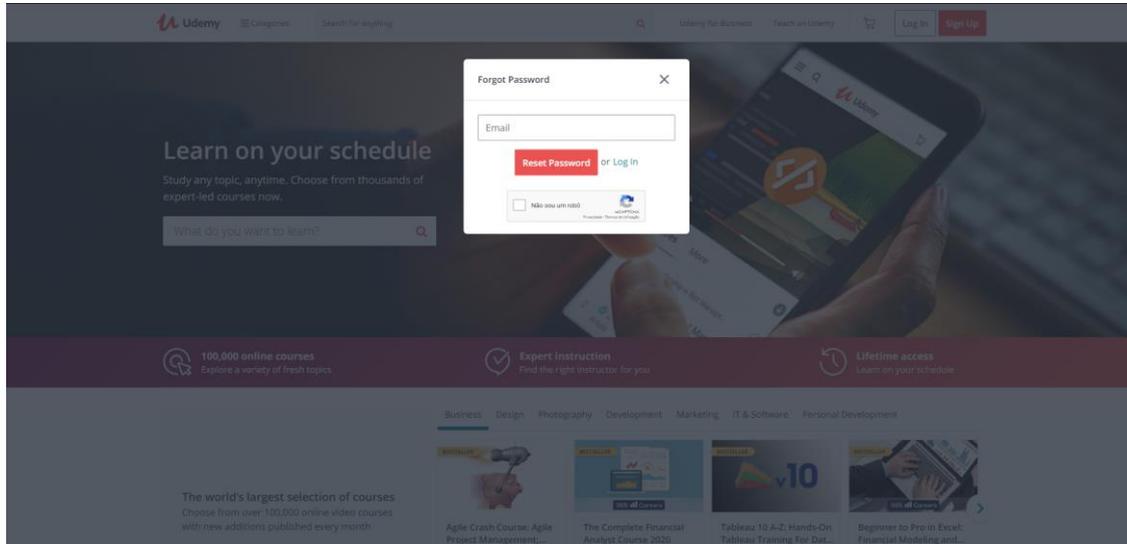
Escolher idioma (O(A) formando(a) tem a possibilidade de escolher o idioma da plataforma na parte inferior da página).



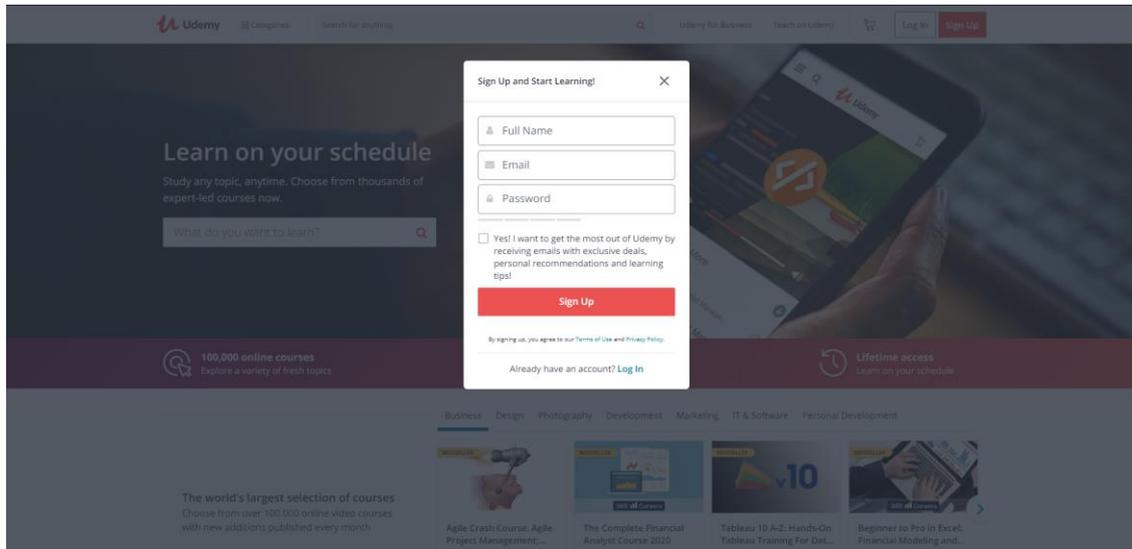
Log In (Se o(a) formando(a) já estiver registado na UDEMY, deve escolher a forma de efetuar o seu Log In.)



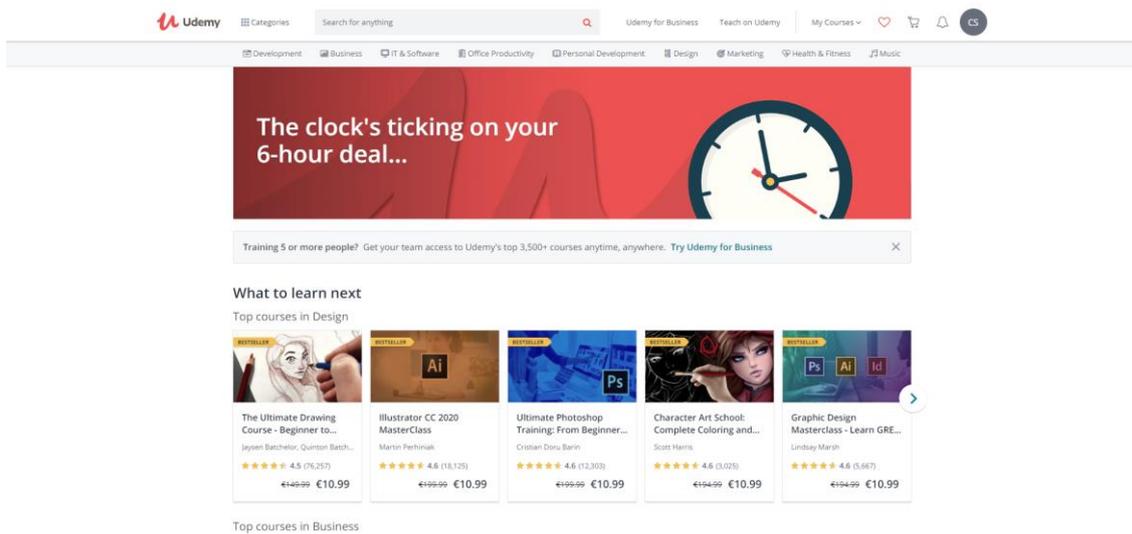
Esqueci a senha (Se o(a) formando(a) não se lembrar da sua senha, deve clicar em "Esqueci a senha" e preencher o pop-up que irá aparecer).



Registar-se (Se o(a) formando(a) não estiver registado na UDEMY, deve clicar em "Registar-se" e preencher a janela pop-up que irá aparecer).

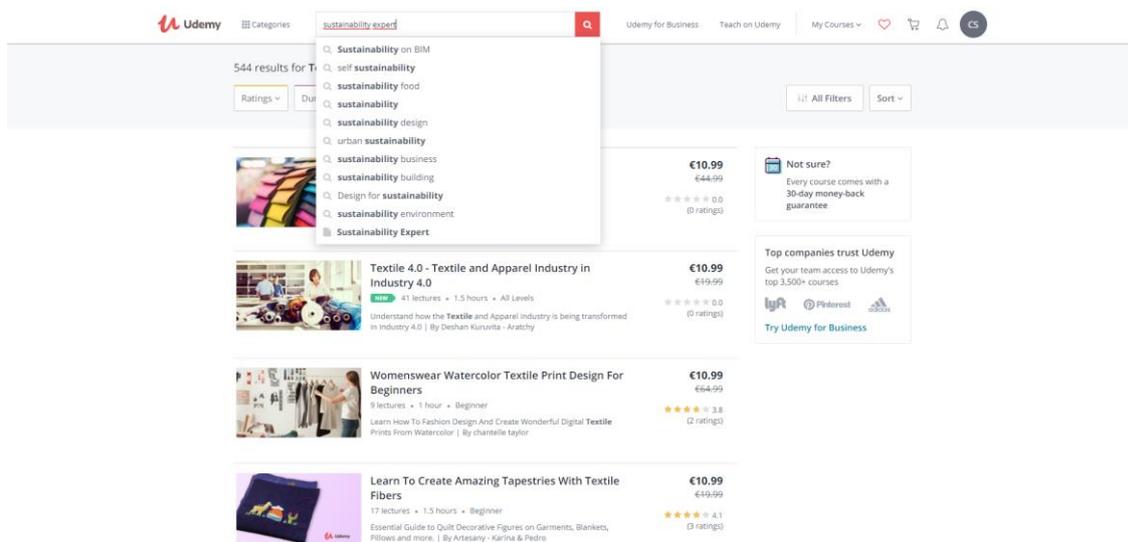


Utilizar a Plataforma (Após efetuar o Registo ou Entrar na Plataforma o(a) formando(a) terá acesso imediato à navegação na Plataforma.)



3.2 – Aceder ao curso “Técnico de Sustentabilidade”

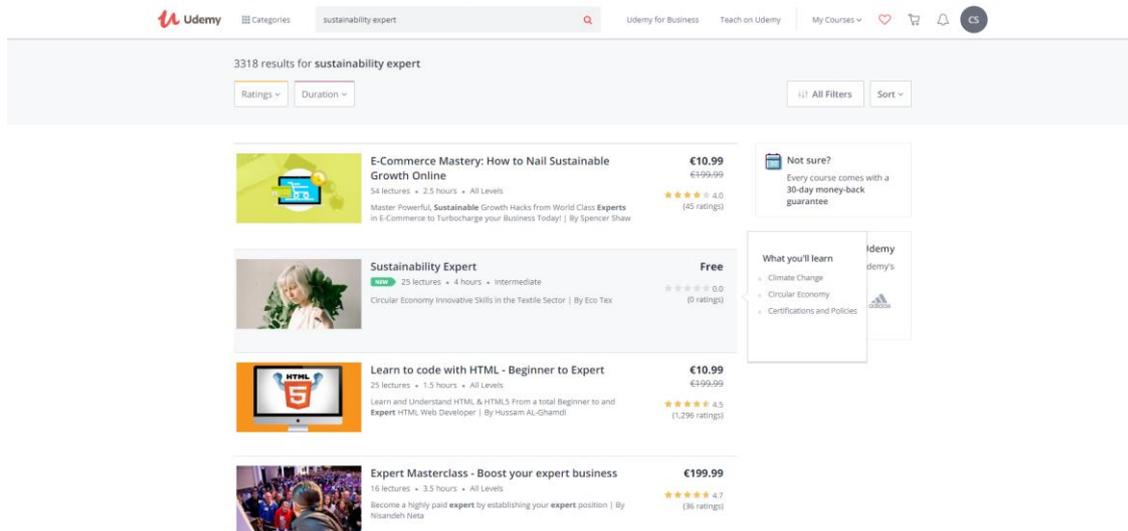
Procurar Curso (Para procurar o curso “Técnico de Sustentabilidade” o(a) formando(a) pode utilizar o campo “Procura” e escrever “sustainability expert”/ “textile sustainability”.)



The screenshot shows the Udemy search results for 'sustainability expert'. The search bar contains 'sustainability expert' and a dropdown menu lists suggestions like 'Sustainability on BIM', 'self sustainability', 'sustainability food', 'sustainability', 'sustainability design', 'urban sustainability', 'sustainability business', 'sustainability building', 'Design for sustainability', 'sustainability environment', and 'Sustainability Expert'. The main results list includes:

- Textile 4.0 - Textile and Apparel Industry in Industry 4.0**: 41 lectures, 1.5 hours, All Levels. Price: €10.99 (€44.99). Rating: 0.0 (0 ratings).
- Womenswear Watercolor Textile Print Design For Beginners**: 9 lectures, 1 hour, Beginner. Price: €10.99 (€44.99). Rating: 3.8 (2 ratings).
- Learn To Create Amazing Tapestries With Textile Fibers**: 17 lectures, 1.5 hours, Beginner. Price: €10.99 (€49.99). Rating: 4.1 (3 ratings).

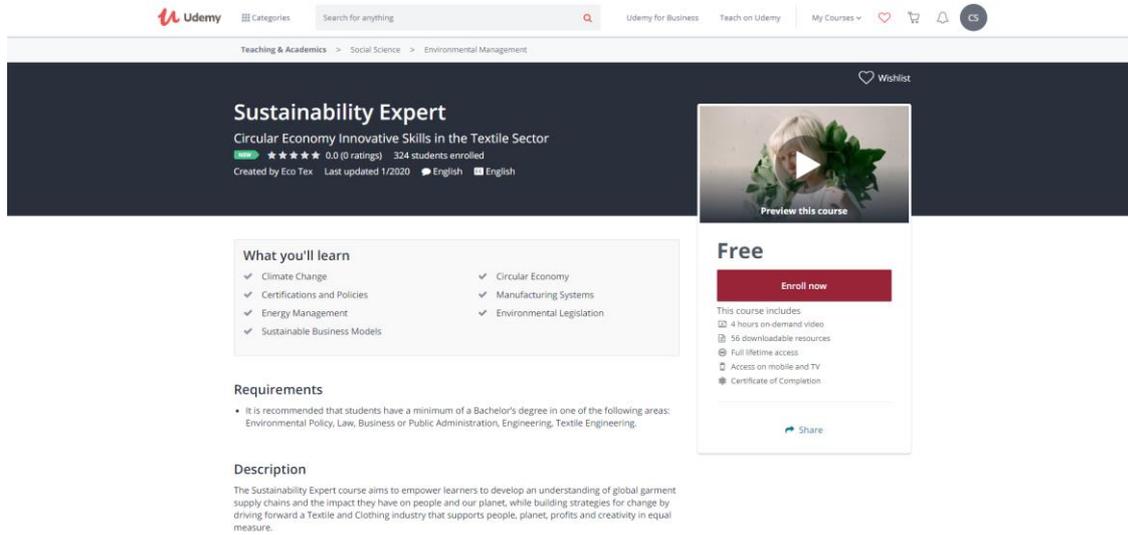
Selecionar o Curso (Após a pesquisa, o curso aparecerá no ecrã e o(a) formando(a) deverá selecioná-lo para aceder à informação mais detalhada.)



The screenshot shows the Udemy search results for 'sustainability expert' with 3318 results. The search bar contains 'sustainability expert'. The main results list includes:

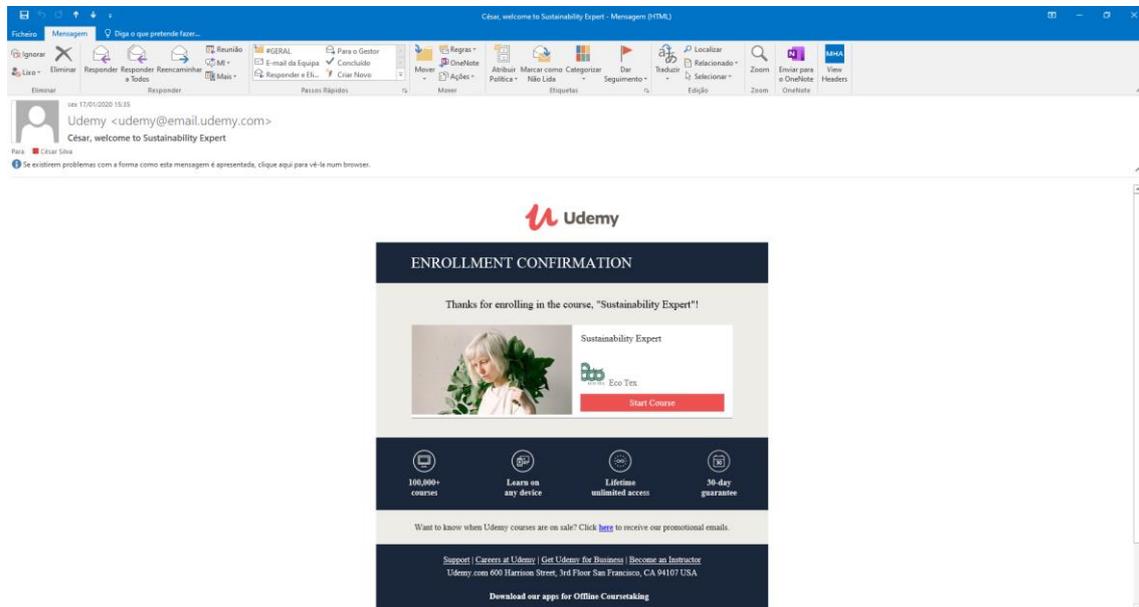
- E-Commerce Mastery: How to Nail Sustainable Growth Online**: 54 lectures, 2.5 hours, All Levels. Price: €10.99 (€499.99). Rating: 4.0 (45 ratings).
- Sustainability Expert**: 25 lectures, 4 hours, Intermediate. Price: Free. Rating: 0.0 (0 ratings). This course is highlighted with a 'What you'll learn' box listing: Climate Change, Circular Economy, and Certifications and Policies.
- Learn to code with HTML - Beginner to Expert**: 25 lectures, 1.5 hours, All Levels. Price: €10.99 (€499.99). Rating: 4.5 (1,296 ratings).
- Expert Masterclass - Boost your expert business**: 16 lectures, 3.5 hours, All Levels. Price: €199.99. Rating: 4.7 (36 ratings).

Inscrição no Curso (Após visualizar toda a informação disponível sobre o curso, se o(a) formando(a) decidir inscrever-se, deverá clicar no botão “Inscreva-se agora”).



The screenshot shows the Udeity course page for "Sustainability Expert". The course is part of the "Circular Economy Innovative Skills in the Textile Sector" program. It is created by Eco Tex and last updated on 1/2020. The course has a 0.0 rating from 0 reviews and 324 students enrolled. The page lists the following topics to be learned: Climate Change, Certifications and Policies, Energy Management, Sustainable Business Models, Circular Economy, Manufacturing Systems, and Environmental Legislation. A "Free" badge is present, and the course includes 4 hours of on-demand video, 56 downloadable resources, full lifetime access, access on mobile and TV, and a certificate of completion. A "Share" button is also visible.

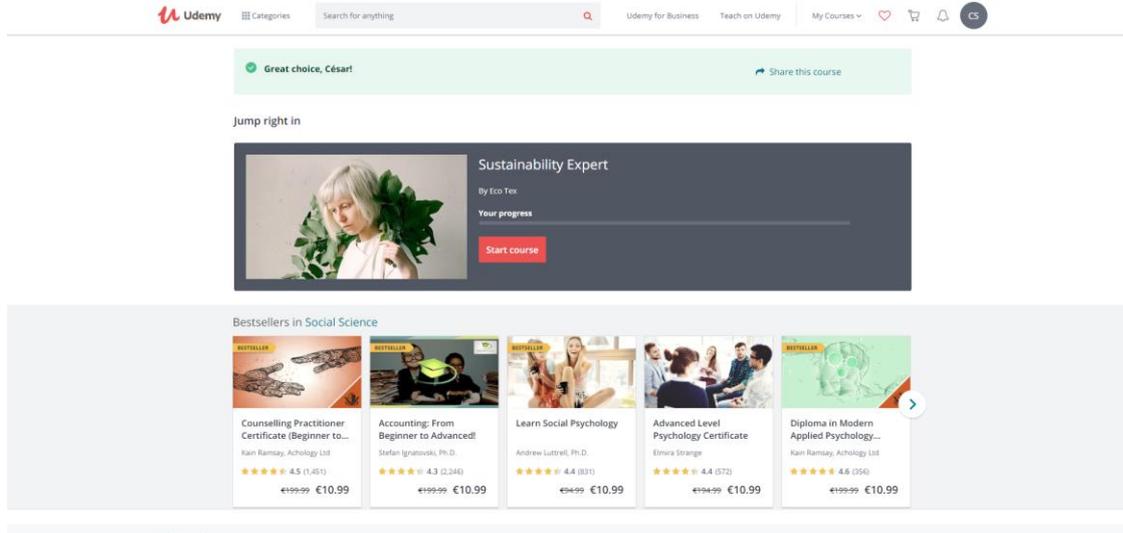
Confirmação da Inscrição (É enviado um email ao(à) formando(a) com a confirmação da sua inscrição.)



The screenshot shows an email confirmation from Udeity. The subject is "César, welcome to Sustainability Expert - Mensagem (HTML)". The email content includes the Udeity logo, the text "ENROLLMENT CONFIRMATION", and "Thanks for enrolling in the course, 'Sustainability Expert!'". Below this, there is a small image of a child with a plant and a "Start Course" button. The email also lists several benefits: 100,000+ courses, learn on any device, lifetime unlimited access, and a 30-day guarantee. At the bottom, there is a link to learn more about Udeity courses and promotional emails, and contact information for support, careers, and becoming an instructor.

3.3 – Realização do curso “Técnico de Sustentabilidade”

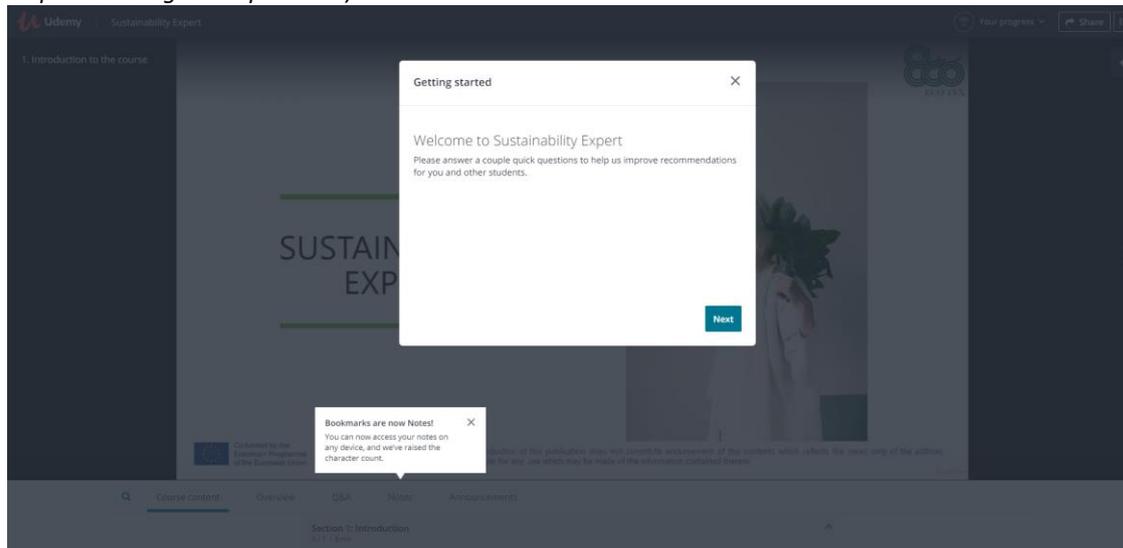
Iniciar o Curso (Após a inscrição no curso o(a) formando(a) deve clicar no botão “Iniciar o Curso”.)



The screenshot shows the Udeemy interface for the 'Sustainability Expert' course. At the top, there is a navigation bar with the Udeemy logo, search bar, and user account options. Below the navigation bar, a green banner reads 'Great choice, César!' with a 'Share this course' link. The main content area features a large video thumbnail for the 'Sustainability Expert' course by Eco Tex, with a 'Start course' button. Below this, a section titled 'Bestsellers in Social Science' displays five course cards with their respective titles, instructors, ratings, and prices.

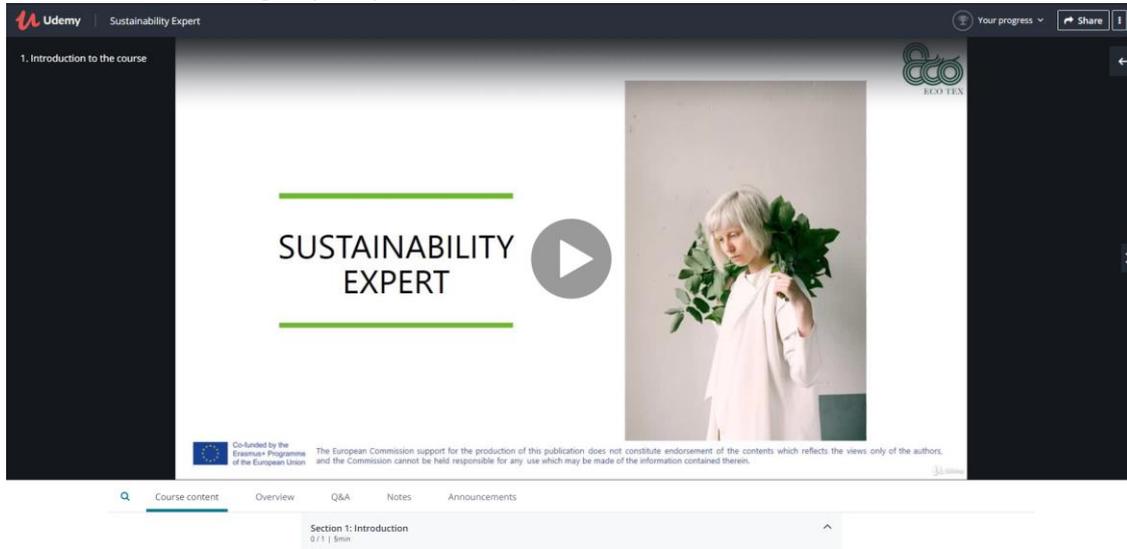
Course Title	Instructor	Rating	Price
Counselling Practitioner Certificate (Beginner to...)	Kaen Ramsey, Aichology Ltd	4.5 (1,451)	€199.99 €10.99
Accounting: From Beginner to Advanced!	Stefan Ignatowski, Ph.D.	4.3 (2,346)	€199.99 €10.99
Learn Social Psychology	Andrew Luttrell, Ph.D.	4.4 (931)	€94.99 €10.99
Advanced Level Psychology Certificate	Elmira Strange	4.4 (572)	€94.99 €10.99
Diploma in Modern Applied Psychology...	Kaen Ramsey, Aichology Ltd	4.6 (954)	€199.99 €10.99

Breve Questionário (Antes de iniciar a sua navegação pelo curso o(a) formando(a) é convidado(a) a responder a algumas questões.)

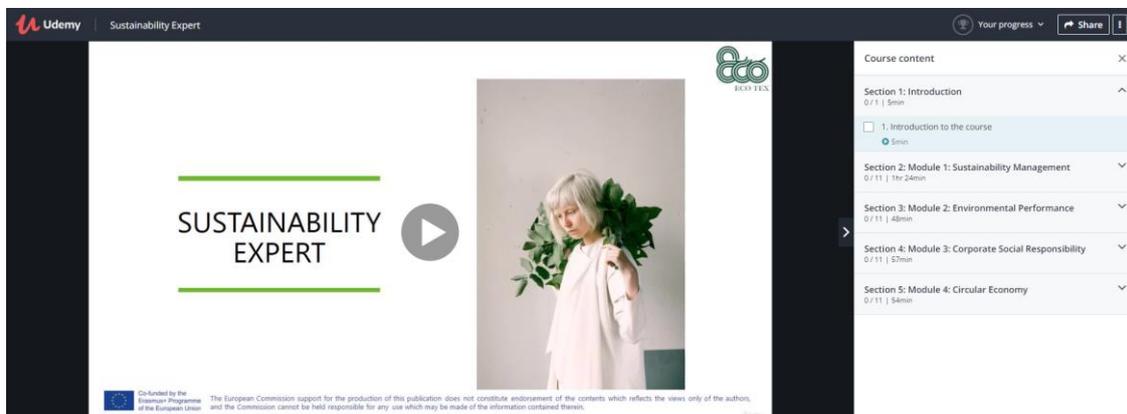
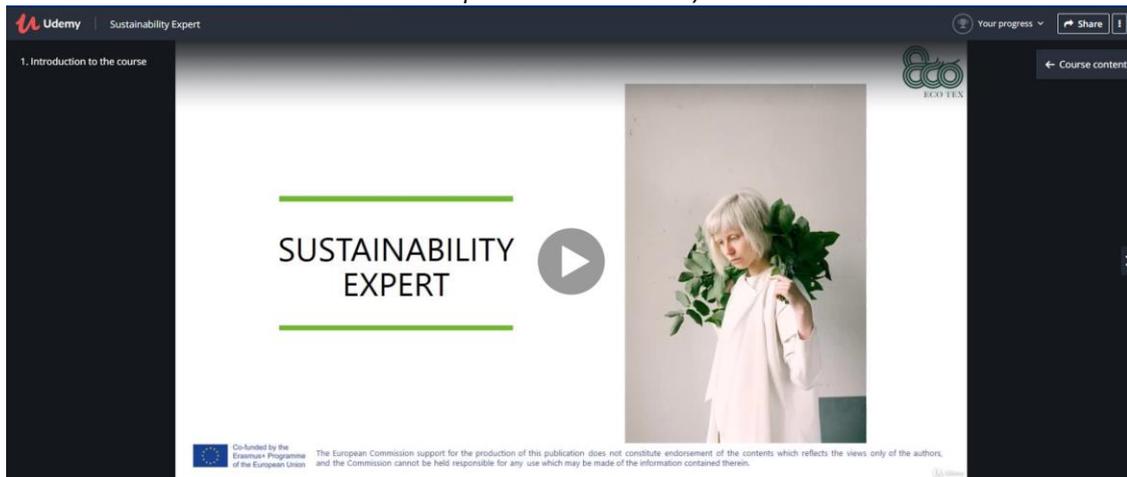


The screenshot shows the course introduction page for 'Sustainability Expert'. A 'Getting started' dialog box is open, displaying a welcome message and a request to answer a few quick questions to help improve recommendations. The dialog box has a 'Next' button. Below the dialog box, a smaller notification reads 'Bookmarks are now Notes! You can now access your notes on any device, and we've raised the character count.' The background shows the course title 'SUSTAINABILITY EXPERT' and navigation options like 'Course content', 'Overview', 'Q&A', 'Notes', and 'Assessments'.

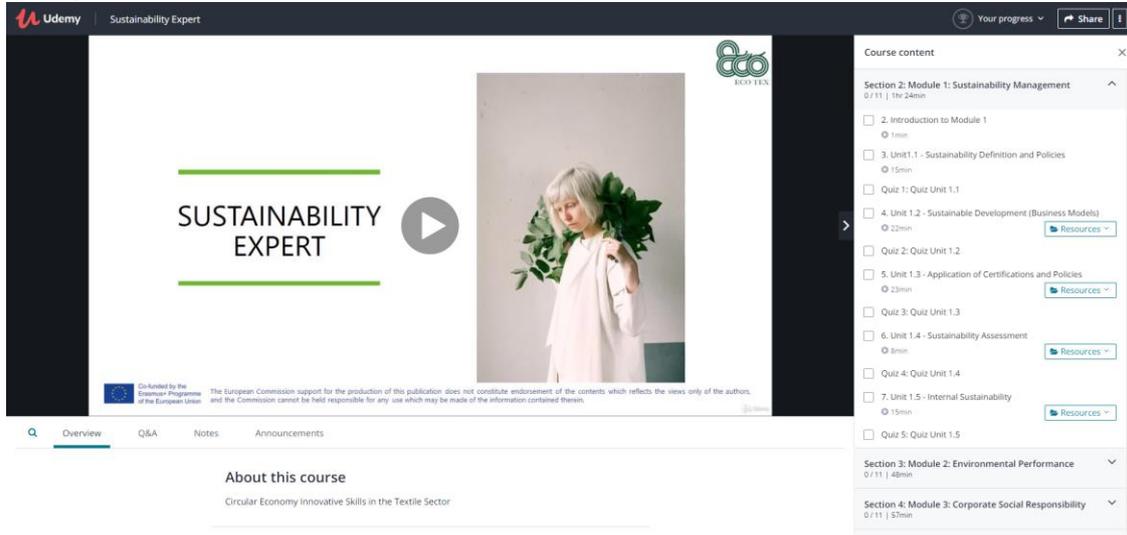
Percorrer o curso (Página principal do curso.)



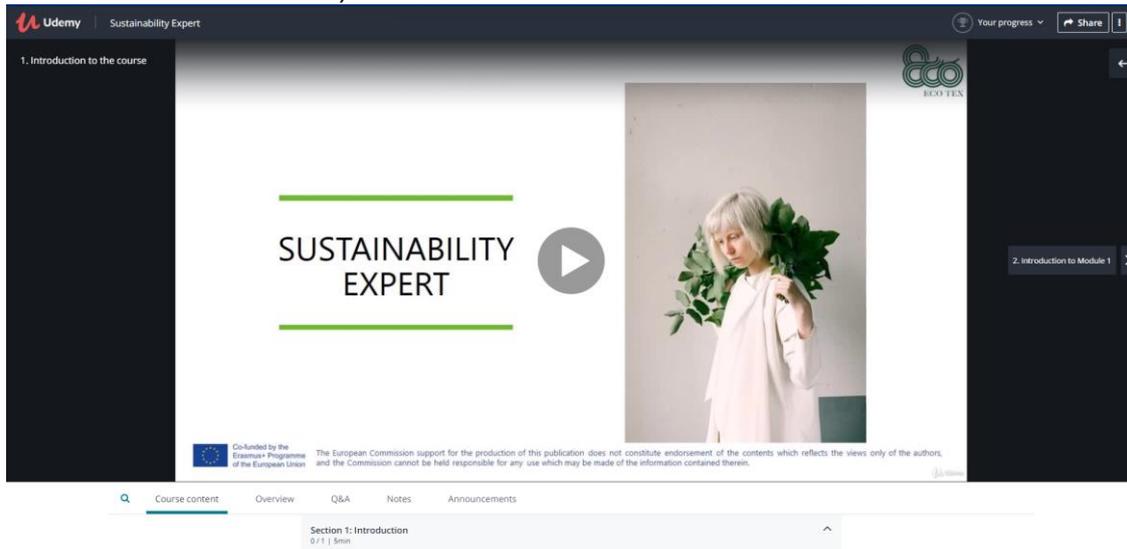
Percorrer o conteúdo do curso na parte direita do ecrã (O(A) formando(a) pode percorrer e visualizar a lista de conteúdo do curso na parte direita do ecrã.)



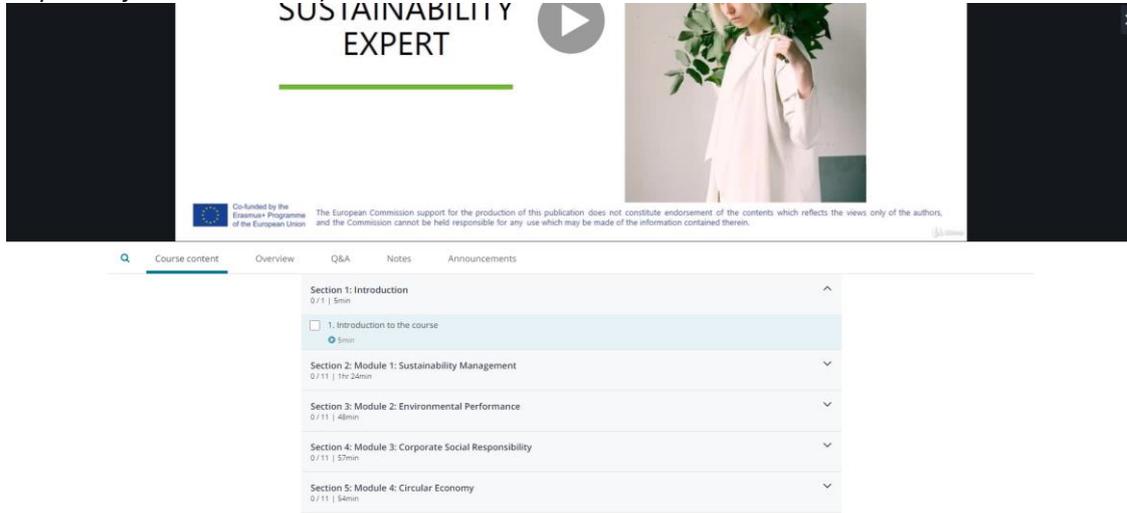
Abrir e Fechar Secções do curso (O(A) formando(a) pode percorrer o conteúdo do curso através da utilização das setas existentes na lista de conteúdos.)



Avançar para próximo vídeo/aula/questionário (O(A) formando(a) pode utilizar as setas na parte central do lado direito do ecrã.)



Conteúdo do Curso (O(A) formando(a) tem também a possibilidade de visualizar o conteúdo do curso na parte inferior do seu ecrã.)



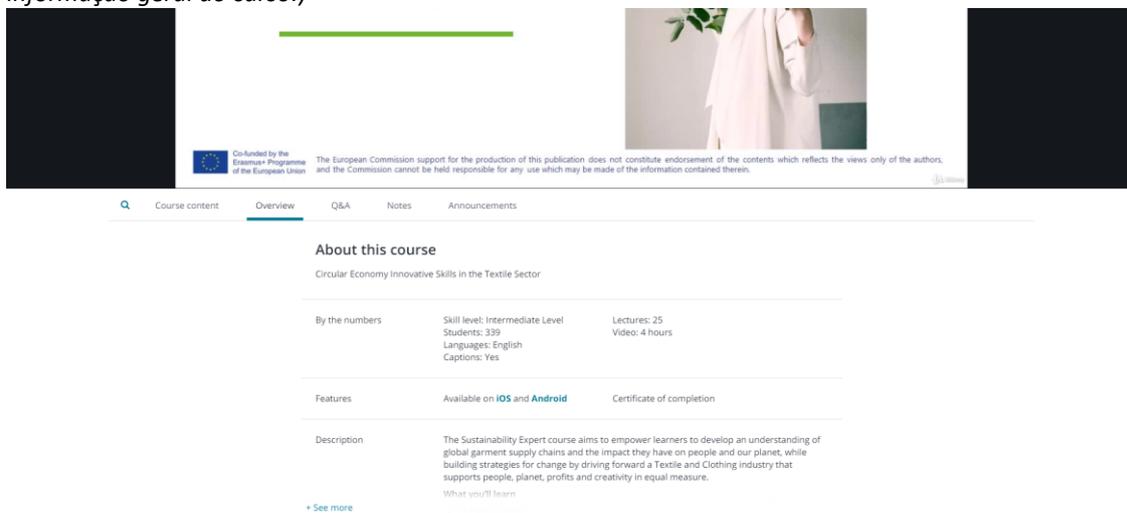
SUSTAINABILITY EXPERT

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Course content | Overview | Q&A | Notes | Announcements

Section 1: Introduction 0/1 5min	^
<input type="checkbox"/> 1. Introduction to the course 5min	
Section 2: Module 1: Sustainability Management 0/11 1hr 24min	v
Section 3: Module 2: Environmental Performance 0/11 48min	v
Section 4: Module 3: Corporate Social Responsibility 0/11 57min	v
Section 5: Module 4: Circular Economy 0/11 54min	v

Vista Geral do Curso (Ao escolher “Visão geral”, o(a) formando(a) tem a possibilidade de visualizar a informação geral do curso.)



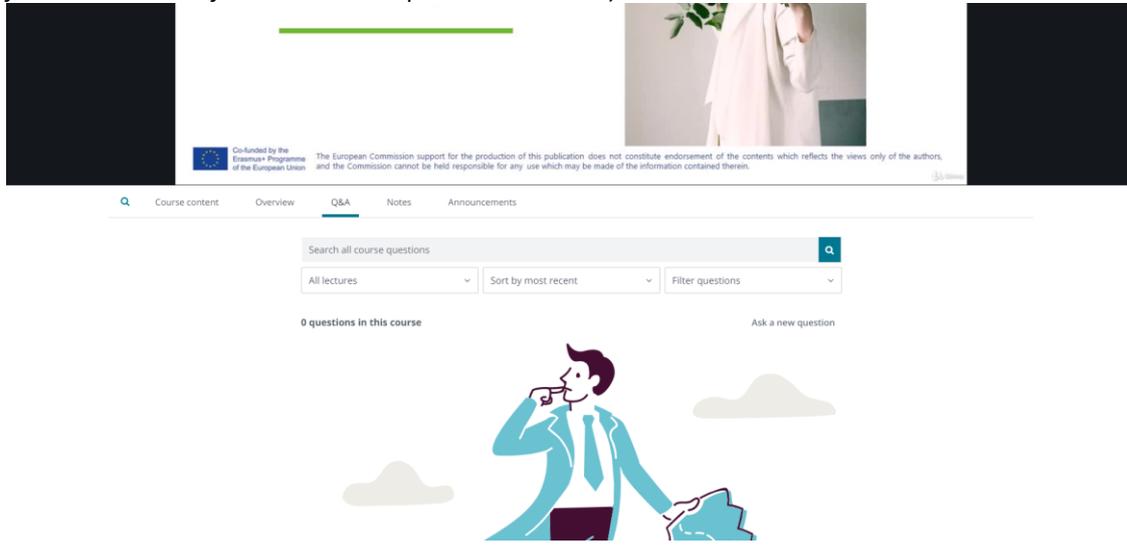
Course content | Overview | Q&A | Notes | Announcements

About this course
Circular Economy Innovative Skills in the Textile Sector

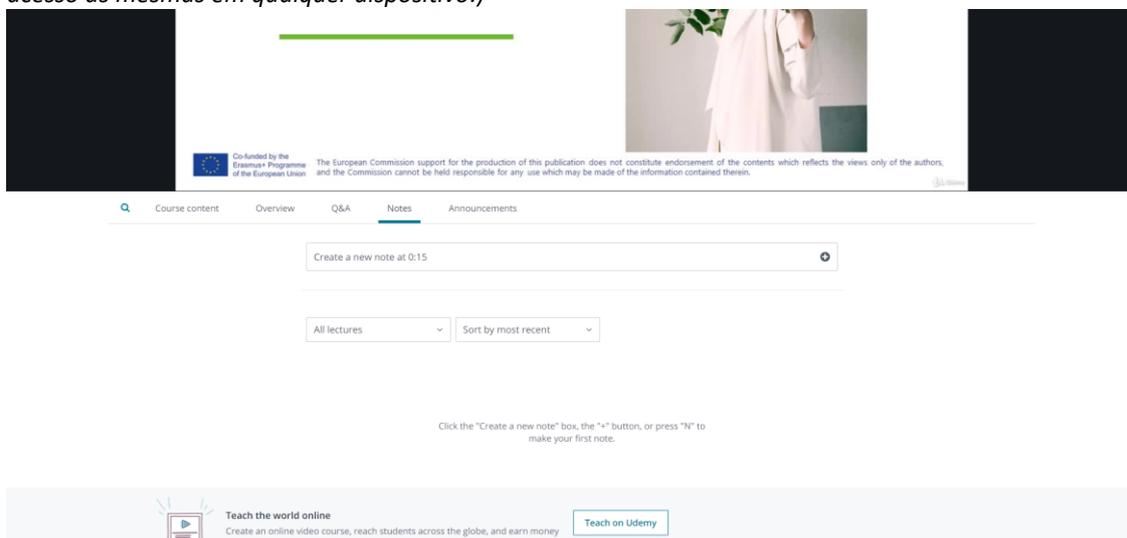
By the numbers	Skill level: Intermediate Level Students: 339 Languages: English Captions: Yes	Lectures: 25 Video: 4 hours
Features	Available on iOS and Android	Certificate of completion
Description	The Sustainability Expert course aims to empower learners to develop an understanding of global garment supply chains and the impact they have on people and our planet, while building strategies for change by driving forward a Textile and Clothing industry that supports people, planet, profits and creativity in equal measure.	

+ See more

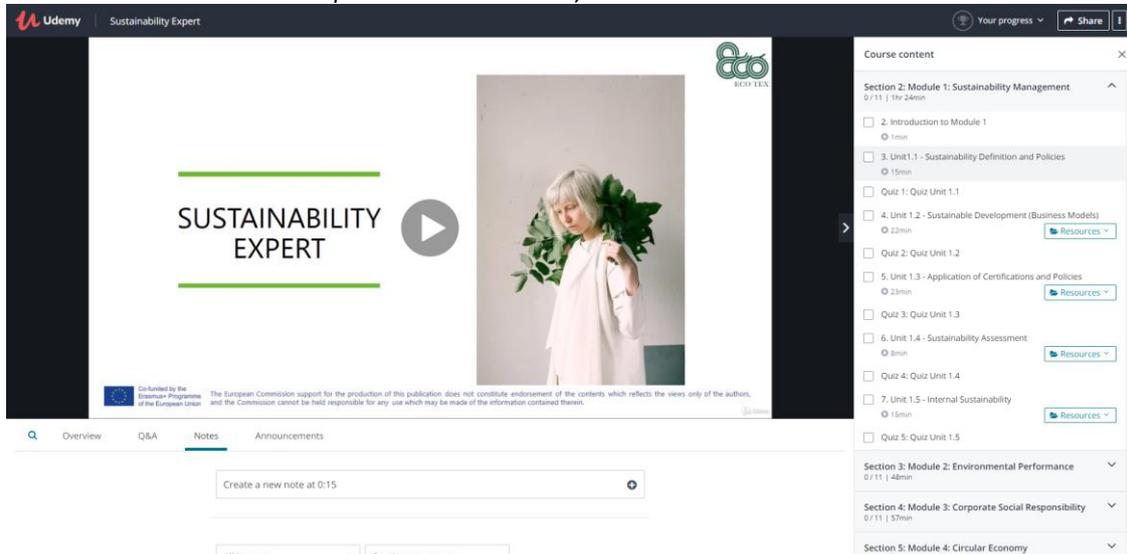
Perguntas & Respostas (Um espaço destinado a Perguntas & Respostas que permite a interação entre formandos e entre formandos e o responsável do curso.)



Observações (Uma área privada, na qual o(a) formando(a) pode efetuar as suas observações e ter acesso às mesmas em qualquer dispositivo.)



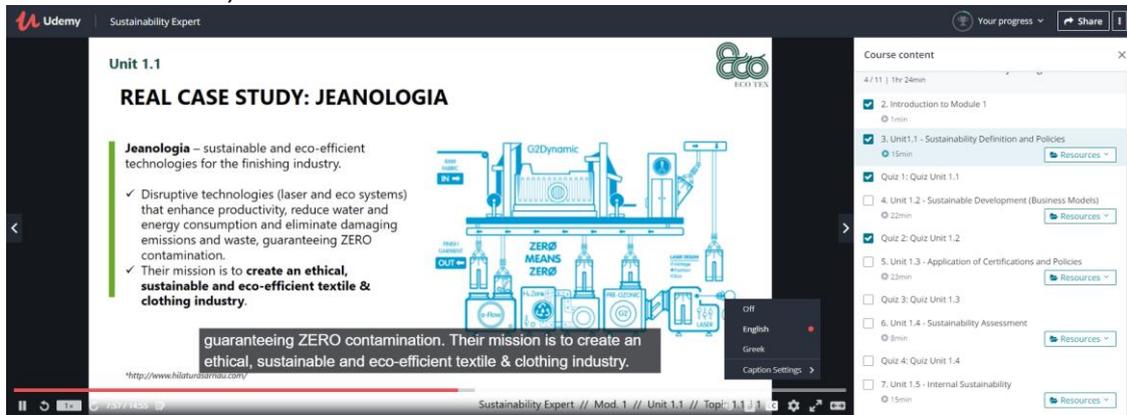
Escolher Aula / Conteúdo (*Se o(a) formando(a) pretende visualizar um conteúdo específico, pode “saltar” as aulas e escolher a que mais lhe interessa.*)



The screenshot shows the UdeMy course interface for 'Sustainability Expert'. The main video player displays a title card with the text 'SUSTAINABILITY EXPERT' and a play button. To the right, a 'Course content' sidebar lists the course structure:

- Section 2: Module 1: Sustainability Management (0/11 | 1hr 24min)
 - 2. Introduction to Module 1 (0 | 1min)
 - 3. Unit1.1 - Sustainability Definition and Policies (0 | 15min)
 - Quiz 1: Quiz Unit 1.1
 - 4. Unit 1.2 - Sustainable Development (Business Models) (0 | 22min)
 - Quiz 2: Quiz Unit 1.2
 - 5. Unit 1.3 - Application of Certifications and Policies (0 | 23min)
 - Quiz 3: Quiz Unit 1.3
 - 6. Unit 1.4 - Sustainability Assessment (0 | 8min)
 - Quiz 4: Quiz Unit 1.4
 - 7. Unit 1.5 - Internal Sustainability (0 | 15min)
 - Quiz 5: Quiz Unit 1.5
- Section 3: Module 2: Environmental Performance (0/11 | 48min)
- Section 4: Module 3: Corporate Social Responsibility (0/11 | 57min)
- Section 5: Module 4: Circular Economy

Utilizar Legendas (*O(A) formando(a) tem a possibilidade de LIGAR/DESLIGAR as legendas e escolher o idioma das mesmas.*)



The screenshot shows the video player for 'Unit 1.1 REAL CASE STUDY: JEANOLOGIA'. The video content includes a diagram of a textile production process with the text 'ZERO MEANS ZERO' and 'guaranteeing ZERO contamination. Their mission is to create an ethical, sustainable and eco-efficient textile & clothing industry.' A subtitle menu is open, showing options for 'English' and 'Greek'. The video player interface includes a progress bar and a 'Caption Settings' button.



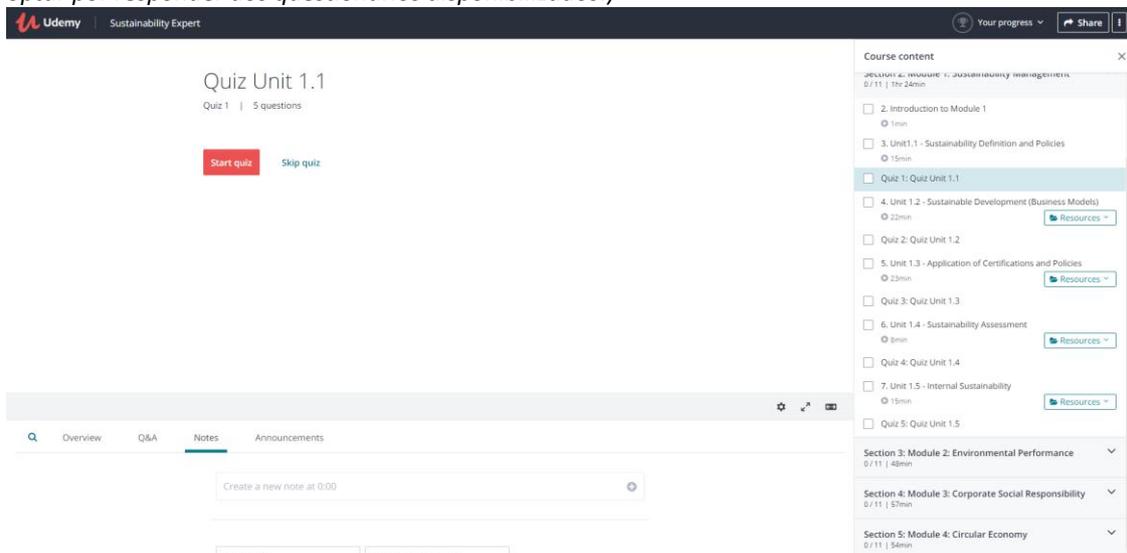
The screenshot shows the video player for 'Unit 1.1 SUSTAINABILITY POLICIES'. The video content features the 'Sustainable Development Goals' (SDGs) grid. A subtitle menu is open, showing options for 'English' and 'Greek'. The video player interface includes a progress bar and a 'Caption Settings' button.

Recursos (Cada Unidade tem um conjunto de documentos de suporte disponíveis para download, com informação mais detalhada sobre o seu conteúdo.)



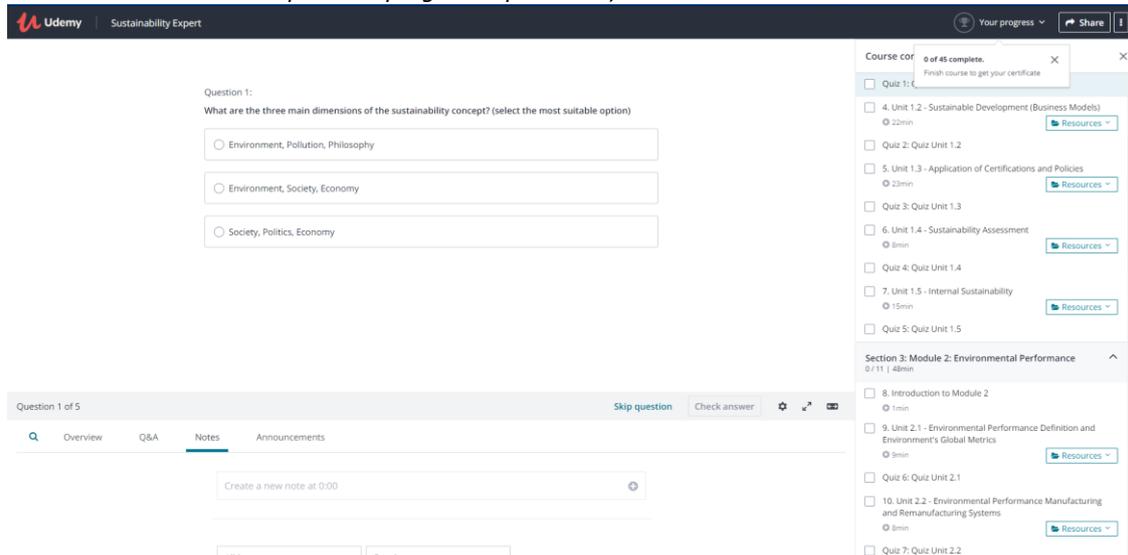
The screenshot shows the Udemty interface for the course 'Sustainability Expert'. The main content area displays 'Unit 1.1 SUSTAINABILITY DEFINITION' with a definition of sustainability from the Cambridge Dictionary. The definition states that sustainability is the quality of being able to continue over a period of time, and it includes three key points: the quality of causing little or no damage to the environment, the idea that goods and services should be produced in ways that do not use resources that cannot be replaced, and the ability to continue at a particular level for a period of time. The sidebar on the right shows the course content, including sections for 'Sustainable Development (Business Models)', 'Environmental Performance', 'Corporate Social Responsibility', and 'Circular Economy'. The current unit is 'Unit 1.1 - Sustainability Definition and Policies'.

Efetuar a avaliação a Unidade (O(A) formando(a) tem a possibilidade de efetuar uma autoavaliação optar por responder aos questionários disponibilizados.)



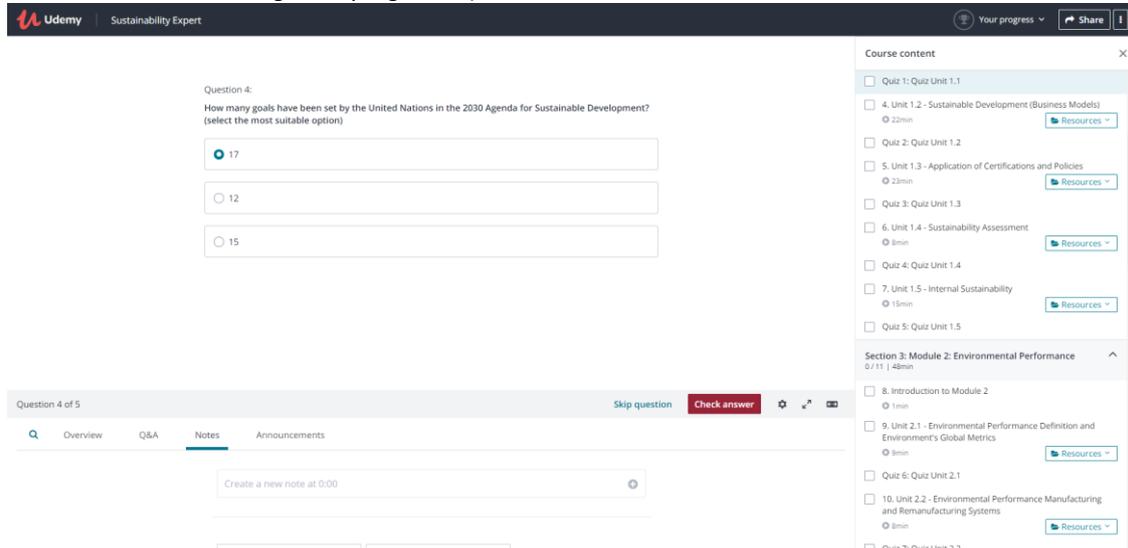
The screenshot shows the Udemty interface for the 'Quiz Unit 1.1'. The main content area displays the quiz title 'Quiz Unit 1.1' and indicates that there are 5 questions. There are two buttons: 'Start quiz' and 'Skip quiz'. The sidebar on the right shows the course content, including sections for 'Sustainable Development (Business Models)', 'Environmental Performance', 'Corporate Social Responsibility', and 'Circular Economy'. The current unit is 'Unit 1.1 - Sustainability Definition and Policies'.

Iniciar Questionário (Após a escolha do questionário a realizar, o(a) formando(a) deve clicar em “Iniciar Questionário” e a primeira pergunta aparecerá.)



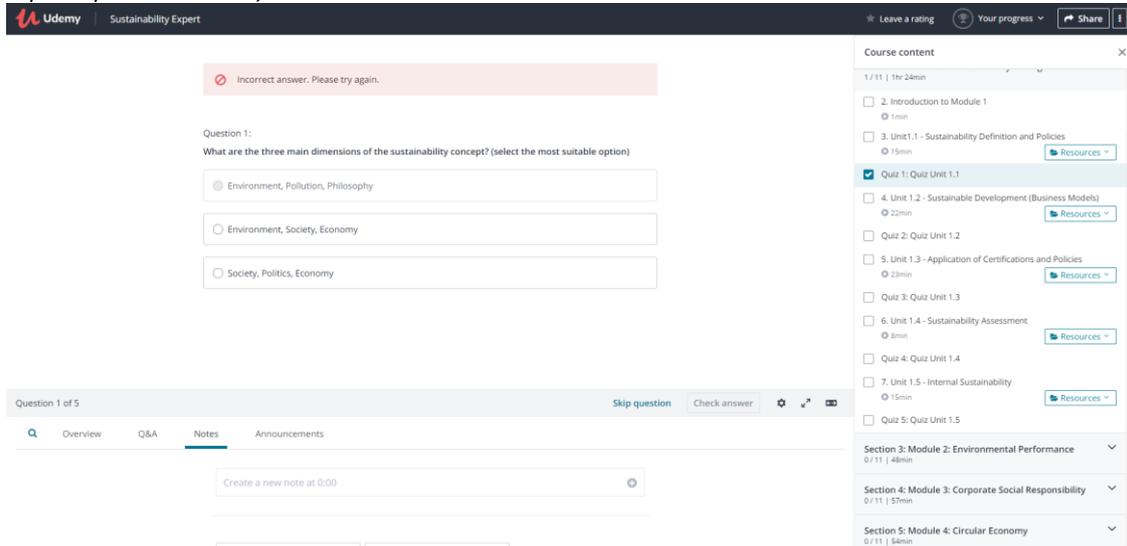
The screenshot shows the Udemty Sustainability Expert interface. The main content area displays 'Question 1: What are the three main dimensions of the sustainability concept? (select the most suitable option)'. There are three radio button options: 'Environment, Pollution, Philosophy', 'Environment, Society, Economy', and 'Society, Politics, Economy'. The interface includes a top navigation bar with 'Udemty Sustainability Expert', 'Your progress', and 'Share' buttons. A right-hand sidebar shows the course content, including 'Quiz 1: Quiz Unit 1.1' and 'Section 3: Module 2: Environmental Performance'. Below the question, there are tabs for 'Overview', 'Q&A', 'Notes', and 'Announcements', and a text input field for creating a note.

Escolher a resposta (O(A) formando(a) tem de escolher apenas uma das opções apresentadas de forma a responder à questão. Existe também a possibilidade de não responder à questão e para tal, deverá clicar no botão “Ignorar pergunta”.)



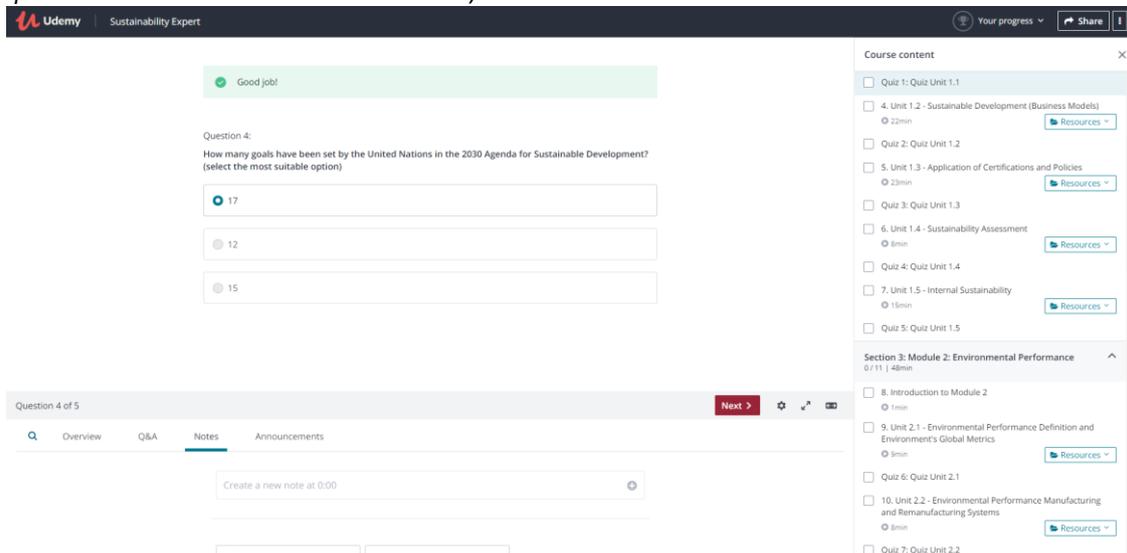
The screenshot shows the Udemty Sustainability Expert interface. The main content area displays 'Question 4: How many goals have been set by the United Nations in the 2030 Agenda for Sustainable Development? (select the most suitable option)'. There are three radio button options: '17', '12', and '15'. The interface includes a top navigation bar with 'Udemty Sustainability Expert', 'Your progress', and 'Share' buttons. A right-hand sidebar shows the course content, including 'Quiz 1: Quiz Unit 1.1' and 'Section 3: Module 2: Environmental Performance'. Below the question, there are tabs for 'Overview', 'Q&A', 'Notes', and 'Announcements', and a text input field for creating a note.

Verificar resposta (Após escolher a resposta, o(a) formando(a) deve clicar em “Conferir resposta” e esperar pelo resultado.)



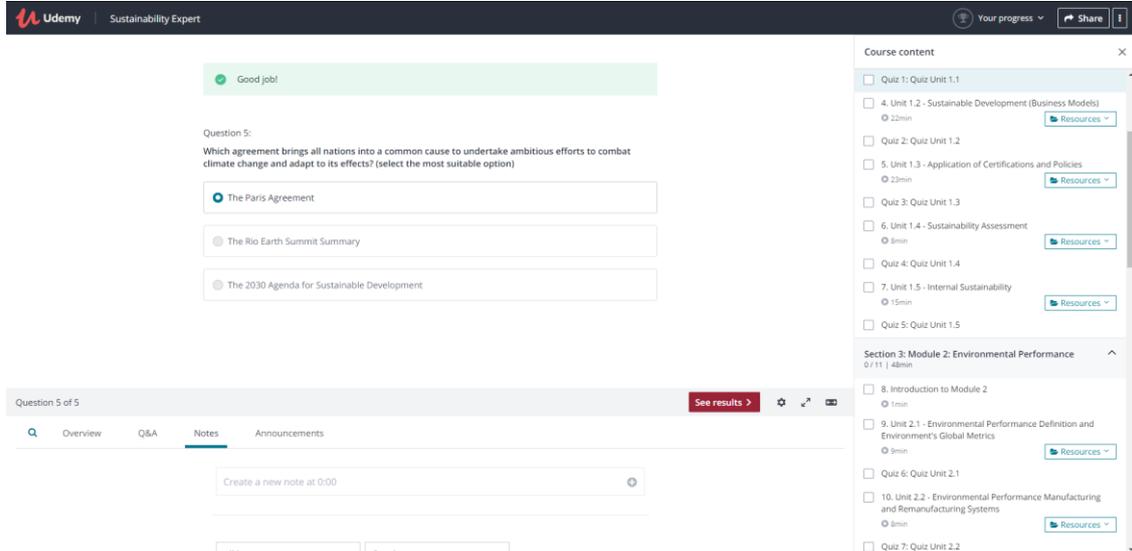
The screenshot shows the Udemty interface for a quiz. At the top, there's a header with the Udemty logo, 'Sustainability Expert', and navigation options like 'Leave a rating', 'Your progress', and 'Share'. A red banner at the top center says 'Incorrect answer. Please try again.' Below this, 'Question 1:' asks 'What are the three main dimensions of the sustainability concept? (select the most suitable option)'. Three radio button options are listed: 'Environment, Pollution, Philosophy', 'Environment, Society, Economy', and 'Society, Politics, Economy'. The first option is selected. Below the question, there are tabs for 'Overview', 'Q&A', 'Notes', and 'Announcements'. A 'Notes' section is visible with a text input field and a 'Create a new note at 0:00' button. On the right, a 'Course content' sidebar shows a list of units and quizzes, with 'Quiz 1: Quiz Unit 1.1' highlighted in blue.

Próxima Pergunta (Após responder corretamente à questão, o(a) formando(a) pode continuar o questionário ao clicar no botão “Próxima”.)



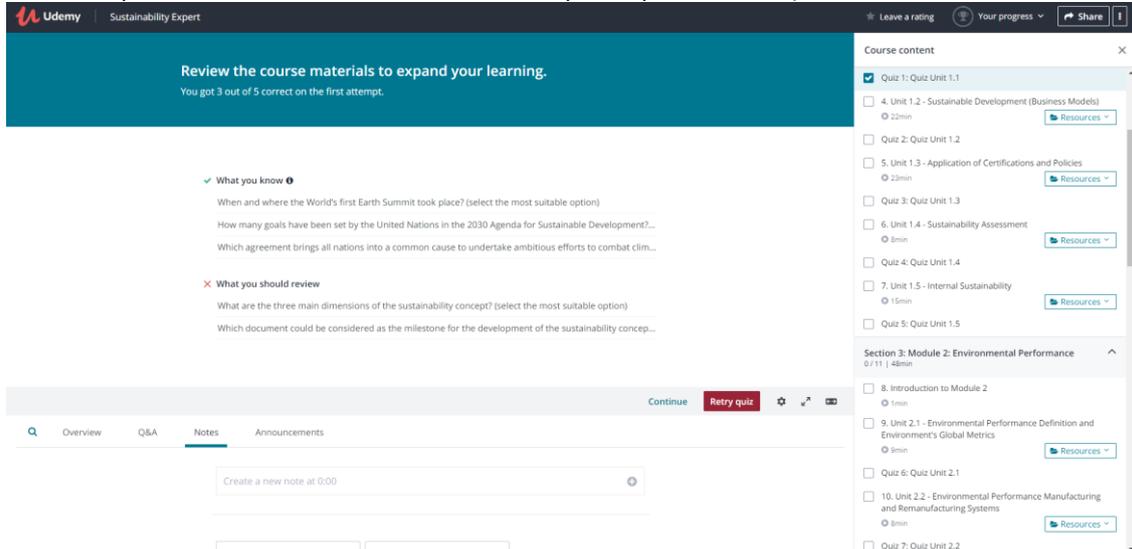
The screenshot shows the Udemty interface for a quiz. At the top, there's a header with the Udemty logo, 'Sustainability Expert', and navigation options like 'Your progress', 'Share', and '1'. A green banner at the top center says 'Good job!'. Below this, 'Question 4:' asks 'How many goals have been set by the United Nations in the 2030 Agenda for Sustainable Development? (select the most suitable option)'. Three radio button options are listed: '17', '12', and '15'. The first option is selected. Below the question, there are tabs for 'Overview', 'Q&A', 'Notes', and 'Announcements'. A 'Notes' section is visible with a text input field and a 'Create a new note at 0:00' button. On the right, a 'Course content' sidebar shows a list of units and quizzes, with 'Section 3: Module 2: Environmental Performance' expanded to show '8. Introduction to Module 2' and '9. Unit 2.1 - Environmental Performance Definition and Environment's Global Metrics'.

Ver os resultados da Autoavaliação (Após responder a todas as questões, o(a) formando(a) terá acesso aos resultados da sua autoavaliação através do botão “Ver resultados”.)



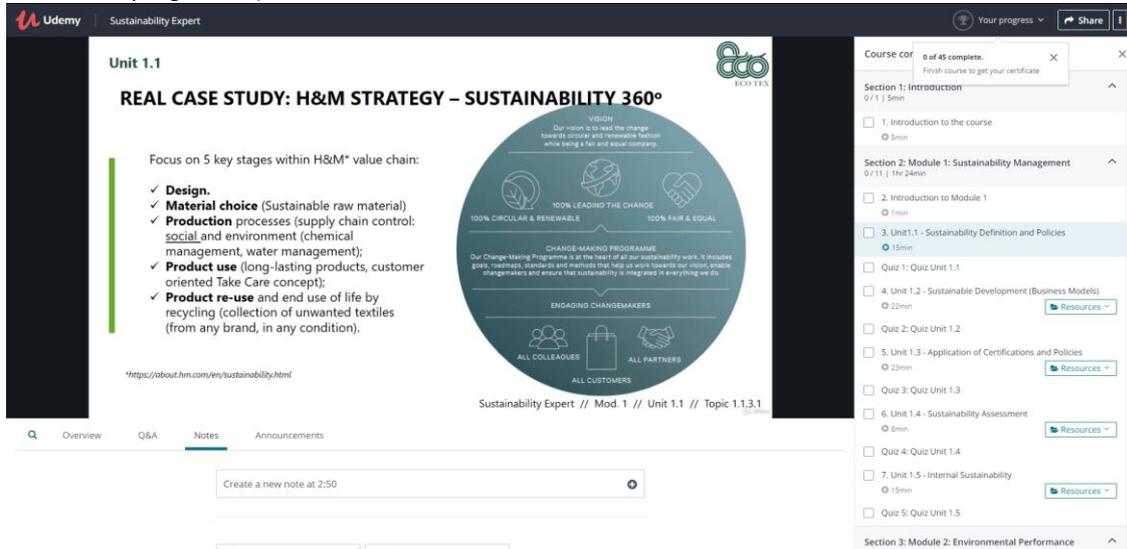
The screenshot shows a UdeMy quiz interface for a course titled "Sustainability Expert". The main content area displays a question: "Which agreement brings all nations into a common cause to undertake ambitious efforts to combat climate change and adapt to its effects? (select the most suitable option)". Three radio button options are provided: "The Paris Agreement" (selected), "The Rio Earth Summit Summary", and "The 2030 Agenda for Sustainable Development". A green notification bar at the top says "Good job!". Below the question, there are tabs for "Overview", "Q&A", "Notes", and "Announcements". A "See results" button is visible. On the right, a "Course content" sidebar lists various units and quizzes, including "Quiz 1: Quiz Unit 1.1", "4. Unit 1.2 - Sustainable Development (Business Models)", "Quiz 2: Quiz Unit 1.2", "5. Unit 1.3 - Application of Certifications and Policies", "Quiz 3: Quiz Unit 1.3", "6. Unit 1.4 - Sustainability Assessment", "Quiz 4: Quiz Unit 1.4", "7. Unit 1.5 - Internal Sustainability", and "Quiz 5: Quiz Unit 1.5".

Resultados da Autoavaliação (Mediante o resultado obtido, o(a) formando(a) tem a possibilidade de “Tentar o questionário novamente” ou “Continuar” para a próxima aula.)



The screenshot shows the UdeMy quiz results interface. A blue banner at the top reads "Review the course materials to expand your learning. You got 3 out of 5 correct on the first attempt." Below this, the results are categorized into "What you know" (3 items) and "What you should review" (2 items). The "What you know" section includes questions about the location of the first Earth Summit, the number of goals in the 2030 Agenda, and the agreement that brings nations into a common cause. The "What you should review" section includes questions about the dimensions of the sustainability concept and the milestone document for its development. At the bottom, there are "Continue" and "Retry quiz" buttons. The "Course content" sidebar on the right is identical to the previous screenshot, but the first quiz, "Quiz 1: Quiz Unit 1.1", is now checked.

Progresso do(a) formando(a) (O(A) formando(a) pode verificar o seu progresso no curso, ao clicar no botão "Seu progresso".)



The screenshot shows the UdeMy interface for the 'Sustainability Expert' course. The main content area displays 'Unit 1.1 REAL CASE STUDY: H&M STRATEGY – SUSTAINABILITY 360°'. It features a circular diagram with the following elements:

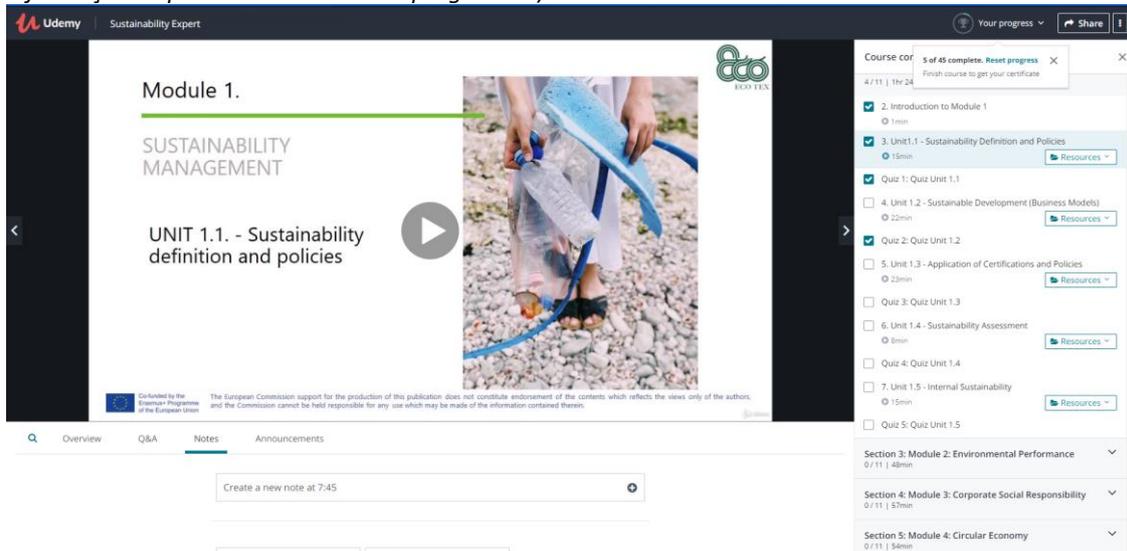
- VISION:** Our vision is to lead the change towards circular and inclusive fashion while being a fair and equal company.
- 100% CIRCULAR & RENEWABLE**
- 100% LEADING THE CHANGE**
- 100% FAIR & EQUAL**
- CHANGE-MAKING PROGRAMME:** Our Change-Making Programme is at the heart of all our sustainability work. It includes goals, strategies, indicators and metrics that help us work towards our vision, engage change-makers and ensure that sustainability is integrated in everything we do.
- ENGAGING CHANGE-MAKERS:** ALL COLLEAGUES, ALL PARTNERS, ALL CUSTOMERS.

Below the diagram, it states: 'Focus on 5 key stages within H&M* value chain: Design, Material choice (Sustainable raw material), Production processes (supply chain control: social and environment (chemical management, water management), Product use (long-lasting products, customer oriented Take Care concept), Product re-use and end use of life by recycling (collection of unwanted textiles (from any brand, in any condition)).'

The right sidebar shows the course progress: '0 of 45 complete'. The course structure includes:

- Section 1: Introduction (0/11 | 5min)
- Section 2: Module 1: Sustainability Management (0/11 | 1hr-24min)
 - 2. Introduction to Module 1 (0/1min)
 - 3. Unit1.1 - Sustainability Definition and Policies (0/15min)
 - Quiz 1: Quiz Unit 1.1
 - 4. Unit 1.2 - Sustainable Development (Business Models) (0/22min)
 - 5. Unit 1.3 - Application of Certifications and Policies (0/23min)
 - 6. Unit 1.4 - Sustainability Assessment (0/8min)
 - 7. Unit 1.5 - Internal Sustainability (0/15min)
 - 8. Quiz 2: Quiz Unit 1.2
 - 9. Quiz 3: Quiz Unit 1.3
 - 10. Quiz 4: Quiz Unit 1.4
 - 11. Quiz 5: Quiz Unit 1.5
- Section 3: Module 2: Environmental Performance (0/11 | 1hr-24min)

Certificação (O(A) formando(a) terá acesso ao seu Certificado assim que completar o curso – informação disponível no botão "Seu progresso".)

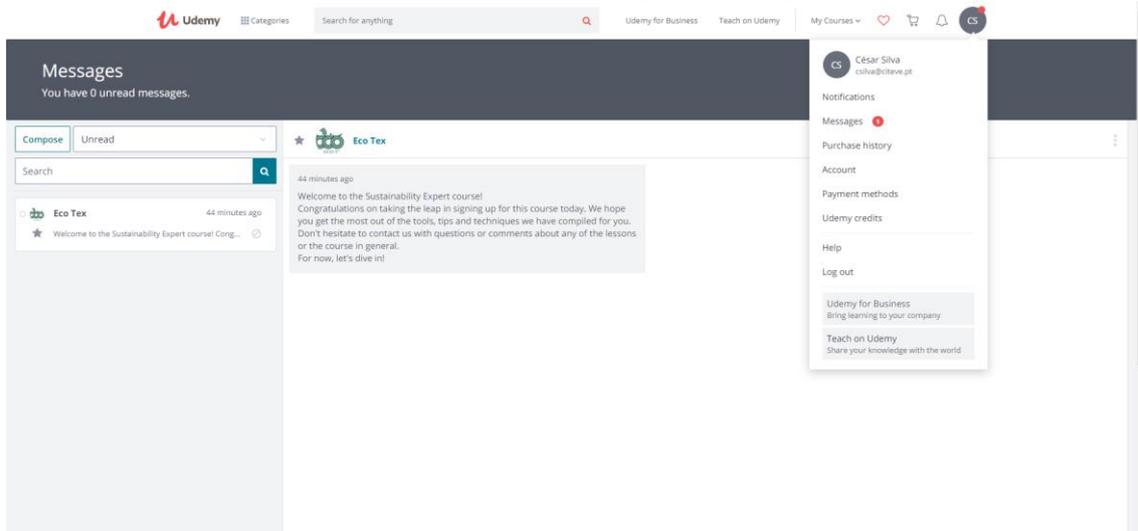


The screenshot shows the UdeMy interface for the 'Sustainability Expert' course, specifically 'Module 1. SUSTAINABILITY MANAGEMENT'. The main content area displays 'UNIT 1.1 - Sustainability definition and policies' with a video player showing a person holding a blue bag and a clear plastic bottle.

The right sidebar shows the course progress: '5 of 45 complete. Reset progress'. The course structure includes:

- Section 1: Introduction (0/11 | 1hr-24min)
 - 2. Introduction to Module 1 (0/1min)
 - 3. Unit1.1 - Sustainability Definition and Policies (0/15min)
 - Quiz 1: Quiz Unit 1.1
 - 4. Unit 1.2 - Sustainable Development (Business Models) (0/22min)
 - 5. Unit 1.3 - Application of Certifications and Policies (0/23min)
 - 6. Unit 1.4 - Sustainability Assessment (0/8min)
 - 7. Unit 1.5 - Internal Sustainability (0/15min)
 - 8. Quiz 2: Quiz Unit 1.2
 - 9. Quiz 3: Quiz Unit 1.3
 - 10. Quiz 4: Quiz Unit 1.4
 - 11. Quiz 5: Quiz Unit 1.5
- Section 3: Module 2: Environmental Performance (0/11 | 48min)
- Section 4: Module 3: Corporate Social Responsibility (0/11 | 57min)
- Section 5: Module 4: Circular Economy (0/11 | 54min)

Percorrer a Conta Pessoal (Ao clicar na imagem de perfil, o(a) formando(a) tem acesso aos campos referentes à sua conta pessoal, tais como visualizar mensagens, notificações, a conta, sair, ...)



The screenshot shows the Udemy user interface. At the top, there is a navigation bar with the Udemy logo, categories, a search bar, and links for 'Udemy for Business' and 'Teach on Udemy'. On the right side of the navigation bar, there are icons for 'My Courses', a heart icon, a shopping cart, a notification bell, and a user profile icon with the initials 'CS'. The user profile icon is highlighted, opening a dropdown menu. The menu includes: 'César Silva' (csilva@ctev.pt), 'Notifications', 'Messages' (with a red notification dot), 'Purchase history', 'Account', 'Payment methods', 'Udemy credits', 'Help', and 'Log out'. Below these are two additional options: 'Udemy for Business' (Bring learning to your company) and 'Teach on Udemy' (Share your knowledge with the world). The main content area shows the 'Messages' section with a sub-header 'You have 0 unread messages.' and a search bar. A message from 'Eco Tex' is visible, dated '44 minutes ago', with the text: 'Welcome to the Sustainability Expert course! Congratulations on taking the leap in signing up for this course today. We hope you get the most out of the tools, tips and techniques we have compiled for you. Don't hesitate to contact us with questions or comments about any of the lessons or the course in general. For now, let's dive in!'.