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Bridging Outer and Inner Sustainability: Integrating SDG and IDG Perspectives in Engineering Education and Environmental Practice

Sustainable development efforts increasingly emphasize not only technical and policy solutions but also the role of inner transformation in supporting long-term societal change. This contribution explores the intersections between Sustainable Development Goals (SDGs) and Inner Development Goals (IDGs) through practical experience in civil engineering education, research, and project work.

Based on engagement in interdisciplinary initiatives—such as environmental monitoring, beach resilience studies, and water quality modelling—this work reflects on the potential of engineering education and institutional collaboration to support broader sustainability awareness. It highlights experiences in embedding SDG-related content in teaching, promoting student engagement, and co-developing projects that link environmental and societal needs.

The presentation also considers the relevance of IDG principles—such as self-awareness, connectedness, and openness—as complementary tools to support sustainable implementation within technical domains. Rather than offering theoretical IDG research, this work shares practice-based insights from a process of integrating inner development with professional responsibilities across research, education, and fostering transdisciplinary dialogue.

The aim is to contribute to a more holistic view of sustainability that embraces both technical expertise and the human capacities required for lasting transformation.

Keywords: Sustainable Development Goals, Inner Development Goals, practical experience, civil engineering education