

PGC 2020 committee:

The work that I am presenting to you in the files are my favorite challenges that I've made through the 30 days of competition:

1. Biodiversity:

I am taking a course at my university about Evolution and Biodiversity. My wonderful teachers opened my eyes to the importance of both, making me conscious that if we don't have them, humanity won't survive. I was really glad when I woke up on day 20 and saw that the challenge for that day was precisely this topic. My greener submission made me so proud because I am not a crafty person that likes to do lettering or visually super attractive work but I took the chance to make a great job and even if it is not the most beautiful, it is more than enough for me.

2. Adventure:

When the pandemic started I thought that I would never go out again. However, thanks to this challenge (following strict health restrictions) I was able to go out for a while and admire the natural beauty of one of the most famous parks in my city: Chapultepec. I've been there multiple times but never like this, I stopped on my track and breathe in the amazing landscape and felt grateful for everything I have.

3. Soil:

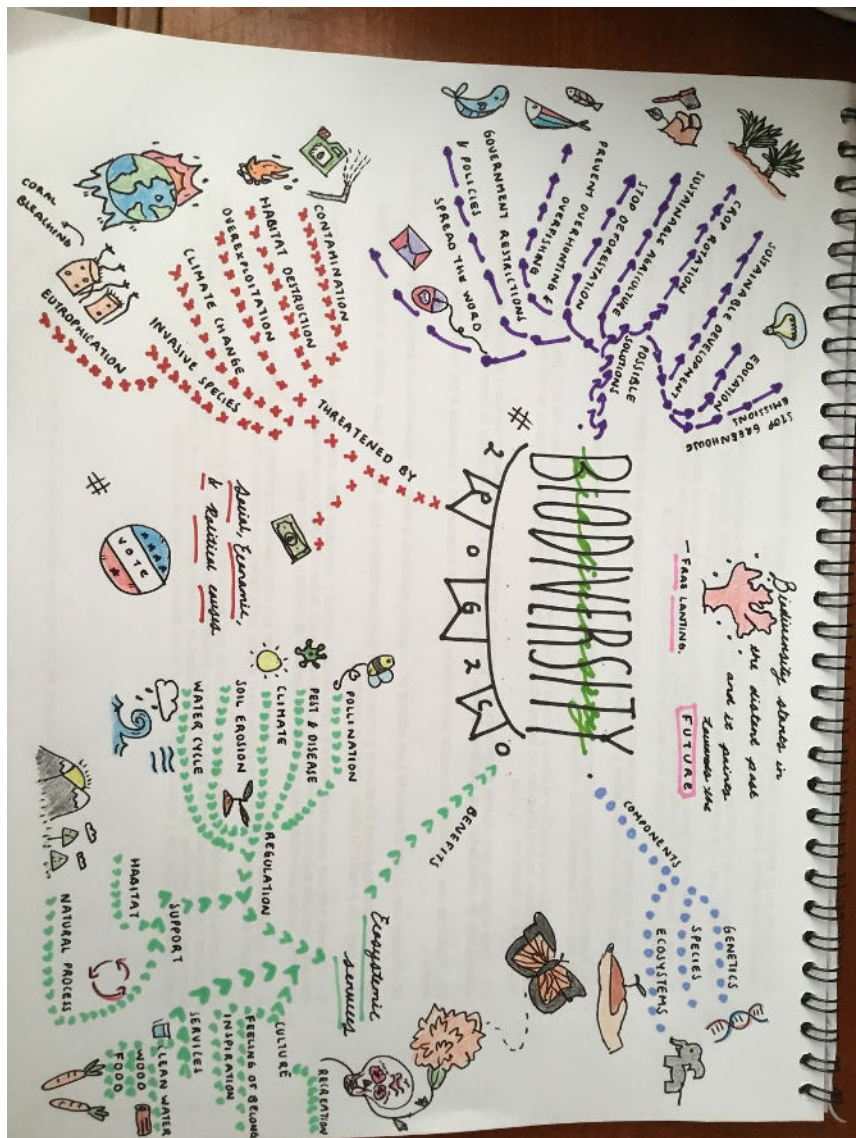
I can't stress enough how life-changing is the "Kissing the ground" film/documentary. I felt so powerful and encouraged to fight for a better future. It is true that so many documentaries and the news only show the downside and there is no hope. The greenest challenge opened my mind and inspired me to become an activist. The ground is not only where we step on, it is a source of life.

4. Fashion:

As a teenager/young adult, I can relate to the need for dressing in the latest fashion, but this consumerism is slowly killing the planet. I started repurposing my old clothes long before PGC 2020 started, however, with the greenest challenge I was able to create something new that went beyond my expectations.

5. Eco-hero:

Somebody once told me that if I wanted to be great, I needed to be with the greatest. When I started PGC 2020, I honestly felt so overwhelmed because I was watching all the amazing things the other contestants have made not only with the challenges but also as actions on their community to save the planet, and I thought "I haven't done anything like that". But with every day I understood that all of us are learning, struggling, and succeeding on the way to a better future. I got to know wonderful people and I even was chosen as the eco-hero of another contestant.



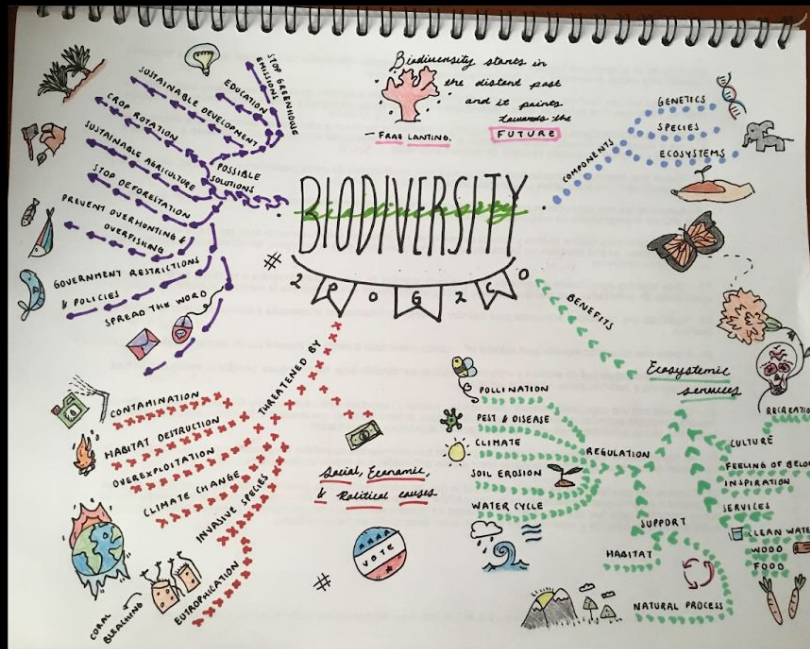
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Instagram



greenpeacegurl



greenpeacegurl "Either we leave our descendants an endowment of zero poverty, zero fossil-fuel use, and zero biodiversity loss, or we leave them facing a tax bill from Earth that could wipe them out."

Johan Rockstrom



#pgc2020 @turninggreenorg @everyoneproducts

Hace 4 segundos · Ver traducción



Where do you fit in? Do some research and find an impactful way that you can personally help biodiversity. Tell us how you will implement it in your own life.

I can start by signing petitions and inviting people to join this movement. Education is the key to create a better world for everyone. Besides I can reduce my greenhouse gases emissions by not using my car all the time, living a zero waste lifestyle, going

vegan or plant based and supporting organizations that take care of the environment by enrolling in their programs and becoming a volunteer.

On my little trip I wasn't sure where I was going (does anybody even know?) but I needed to trust myself, to follow my instincts and make sure that the place matched where my heart needed to be. I ended up walking next to the jogger track, watching some people concentrating on their running or simply walking like me. I noticed the sun on my face and behind my mask, a smile was the natural response of starting to feel connected to Mother Nature.

I left the main road and started walking into the woods where I spotted some birds, squirrels and little lizards running to hide when they heard my footsteps. I usually listen to music when I am walking, however I decided not to bring my headphones and listen to the gorgeous chant of the nightingales.

My journey ended up sitting near the artificial lake at the center of the park, contemplating the serene waters that in a world pre pandemic would usually be filled with boats and families. I ate some fruit that I brought in my container and refilled my water in a special font. I didn't notice before but I was genuinely happy: all the stress from exams week was gone and I felt so grateful that my city has a special place like this. I thanked Mother Nature for allowing me to be present and for giving us ingrateful humans little paradises in the middle of chaos. Then I went back home.

Instagram

TRUST IN
YOURSELF

Nature is the matchmaker
between you and the place
where your heart needs to be.
Make sure to listen to her.



greenpeacegurl "Dude, there is always something to smile about, always"

-Joey Richter.

Let's smile about nature, let's smile about being alive
(I know you're smiling behind your mask) 🌍 🌸

@turninggreenorg @kleankanteen #pgc2020

Hace 7 segundos · **Ver traducción**



Raise, discuss and record answers to the following questions:

- What was your main takeaway from the film? Did anything surprise you?

I believe that my main takeaway is the principal focus of the film: the answer is right under our feet. I was really surprised when I learned a little part of everything that a healthy soil does to our planet. Many people overlook this resource mainly because it isn't as spectacular or "doesn't look like it has a problem" at first sight, like other ecosystems, however soil has been with us since the beginning, being responsible for successful harvest times and the sustenance of many households. The problem is that we are so used to it that there has to be a drastic (and probably irreparable) damage for us to notice.

- What was the most powerful or impactful scene for you?

There were many scenes that really impacted me, but I have to choose the last statement: the film begins rather negatively, saying that humans don't understand and no matter how hard a few work to repair the damage, the others are there to destroy. The hope of changing the world was so low that many thought of giving up. But, after showing us so many new ideas, so many interested in changing, young generations starting movements and everything that has been done, the message changes: we, under no circumstance, should give up. We must unite so we can fight against climate change and everything that comes with it. Together we can do it.

- What are the limitations and challenges of regenerative agriculture? How do you think these can be overcome?

The limitations are the supply and demand system: to keep the soil healthy with all the nutrients, farmers have to limit the quantity of the overall production, that is a big problem because with all the population growing there is not enough food to feed everyone, also some companies hire farms to obtain a certain amount of products and with regenerative agriculture, that number cannot be achieved and the partnership and all the economic benefits that came with it are lost.

I think that we can overcome this by changing our way of consumption mainly, not depending on a single product for our food and buying seasonal ingredients so that we don't force the plants to grow in conditions that they are not made for. Also I believe that the biggest struggle to tackle is food waste: the demand for food is so big because not everything that is produced is actually consumed. Looking at the numbers, there is a big percentage of crops designated to the consumer, but of that amount only a small part actually is used to prepare meals. Changing our habits and perspective about ingredients that don't exactly look perfect but are in good condition to eat is a great start to reduce the demand.

- After watching the film, do you think regenerative organic agriculture could be the solution we have been searching for in the fight against climate change? Why or why not?

I think it is a really good solution but not the overall one: Food production is one of the industries that contaminates the most, but only focusing on that part is not enough to create change. It is also an alternative that depends a lot in the population dynamic and the geographical zone. With this enormous globalization our diet is not

exclusive to the zone we live in and for health reasons we even need products from abroad. So, even if all the countries switch to regenerative agriculture the transportation and conservation part of the process would still be going using a lot of energy. What we can do is combine it with other techniques we have learned so far that contribute to stopping climate change.

- Where do we go from here? What steps do you think we can take, both individually and collectively, to advance this movement and work towards implementing regenerative agriculture on a larger scale around the world?

Money speaks, and is loud. If we all start doing our research on farms that use regenerative agriculture and buy from them instead of big companies, they'll notice how the buyers' necessities are changing so that they'll look at what they want and invest in this alternative. Also, every big action starts with spreading the word. We as participants at Project Green Challenge 2020 have now more knowledge than before about these practices and their positive impact on the planet, so now it is our mission to communicate everything we have learned so far in order to convince our families, communities, states and even countries! to do the same. We are a powerful and strong generation that create our own limits, if we do it together, the biggest vision won't seem so far away from our reality.

GREENPEACEGURL
Publicaciones

greenpeacegurl



greenpeacegurl "To cure our planet we need to cure our soil".

When we destroy our soil, the carbon dioxide that is in the ground helping all the microorganisms living there, is released in to our atmosphere. By killing our soil, we are killing human race. 🌍🌸 #pgc2020

@kisstheground @turninggreenorg

Hace 17 segundos · Ver traducción



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- How will repurposing fight the cycle of fast fashion?

Repurposing is one of the main strategies to fight fast fashion because it provides new articles that people need with objects that they already have or own, that gives them more time until it is actually impossible to create something else.

It is a brilliant exercise of creativity and innovation, inviting to think of the endless possibilities that a piece of fabric can create. It definitely has a future within people, because they can design what they want their object to look like and pay much less than if they were to buy a brand new one.

- What else can you do to make your wardrobe more sustainable?

Buy second-hand, search for eco friendly brands and switch to those, buying national, especially if the products were made by our indigenous people (who normally fabricate them with natural and organic fibers) and thinking twice before going shopping: if I see a thing I really like, I go to my house and if after 2 weeks or more I still think about it I buy it.



Instagram



greenpeacegurl My old pair of denim jeans found a new life through repurposing and I got items that I really needed:

First I created an small coin purse with the back pockets and decorate it with a small embroidery. Then I decided to go further and I made a wallet and I practiced my patterns to design a sunflower and a heart (I am going to give that one to my BFF who is



- First and foremost how are you?
 - I'm good as I can be haha!
- How old are you?
 - I'm 20, I actually turn 21 tomorrow!
- Which is your hometown?
 - I'm from Lawrence, Kansas
- What are you studying/ what are you planning to study? Where?
 - I go to school in Lawrence at the University of Kansas. I'm studying Environmental Studies, Spanish, and Social Justice. This is my third year in college.
- In what moment did you realize we have to do something for the planet?
 - In my AP Environmental Science class in high school, it really opened my eyes to the problems facing the world and my community.
- Do you have any activists that inspire you?
 - @worthnotwaste on Instagram posts daily content about how to easily be sustainable in our personal lives
 - @greengirlleah (who I learned about from PGC) is an amazing activist and she really inspires me to make changes in my personal life to be more sustainable.
- Why did you join PGC?
 - I joined because I try to be as eco-conscious as I can, but I knew that doing PGC would educate me more so I'd know exactly how to do so. I knew it would introduce me to environmental issues I'd never even considered as well.
- Which has been the hardest day (physically, intellectually, emotionally) of PGC and why?
 - Day 10, Body was definitely the hardest day for me. It's hard to come to terms with the fact that the products I'm using are hurting my body, and I don't know the consequences of the products I'm using now on my body 20-50 years from now. It's really scary.
- With whom are you sharing your knowledge and experience?
 - I've been sharing what I've been learning with my family members and boyfriend. I live with my boyfriend and this month we've been collecting our compost, recycling a lot, and trying more sustainable and safe products so it's a pretty big change for the both of us, but especially him. I'm a vegetarian anyway but he's been eating vegetarian all month with me.
- What was one moment when you felt like an eco-hero throughout the month of PGC?
 - In the challenges that talk about politics, it really opened my eyes to the (in my opinion) terrible Republican candidate we have running for US Senate in my state. Comparing him (Roger Marshall) with the democratic candidate (Barbara Bollier), I now know how crucial it is that the Democrat, Bollier, gets elected. Roger Marshall doesn't care about the environment and our planet and I felt like an eco-hero sharing his stances with my family, friends, and followers, because each vote for Bollier is a vote for the environment.

- What are the obstacles that us as teenagers have to deal with when fighting against climate change? How can we overcome them?
 - I think one of the biggest obstacles is the political divide that is especially strong in the U.S.. It seems like there is disagreement on every single issue, even climate change. I think that having a majority democratic and liberal seats in government will help to enact policies that will help the environment. This needs to be done with high young voter turnout along with educating others online and in-person, and sharing how we can stand for justice.
- How will you carry the learnings forward?
 - I will definitely be more outspoken with the people I talk to about sustainable living and environmental justice. PGC will inspire what I do for my future career and the challenges this month have made me realize how important it is to speak out about injustice in the country.
- What is next for you in this eco journey?
 - Doing more. I really want to take more of an activist-position in my town and do work in my community to do so.
- How has PGC inspired you to make change in your own life, local community and the world?
 - I will definitely volunteer more in my community, and work with community gardens that provide food to those in need. I will start using more sustainable and safe products, with brands like Everyone, Dr. Bronners, Klean Kanteen, and Numi Tea. I'm going to be a more conscious shopper and look for organic, local, non-GMO, and fair trade labels.
- Can you share a quote that inspires you?
 - "I think a hero is any person really intent on making this a better place for all people." Maya Angelou.
- Thanks for your time :)
 - Thank you!!

Meeting the Leaders of Tomorrow: Elise Gard

Elise Gard is a wonderful young woman from Lawrence, Kansas, who recently turned 21 years of honoring Earth with her presence. She is studying her third year of Environmental Studies, Spanish and Social Justice at University of Kansas.

Elise's inspiring journey began with her AP Environmental Science Class in high school, when she realized all the problems facing the world and her own community and decided to do something about it: she has been working for seven years in a garden, where she grows many kinds of vegetables, promoting conscious consuming and becoming a vegetarian for the planet.

Her kindness and enthusiasm inspires her family, friends and everyone who knows her, and her desire to learn more led her to the Project Green Challenge 2020 Edition. In her own words "I try to be as eco-conscious as I can, but I knew that doing PGC would educate me more so I'd know exactly how to do so. I knew it would introduce me to environmental issues I'd never even considered as well."

Through the different daily challenges she has learned so much about the planet and herself. One of her breakthrough moments came on Day 10: Body, as she came to

terms with the facts that the products she was using were hurting her body and health.

For all us, these realizations haven't been easy, however, the thing that differentiates Elise is her resilience and courage, which have transformed her into more than just a teen activist: she became a hero.

Like the time she raised her voice against the republic candidate in her state, educating and inviting her family and friends to learn more about how voting can make a difference for the planet, why is in young voters the ability to change the results and how we can stand for justice. "Each vote for Bollier is a vote for the environment".

Her hard work and discipline have been definitely worth it: Elise has positioned herself on the leaderboard as one of the strongest contestants as well as a total winner, earning many prizes for her magnificent posts. But all that material stuff is not important for the hero of our story: she is determined to do more, like being an activist in her town and working alongside her community for a brighter future. Her vision is also focused on giving those in need food produced in her garden and spreading all her knowledge from PGC.

We need more people like Elise Gard in the world: we need big hearts, strong minds and caring arms that create a change whenever they go. As Maya Angelou would say: "I think a hero is any person really intent on making this a better place for all people". Well you, dear @pgc.eliseg99 are truly a hero.

In a world full of uncertainty and despair, people like Elise show us the way!

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A real-life hero

WRITTEN BY PAULINA ELIZALDE

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*Elise's favorites activists (a.k.a
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@WORTHNOTWASTE

@GREENGIRLLEAH





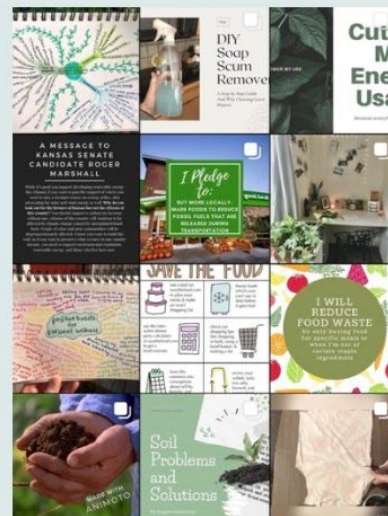
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Instagram



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@GREENGIRLLEAH



greenpeacegurl We all need more people like @pgc.eliseg99 in the world. I've been inspired by her hard work and passion about the environment and this is a brief summary of our conversation about heroes! (Thanks again for the opportunity) 🌍🌸 #pgc2020 @turninggreenorg

