



RUA UNI TEAM

PROYECT GREEN CHALLENGE 2020

October 30, 2020

Turning Green Organization

This letter aims to describe some of our best experiences in the Project Green Challenge, during the beginning we were acquiring much information so what we needed first is to change the way we surround ourselves in order to continue our work to acquire more knowledge and have a healthier lifestyle is why the first challenge that marked us is how to be in an environment which is appropriate to generate change is why we highlight the Day17-wellness, those small changes that make big differences.

As people responsible for the environment around us, it is necessary to highlight the responsibilities we have as citizens, it is important to emphasize that everyone needs to vote because this way we ensure that all people's decisions are reflected in this way we strengthen democracy, that is why we highlight the Day8-Vote, we can get out of trouble or not, that depends on how much is involved.

Something that we use every day and with which we are always surrounded, is what we wear but the important point is to highlight that the way this industry has been working has had a great change that has affected many people negatively and they have direct and indirect impacts all of them very negative that we must consider changing now, we highlight the Day13-Fashion.

From our way of production to the changes applied by the government, companies and other people is according to economic means is why the way we relate to this point should change to a point where sustainability is our only way, because our real wealth is the geology, soil, air, water and all living things, that's why we must always take into account these points, here we highlight Day 24-Economics.

The fifth challenge which caused us much intrigue was the one related to energy, currently most of the emissions that are harmful to our environment come from fossil fuels and this cannot remain so, new alternatives are being applied but much more diffusion is needed on how we can impact through a simple daily energy saving per person, Applying these points no longer depends on a company or government but is something that we can and should do everything, DAY 18-ENERGY , it may seem that the impact will not influence within the great changes that impact our environment but if we multiply this by all people everywhere on the planet, it becomes something different.

Being very grateful for the opportunity

RUA UNI TEAM

WELLNESS

DAY 17 - GREENEST



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CURATE A PHOTO COLLAGE OR PINTEREST BOARD THAT INCLUDES AT LEAST 10 ITEMS YOU WOULD CHOOSE FOR THIS SPACE TO ENABLE YOU TO BEST TAP INTO MINDFULNESS.



WHAT WOULD HELP YOU DESTRESS OR CREATE A SOOTHING ENVIRONMENT? INCLUDE A NOTE ABOUT WHY YOU INCLUDED EACH ITEM.

- Colorful blanket: it will allow me to lie down on the floor more comfortably. This blanket is special because my grandmother gave it to me.
- Guitar: it is my first guitar, I have had it since I was 10 years old and it will help me inspire me with songs.
- Shelf: the shelf I used is made from a recycled fruit crate. It will remind me that we can put things to a second use.
- Books: I placed my favorite fiction books, mainly my first books that helped me introduce myself to reading.
- Flower with recycled material: I made a flower with a recycled bottle and painted it to include it in my sanctuary.
- Incense: it will allow me to aromatize my sanctuary and to be able to smell field flowers.
- Plant: I used my first plant that I planted a few years ago, it is small but it means perseverance for me.
- Infusion and a cup: I placed various cereals in a glass jar to make an infusion to relax me. I also placed eucalyptus, a bath with these leaves relaxes the whole body.
- Photos: I posted photos with my best friends, which remind me how important it is for me to have their friendship and support at all times.
- Pajamas: my favorite pajamas are the ideal ones to feel totally comfortable in my sanctuary.
- Polar socks: they will help me to feel protected on winter days.
- Pillows: they will help me to rescue myself while I meditate.
- Painting with a phrase: this painting says my name in Chinese letters and I did it myself a few years ago; It reminds me of my grandparents since they were Chinese and they were always supporting me with their advice.

WITH YOUR IMAGINATION FLOWING, PICK A SPACE (HOWEVER SMALL AND COZY!) IN YOUR ROOM, HOME OR YARD TO DESIGNATE AS THAT SELF-CARE-SANCTUARY. START TRANSFORMING THE SPACE INTO A MINI SELF-CARE SANCTUARY USING PIECES YOU HAVE AT HOME.



AFTERWARDS, WRITE A BRIEF REFLECTION ON YOUR EXPERIENCE. HOW DID IT FEEL CREATING A SANCTUARY? HOW DO YOU PLAN ON USING IT?

When creating my sanctuary, I felt very happy because I started first by collecting the things that have a deep meaning for me, like my first guitar or my first little plant that I planted alone. It helped me realize that I had several things that gave me peace of mind and inspiration, and having them all in my sanctuary inspired me to continue achieving my goals. Although I also thought that having such a small place, it was not going to help me relax, but it does not really matter the size if you have the things close to you that help you remember how important you are and how great you will be. Sitting in my sanctuary helped me relax and I was surprised that it helped me resolve an internal conflict that I had. From now on every weekend I will use my sanctuary to give myself a mental break and to love myself more every day.



<https://www.instagram.com/p/CGeJKB5DK4n/>

VOTE

DAY 8 - GREENEST



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SONG: FOR A RESPONSIBLE VOTE

The same situation every 5 years
We feel like a sheep of the whole flock
Having to choose at least bad and give way
And realize that it is just a failure.

And then why do we vote you are wondering
If our electoral system is not walking
Is it to avoid being fined?
Or some politician has given you something.

This civic action has been misrepresented
The actions of the rulers have degraded him
So please it's time to change the result
Generating a well-informed vote.

I vote for a better future
To change the country, that's my decision
To improve democracy, so thinks someone mature
So I vote informed, because I love my nation.

Don't vote for a pretty face
Or for the first one you found in the survey
May the contry's history never repeat itself
The cards on the table are already laid.

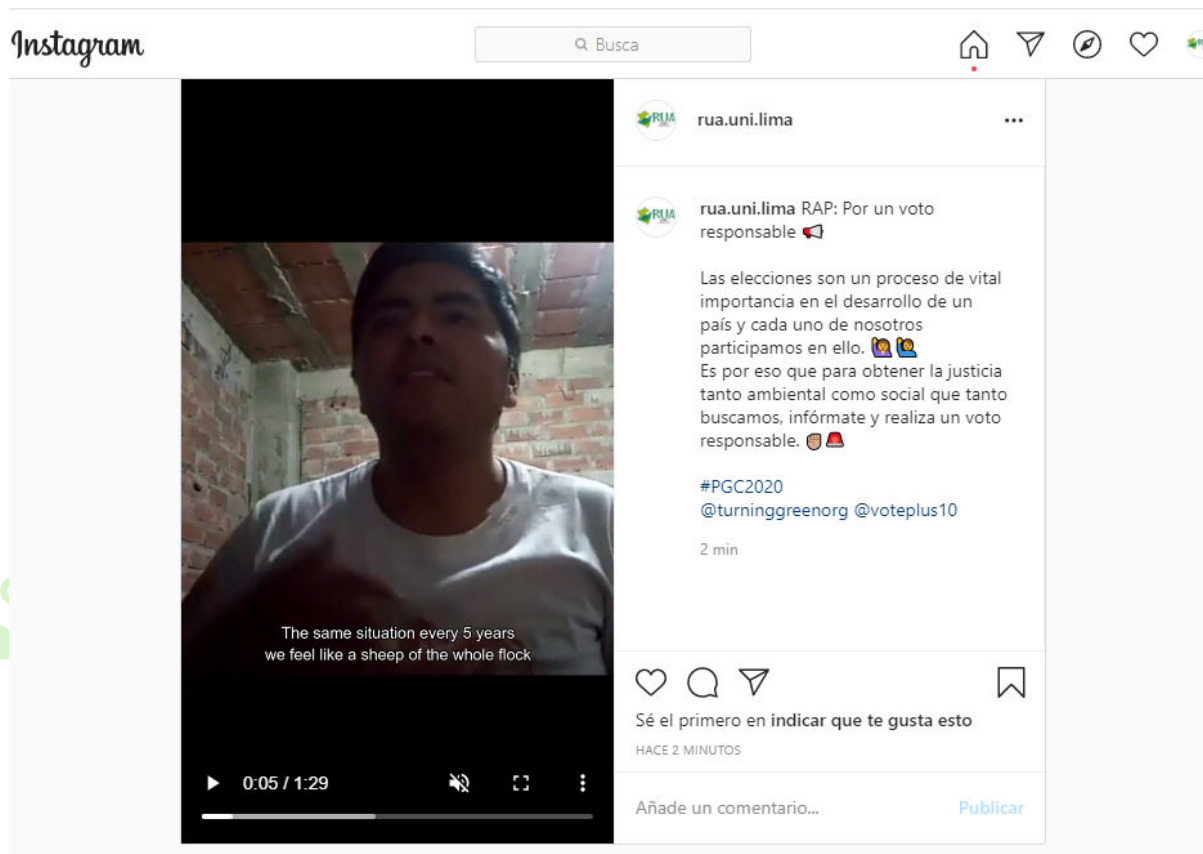
You must investigate the candidate
You can't just vote for advertising
You don't take your choice seriously
You investigate even more to buy a cell phone.

So these choices please inquire
Don't let the tv tell you who to vote for
Every vote cast is indispensable
The only valid vote is a responsible vote.

The power to change remains in us
I'll explain it to you in case they haven't mentioned it yet
No! to the lesser evil, yes to the best faces
All together to change the result..

VIDEO: FOR A RESPONSIBLE VOTE

Elections are a vitally important process in the development of a country and each of us participates in it. That is why to obtain both environmental and social justice that we seek so much, inform yourself and make a responsible vote.



<https://www.instagram.com/tv/CGHIWHrDATp/>

FASHION

DAY 13 - GREENEST



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COLLECT THE CLOTHING YOU HAVE OUTGROWN OR PLAN TO TOSS. TAKE A CLOSER LOOK AND BRAINSTORM IDEAS TO REPURPOSE THEM.

I separated some clothes in good condition but that they no longer fit me, I consider that these clothes are better to donate; but I also found clothes that were very worn, among them were some jeans that were torn and old but had parts that could still be used. One of the options you could do with that jean is to make a small backpack, pencil case, purse, a simple headband, small bag, among others. But I decided to make a backpack since I had additional material to embroider small flower designs to commemorate our nature. When I did it, I had a bit of fabric left over so I decided to make a headband as well.

GIVE NEW LIFE TO YOUR OLD CLOTHING.

Old clothing: Jeans



My upcycled creation: Headband and backpack



REFLECT UPON WHAT YOU'VE LEARNED ABOUT FAST FASHION.

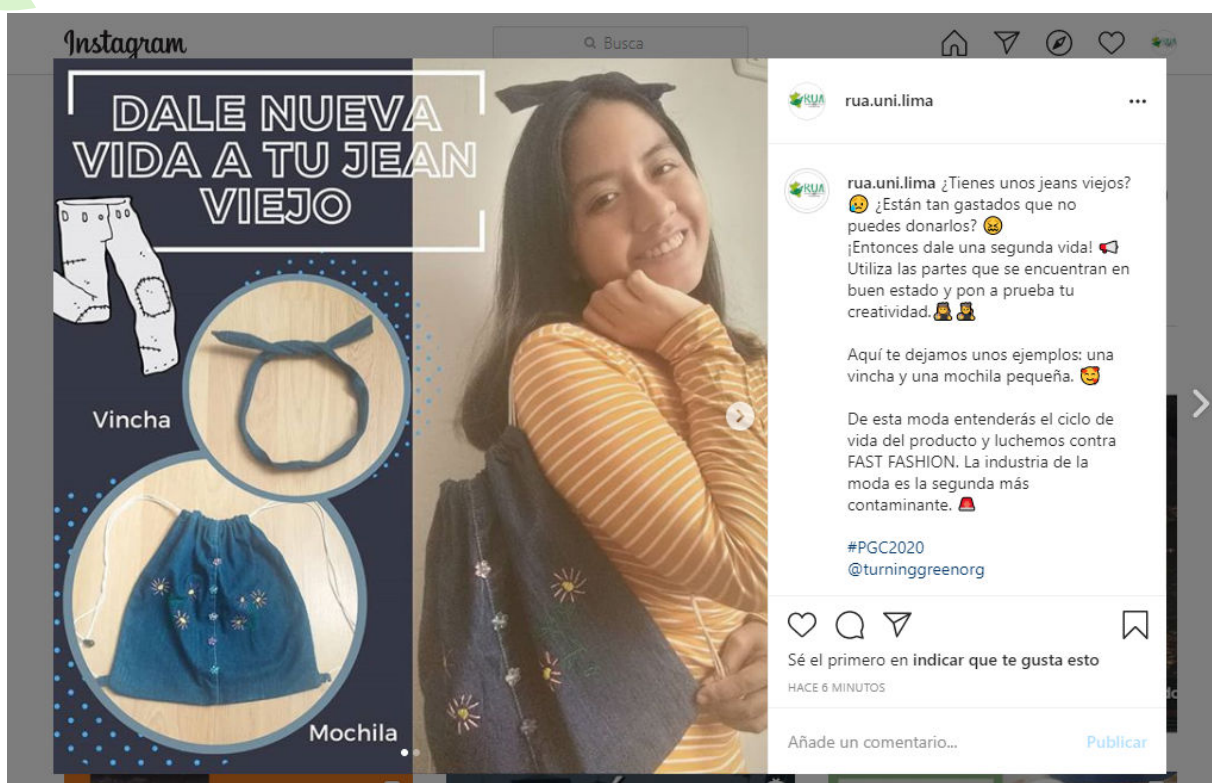
What I learned from fast fashion is that it is present in our lives although sometimes we try to avoid it, giving a second life to jeans gave me a great lesson that I could create other objects and thus avoid an unnecessary purchase. In addition, we must also regulate our purchases and not be guided by fashion since the textile industry is one of the most polluting sectors due to the large amount of waste that is generated.

HOW WILL REPURPOSING FIGHT THE CYCLE OF FAST FASHION?

The reuse of clothing helps our generation of waste decrease, since we would not be throwing it away but giving it a second use, collaborating with the circular economy by no longer requiring new natural elements and the entire production process of the industries.

WHAT ELSE CAN YOU DO TO MAKE YOUR WARDROBE MORE SUSTAINABLE?

I can decrease my clothing purchases, buying only when necessary and needed. Do not be guided by fashion or advertising, since it encourages to discard clothes in good condition. Also make a list of all the clothes that I have to be able to have an idea of everything I have and thus realize all the amount that I have and moderate it. Also if we have siblings of similar age, we can share clothes like coats or t-shirts. I usually do that with my mom and my sister. In the case of being clothes that you only wear a few times as a party dress, it is better to be able to acquire it through rent.



<https://www.instagram.com/p/CGTvvUVjVqJ/>

ECONOMICS

DAY 24 - GREENEST



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WATCH A SESSION FROM THE 2020 WORLD ECONOMIC FORUM ANNUAL MEETING, HOSTED LAST JANUARY IN SWITZERLAND. SUGGESTIONS TO CHOOSE FROM ARE: "FORGING A SUSTAINABLE PATH TOWARDS A COMMON FUTURE," "AVERTING A CLIMATE APOCALYPSE," OR "STRIKING A GREEN 'NEW DEAL,'" THOUGH FEEL FREE TO SELECT ANY CLIMATE-RELATED SESSION OF INTEREST. NOW, REFLECT ON THE SESSION YOU WATCHED.

GRETA THUNBERG

What you need is that the population has to involve more especially the Chinese as energy consumption has tripled, and by 2040 is believed to double much more than today, many citizens in China already have respiratory problems due to these environmental ravages in the last 7 years the particles in the air have increased in China causing many problems in the population, globally there is an economic war that does not help so you must find innovative solutions, so what we must do is raise awareness.

A year ago she went to daovos and said that her house was on fire and she said not to panic and not to worry, because she has already tried that and it has not come to anything, when you tell them to panic you are not telling them to be like before, you are not telling them to trust technology that they have not created you are not telling them about getting to 0 carbon neutral or zero waste, or just get rid of your emissions by paying someone else to plant trees while in the Amazon they are extinguishing trees at a higher rate, all this cannot change abruptly, you don't need less emissions you need to stop producing them (0 emissions is the only thing that will succeed), if this goes on soon everything will be useless, the fact that the US is leaving the Paris agreement is worrying, any plan or policy that doesn't start to raise radical change will not generate much change, this is not about right or left from the perspective of sustainability all ideologies have failed, the world today is on fire, worse than silence are false words that are being taken care of,

now we do not have the time to wait for new technologies so that this transition will not be easy and if we do not face this now we will not be able to solve it in time, it is demanded a participation of all the state and private companies, and diversity all these points with the real sustainability and it is needed now to be able to pass in time to the sustainability in the planet and not to exceed 1.5 °C of temperature so that the ravages are not reversible.

What will you say to the future children when they come into the world and that all this insecurity that nothing was done to change, our homes are still on fire the use of fuel this q wraps the planet in flames and it seems that not everyone wants to realize.

MA JUN

What you need is that the population has to involve more especially the Chinese as energy consumption has tripled, and by 2040 is believed to double much more than today, many citizens in China already have respiratory problems due to these environmental ravages in the last 7 years the particles in the air have increased in China causing many problems in the population, globally there is an economic war that does not help so you must find innovative solutions, so what we must do is raise awareness.

OLIVER BÄTE

Because it takes many years, you have to be more optimistic to investigate and communicate well with economic investors, is the first time that businesses are the boss and the state follows them, what you need is a real action, this increases the money in these activities but without a government support (which are those who reach many people) will be impossible to do so if you want to reach more people and your limitations are few the idea is to work with the state, you have to ensure that all the money is directed towards the same direction that is to direct funds to this point.

HINDOU OUMAROU IBRAHIM

We have to fight for the access to these resources, because in one place they burn trees but in other places it is worse and it is brutal because there they die of hunger, their only subsistence is that nature gives them what they want and these changes in the environment are killing them, So the action has to be done now, but it's having an effect on the real people who need it, because people are willing to adapt and help improve the whole environment, businesses need us because people are the ones who move the economy so you have to hear about the damage they are doing.

RAJIV SHAH

Climate change must be addressed with practical solutions, farmers must be given a fair chance to meet their harvesting goals, as climate change makes conditions much more difficult for them, so we fear great food insecurity and this experience is for hundreds of thousands of people, the Paris agreement is urgent, is not only about protecting the future but also protecting now the people who are already affected, we see every day practical solutions that should be out of political decisions because it is not negotiated with the environment, renewable technologies can generate energy at low cost, it is a fallacy to say that the current system is not failing, so we must focus on 2 points climate and poverty.

If I agree with most of the ideas described here, but I would not say that only one would be applied, since the cases shown were different, that means that all these solutions are feasible, but if or if they need the support of states, private companies and people in general.

And the most important thing is to act now and not in the future.

All these ideas can be applied in my country like Peru that having a great amount of trees because we have the Amazon within our territory we have the opportunity to be able to

defend them by means of the state and to have not only to plant a tree but also to prevent that they continue being cut down burning the ecosystems because if not all the work would not have sense if at the end of the day our balance about the climatic change is negative, to restore is also very important.



**CHANGES ARE NOT
NEEDED TOMORROW
THEY ARE NEEDED
NOW, OUR
ECOSYSTEMS
SUFFER THE
CONSEQUENCES**



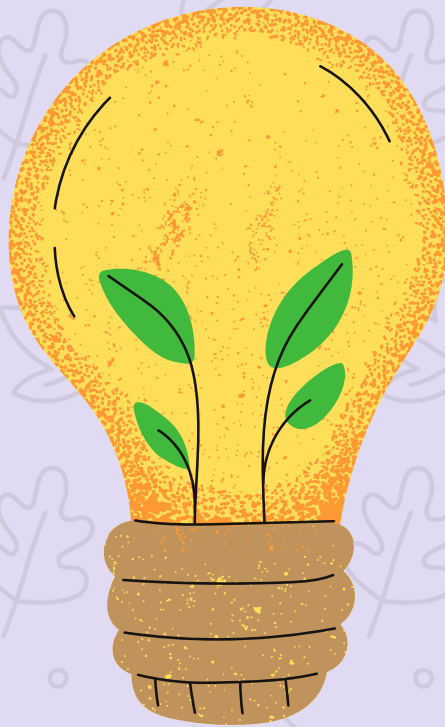
The idea is not only to plant a tree but also to prevent further slashing and burning of the ecosystems because otherwise all the work would be meaningless because if at the end of the day our balance about climate change would be negative, restoration is also very important.



<https://www.instagram.com/p/CGw4oJxj13G/>

ENERGY

DAY 18 - GREENEST



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PICK 3 APPLIANCES AND USE THE CALCULATOR TO FIND ANNUAL WATT CONSUMPTION. CHECK THE INSTRUCTIONS TO FIND WATTAGE MEASUREMENTS FOR EACH APPLIANCE.

First, my clothes washer. My family started using that last month and it is very useful since you do not have to supervise while it is working and when it finishes, it just makes a music sound. We use it once a week for about 4.5 hours per day. It's energy cost is 112.5 kWh and \$13.50. Second, my refrigerator. It is plugged all time but I don't divide 24 hours by three because it does that implicitly. It's energy cost is 730 kWh and \$87.60. Third, my microwave. It is plugged only one minute every day at night. It's energy cost is 8.76 kWh and \$1.05.

APPLIANCE ENERGY CALCULATOR	
	My appliance Clothes washer
	Wattage 500
	Utility rate US Average \$0.12/kWh
	Hours used per day 4.5
	Days used per year 50
ENERGY USE AND COST PER YEAR 112.5 kWh \$13.50	

APPLIANCE ENERGY CALCULATOR	
	My appliance Refrigerator
	Wattage 250
	Utility rate US Average \$0.12/kWh
	Hours used per day 24
	Days used per year 365
ENERGY USE AND COST PER YEAR 730 kWh \$87.60	

APPLIANCE ENERGY CALCULATOR	
My appliance	Microwave oven
Wattage	1440
Utility rate	US Average \$0.12/kWh
Hours used per day	0.01666666
Days used per year	365
ENERGY USE AND COST PER YEAR 8.759996496 kWh	

DID EACH APPLIANCE ENERGY USE SURPRISE YOU? HOW ABOUT THE COST? ARE THESE ESSENTIAL OR COULD YOU USE LESS? DO YOU UNPLUG WHEN NOT IN USE? DOCUMENT YOUR RESULTS AND REACTIONS.

The refrigerator's energy was surprising because it is actually plugged 24 hours per day and only unplugged when maintenance is needed. 730 kWh is a big amount of energy. The clothes washer was also surprising because my family only uses it once a week and about 6 times its energy is refrigerator's energy, an appliance that is plugged all day. The energy that my microwave uses was not surprising at all since I use it a minute per day and it is a small amount of energy if I compare with the others. \$87.60 is a considerable amount of money and it comes from a single appliance. Currently, I'm not measuring the energy that is consumed by laptop, TV or other appliances, which means that these appliances may contribute significantly to the monthly electricity bill. Refrigerator is essential for conserving the food. The clothes washer is a useful appliance, otherwise, it would take hours to wash the clothes. My microwave warms up the food which is important because cold food is not recommended these days. In conclusion, I would say that those devices are essential. I always unplug my microwave when I do not use it since I only use it once a day. I never unplug my refrigerator because it must work, otherwise, the food could go bad. Finally, I always unplug my clothes washer which is really easy because my family only uses it once a week and after they use it, it is covered.

PRESENTATION



5 TIPS TO REDUCE ENERGY CONSUMPTION



USE NATURAL LIGHT, HEAT AND COOLING.

Make the most of what mother nature gives us.



TURN OFF THE LIGHTS

Approximately, 15% of the electric consume comes from illumination. So turning them off when they are not used is an easy way to saver energy.

USE ENERGY-SAVING LIGHT BULBS

You can save until 80% of energy by using saving light bulbs. Besides, they last much more that traditional ones.



USE "SMART" POWER STRIPS.

Most of devices consume energy even when they are turned off. Using smart power strips is an easy way to prevent this waste of energy.



UNPLUG CHARGERS WHEN NOT IN USE

Mobile phone chargers that are left plugged in after your phone is disconnected consume .26 watts of energy and 2.24 watts when your phone is fully charged and still connected.



<https://www.instagram.com/p/CGhfNRiDcuR/>