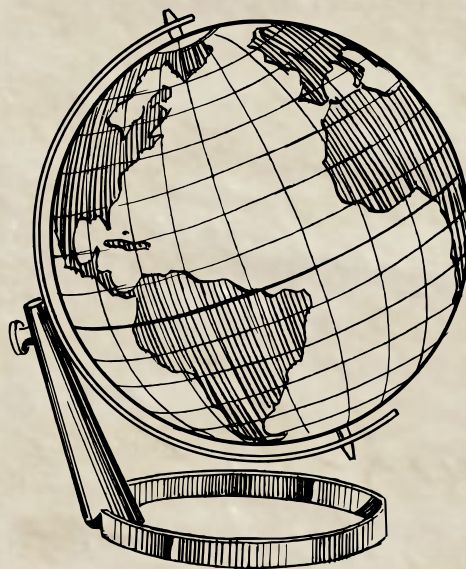


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Cover Letter



Day 28/29 Greener



Challenge

Submissions



Submission 1

My first submission was from Day 17's Greenest challenge. This piece was one of my favourites for three main reasons: it was a good way to destress after a lot of challenges that caused me to have to stay up late and worry about submitting items on time; I am proud of how both my Pinterest board and wellness space looked after I finished; and I think it's an unexpected connection to climate change that broadened my idea of the crisis. The good memories and pride I have because of this challenge made it one of my best days.

Submission 2

My second submission was from Day 19's Greenest challenge. The hands-on challenges were my favourites throughout the month. This one was particularly special to me because they were actually useful around my house. My family has been using them for the past 10 days, and they make our kitchen smell great in a sustainable format. Lack of regulations on cleaning products is such a problem, and I am glad we were able to focus on it for this day's challenge.

Challenge

Submissions (cont.)



Submission 3

My third submission was from Day 21's Greenest challenge. I liked this prompt because it made me truly think about universities' sustainability standards. Although many have environmental studies programs, they contribute to the fossil fuel industry's power by accepting donations and only fighting climate on the surface. Seeing these three universities that are truly dedicated to the movement made me more incentivised to attend them, and also helped me find ways to judge some of my other prospective college courses. I also had a lot of fun planning my lesson, and hopefully I can integrate my "teacher" experience into the organizations I lead and my Project Green Project if chosen as a finalist.

Challenge

Submissions (cont.)



Submission 4

My fourth submission was from Day 25's Greenest challenge. Project Green Challenge is an extremely solitary experience, but this initiative helped me actually meet others participating. I was able to interview Kat and get interviewed by her and Team Swag Only Certified Freaks. This was one of my favourite challenges because I was able to share experiences with fellow PGC-ers and find a community in this project. Even if neither Kat or I are finalists, I think we'll still be friends because of our new bond.

Submission 5

My fifth submission was from Day 15's Greenest challenge. Video-making for Project Green Challenge has been a great experience, and I think it is crucial that we discuss issues like how food insecurity at school has a large impact on students of color and how lack of food can cause less academic rigor which continues the loop of generational inequality for low-income and minority people. This challenge was so powerful to me in terms of enlightenment and acknowledgement of systemic oppression that intersects with the climate crisis.

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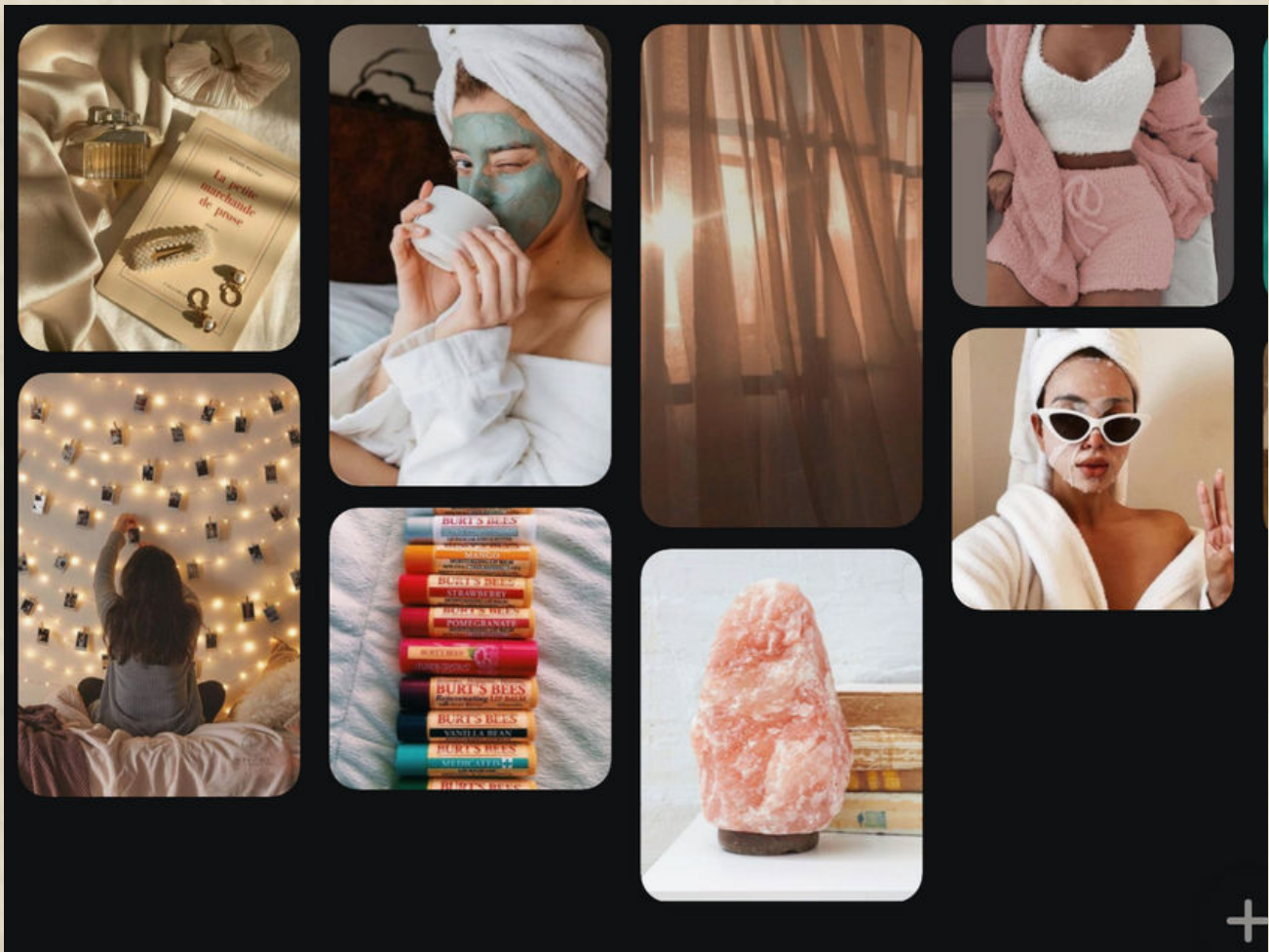
Day 17 Greenest



Wellness

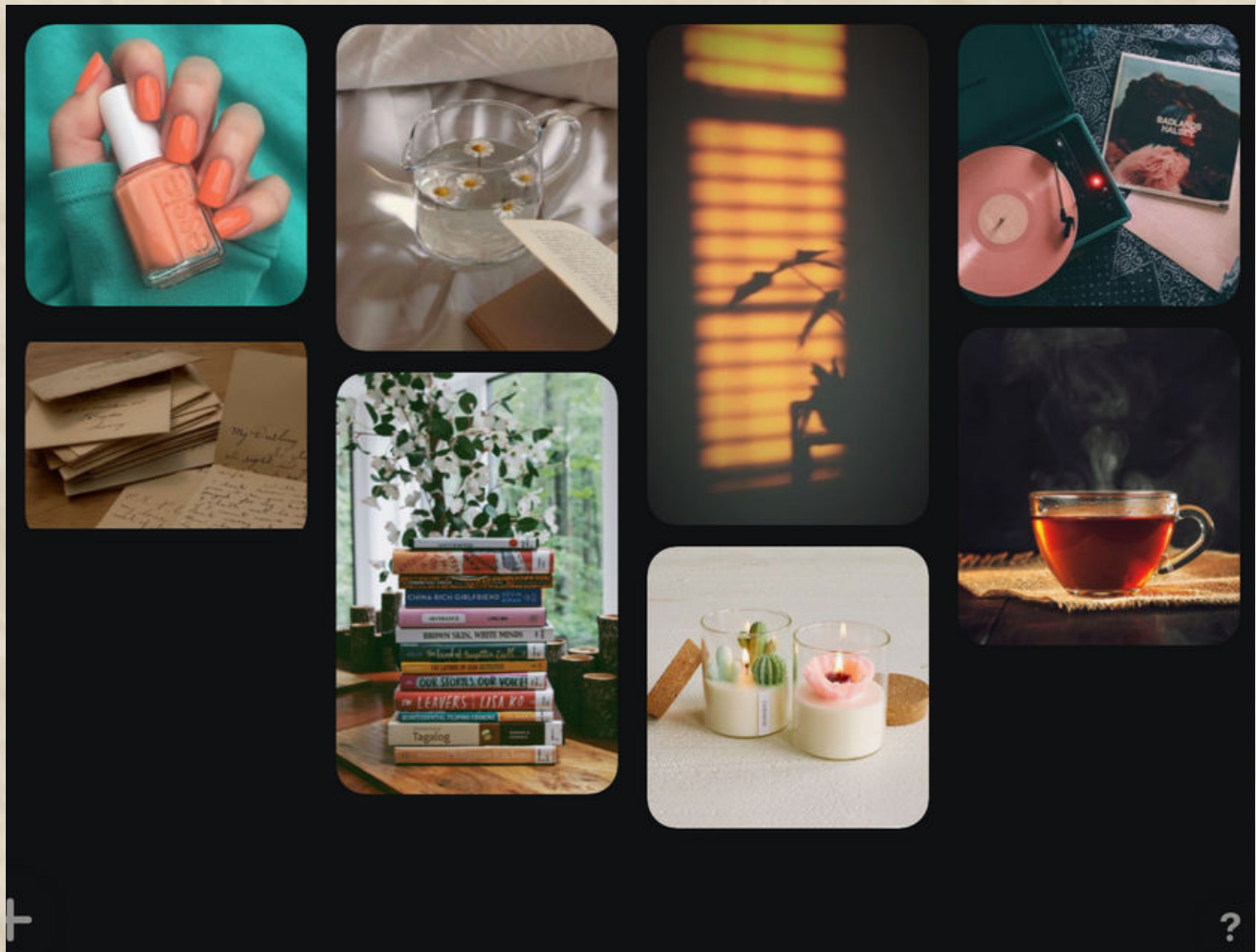


Pinterest



This half of my Pinterest board has some of the items I want to personalize my space - including a notebook (to write down any thoughts and stay mindful), fairy lights (for more ambient and calming lighting), tea (to stay hydrated and relaxed), skincare (to destress and focus on myself), sunlight (to be somewhat connected to nature inside my house), and a Himalayan salt lamp (to cleanse the air and provide ambient lighting). Most of these are already in my house and should be easy to add to my desk.

Pinterest



This half of my Pinterest board has some of the other items I want to personalize my space - including nail polish (to calm down or take a break from mental stress), letters (to connect with friends and destress), books (to focus on stimulating my brain and caring for my body), candles (to provide a nice smell and ambient lighting), and music (to help me focus and get me in a good mood). These are easily sourced in my home.

Challenge

Creation of Space



My video creation for today's challenge can be found at tinyurl.com/day17greenest!

I made a vlog time-lapsing my cleaning and redecorating process. This was one of my simpler videos, as I think the visuals speak for themselves. I also included some quick shots of different aspects of my self care sanctuary since it is hard to take it all in quickly.



Challenge

Reflection

Although this space has always been exclusively for work activities, it is nice to revamp it and refocus its aim onto self-care and creating a good atmosphere for both studying and relaxing. I sat for 10 minutes, listening to Tyler, the Creator (which you can hear in the vlog!) and writing a letter to a friend. This helped me recenter my goal into wellness and self-improvement, rather than sitting for hours on end staring at a screen while doing homework. Hopefully, these new additions to my desk will help me take more breaks often and focus on myself and my well-being.

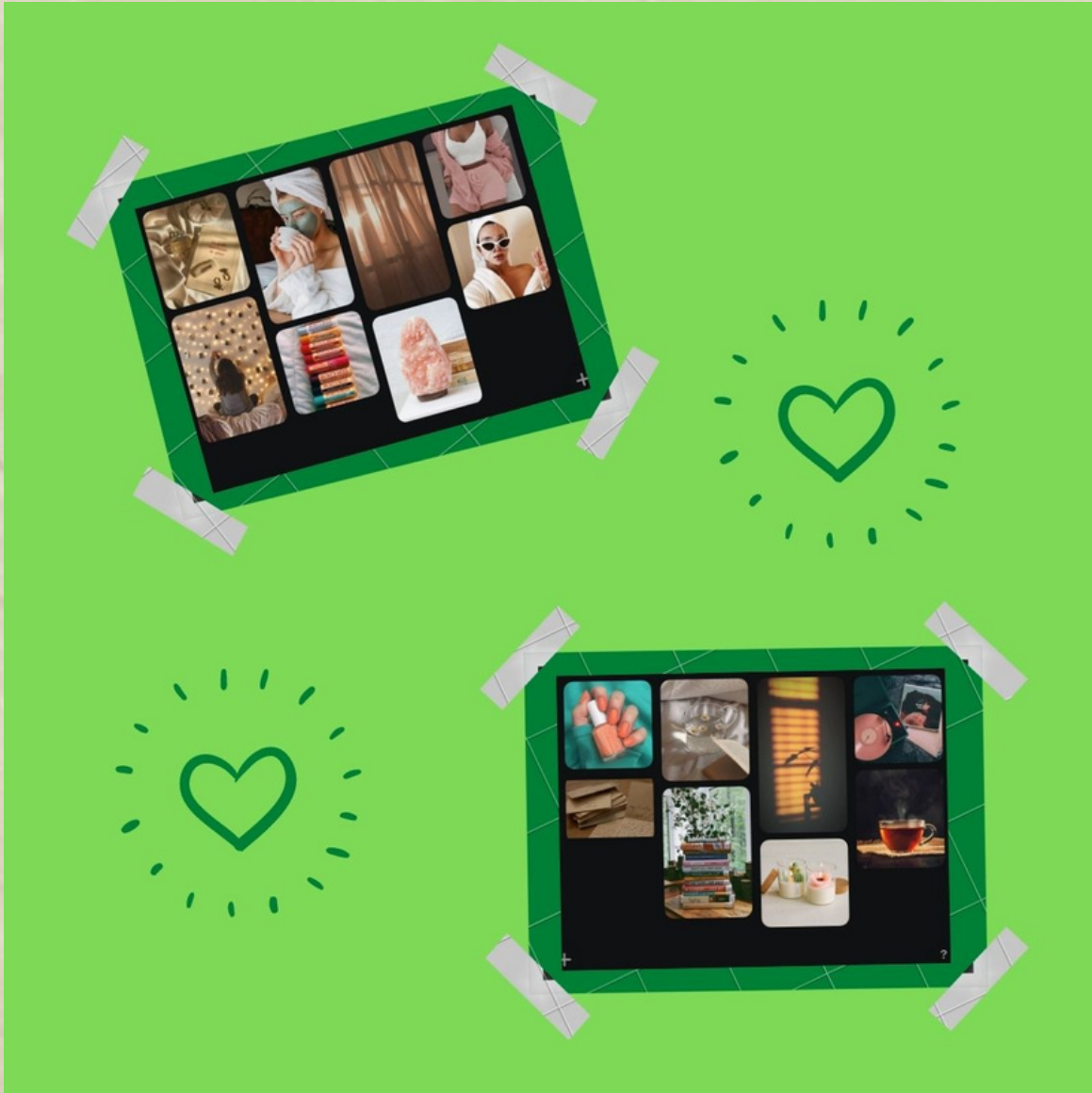


Social Media



Caption: "When was the last time you thought about your well-being? I know, it's probably gotten tossed under the pile of homework and deadlines you have. However, if you can take even 5 minutes out of your day to consider your wellness, mental health is sure to improve. Today, I was able to make my own self-care sanctuary at my desk - a place where I can admit to prioritizing work over sleep. I hope that this change in scenery will help me think about myself in a mindful fashion and reflect on each day's progress. Go to tinyurl.com/day17greenest to see my redecorating time lapse! @turninggreenorg @natracare #pgc2020 #day17greenest #turninggreen #selfcaresanctuary #vlog #selfcare"

Social Media



Caption: "Quick pic of my Pinterest board for today's sanctuary challenge! @turninggreenorg @natracare #pgc2020 #day17greenest"

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Day 19 Greenest



Home



Challenge

Floor Cleaner

Rejuvenate Floor Cleaner is what we use to clean. Its main ingredient is diethylene glycol monoethyl ether, which is slightly irritating to the skin and eyes, especially under long exposure in enclosed places. An alternative is AspenClean Floor Cleaner, which is EWG certified. It is green certified.

DIY Product

I decided to make DIY Garbage Disposal Cleaners from PopSugar. To utilize these, you put them in your garbage disposal and use the grinding feature to make your sink smell good. To make, you combine .75 cups of baking soda, .5 cups of salt, .5 teaspoon of dish soap, and lemon zest. Then, add lemon juice until the mixture can be rolled into balls. Split it into those balls, then let sit for a day. Since the recipe has to sit for a day, I haven't been able to try it. However, once it is able to use, I will post something about how well it works!

Photos



Soap



Himalayan Salt



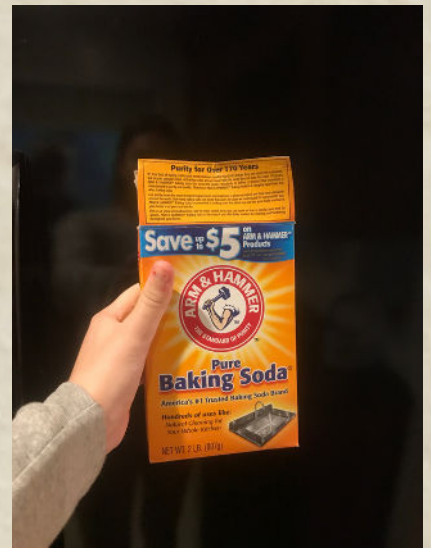
Lemon



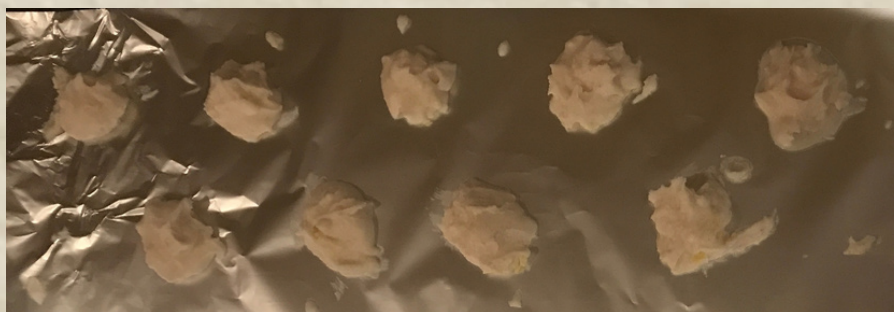
Zest Grater



Lemon Juice



Baking Soda



Products Drying

Social Media



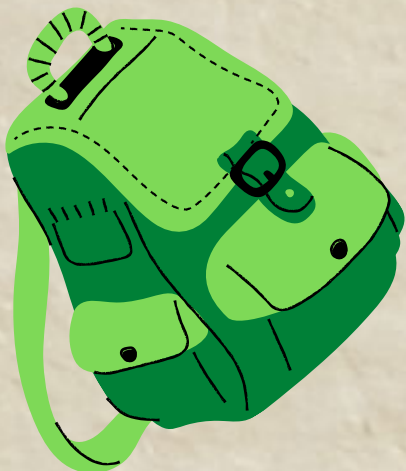
Caption: "This recipe provides an easy way to make your sink smell good - sustainably! These DIY Garbage Disposal Cleaners require only 4 ingredients (.75 c baking soda, .5 c salt, .5 tsp soap, and a lemon). Try them out next time you want your kitchen to smell amazing! @turninggreenorg @drbronner #pgc2020 #projectgreenchallenge #day19greenest"

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Day 21 Greenest



School

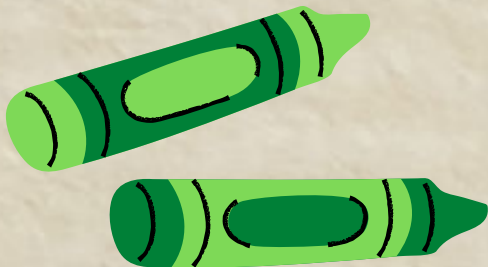


Challenge

Part 1 - Columbia



Columbia University has one of the highest-ranking sustainable studies programs, and has an entire master's program in sustainable management! The undergraduate program has programs with concentrations in issues like human rights and biology. Sustainable Columbia began in 2017, and instituted a 3-year environmental plan into the curriculum and priorities of the school.

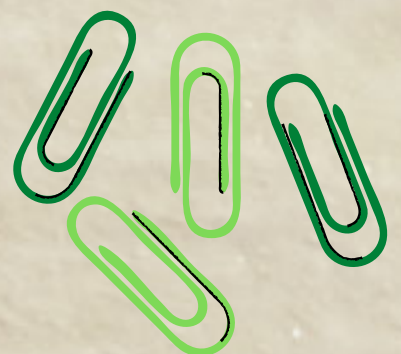


Challenge

Part 1 - NYU



New York University, or NYU, has a large sustainability program in their Stern School of Business, which is ranked nationally. Since they are a business school, most of the programs are somewhat market-based, but I think it would make this program even better if some were focused on how climate change will affect the economy, rather than vice versa.

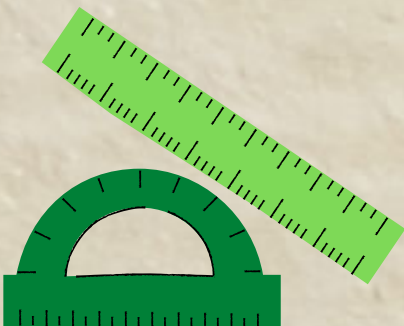


Challenge

Part 1 - University of Florida



University of Florida has a nationally acclaimed sustainability program. I like their syllabus, which includes classes like Sustainability and Religion and Geographical Sciences of Sustainability, because it considers many different lenses of climate change. This program is very easily adaptable and, although they have suggested combinations of courses, there is a lot of opportunity to customize it. I don't think there is anything I would do to switch this program, which is a good sign!



Challenge

Part 2

Since my program is going to be about decolonizing sustainability, I will integrate the climate justice program to the largest extent, because the directly plays into my theme. Classes would include discussions, speakers, film screenings, and literature readings. My calendar would have Indigenous speakers like Autumn Peltier, who I focused on in my Greener challenge from Day 25, along with leftists and others who focus on progressive, inclusive, climate action. I did not get any feedback yet, but I will share it when I do!



Syllabus

DECOLONIZING SUSTAINABILITY

Harmonie Ramsden
Spring 2021

COURSE DESCRIPTION: As we near the threat of climate change, our current environmental movement often prioritizes market-based solutions and cisgender, heterosexual, white voices over many others. This course will focus on decolonizing the mind and thinking about out-of-the-box solutions to environmental destruction.

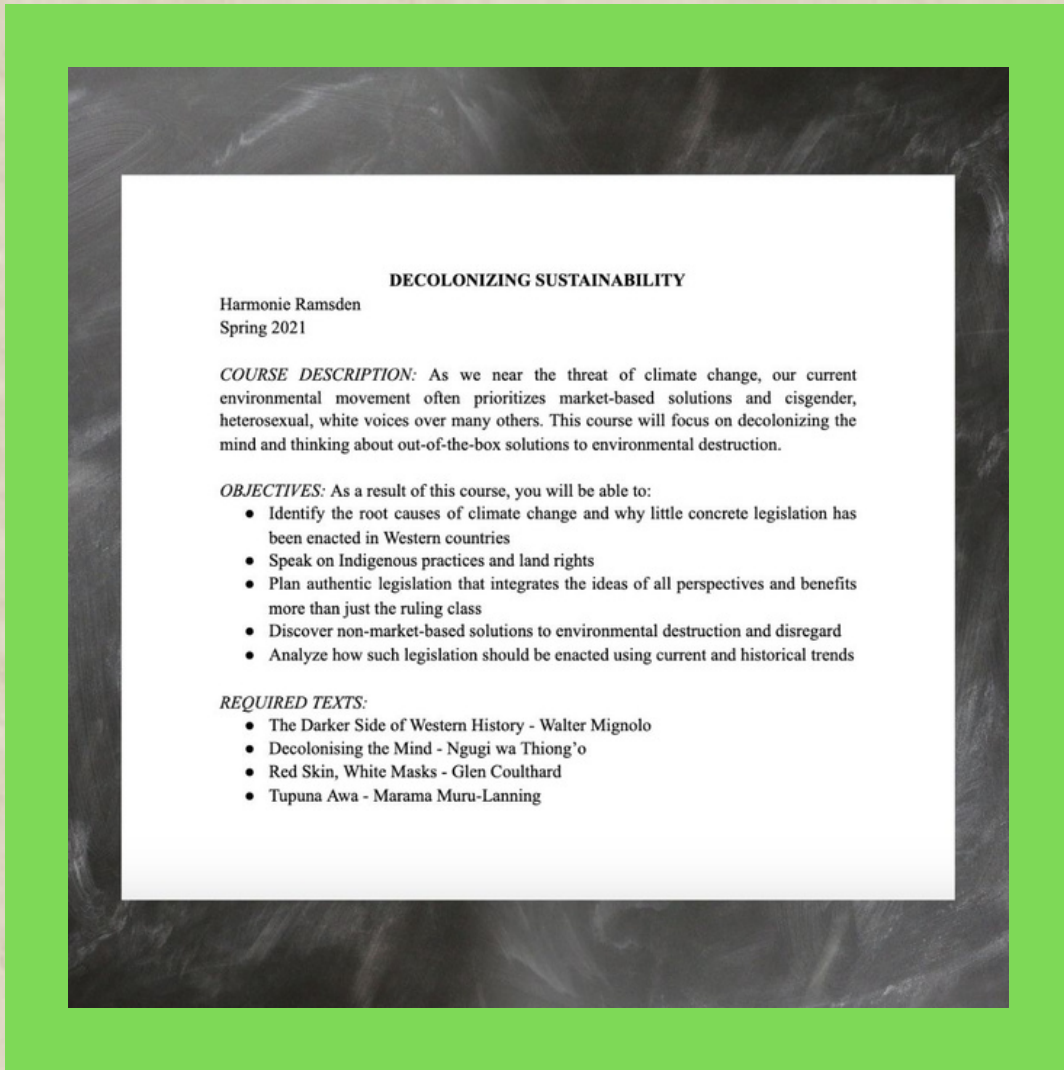
OBJECTIVES: As a result of this course, you will be able to:

- Identify the root causes of climate change and why little concrete legislation has been enacted in Western countries
- Speak on Indigenous practices and land rights
- Plan authentic legislation that integrates the ideas of all perspectives and benefits more than just the ruling class
- Discover non-market-based solutions to environmental destruction and disregard
- Analyze how such legislation should be enacted using current and historical trends

REQUIRED TEXTS:

- The Darker Side of Western History - Walter Mignolo
- Decolonising the Mind - Ngugi wa Thiong'o
- Red Skin, White Masks - Glen Coulthard
- Tupuna Awa - Marama Muru-Lanning

Social Media



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Caption: "Would you be interested in my class? If I were to teach a PGC and climate-focused class, it would speak about white washing in the environmental movement and how we must consider diverse perspectives without having a capitalistic bias to our learnings. If you are able to, ask your teachers or professors to integrate similar teachings into their lessons! @turninggreenorg #pgc2020 #day21greenest #decolonization #college"

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Day 25 Greenest



Eco-Hero



Challenge

Kat Nguyen

Every person participating in Project Green Challenge this month is an innovator, but Kat Nguyen has stuck out to me from the beginning. After seeing her on the leaderboard many days in a row, I reached out and followed her on Instagram. When this challenge came up, I knew exactly who to interview, and I am so glad I was able to learn more about Kat. A senior from Belmont, California studying at Carlmont High School, she was at first hesitant to join PGC because nobody from her school was interested, but started competing on the third day of activities. The largest motivators for Kat to join were education and knowledge of current events, along with the bubble many have been forced into during quarantine that expose socioeconomic divides and ecological destruction - for example, she usually sees people littering, and many students in her school can't afford food. PGC also gave her a way to address global problems that often are not talked about. Kat's eco-hero moment was during the plant-based challenge, since she was able to make a good-tasting meal and exceed both her own and her family's expectations.



Challenge

Kat Nguyen (cont.)

This challenge showed her how easy a plant-based diet could be, and made her want to work and integrate FLOSN ingredients into her school's meals. This was one of the many challenges that helped Kat to see the ease of switching practices. The food waste and education days resonated with her the most, because she has been involved with Carlmont's Green Team since her freshman year. These challenges reminded her of an initiative she participated in with that club regarding food waste bins, and the frustration she remembered after people disregarded the rules motivated her during these two days. Before PGC, Kat considered herself a follower, but these challenges and posts have made her feel educated enough to speak out about environmental problems and issues that connect to them. The success in both learning more and winning challenges have made Kat extremely excited to share her knowledge, and she

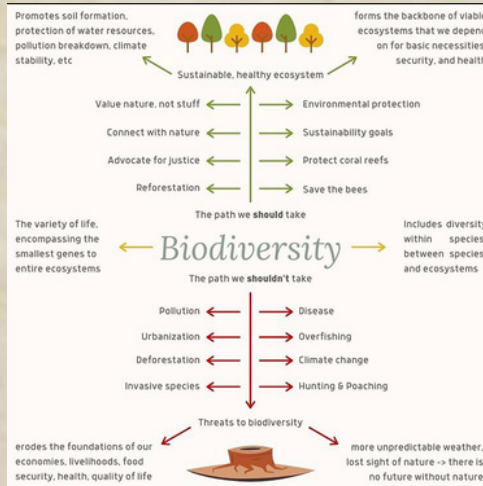
may even change her college focus because of the presence of the climate crisis and how our generation has to face the brunt of climate change's effects.

This interview was so inspiring for me, and I am so glad I got to hear about Kat's worldview from across the US and PGC experiences.



Challenge

Favorites



WHY THIS ELECTION MATTERS TO ME

For the past six months, we've all witnessed the most heartbreaking and anger-provoking things. We've seen police brutality mostly targeted towards BIPOC, Trump refusing to condemn White supremacists, orange skies in the bay area, and hundreds of thousands of coronavirus fatalities. This upcoming election can determine whether or not our nation will achieve all the rights it deserves. Whether or not we will be able to breathe fresh air, have access to affordable health care, etc. is all up to those who are eligible to vote. I want to be granted the rights I deserve and live a fulfilling life. These next four years are crucial in repairing our broken climate and building systems that help us thrive. Our country as well as the planet cannot handle another four years of our current nation's leadership. Since I am two years away from being allowed to vote, I will make sure my eligible friends and family shows up to vote for who they believe will repair our shattered nation so we can have a place we can call home in the near future.

My favorite posts of Kat's are these three. I like them because they are both aesthetically pleasing and contain a lot of information. Kat's post about why the election matters to her is extremely inspiring, and shares many of the same reasons that I have to that question. These submissions all inspired me to take action and consider the topics to a higher level, and I admire Kat's dexterity at creating visually appealing and informative graphics.

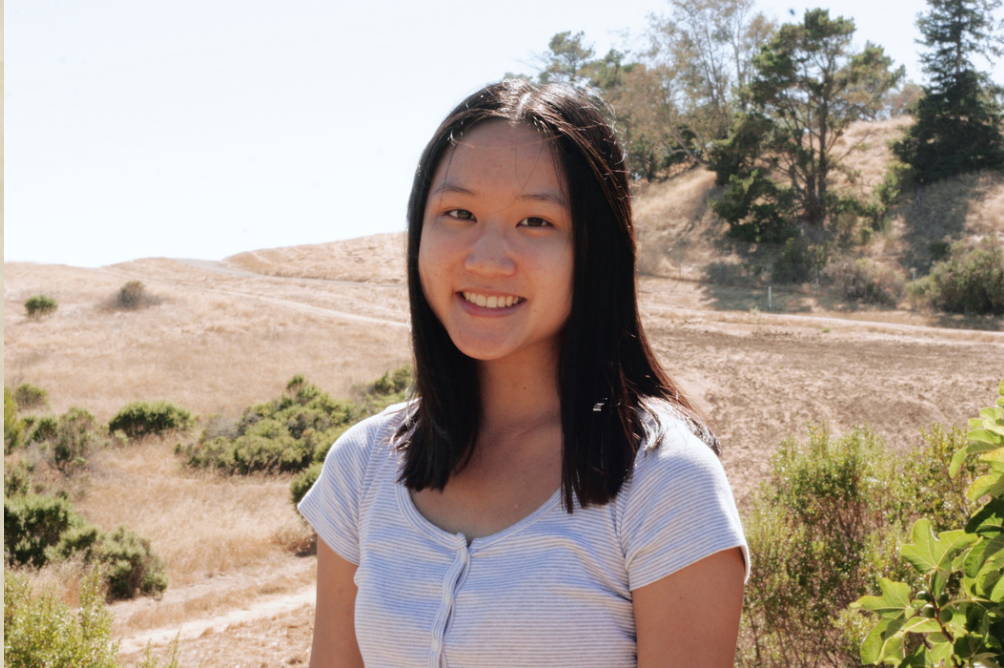
Challenge

Quote

"PGC has inspired me to become a leader, which I never really thought of myself as, considering I'm more soft-spoken, quiet, and conservative. Through creating all the posts you see on the Carlmont Green Team Instagram, I discovered that I've ... learnt enough to know what I'm talking about. ... The fact that I was motivated enough to ... do every challenge since day 3, and even be selected as a winner for some of them, has proven what I am capable of doing."



Photos



Social Media

Kat Nguyen

My eco-hero!



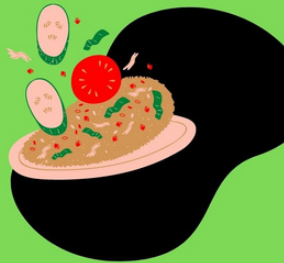
Kat was inspired to join Project Green Challenge because of the inequalities she saw at her school and in her community, as well as the disregard many students had for the environment.



Kat is a senior at Carlmont HS in California.

Kat's favorite challenges were food waste and education, because they had a large impact and reminded her of work she did with Carlmont's Green Team, where they separated food waste. That was not followed by many students, but she hoped that her actions on these two would make a difference.

Kat has been in Green Team since freshman year.



I am so lucky to have met Kat, and she is an astounding eco-hero that sets an example for all of us!

Thank you, Kat, for being an inspiration.



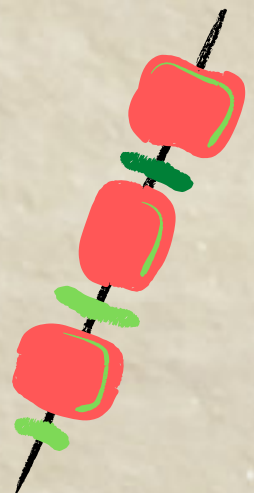
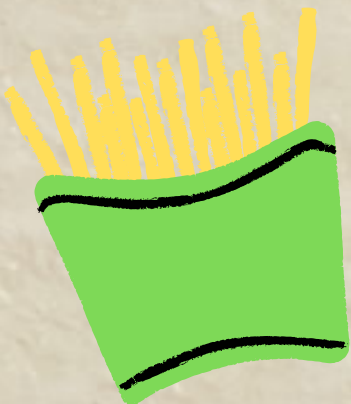
Caption: "It has been so amazing talking to Kat, a fellow PGC-er from California, over the past few days! She is such an inspiration, and the work she has done to help our planet is so important. I am so lucky to have met such great people during these last 28 days! Check out my next few posts to learn more about Kat and her activism. @turninggreenorg @carlmontgreenteam @kat.newyen #pgc2020 #ecohero #day25greenest #activist"

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Day 15 Greener



Food Waste



Challenge

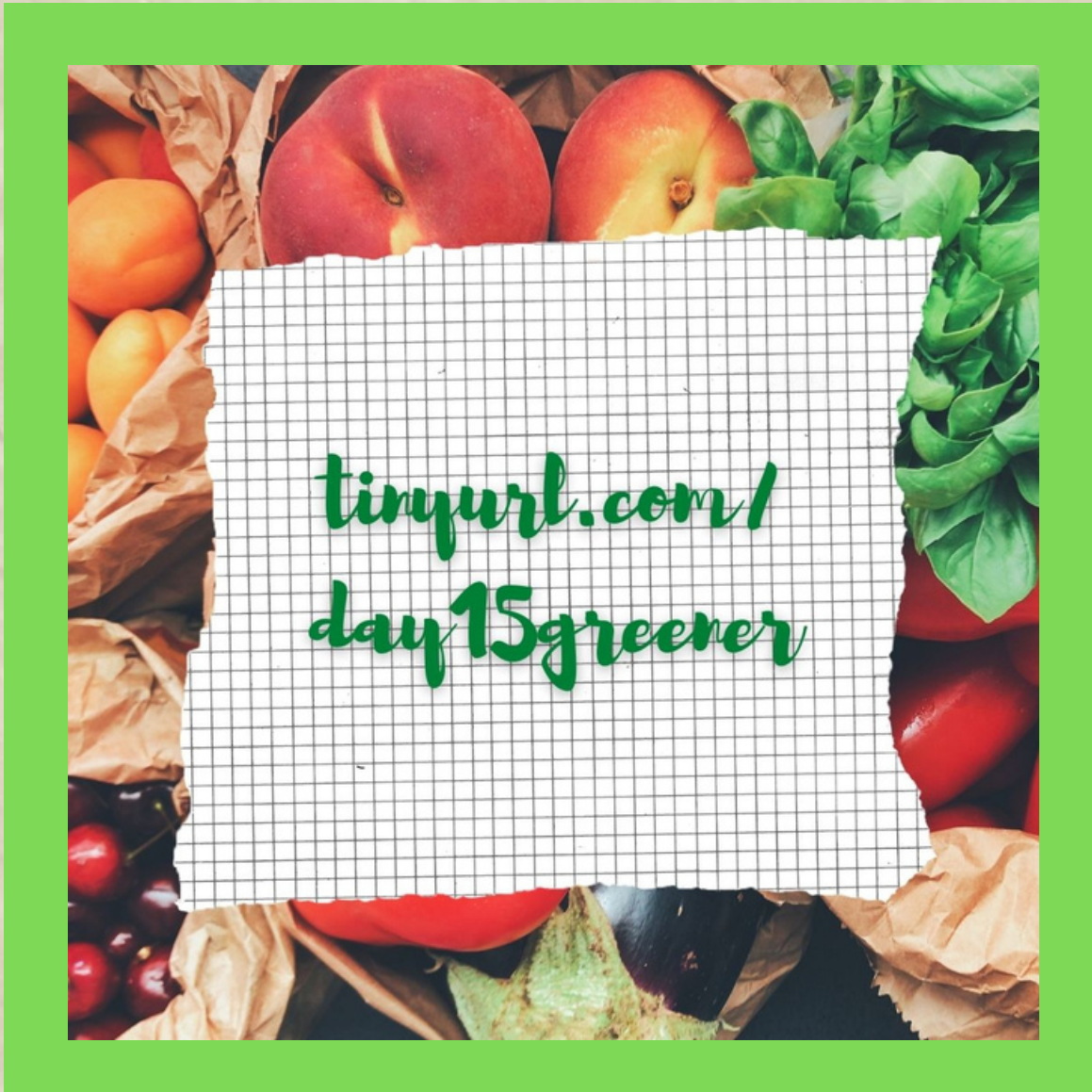
Information Vessel



My video on food waste and insecurity can be found at
tinyurl.com/day15greener!



Social Media



Caption: "My video on food insecurity can be found at the link in the graphic! This issue is one that, like many others, disproportionately affects minorities and lower-income folks. We can resolve this issue through halting our lose-lose system and helping both food producers and those threatened by climate change and food insecurity. @turninggreenorg #savethefood #pgc2020 #day15greener #foodwaste #foodinsecurity"