

Project Green Challenge 2023 – Day 4 Greener Category

Los Aprendices – Conrado Manuel Guzmán Flores, Salvador Rodríguez Pérez, & Fabiola López Bautista Conrado, (ASU Masters in Sustainability Leadership Program), Mexico City.

Create a list of all of the things water brings you. From your favorite pair of jeans to the greenery in or around where you live or go to school – water is ever present in ways we may not even know to think about.

The water I drink or use to make tea or coffee	The water I use to flush the toilet	The water needed to process my food
The water I use to water my plants	The water I use for cooking	The water needed to make my hygiene products
The water I use to wash my clothes	The water from the swimming pool at the REC	The water needed to make my cleaning products
The water I use to wash my body and hair	The water that's in my food	The water needed to grow cotton and other fibers
The water I use to brush my teeth	The water needed to grow my food (vegetable & animal)	The water needed to make my clothes
The water needed to dye my clothes	The water needed to make my medicine	The water needed to wash the car (what a shame)
The water needed to make the paper I use	The water needed to make the batteries I use and all other devices and appliances	The water needed to make my furniture
The water needed to build my house	The water from the sea, rivers, and lakes that I enjoy so much	The water that feeds the forest and all the outdoors that I love so much
The water my pets drink	The water needed to make my backpack	The water needed to make the fabrics in my house
The water needed to make the ink in the pens I use		

What surprised you about your relationship with water?

It's everywhere!!! As I looked around in my room and thought of all the things I do everyday the list kept growing, and I'm sure I'm far from done. As I was heading to the swimming pool to work out, I realized without water I couldn't swim there or in rivers or the sea, something so valuable to me. And it made me remember earlier this year about a business trip to the mountains where a colleague and me crossed a beautiful clear water river and he said we couldn't go in because it was growing season and was likely filled with pesticides. I was shocked thinking how many times I probably dipped into rivers in the same situation. It reminds me of how polluted the rivers and lakes in Mexico are not far from where I live, but also how easy it is to clean a river and how I was able to visit and drink water from the last river that feeds monstrous Mexico City. It reminds me of the glaciers in the volcanoes that surround Mexico City and how they have died and are dying and in the past, they were called water factories, but climate change has also made them disappear. It reminds me of how this year the growing season of corn so dear to

Mexican culture was delayed not one month, but two, because it wouldn't rain. I'm shocked, surprised, and sad.

How can you be more mindful and appreciative of water going forward?

It's a precious thing that exists in liquid form in our planet, no other planet that we know of has it in the state where it can support life. As I write this, I've become emotional. One of the most obvious ways that until a few weeks ago I began to consider is by switching cleaning and personal hygiene products from liquid to solid to at least diminish the water used to make these products. So far, I've switched to the good old bar of soap and shampoo bars. Once I'm done with my last tube of toothpaste I'll switch to tablets, the same for clothing and dishes detergents. I barely mop, but now I'll do it even less. It's so clear that I must consume less animal products, be more mindful of the dyes in my clothes.

Video: https://www.instagram.com/p/CyAK_iBLe6b/



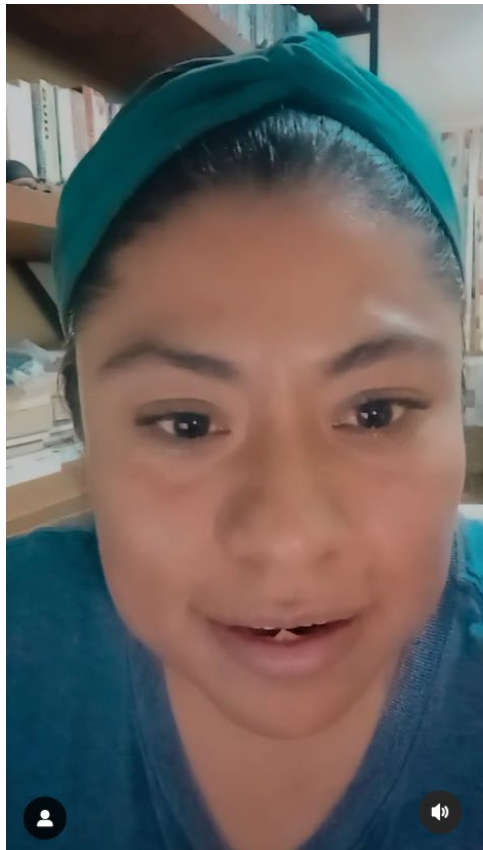
The image is a screenshot of an Instagram post. On the left is a video player showing a man with dark hair, a goatee, and glasses, wearing a white t-shirt, speaking. To the right of the video is the post's interface. At the top right, the username 'gfconrad' is displayed next to a profile picture icon and a three-dot menu icon. Below this is the caption: 'A lyric reflection of the water that is everywhere, in my body and outside' followed by a blue heart icon, the handle '@turninggreenorg', and the hashtag '#pgc2023'. Underneath the caption is the text '51 s'. Below the caption are icons for liking (heart), commenting (speech bubble), and sharing (paper plane), along with a bookmark icon on the far right. Below these icons is the text 'Sé el primero en indicar que te gusta esto' and 'HACE 52 SEGUNDOS'. At the bottom, there is a text input field with a smiley face icon and the placeholder text 'Agrega un comentario...', and a blue 'Publicar' button on the right.

My friend Salvador Rodríguez who is part of the team also answered the questions in a video on his IG account.

Video: <https://www.instagram.com/stories/salvador.rp/3206591645348314658/>



And the fabulous Fabi who's also part of the team. She uploaded the video in my IG account as well. Be sure to check her responses, they're surprising too.



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Audio original



nutricioncardiovascular @turninggreenorg #PGC2023
#huellahidrica

<https://www.emasagra.es/calculadora-consumos>

Editado · 8 s Ver traducción



Les gusta a iraisidro y 3 personas más

HACE 8 MINUTOS



Agrega un comentario...

Publicar