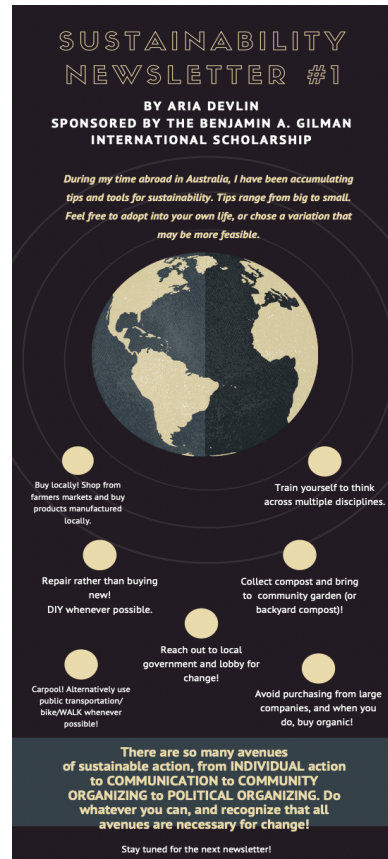


## Sustainability Newsletter Series

In the fall 2019 semester, I went abroad to Australia with the help of the Benjamin A. Gilman International Scholarship. This experience was very influential in my educational, professional and personal growth. My time abroad consecrated my interests in environmental action and justice.

While abroad in Australia, as a part of my ongoing Gilman project, I created and shared a series of newsletters which documented my study abroad experience as well as the sustainable practices I learned in Australia. I carried a small notebook with me to class and excursions which I specifically used to take notes on feasible environmental actions, a practice which I found to be extremely valuable beyond the scope of my Gilman project.

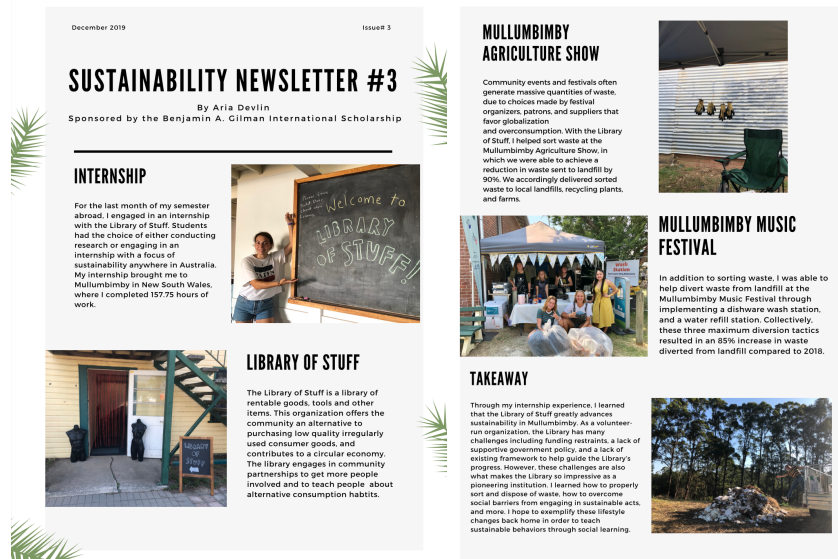
I published my first newsletter in late September, and in it, I featured my own curated *sustainability toolkit*. This toolkit illustrates a variety of different actions, which I observed in my first month in Australia, which can positively contribute to environmental preservation on an individual, community, and political level.



The second newsletter was published in early November, and focuses on the theme of travel. I detailed my travels within Australia, and confronted the ways in which travel is and is not sustainable, as well as ways to

improve sustainability while traveling. I enjoyed creating this publication, not only because it allowed me to reflect on my travels, but because I got to share valuable information with my own home community that has the potential to make a global impact.

Finally, I published my third newsletter in December and this one focused primarily on an internship I completed with the *Library of Stuff*. I detailed the work I did within the internship, and the several projects that I took on. I explained how I sorted through waste at large community events and participated in waste-free catering as well as participated in the general day-to-day activities of the library. I included visuals and as many hard numbers as possible, as a way of grounding the ideas that I share in the letter.



Through my Gilman Project, I had two central goals. The first was to show fellow low-income students that studying abroad is a tangible reality which I hoped to achieve through the distribution of my newsletters. The second was to show my peers that consciously acting to be more sustainable individuals despite limited resources is also readily achievable which I demonstrated through the content of the newsletters. By going abroad with the Gilman scholarship, my study abroad experience had purpose and implications larger than just myself—and made it one that I will never forget.

I advise that students look into every opportunity available to them. This includes scholarships, programs, advising, and more. There are often more resources available than we realize—and it is up to us to navigate and take advantage of them.