

Event Information

Thompson Rivers University - Sustainability Office
February 28, 2022

TRU Students,

Take the **GREEN GUIDE CHALLENGE** to learn about sustainability, help the planet and win prizes!

What is the **Green Guide Challenge?**

- ❖ Runs for 5 weeks: March 1 to April 1, 2022
- ❖ Organized by students in the *TRU Student Sustainability Ambassador Program*
- ❖ Designed to help TRU students live more sustainably on and off campus
- ❖ Have a chance to win lots of great 'green' prizes, including a \$500 Grand Prize!

How does it work?

- ❖ Nine (9) 'green' challenges
 - each one has three actions
 - complete one action and provide evidence
 - collect prize!
- ❖ Complete all nine challenges?
 - Then your name goes in a draw to win the grand prize worth \$500! (see details below)










Step 1: Join the Challenge: Find the "Green Guide Challenge" information [HERE](#), and sign up to join with the online form. After you submit the form, we will get you started!

Step 2: Go For It! Start doing the actions mentioned in each of the nine challenges and provide evidence that you've done them. Every time you do at least one action from each of the nine challenges, you'll win a great little sustainable prize (see prize details below).

Step 3: Do all 9 Actions – Have a chance of winning the Grand Prize worth \$500! After sending us proof that you've done at least one of the three actions in each of the nine challenge areas, your name will be put in a draw to win the Grand Prize, which is your choice of either a tuition credit, an electric scooter or an e-reader – each worth \$500!

Prizes: Here's a summary of the 9 prizes in each Challenge area. Prizes can be picked up at the Sustainability Office Monday to Friday from 9 am to 1 pm. The Office is located at the south end of the Human Resources building; look for the orange door facing the Sciences building; and knock hard!

Topic	Examples of Evidence	Challenge Prize Description	Challenge Prize Images
Transportation	Picture commuting to TRU by bus, walking, riding a bicycle, etc.	Safety reflector tag (3"x1 3/4")	
Health & Wellness	Picture visiting the TRU Wellness Center or exercising or hiking.	\$6 voucher for any TRU LEAP program	
Zero Waste	Picture using the Zero Waste Stations properly (recycling, composting, etc.), or donating clothes, recycling batteries, etc.	Reusable Shopping Bag made from recycled plastic 16"x16"	
Food & Dining	Picture eating healthy food (vegetarian or vegan), or visiting the local Farmer's Market	TRU Scratch Cafe or Food Services \$6 dining gift cards for vegetarian or vegan food.	
Building Energy	Picture of turning off lights, keeping the thermostat at a low temperature (20 C degrees or lower), or washing clothes in cold water, etc.	5 minute shower timer; sticks to shower wall (provided by Fortis)	
Water	Picture of refilling a water bottle.	500 ml stainless steel water bottle	

<p>Purchasing</p>	<p>Picture of buying something from a thrift store, or answering the question: Describe a situation where you considered sustainability in a purchase, and what that meant to you?</p>	<p>Reusable stainless steel straw and straw cleaner in carry bag</p>	
<p>Getting Involved & Learning</p>	<p>Answer the question: What did you learn from participating in the Green Guide Challenge?</p>	<p>Reusable stainless steel fork, knife and spoon in carry bag</p>	
<p>Printing & IT</p>	<p>Answer the question: Please describe two environmental effects from using more paper than necessary.</p>	<p>50 sheets of Sugar Sheet copy paper</p>	

Thank you for participating!

Please invite a friend to participate and send them this information to get started.

Good luck with the Green Guide Challenge!

Sincerely,
TRU Student Sustainability Ambassadors