

Event Information

Thompson Rivers University - Sustainability Office February 28, 2022

TRU Students,

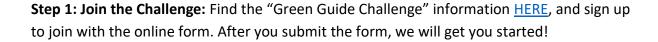
Take the **GREEN GUIDE CHALLENGE** to learn about sustainability, help the planet and win prizes!

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 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		Safety reflector tag (3"x1 3/4")	Be seen, Be safe!
	Wellness Center or exercising	\$6 voucher for any TRU LEAP program	THIS CARD IS GOOD FOR \$6 OFF ANY LEAP ACTIVITY.
Zero Waste	Picture using the Zero Waste Stations properly (recycling, composting, etc.), or donating	Reusable Shopping Bag made from recycled plastic 16"x16"	THOMPSON BURERETY OWNERS OF THE STATE OF THE
Food & Dining	(vegetarian or vegan), or visiting the local Farmer's Market	TRU Scratch Cafe or Food Services \$6 dining gift cardsfor vegetarian or vegan food.	DINING CARD EAT OF CAMPUS TULCA/food
BuildingEnergy	Picture of turning off lights,		CONTISE
IWater	Picture of refilling a water	500 ml stainless steel water bottle	The state of the s

Purchasing	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?	Reusable stainless steel straw and straw cleaner in carry bag	
Getting Involved &Learning	Answer the question: What did you learn from participating in the Green Guide Challenge?	Reusable stainless steel fork, knife and spoon in carry bag	
Printing & IT	Answer the question: Please describe two environmental effects from using more paper than necessary.	50 sheets of Sugar Sheet copy paper	SUGAR SHEET COPY PAPE Looks, performs and recycles like regular paper Resourcede, performs det recycles like recycles like regular paper Resourcede, performs det recycles like recycles

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

