

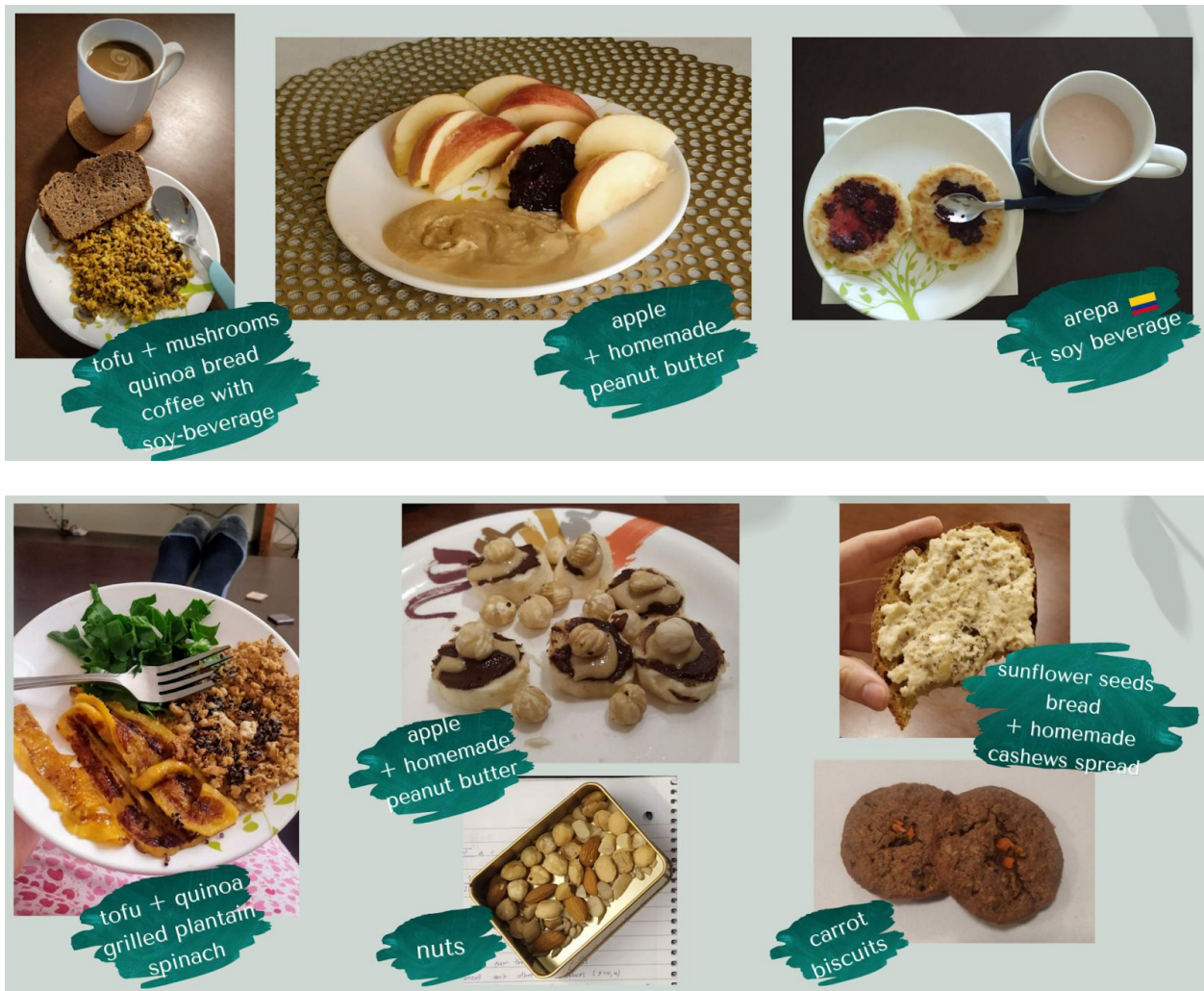
# The Sustainability Challenge | Act Now!

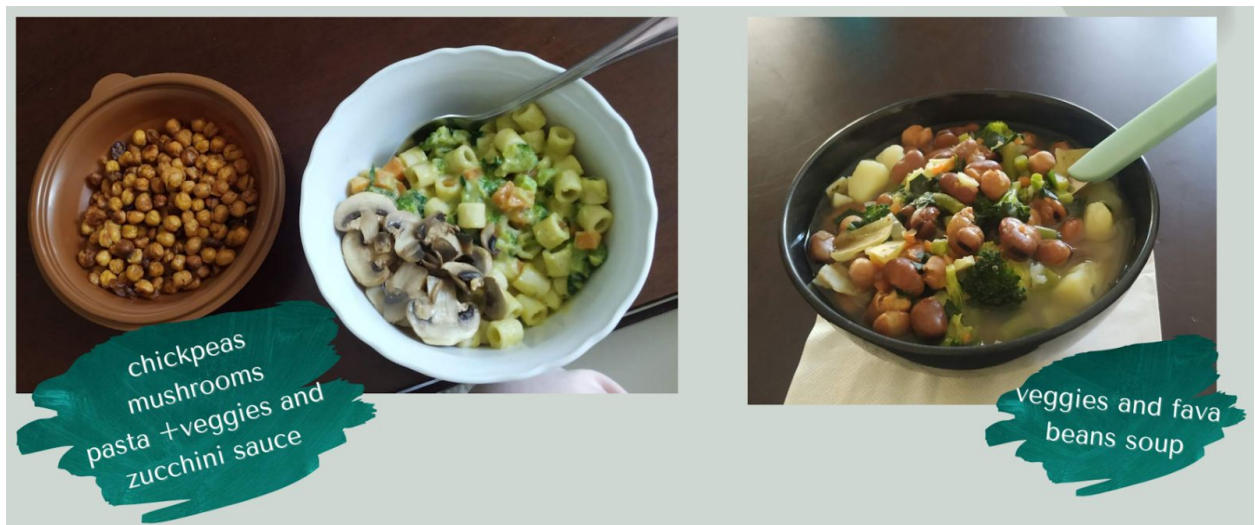
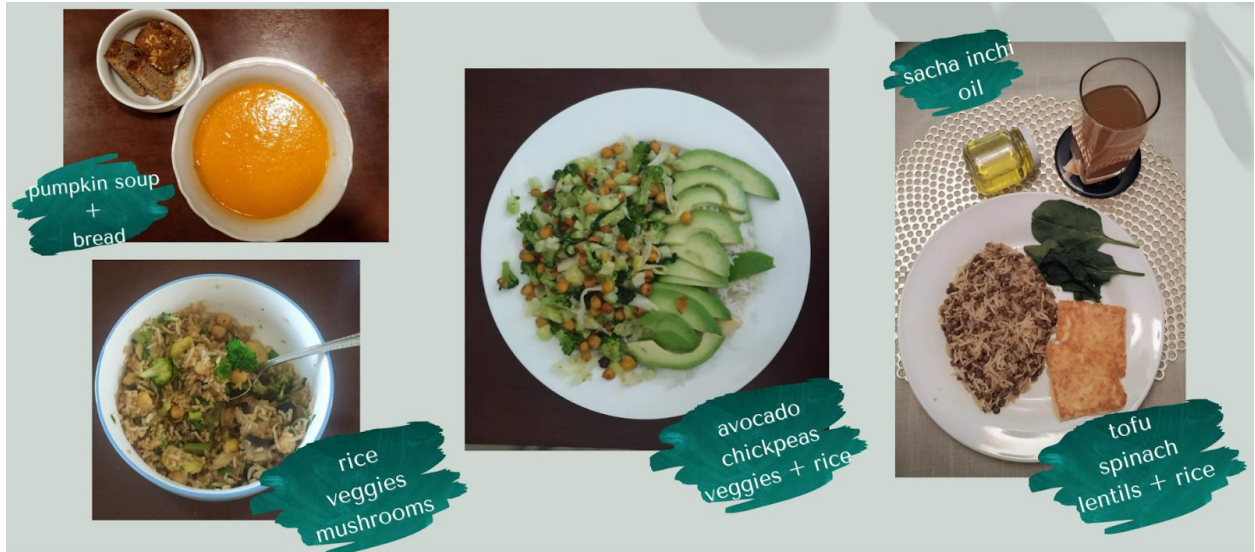
On January 07, 2021, Students for Sustainability launched 'The Sustainability Challenge', considering the criticality of personal behavior in our carbon footprint. The challenges were based on the [UN Campaign for Individual Action](#). Three behavioral changes were encouraged among the community members:

- i. Switch to vegetarian or vegan diet.
- ii. Use public transport, carpool, ride your bike to work or school every day.
- iii. Compost your food waste with a backyard composting container.

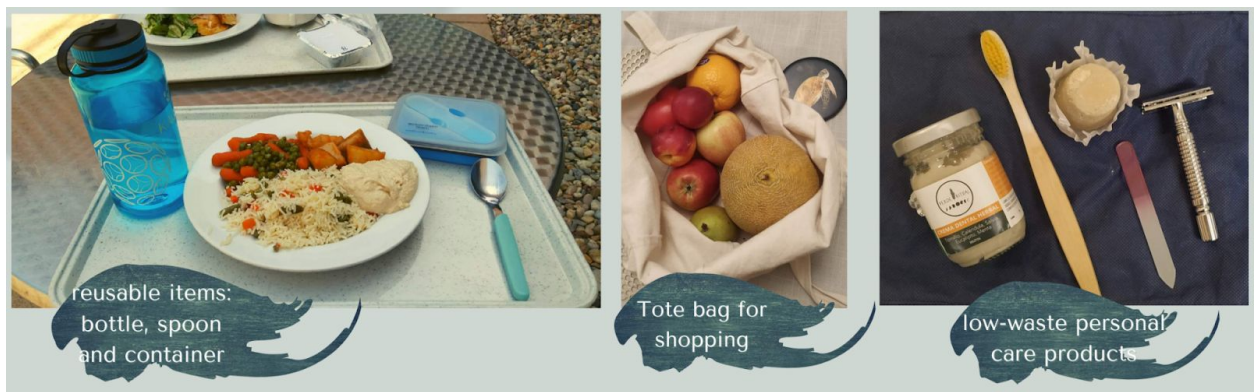
Several enthusiastic community members showed the way with their inspiring journey in changing their daily behavior. Students for Sustainability rewarded the participants with sustainable goodies.

Zulma Lopez believes that our consumption habits need a drastic change for a healthier environment. Delicious, healthy, and filling meals can be made going vegan, as Zulma shows us with her efforts.





Zulma also shows how we can reduce our waste by using reusable products...



...and composting her organic waste to use in the garden!



Renad Bougis took 'The Sustainability Challenge' to complement her life long love affair with zero-waste lifestyle. Her inspiring journey includes a zero-waste kit she made to avoid using single-use plastics at eateries and shopping areas. Her self-goals were to avoid single-use plastics, choose recycled food packaging and sort trash at home.



The kit helped her go zero-waste when dining out, going to the beach or friendly gatherings at KAUST. With some cooperation from Tamimi and Greens vendors, she used no single-use plastic for all her shopping. She even found natural loofah to replace dish washing sponges. Instead of taking packaged bread, she ordered sourdough loafs from a baker in the KAUST Community. Instead of using throw-away masks, she ordered reusable cloth masks from again from an artisan on campus.. When sorting trash, Renad was careful to rinse the plastics so that they can be put to reuse and recycled in the future.

Inês Raimundo began her vegan journey with 'The Sustainability Challenge'. The participant not only cooked plant-based delicious dishes in her kitchen but did not break the vegan streak while out in an

Indonesian Restaurant in Jeddah or at Smoked Ash restaurant in KAUST. This was complemented with higher energy levels, a more active mind and body and a feeling of compassion for all plant species.





The unpredictability and the wait for buses propelled Yuanmin Zheng to switch to bicycle for her daily commute to the campus. The views of the sea and the KAUST parks are unmissable every morning, and Yuanmin wonders why people shield the surreal view with the glass panes of a car. Yuanmin's bike is her new best friend and she continues to explore the campus.





These inspiring stories from around the campus have filled us with so much hope for the future. It makes us believe that we have the power to reduce our carbon footprint and contribute to the fight against climate change at individual levels. At Students for Sustainability, we encourage every member to take part in 'The Sustainability Challenge' and be rewarded for their efforts to spread awareness.

Feel free to contact us at [s.square@kaust.edu.sa](mailto:s.square@kaust.edu.sa) or on our [Facebook Page](#).

Full reports of the participants can be found in the link below:

Zulma Lopez

([https://drive.google.com/file/d/19\\_Df5qrBAi1yh0J7T8Dn3-S7HVCQ0pWE/view?usp=sharing](https://drive.google.com/file/d/19_Df5qrBAi1yh0J7T8Dn3-S7HVCQ0pWE/view?usp=sharing))

Ines Goncalves

([https://drive.google.com/file/d/1-MxT-oiWUkIhGQF\\_jUFq6JdKRpkuaRfG/view?usp=sharing](https://drive.google.com/file/d/1-MxT-oiWUkIhGQF_jUFq6JdKRpkuaRfG/view?usp=sharing))

Renad Bougis

([https://docs.google.com/presentation/d/1aSOHtB9mbGm5uP4qjpZ3uv\\_lqqdfbdWk20WZDsx7UUM/edit?usp=sharing](https://docs.google.com/presentation/d/1aSOHtB9mbGm5uP4qjpZ3uv_lqqdfbdWk20WZDsx7UUM/edit?usp=sharing))

Yuanmin Zheng

(<https://drive.google.com/file/d/1FodMIC7m0oNhiZ8qpxa9GBaw5Tn7cDnp/view?usp=sharing>)

-by Eshan Singh