

# HOW CAN SIMPLE ACTIONS SAVE THE PLANET?

Prepared by: Leo Jhon Rey Macawile

## Background

- I took PSYC 3450 - Environmental Psychology course in Las Nubes, Costa Rica.
- The course explored the bi-directional interaction between people and their natural and built-in environments. The course also discussed feelings, motivation, attitudes, and resistance to pro-environmental behaviours.

## Costa Rica Experience

- Field trips
- Farm and community tours
- Day/night hiking
- Project with a community partner organization (tree planting)
- Connecting with nature (meditations outside)
- The course combined class-based learning in Las Nubes Eco-Campus and field trips.
- Reflection writings, presentations, discussions

## Impact of Costa Rica experience on my Academic Growth

- I learned how climate change affects population health by impacting food variety, biodiversity, pollution, extreme weather, and increasing temperature, leading to the rising of viruses such as the Zika virus.
- My trip to Costa Rica made me realize my role as a future registered nurse in raising awareness and advocacy to help mitigate climate change.
- The trip to Costa Rica helped me realize the natural and built-in environment's role in people's health. The trip increased my awareness of how to utilize nature to improve people's overall well-being.



## Impact of Costa Rica experience on my Personal Growth

- I learned the value of living within my means and how it brings joy, less stress, and an effective strategy to fight climate change as an individual.
- I continued the simple lifestyle I learned in Costa Rica. As a result, I saved thousands of dollars by not buying takeouts (especially meat), unnecessary clothes, technology, and appliances.
- I learned to be more conscious of my carbon footprint and challenged my feelings and practices that are unnecessary and increases my carbon footprint.
- Friendships and collaboration

## SDGs discussed by my trip to Costa Rica?

- Goal 3 - Good Health and Well-Being, Goal 4 - Quality Education, Goal 5 - Gender Equality
- Goal 6 - Clean Water and Sanitation, Goal 11 - Sustainable Cities and Communities
- Goal 13 - Climate Action, Goal 14 - Life Below Water, Goal 15 - Life on Land
- Goal 17 - Partnerships for the Goals

