

# Eleanore Henderson



**Degree:** Geography and Spanish (Flexible Combined Honours)

**Year:** two

**Additional info:** I study human geography and I've always liked languages and travelling. Geography was a different option so I can learn more about how the world works such as migration.

## Why Sustainability?

I come from quite a 'green' family. My dad is very much involved in green politics and local green campaigning. The main thing that first got me really interested was a campaign in my village. Our village has some lakes and it was planned for them to be filled with ash from a local power station, so we campaigned to save them and their wildlife. This involved lots of campaigning, petition signing, cake stalls and dressing up (mostly as a water vole!). This led me to hand in a petition at 10 Downing Street signed by my school and other schools in the area. We successfully saved these lakes. That was my first green campaign and the first thing that got me interested.

Since then, I just love the environment and I want to protect it. I think there are really easy ways that people can help out by changing little things at a time.

## What experience have you gained at University?

I joined Green Soc in my first year and got involved with the Go Green Week. As well as organising events, we've also been teaching other students small things about how they can act more sustainably at home, such as water reduction and electricity saving. We also promote, and educate students about, Fairtrade food. We plan to make Fairtrade Fortnight bigger to attract more students. I was President of Green Soc in 2011/12.



## What skills have you gained?

**Employability-wise I've gained events organisation skills, networking and most likely my emailing skills!**

**Personally I have developed an ability to manage my work/life balance through my participation in different committees. I have met new people, increased my communication skills and experienced new things.**

## What are you going to do next?

Next year I'm going on my year abroad which I'm really looking forward to. I'm going to Spain and hope to continue what I've been doing in the UK. I am going to be a teaching assistant in a school so I will try to incorporate some aspects of sustainable living, such as recycling in the school. It will be interesting as I'm vegetarian, for environmental reasons, but in Spain a vegetarian lifestyle is much less common. I am looking forward to explaining my reasoning... in Spanish!

## One thing that everyone could do to make a difference?

I think something that is really easy is to do is take meat out of your diet for one or two days a week. There is considerably more pollution released and water used for the production of meat than for seasonal vegetables. There are lots of tasty alternatives to meat.

