



ENSU 1000: LEADERSHIP IN ENVIRONMENTAL SUSTAINABILITY

Verification Form

Category B – Community or TRU Volunteer Work

Name: Bhumika Lem Gurung

Points Earned: 2

Mark the hours of volunteerism you have completed and upload to your e-Portfolio as verification of your hours.

- ☐ 10 hours of volunteerism related to environmental sustainability (1 point)
- ☒ **15 hours of volunteerism related to environmental sustainability (2 points)**
- ☐ 20 hours of volunteerism related to environmental sustainability (3 points)
- ☐ 25 hours of volunteerism related to environmental sustainability (4 points)
- ☐ 30 hours of volunteerism related to environmental sustainability (5 points)

TO VERIFY: Write a reflective paragraph of your volunteer experiences and how it relates to environmental sustainability in your e-Portfolio.

Summary of Volunteer Activity:

Serving as a Sustainability Ambassador at TRU was a transformative experience that deepened my commitment to environmental sustainability. In this role, I engaged with fellow students each semester, educating them on sustainability issues and promoting eco-friendly initiatives on campus. This peer-to-peer outreach not only enhanced my communication and leadership skills but also fostered a collaborative community dedicated to positive environmental change. Participating in initiatives like the *Fill it Forward* campaign, which encouraged reusable bottle use, and the *BioBlitz* biodiversity awareness event using the iNaturalist app, allowed me to actively support TRU's sustainability goals while engaging the community in meaningful environmental action.

Dates/Duration of
Activity:

Winter 2024 - Fall 2024

Verification by Third Party Individual:

Name:

Anna Rogers

Title:

Zero Waste & Sustainability Programs Coordinator

Phone Number:

778-694-4335

Email:

arogers@tru.ca

I hereby certify that the information provided above by Bhumika Lem Gurung
is accurate and worthy of consideration for the Certificate of Leadership in Environmental
Sustainability at TRU.

Anne Rogers

Signature

March 4, 2025

Date