In the third year of my biochemistry degree in 2021, during the post-pandemic period. I had my first introduction to the environment and sustainability through my industrial training experience. The majority of industries and organizations that could have provided me with a good industrial experience at the time were either not hiring or accepting new members. This was because some of these industries were still getting over the minor setbacks they had during the lockdown, and some had adopted remote working system in Nigeria (due to the lockdown in 2020) for productive work from employees to keep the industry running. I applied to several industries including (**list industries here).** These organizations were all related to my field of study and I was certain joining them would give me a deeper insight into environmental sustainability. However, I was met with negative replies from all organizations as they gave similar responses stating that they were not currently accepting industrial trainees. This was a valid reason because they were looking out for the safety of their students.

In the absence of opportunities in the industries I desired, I chose to apply to an environmental organization, and I was accepted right away. Initially, none of the roles which I was assigned were appealing to me. One day however, we were all required to go on a field trip to the treatment and disposal centers to observe how waste management procedures were being conducted. It was at this point that my interest in the environment ignited. My realization of the critical necessity to save our world and its valuable resources was sparked during this eye-opening experience. From then on, I have been making positive contributions to support biodiversity, wildlife conservation and the overall wellbeing of our ecosystem.

Beyond the experience I got during my placement, I have continuously engaged actively in various extra-curricular activities relating to sustainability. I am a volunteer member at Sustyvibes which is an NGO that is committed to advocacy and community engagement to drive the required actions regarding the environment through environmental sustainability projects in diverse communities. Through my participation at Sustyvibes, I have gained a solid foundation in the principles and practices necessary to address the environmental challenges we face today and I have been able to organize my time effectively, consistently meeting coursework deadlines and develop effective communication skills. This demonstrates my ability to successfully balance academic work alongside the demands of the course during the Masters study.

My ultimate objective is to support the creation and application of sustainable solutions on a global scale. I am confident that studying Sustainable Development at the University of Sussex will broaden my knowledge and enable me to gain the skills necessary to address urgent environmental concerns starting with my immediate community. I am sure I can have a significant impact in this subject because of my hands-on experience and enthusiasm for sustainability.

In summary, my persistent commitment to sustainability and the environment has influenced my extracurricular activities, and future objectives. It’s no longer just “my career”, but now my lifestyle and I have begun to educate my friends and families on the critical need to protect our environment. The opportunity to continue with my journey at the University of Sussex, where I can work with like-minded people will add to my enthusiasm the knowledge, skills, and experience required to contribute to a more resilient and sustainable future.