

## Shihara Silva – Postcards from Brighton

Dear Mum and Dad,

I've just arrived in Brighton and it's so beautiful! There's so much nature to be explored here such as Brighton Beach, Preston Park and Devil's Dyke. I'm very grateful that I've had the opportunity to study here but I want to minimise the environmental impact of my travel to preserve the beautiful sights of Brighton.

I'm so glad you suggested I catch the train from Heathrow Airport to Brighton! Not only was it super convenient for me, it also helped the environment as trains produce lower greenhouse gas emissions thus lowering air pollution. I also learned from the official Brighton and Hove website (<https://www.brighton-hove.gov.uk/climate-change/becoming-carbon-neutral-2030>) that one of their goals is to achieve carbon neutrality by 2030 aligning with the UN Sustainable Development Goal 13 (climate action) so I feel I have contributed to this in some way!

I've met my three roommates now and they are all so lovely! We have a lot of similar interests and we have discussed some house rules to minimise our environmental impact while we are here, such as limiting the length of our showers and use of heaters during the colder months. We also thought it would be a nice idea to have dinner together once a week. Inspired by the UN Sustainable Development Goal 12 (responsible consumption and production), we will be using an app called "Too Good to Go" for this dinner. Through this app, we can buy leftover food from restaurants to prevent food waste while also allowing us to try different cuisines within our new city. I can't wait for us to start having our weekly dinners!

At my university's Freshers fair, there were stalls for all the different clubs and societies you can join. I was talking to one of the representatives of the Walking and Hiking Society who introduced me to the "Tidy Up Team," (<https://www.brighton-hove.gov.uk/jobs/volunteering/volunteer-tidy-team>). This is a local organisation that cleans up public spaces to make Brighton a nice area for its community and commits to achieving the UN Sustainable Development Goal 11 (sustainable cities and communities). I have signed up as a volunteer as I think it would be a great opportunity for me to see more of Brighton and meet like minded people while also helping the environment.

Once I've settled in, I plan to do some hikes around the United Kingdom such as the Seven Sisters Cliffs Walk. By using the following websites - <https://www.nationaltrail.co.uk/> and <https://www.wildlifetrusts.org> I will educate myself on the most sustainable practices to complete these hikes and align with the UN Sustainable Development Goal 15 (life on land). I want to make sure that I contribute to the maintenance of the sights I visit so it remains intact for future generations.

I'm missing you both so much and I will give you a call soon!

Love,

Shihara