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The 1to1 Movement
San Diego, CA
September 1, 2014
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This past summer I participated in an internship with The 1to1 Movement in San Diego, California. The 1to1 Movement is a San Diego based environmental non-profit organization that works towards raising awareness about sustainability and conservation. The organization focuses on key environmental issues such as waste, energy, water, transportation, and food. The 1to1 Movement raises awareness about these issues through a series of informative campaigns, community events, and education programs. Some ask “Well what does ‘The 1to1 Movement’ even mean?” and we respond with the philosophy that the organization was founded upon is that one simple individual action can make a small difference and if that action were multiplied by millions it could mean global change.

Throughout the summer the interns had different responsibilities we were expected to continuously work on individually and as a group. My main responsibilities included creating blog content by writing various blog posts, creating lesson plans for different teaching opportunities, promoting our campaigns through social media, videos, and contacts, teaching lessons at camps and with various groups, running errands, event planning, and being a hands on member of the team as we set up our community events.

While working with The 1to1 Movement I developed some very valuable skills such as event planning, social media, event promoting, creative writing, and teaching. At the very beginning of my internship the organization held an event called A Place At The Table. The interns were in charge of setting up the entire event from coffee, to

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traffic direction, to tables. We were also participants in the event by joining groups and working together to solve an environmental issue. At the end of the event each group presented their innovative solution in hopes to win the competition. At a separate event called Sustainable Brands The 1to1 Movement was in charge of waste management for the entire event. We took turns volunteering at the event, meaning we sorted all of the outgoing trash into separate bins in order to achieve “zero waste” at the event. We met our goal of zero waste and also had the opportunity to attend the event and listen to some very inspirational speakers. Our last event was our biggest event of the summer called America’s Finest Film Festival. This is a community event founded by The 1to1 Movement that celebrates the beauty and diversity of San Diego through 20 short films made by San Diegans about San Diego. For this event I was put in charge of the food options. I sought out the best local healthy food vendor options through a series of requirements and surveys and organized their attendance at the festival.

My internship experience with The 1to1 Movement has taught me some very valuable lessons. Most importantly it taught me to utilize all my resources in order to be efficient, environmentally friendly, and economical. For example, instead of buying business cards, use leftover supplies, such as vinyl, make a stamp, and create your own business cards. This way you prevent trash from making its way to the landfill while repurposing it into something free and useful. I learned time efficient strategies and effective ways to work well with others. If I was assigned a difficult task that needed to get done in a timely fashion I learned that not only was it perfectly fine to seek outside

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help but it was encouraged. During the summer I slowly realized that these new experiences I was having with new people influenced me to become more open minded. These experiences also often led me to become happier and I discovered skills I never knew I had, such as rock climbing. I learned my own definition of sustainability, one that I understand and can relate to. One that means to ask for no straw in a restaurant because they are unnecessary, that means to bring my own silverware when I'm eating out, that means to remember my water bottle everywhere I go, and to enjoy the community around me and take advantage of all it has to offer.

My internship with The 1to1 Movement helped me to view my future and career goals much clearer than I previously had. Throughout the summer I was given the opportunity to meet different people on career paths that I did not know existed and were right up my alley. Learning about these unique careers in the environmental field has given me a new and increasingly positive outlook on my future and where my experience can take me.