

ELIZABETH SARMIENTO TRANSCRIPT

Segment 1 – Introduction

>> **ELIZABETH:** My name is Elizabeth Sarmiento and I'm from Honduras, Central America and I am a program coordinator for a non profit organization based in San Jose, called Valley Verde, and what we do is we help low income communities to have access to healthy food. And so we help them and do trainings on nutrition and teach them how to grow their own organic vegetables at home and about the environmental sustainability and food and that kind of stuff.

Segment 2 – What Was Your Experience Learning English?

>> **ELIZABETH:** When I emigrated from Honduras, Central America a few years ago, I started first working a lot during the day, I would work different odd jobs and at night I would go to adult school to take ESL classes – English as a Second Language. I would go in the evening, no matter how tired I was. This was in Los Angeles. Before I knew it I was ready to take more advanced classes in English and so I went to the community college. By that time I moved to the Bay Area and went to Foothill College. Of course I started taking other classes to learn more because I was very curious and I wanted to learn. I wanted to learn different things, art and so forth and I joined the student government.

Segment 3 – What Helped You Choose Environmental Studies?

>> **ELIZABETH:** And I had this amazing teacher who had this energy and was just really fun and I started learning about the different problems in terms of the environment, like deforestation or pollution of our water, all the different things and plants and the connection between everything, so I took that class and I thought this is what I want to do, I want to learn about the environment and I started making the connections that I could do a lot of different things. So I eventually with that last class that I took I transferred to a four year college and I got a degree in environmental science.

Segment 4 – Water Conservation Opportunities

>> **ELIZABETH:** There are a lot of opportunities and a lot of training in water resource management. Within the field of water there are a lot of people of retirement age, so there opportunities in terms water treatment plants or if people want to go into environmental studies they can learn about water conservation and become water conservation specialists, or they can become educators and just focus on that and educate people about the importance of using resources wisely. Within the sector of water there are so many different things, such as landscaping – we use more than 70% of water in our landscape, with the water in our homes. You can go into landscaping, sustainable landscaping and design or learn about native plants. You can get training, different organizations will provide training.

Segment 5 – Why Would You Recommend this Work?

>> **ELIZABETH:** One of the things that I have learned throughout the years is that within anything that we are doing, working in landscaping or in a restaurant, customer service or whatever we like to do, we can do this job thinking about the environment; where things come from, how things are made and how is it impacting the environment. So we can create or promote sustainability in any job. There are a lot of managers, business organizations that are already moving in that direction. I think there are a lot of jobs. But what I am doing right now is helping low income families to think about the environment and their food, culture and food, how we can eat healthier food and grow it in our own back yard and how we can have a positive impact on the environment.

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