CSUDH | SUSTAINABILITY

Volunteer Internship Requirements

If you would like to formally claim a volunteer "internship" with the Office of Sustainability, you will receive additional training and experience, but will also be expected to complete a higher level of service than a regular volunteer. Please see the attached training checklists for the expected requirements as well as the table below:

Volunteer Internship Type	Hourly Commitment	Recognition/Academic Credit Value
Level 0 (Non-credit)	3-5 hours of training & minimum of 32 total hours of project work/semester (~2 hours/week on average)	Participation Certificate Recognition Pin Direct Service Hours reflected on transcript
Level I	3-5 hours of training & up to 120 hours of project work/semester (~7-9 hours/week on average)	Participation Certificate Recognition Pin Up to 3 units of academic credit* (Must self-enroll into an appropriate internship course and check with course advisors to qualify)
Level II	3-5 hours of training & 120-180 total hours of project work/semester (~12-18 hours/week on average)	Participation Certificate Recognition Pin Up to 3 units of academic credit* (Must self-enroll into an appropriate internship course and check with course advisors to qualify)
Level III	3-5 hours of training & 120-180 total hours of project work/semester (~12-18 hours/week on average) Must have served one or more semester(s) as Level I-II intern	Participation Certificate Recognition Pin Letter of Commendation Up to 3 units of academic credit* (Must self-enroll into an appropriate internship course and check with course advisors to qualify)
Research Intern (Levels I-III)	3-5 hours of training, and up to 50% of hourly project work commitment can be applied to an independent research project. Requires research project approval from a pre-identified faculty mentor/sponsor	Participation Certificate Recognition Pin Up to 3 units of academic credit* (Must self-enroll into an appropriate internship course and check with course advisors to qualify)

Sustainability Internship
Volunteer Intern Training Checklist

Classwork:

- <u>Mandatory</u>: Sustainability 101 Training- presentation
- <u>Mandatory</u>: Communications 101 Training- presentation
- <u>Mandatory</u>:   Elective Training (1)- Recycling, Food, Energy, Water, Transportation *OR* AASHE Workshop on specialty topic
- <u>Mandatory for Level III only</u>: Leadership Training- video presentation

Reporting:

- Pre/post test (SLICE)
- Project Evaluation Form: List all projects worked on this semester and name your favorite/least favorite. Name one sustainability idea you think would make CSUDH greener and name one way this internship has changed your sustainability behavior in your daily life.

Hands-on Experience:

- <u>Mandatory</u>: Table at least 3 outreach events per semester (1 hour minimum each event)
    - Tabling event (date/times):
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- <u>Mandatory</u>: Assist with 1 food recovery event (either existing or do your own)
    - Event date/food recipient:

- Sustainability Project Assistance- any combination
    - Facilities/Landscape and Infrastructure Projects:
        - Farm Tasks (must have separate orientation for this)
        - Re-label recycling bins
    - Education/Outreach:
        - Trash Talks
        - Farmers Market Tabling and/or Cooking Demonstrations (Tuesdays)
        - Sustainability Pledge Gathering
        - Create marketing: Instagram videos, infographics, flyers
        - Classroom presentation on sustainability or sustainability topic
        - Additional tabling events
    - Data Collection:
        - Tree mapping and identification
        - Waste Audits
        - Power Down and Energy Audit Walkthroughs
    - Other: Do you have an idea for a sustainability project not on the list? Discuss with the Sustainability Club President to receive credit hours.

Campus Urban Farm Internship
Volunteer Training Checklist

Classwork:

- <u>Mandatory</u>: Farm Orientation (20 minutes)
- <u>Mandatory</u>: Sustainability 101 Training- presentation
- <u>Mandatory</u>: Communications 101 Training- presentation
- <u>Mandatory</u>: Sustainable Food 101 Training- presentation
- <u>Optional (up to 1 hour credit)</u>: Recycling, Energy, Water, Transportation *OR* AASHE Workshop on specialty topic

Reporting:

- Pre/post test (SLICE)
- Hours Log
- Project Evaluation Form: Name one thing you learned or surprised you as a result of working on the Campus Urban Farm.

Hands-on Experience:

<u>Farm Project Assistance- any combination:</u>

- General Farm Tasks- see To-Do List
    - Urban Farm To-Do List Tasks (all)
    - Make campus deliveries of Farm produce to Dining and/or designated food pantries.
    - Raised bed, vertical planter, and hydroponic tower maintenance.
    - Inventory and clean-up.

- Education/Outreach:
    - Farmers Market Tabling and/or Cooking Demonstrations (Tuesdays)
    - Create marketing: Instagram videos, infographics, flyers
    - Classroom presentation on Campus Urban Farm
    - Additional tabling events

- Urban Agriculture Research:
    - Write a 1-2 page project proposal for a new growing project. Provide an outline of the design or layout, plant list, maintenance requirements, and a supply list.

- Other: Do you have an idea for a farm project not on the list? Discuss with the Farm Operations Intern to receive credit hours.