

Green Career Profile

Name: Pálma Puskás

Organisation: Central European University, Hungary.

Job title: Campus assistant

What I do in my job: *'I am the assistant of the Head of Campus Office, and responsible for managing the campus services and campus maintenance activities under his direction. I am also the fire, health and safety coordinator for the university. I share my office with the Environmental officer.'*



The core values I take into my work are....

- I have great **respect** for all the living nature on this planet.
- I believe in **equality** and in **non-violent communication** as it is very important for me to treat everybody as I wish they'd treat me.
- I would like to live in **peace** and be nice to everybody.
- I feel a **responsibility** for the planet and for future generations.
- I value **altruism, benevolence** and responsibility, the attitude of being equal to and responsible for everybody.

The green competences I use to act sustainably in my job are....

- One of the most important things for me is for us to **be good to each other**, to really pay attention; to be **reliable** and **trustworthy**.
- I never leave emails unanswered and everybody is welcome to ask me for **help**.
- I take part voluntarily in the environmental officer's educational activities and try to spread **sustainable thinking and action** among my colleagues.
- Whenever I can, I choose the sustainable option - for instance I encourage our catering outlets to use sustainable containers and my colleagues to use paper **efficiently** and drink tap water. I bike to work all year.
- I have developed two art projects that aim to help other people with **sustainable behaviour** through art ('Mail a smile' - mailasmile.org and 'You made my day' - youmademyday.hu) and I encourage my colleagues to get involved so they collect all kinds of material from their offices and turn them into art instead of throwing them away.

I have been inspired to work sustainably through...

I have always loved animals and nature and felt that there was a special connection between us, something inexplicable. Witnessing any kind of harm happening to them or to nature causes me physical pain. As a child I supported Greenpeace and wanted to be an activist, but I felt somewhat isolated with my feelings and energy until I started to work with Logan, the university's environmental officer. His scientific explanations help me find the right directions and behavior. I find it natural to follow the good, sustainable, ways in my life.

Key definitions:

- **Competences** - *The skills, knowledge and understanding, qualities and attributes, sets of values beliefs and attitudes which lead to effective [...] performance in a given context, situation or role.* (Woodall & Winstanley, 1998)
- **Green competences** – *Competences for environmentally and socially sustainable behaviour at work*