

Imogen reflected that geography was the one thing she understood and could do well with at school, so for her, going into Environment Management seemed a positive career choice. Having spoken to Tory whilst volunteering and reflecting on her next steps, she is now considering a master's degree in sustainability next year.

Imogen has found the volunteering a really good experience. There hadn't been many opportunities for her to do something like this, so when the tutor promoted it, she grabbed at the chance.

"It has been the best volunteering experience that I could have hoped for"

Although she can use the volunteering experience to potentially support with her modelling project at university, she also reflected on how much it had helped her wellbeing. Being out in nature, the quiet of the space and just getting stuck into something that was different to just studying, has been really beneficial.

"I didn't come today thinking it would take me away from my studies. I have been really stressed with it recently, but this has definitely taken my mind off all those stressful things and reset my brain"

I really enjoyed spending time with Imogen and it is great to hear that this has been such a positive experience that she definitely wants to come back and do more volunteering here.

To learn more about Laudato Si' centre, Wardley Hall and its fabulous projects, please visit here [Laudato Si' Centre - Laudato Si' Centre](#)

If you would like to learn about how volunteering can link in with your studies, please get in touch at volunteer@salfordcvs.co.uk

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