

DECEMBER 2025

IMPACT REPORT



CYCLE CARE

SUSTAINING TODAY, SHAPING TOMORROW

PRESENTED TO:
CEP Management

PRESENTED BY:
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LETTER FROM THE INTERNS

Cycle Care began as a project for two students seeking something genuine. We didn't want something performative or purely educational. We wanted work that would genuinely meet people where they are. After sifting through idea after idea that didn't fully meet Aspire's guidelines, and more importantly, didn't feel like us, we had a sudden breakthrough. The idea of encouraging others to use more eco-friendly items such as reusable straws and tote bags came up. We thought this idea would be a dead end like all the others, but it ended up growing into a rush of emotions and a sharp push of motivation to make it happen. We realized that sustainability wasn't just a topic we cared about. It was something that had shaped both of our lives in different ways.

Winnie grew up with early exposure to sustainability in her hometown, but after moving to another city for college, she realized that sustainable habits depended on environment, access, and education. Not everyone has the same systems or resources to lead an eco-friendly life.

For Rafael, he grew up in a family where reuse and repair were acts of care, and a means of stretching resources to make a better living. He learned early on that sustainability isn't just about the environment. It's about community as well.

Hence, Project Cycle Care was born, a student-led initiative, shaped by our personal experiences to be half personal and half practical, but fully community-centered. Our project engages campus communities in both San Diego City College and UCLA. Through this initiative, we want to provide opportunities for our communities to gain access to sustainable products, and to increase access for an even bigger population of the community by circulating unwanted, but gently used, resources. The reason why this mattered to us was because we've seen classmates juggling tight budgets,

limited time, and little guidance on sustainable options that help generations to come. We wanted our project to reflect on our commitment to working alongside peers to nurture a compassionate community and a sustainable love for the world and its people.

Our goal wasn't perfection. It was creating impact and creating a space where students could show up exactly as they are: curious, creative, and, sometimes overwhelmed. We wanted them to leave feeling a little more empowered before. Our top priority was to help students make sustainable choices, save money, and build a stronger sense of community on campus.

Over time, Project Cycle Care became more than just a project. It became a real space for connection to sustainability and each other. People learned to sew for the first time, laughed over broken zippers, shared stories over piles of donated clothes, and found comfort in community creativity. Through every booth event, every workshop, and every conversation, we saw firsthand how much students want spaces like this.

As our time in the internship nears the end, we hope that this project continues to grow long after us through the Cycle Care Club at SDCC, expanding into more workshops, stronger partnerships, and a campus culture where sustainable habits feel natural, not forced. In the future, we hope to start another chapter at University of San Diego.

Thank you for taking the time to read our impact report and follow the journey we've been building. This work mattered to us, and we hope it shows.

- Winnie & Rafael

PROJECT OVERVIEW

Who We Are

Project

Cycle Care

Sustaining Today, Shaping Tomorrow

Mission Statement

As college students conversing with our fellow peers, we were able to identify that the problem is, many students want to live a more sustainable life, but they face several barriers. There's often a lack of guidance, limited access to resources, and not enough consistency or incentives to stay motivated. Because of this, usable items often end up in landfills, and more money is spent on replacing things that could've been repaired or reused, which adds stress and affects their academic focus. The challenge isn't that students don't care about sustainability, it's that the systems around them don't make it easy to participate in and stay consistent with.

The solution we aim to be a part of is a student-led initiative, which is what this project is. It engages campus activities in both SDCC and UCLA, bridging the gap we mentioned by offering clear and practical ways to take action right on campus grounds. Through this initiative, students have the opportunity to gain access to sustainable products, and to increase access for an even bigger population of the community by circulating unwanted, but gently used, resources.

Empower students to reduce waste and circulate resources on campus through hands-on learning and low-barrier actions that become habits.

Target Community

Cycle Care primarily served college students at San Diego City College (SDCC) and UCLA, focusing on individuals who would benefit most from accessible sustainability education and hands-on creative opportunities. As students ourselves, we recognized the gaps in access, affordability, and guidance that many of our peers experience when trying to live more sustainably. Our project aimed to meet these needs directly.

The primary audience included students who:

- Sought low-cost, practical alternatives to buying new clothing
- Wanted to learn repair, sewing, and upcycling skills
- We're interested in reducing personal waste and making environmentally conscious choices
- Desired community-oriented spaces where they could connect, create, and learn alongside others
- Experienced financial or material insecurity, making donated goods and free workshops especially valuable

The secondary audience encompassed:

- Basic Needs program recipients, who directly benefited from redistributed donated items
- Student clubs and campus partners engaged in sustainability, arts, or community service
- Faculty and staff supporting student-led initiatives and environmental education

By centering students as our primary audience, Cycle Care created an inclusive environment where sustainability felt accessible, creative, and community-driven—empowering participants to build habits and skills they can carry beyond the campus.

COMMUNITY IMPACT

General Outcomes

Our CEP created consistent, accessible opportunities for students to learn, engage, and practice sustainable habits. Across all events and workshops, Cycle Care reached a significant portion of the SDCC campus community and fostered an environment where students could connect through creativity and sustainability.

60

Total Event Attendees



Total Events held:

- 8 Boothing Events
- 4 DIY Workshops

12

~155

Hours Contributed (Combined)

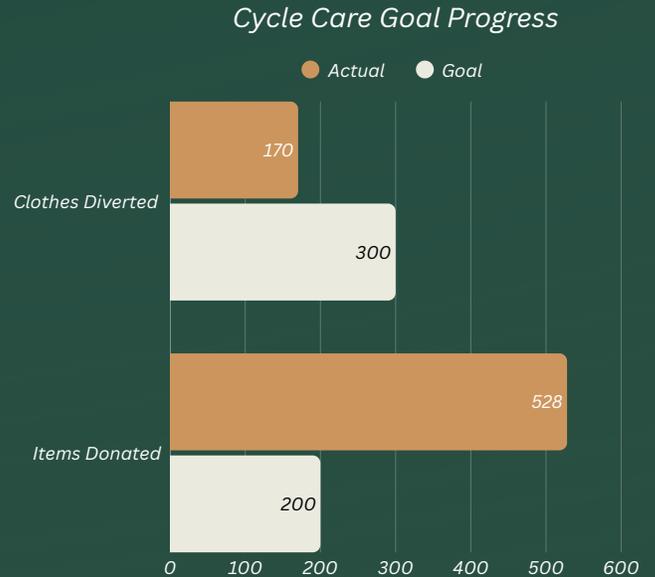


Donations

Cycle Care directly contributed to waste reduction, increased access to donated goods, and strengthened campus culture around sustainability.

- 170.36 lbs of clothing diverted from landfills
 - Goal: 300 lbs

- 528 donated items redistributed
 - Goal: 200
 - Exceeded by 264%



Services Provided

- Students actively engaged in clothing repair, tote-bag making, and upcycling activities
- Provided a convenient on-campus drop-off point for students wanting to donate unwanted clothing
- Created a safe and welcoming environment where students could learn skills, build community, and have meaningful conversations about sustainability

Voices from the Community

Students not only attended, but they also connected emotionally with the mission of Cycle Care. Their feedback reflects how meaningful the space became:

“Thank you for building a meaningful, welcoming space on campus. Cycle Care inspires creativity, sustainability, and connection, keep it up!”

“Thank you! Sustainability is so important to me and I'm happy to see and participate in programs that are combating growing waste issues in LA.”

“The Cycle Care club has given me a chance to express myself beyond what I'm allowed to buy. While also providing a space where I feel safe and able to make genuine connections with my peers.”



Pictures from Our Events



Sustainable Fashion Workshop
Clothing Swap, DIY Activities, + MORE!
Sunday, November 16 | 10:30am - 12pm
EUSD Farm Lab

Cycle Care
CLOTHES DRIVE!
Washing, Large, Shipy, Linens

SKILLS STRENGTHENED

Overview

Throughout the CEP, we strengthened a wide range of practical and professional skills by planning events, engaging with students, coordinating logistics, and building an initiative from the ground up. These skills directly translate to real-world work environments where adaptability, communication, project management, and community engagement are essential.

Organization & Project Management

- Creating and adjusting timelines
- Coordinating booth events, workshops, and donation logistics
- Managing materials, inventory, and on-campus set-ups
- “This experience taught us that using project management software isn’t about whether the team is trustworthy or the tasks are simple. It’s about having structure in place to keep the project focused and alive.”

Interpersonal & Outreach Skills

- Practicing active listening to understand community needs
- Conducting outreach across campuses
- Building rapport and encouraging participation
- “Our outreach taught us that people respond more when they feel seen. Real engagement starts with listening, not just speaking.”

Leadership & Team Collaboration

- Splitting responsibilities based on strengths
- Making decisions together and adapting quickly
- Modeling accountability and shared ownership
- “True leadership in our team came from a shared ownership position, not one person doing everything, but everyone doing a piece of the job”

RESOURCE MANAGEMENT

Budget Allocation

Our team intentionally managed financial and material resources to support project activities such as boothing events and DIY workshops. These materials allowed us to create interactive, accessible, and welcoming environments for all participants.

After completing the project, we had only used \$155.73 out of our proposed budget of \$193, leaving us with \$37.27. The remaining funds were donated to Heal the Bay, an environmental non-profit organization based in Los Angeles that focuses on restoring and protecting coastal waters. This was incredibly fitting, as our project is aimed at leading more sustainable lifestyles to protect ourselves, each other, and the environment. This allowed Cycle Care to extend its impact beyond the campus community.

Purchased Materials

Item Name & Description	Qty	Total
Tri-Fold Display Board: Printed for tabling event. (Used to showcase Cycle care marketing and pledge form QR code)	1	\$5.43
Printed Design from FedEx: Decorated Design for Foam Board	1	32.87
Tote Bags: For DIY upcycling workshops (students learn to decorate/reuse bags)	50	\$55.34
Paint & Paintbrush Set: Workshop materials for a tote bag creative activity.	1 set	\$24.33
Picnic Blanket: For outdoor workshop seating and community engagement	1	\$33.33
Clear Packing Tape: To attach printed design on Foam Board	1	\$4.43
	Total	\$155.73

Donated Materials

Students consistently dropped off items such as:

- Shirts, pants, jackets, and other textiles
- Fabric pieces and scraps used for patchwork or upcycling
- Clothing in need of repair, which became teaching tools in workshops

These donations were essential; they reduced textile waste, supported our hands-on learning activities, and provided materials for students who didn't have access to sustainable goods.

These items were either donated to the Basic Needs Center on Campus or 'Bridge Thrift', a nonprofit that receives donations and builds grants for other nonprofits through their profits. The garments not gently used and needed repair were upcycled through the SDCC Cycle Care club.

Cycle Care Club

As Cycle Care grew into an official Cycle Care Club at SDCC, the club became central to managing and organizing these donated materials. The club helped ensure the project continued smoothly and supported long-term sustainability efforts on campus.



The Cycle Care Club contributed by:

- Sorting donations into categories for repair, upcycling, or redistribution
- Managing storage of materials and workshop tools
- Supporting booting and workshop operations through volunteer staffing
- Helping transport items between donation bins, event locations, and storage
- Working with Basic Needs to route usable items to students who needed them most
- Repurposing unsellable or damaged clothing into DIY workshop materials, reducing waste even further

Having an official club structure allowed the project's impact to extend beyond the CEP timeline.

Long-Term Impact

Because of the Cycle Care Club's involvement, the resources gathered during this project continue to be used for:

- Weekly upcycling meetups
- Future booting events
- Repair workshops
- Clothing swaps
- Educational demonstrations

In this way, donated materials didn't serve a single event; they built a foundation for an ongoing sustainability initiative on campus.



RETROSPECTION

Long-Term Vision & Ripple Effects

Cycle Care was designed to create sustainable change, not only through events, but through culture. We hope that the project continues to spark ripple effects across campus by:

- Encouraging students to adopt long-term low-waste habits
- Normalizing reuse, repair, and upcycling as accessible practices
- Strengthening campus connections between creativity, sustainability, and community care
- Empowering the Cycle Care Club to become a lasting resource hub for new students

We hope Cycle Care continues shaping the environment at SDCC by showing students that sustainability is not expensive, inaccessible, or intimidating, it can be communal, creative, and empowering.

Recommendations for Future Interns

1. Start small and scale intentionally.
2. Ambition is good, but clarity and consistency are better. Build a strong foundation before expanding.
3. Document everything.
4. Photos, materials lists, workshop layouts—this helps future teams recreate what works.
5. Don't be afraid to adjust the plan.
6. Your timeline will change. Stay flexible and focus on what brings the most impact.
7. Prioritize community over numbers.
8. The most meaningful moments come from genuine connections, not high attendance.
9. Embrace experimentation.
10. Some ideas won't land, but they will teach you something important for the next iteration.

Personal Takeaways - Winnie

A major takeaway for me was learning how to stay grounded while collaborating with someone whose work style differed from mine. I realized I work best when ideas are anchored with clear goals, so I started creating loose agendas, taking thorough notes, and initiating action items to help us keep pace without losing the creative momentum of the partnership. That process taught me how to hold space for different working styles while still making sure I'm operating in a way that supports everyone's strengths.

This project also clarified the systems I need to stay organized. Missing a few early deadlines showed me that using actual project management tools upfront makes a noticeable difference in keeping things steady. I also learned how much I grow when I'm pushed into interpersonal discomfort such as initiating conversations with strangers, listening actively, and being present rather than waiting for people to come to me. Perhaps the biggest personal shift was getting more comfortable with fast changes: letting go of overthinking, adjusting plans quickly, and accepting that not every good idea needs to be executed. Overall, the experience gave me a much clearer understanding of how I work, what I need to stay grounded, and how I can adapt without losing myself in the process.

Personal Takeaways - Rafael

Cycle Care taught me what it truly means to lead with action, care, and community. I learned how to manage events, communicate clearly, and adapt quickly when plans changed. More than anything, this project showed me how much I value creating spaces where students feel supported, welcomed, and empowered to live sustainably.

Working on Cycle Care strengthened my project management and outreach skills, but it also reaffirmed something deeper: that I want my future work to center around community building, creativity, and sustainability. This wasn't just a semester project; it became a blueprint for the type of impact I want to keep making. It showed me that when you create an environment rooted in care, people rise to it, and I want to keep building spaces like that.

ACKNOWLEDGEMENTS

We would like to express our sincere gratitude to the people and organizations who made Cycle Care possible. This project thrived because of the community that supported, guided, and believed in us.

Mentors & Advisors

Aspire Skills Development Team

- Thank you to the entire Aspire team for your consistent guidance, encouragement, and belief in our project. Your workshops, check-ins, resources, and mentorship created the structure we needed to grow as leaders and successfully execute a community-centered sustainability initiative. Every member of the Aspire team contributed to our learning—helping us refine our goals, stay accountable, and lead with purpose.

Terri Hughes-Oelrich - Faculty Advisor for Cycle Care Club

- Thank you for supporting our transition from a CEP project into an official Cycle Care Club at SDCC. Your mentorship allowed our work to expand beyond a semester and take root as a long-term student initiative.

Campus Partners

San Diego City College Basic Needs “Threads & Things” Program

- Thank you for collaborating with us to redirect donated items to students who most needed them, reinforcing our mission of sustainability and access.

Associated Student Government & Inter-Club Council

- Thank you for providing platforms to share our work, receive feedback, and stay connected with the broader student leadership community.

We would like to express our sincere gratitude to the people and organizations who made Cycle Care possible. This project thrived because of the community that supported, guided, and believed in us.

Community Contributors

Cycle Care Club Members

- Your help with donation sorting, event setup, workshop support, and student engagement made every Cycle Care activity possible. You brought energy, care, creativity, and continuity to the project.

Student Volunteers & Participants

- Thank you for showing up, whether to donate clothing, learn sewing, join a conversation, or participate in upcycling workshops. You turned Cycle Care into a welcoming space where sustainability and community could thrive.

A Note of Appreciation

Cycle Care grew from a small idea into a meaningful, community-driven project because of each person who contributed. Thank you for helping us build a space rooted in creativity, sustainability, and student empowerment. Your support made the work possible lasting.

