

# AMBASSADORSHIP

# CHALLENGE CARD

Are you ready to take the Antarctic Ambassador challenge?  
Pick a square and complete the task. Share your progress and successes  
with your fellow ambassadors using **#AmbassadorChallenge**

CHALLENGE 1



Go meat-free  
for a week

CHALLENGE 2



Switch to green  
cleaning products

CHALLENGE 3



Swap to reusable  
grocery bags

CHALLENGE 4



Share this challenge  
poster with your  
friends

CHALLENGE 5



Collect trash at a  
local park / beach

CHALLENGE 6



Give a polar  
presentation in your  
community

CHALLENGE 7



Take part in a local  
citizen science  
project

CHALLENGE 8



Submit your profile  
for the Antarctic  
Ambassador map

CHALLENGE 9



Share a sustainability  
tip with a friend

CHALLENGE 10



Add the Antarctic  
Ambassador frame to  
your FB profile picture

CHALLENGE 11



Take one less car  
journey per week

CHALLENGE 12



Take part in a Bio Blitz  
in your area



Scan here for  
more inspiration

CHALLENGE 13



Write a social post about  
why ambassadorship  
matters

CHALLENGE 14



Join an Antarctic  
Ambassadors webinar

CHALLENGE 15



Submit three  
whale photos to  
Happywhale.com

CHALLENGE 16



Download the Antarctic  
Ambassadorship Day  
social media banner

CHALLENGE 17



Follow Antarctic  
Ambassadors on  
Facebook/Instagram

CHALLENGE 18



Create a piece of art  
about Antarctica and  
share it

CHALLENGE 19



Record a GLOBE  
cloud observation for  
NASA

CHALLENGE 20



Say no to plastic  
cutlery and drinks  
bottles

CHALLENGE 21



Recycle your  
household trash

CHALLENGE 22



Read a book from  
our recommended  
reads list

CHALLENGE 23



Off-set your carbon  
footprint before  
taking a flight

CHALLENGE 24



Cut your shower  
short by a few  
minutes