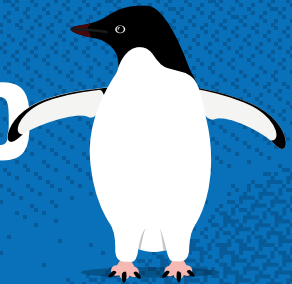


AMBASSADOR CHALLENGE CARD



LEVEL 01: ADÉLIE



**SWITCH
OFF**

Turn lights off when you leave a room every day for a month



RE-USE

Use a reusable bottle and shopping bag every day for a month



REPAIR

Mend one broken item this year instead of replacing it



**CUT IT
SHORT**

Keep showers under five minutes for at least one week each month



**PLASTIC-FREE
LUNCH**

Pack a plastic-free lunch for five consecutive days



**EAT YOUR
GREENS**

Eat at least one plant-based meal each week for a month



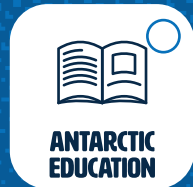
**TRASH
PICK-UP**

Collect at least five pieces of litter every day for two weeks



**TALK
THE TALK**

Start a conversation with someone about protecting Antarctica



**ANTARCTIC
EDUCATION**

Find an organisation protecting Antarctica and learn what they do

IAATO | ANTARCTIC
AMBASSADORS

Challenge completed?
Download your next
card using the QR code

