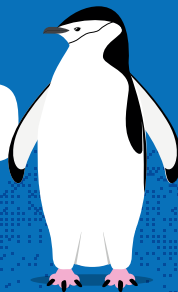


AMBASSADOR CHALLENGE CARD



LEVEL 02: CHINSTRAP



LOW-ENERGY HOME

Replace at least three bulbs with energy-efficient LEDs



CAR-FREE DAYS

Travel without using a car one day per week for one month



PLANT-BASED WEEK

Eat plant-based meals for one full week



COMMUNITY COOKING

Share a sustainable recipe with friends or family



WASTE AUDIT

Track how much plastic you throw away over one week



INSPIRING ART

Create a piece of art to inspire others to protect Antarctica



GET SOCIAL

Learn an Antarctic Treaty fact & share on social media



SUPPORT SCIENCE

Take part in an Antarctic citizen science project



PENGUIN RESEARCH

Look up threats facing Chinstrap penguins & how to protect them

IAATO | ANTARCTIC AMBASSADORS

Challenge completed?
Download your next card using the QR code

