

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