

Antarctic Ambassador Expedition Challenge

ANTARCTIC
AMBASSADORS

Earn Antarctic Ambassador status by taking the Antarctic Ambassador Expedition Challenge. Complete the first six tasks during your expedition to receive your Certificate of Antarctic Ambassadorship. Continue your Ambassador journey by completing the final three when you get home.



Attend an educational presentation on the environment during your expedition.



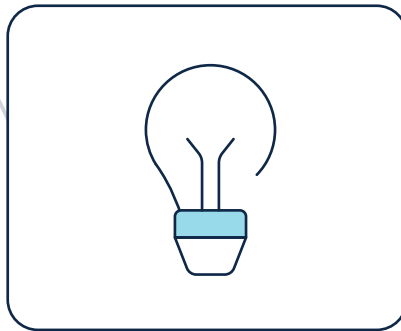
Make 'mindful' menu choices during your expedition to avoid food waste.



Reduce shower use by five minutes to conserve water.



Write down your reflections on Antarctica and the impact it has had on you.



Turn off the lights in your room when not in use.



Attend an educational presentation on wildlife during your expedition.



Join the Antarctic Ambassadors community on social media.



Sign up to the Antarctic Ambassadorship Map



Post about your acts of Ambassadorship on Antarctic Ambassadors social pages.



Take your Antarctic Ambassadorship to the next level. Find more challenges and activities to help you act for Antarctica here.