



EN

## Tasks

### What can we do?

It is important to know a lot of things, because information gives us power and courage! Now, the question is what do we do with the information? How do we ACT? We provoke you to be a #worldchanger! Do you think you can do it? Let's see how many challenges you succeed at!

#### 1. I can try

You will certainly succeed immediately at this challenge. [Share this picture](#) on your Facebook/ Instagram account and write a supporting message. Remember to use #cleanbeaches #worldchanger #marinelitter and make your post public so we can find it. Let's see, how fast can you do this?

#### 2. I will encourage others too

Are you ready? Ok, pay attention. This time, we have 2 challenges.

For at least a week, set [this picture](#) as your cover photo on your Facebook account and add it to your Instagram story. Even your Facebook story, if you wish.

The second challenge is to go to the nearest beach and pick up 3 pieces of litter. Are you far away from the beach? It's ok, you already know that marine litter can "travel" big distances, so just go on a populated street or in a park and pick up from there, 3 pieces of litter that could get in the sea carried by the wind. You will find something for sure!

Now search for the company that produced those packages, take some pictures of them and send them a super-ecofriendly e-mail. Tell them you found those packages on the beach or in your city and ask them how they take responsibility for what they produce. Assure them that you are a #worldchanger and you want to have #cleanbeaches, so you are very interested in solving together this problem. When you receive an answer, let us know on [Facebook/Instagram/e-mail \(office@marenostrom.ro\)](#).

This is a little bit more difficult, but you can surely succeed! If not, keep trying! A #worldchanger persists, until he/she succeeds!

#### 3. I determine change

Now it's the moment to contact local authorities. Either we're talking about Water Management authorities or the City Hall in your town, it is time for them to hear your VOICE and know that you are fighting for #cleanbeaches!

Before you get scared hearing about authorities, we just want to remind you that you have the RIGHT, as a citizen, to express yourself in matters that interest and affect you. Send them pictures with marine litter! More than this, it is the perfect moment for you to create a petition that people can sign and then send to the authorities. They will see

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that we are many and they will listen to our VOICE! Small gestures make the difference, even if it might not seem so right now.

Have faith!

#### 4. I practice with conviction

A #worldchanger goes big or goes home! Do you agree with that?

How big, you might ask? Well, how about start living by the ZERO WASTE principle? How about changing each day a thing in your life, during 21 days?

It is a big challenge, you need a lot of determination and love for nature.

Do you remember the alternatives we presented in the video? Make a personalized list with all of them and choose which one you want to tick in a certain day. For example, the list could look something like this:

Day 1 - I refuse plastic bags, at the market.

Day 2 - I bring my own textile bag, when shopping for food.

Day 3 - I make my own kitchen cloths out of an old T-shirt.

Search for some other ideas on the internet and of course share them with your friends.

Post on Facebook, Instagram or wherever you want and use #cleanbeaches

#worldchanger #marinelitter #zerowaste.

#### 5. I am an influencer

You did a great job, up to here. You still have one more important step. Educate others!

Join an NGO and volunteer, help in the activities and campaigns that already exist.

You don't have an NGO in your area?

We have a solution: make some videos on Youtube, vlogs, Facebook/Instagram lives, create a blog or whatever you want and just talk to people about what it means to you to be a #worldchanger and be a VOICE for #cleanbeaches, but also how it is for you to live #zerowaste.

Convince your friends to join, because it will be easier when you're united!

The beginning is harder. And if you need more time to feel ready in becoming a #worldchanger, just help us with a like & share at our messages, maybe someone from your network will accept our challenges.

Thank you and keep up the good work!

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