

At Arete:

We are lucky to have Arete Outdoor Centre surrounded by mountains and a stone's throw from the coast. We love to take you to magical places and hope you will leave with awe and wonder for our natural world. When we visit any venue our aim is to leave no trace that we have been there.

We think carefully about the impact we have on the environment around us. This is from taking litter and compostable food home with us, not damaging delicate flora and fauna through trampling or picking to not disturbing any birds or insects that live in that particular ecosystem.

Pre Course Ideas:

- Have a look at where you live, what green areas and space do you have nearby? What do you do you love about any open spaces near your home? Wildlife loves unkept areas free of lawn mowers and hedge trimmers, allowed to grow wild. Maybe you could let those 'weeds' grow freely in your garden to support the vital insects.
- Could you pick up litter in your school grounds/on the way home from school? Have a look at this poster and share some worrying facts with your peers - [Plastics Explainer](#). See the [Richie's Rubbish Adventure](#) video. https://www.wwf.org.uk/sites/default/files/2020-02/WWF_Plastics_Explainer.pdf
<https://youtu.be/675NyJRjxI4>
- Write to one of the big supermarkets to encourage them to work harder on reducing their plastic packaging, as this will have an impact on our mountains and seas.

Environmental Awareness

Show appreciation for their surroundings

Can you:

Show an appreciation for where you live

Additional information:
[WWF additional resources](#)
[Plastic is not fantastic!](#)

