



Rules of the Game: 1) Each challenge can only be completed once. 2) Don't forget to record your completed challenges in the survey at the end of each week. 3) You may carry any challenges you do not complete into the following week. 4) Any group activities organized by the committee will be announced one day prior as a reminder, but dates and times can be found in this document. 5) All "bonus" activities are worth one (1) point 6) Feel free to reach out to us if you have any questions!

Week 1: May 1 – 7th

- 1- **Commit to eating without distractions this week** – no phone, T.V. etc. (10pts for 5 meals)
- 2- **Watch one video of this five-part series on climate feedback loops** (3pts)
 - Link: <https://feedbackloopsclimate.com/?fbclid=IwAR1-Nx4TRALcsWageLppiHv6Y9org909t1LVCnYPgNRxxtPXNdsecITe36s>.
 - Bonus: Share a photo of climate feedback loops in BC.
- 3- **Save water wasted in the process of heating your bath or shower.** Water your garden with it, use it to wash dishes, soak delicates etc. (8pts)
- 4- **Limit your shower to 10 minutes or less** for the week (4pts)
- 5- **Turn off lights after use and when unneeded this week.** (3pts)
- 6- **Find an environmentally friendly get-away in Vancouver/Lower Mainland** that you can access by public transport/bike. E.g., lakes such as Burnaby or Deer Park, Third Beach, Stanley Park, etc. (10pts)
 - Bonus: photos of you doing these things.
- 7- **What is the closest tree or wild animal to you right now?** Tree outside the window? Bird? **Find out more about it!** (3pts)
 - Bonus: Take a picture!

Eco Challenge 2022 Weekly Calendar

- 8- **Research, watch, and/or recommend documentaries/docuseries** about plants, animals, and/or the environment. (2pts)
- Bonus: Share which ones!
- 9- **Night sky viewing** (3pts)
- Light pollution interactive map:
<https://www.lightpollutionmap.info/#zoom=8.74&lat=49.2413&lon=-122.7190&layers=B0FFFFFFFTFFFFFFFFFFFF>
- 10- Join us for a **hike in the Pacific Spirit Park! Wed-May 4th 12 pm – 1 pm** (10pts)
- **Learn how to use** <https://www.inaturalist.org/> with us!
 - Link: <http://blogs.ubc.ca/alpineplants/pacific-spirit-forest-tour/>