

# Environmental Champion

Ages: 11-18 years old

Globally, habitats are being destroyed and species disappearing. Even in Malta, many animal species are struggling to survive!

If the current threats facing the environment worry you and you'd like to fight to protect wildlife and build a better, greener planet, then participating in BirdLife Malta's Environmental Champion programme will help you to develop the skills necessary.

Through this programme, you will gain exclusive access to a beautiful and biodiverse nature reserve and learn how to build and create environments loved by wildlife!

Photo by Aron Tanti



# Activity 1: Exploring the power of plants

During this activity, you'll be given a guided tour of the nature reserve – You'll learn about the animals and plants that live there, and the work involved in the reserves management.

While it can be tempting to focus on the animals, remember to keep an eye on the plants surrounding you! Vegetation plays a critical role in any habitat, in fact, it defines most of them!

In this activity, we'll explore how different plants attract and support different animals – Each team will choose a spot, place their quadrat and record how many insects they can find inside their quadrat. The team that finds the most wins!

We'll then have a group discussion – Why did some quadrats have more insects than others? Which plants did the insects particularly like? Why?

Photo by Aron Tanti



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## Activity 2:

# What makes an environmental leader?

Around the world, young activists and environmentalists are leading the environmental movement and demanding action on climate change and environmental destruction.

From Greta Thunberg to Autumn Peltier, these incredible young people are inspiring millions around the world to strive for a better, greener world.

In this activity, we'll discuss what makes an environmental leader and how you can act as a champion within your community.

Greta Thunberg



Photo by European Parliament

Autumn Peltier



Photo via womenofinfluence.ca

# Activity 3:

## Building a home for insects

Invertebrates need a home too! Somewhere to shelter on a cold night, or to hide from the searing heat of the day. Construction of a bug hotel provides such a site, while also offering a home for local mammals and reptiles!

In this activity, we'll show you how to use a wide variety of materials (e.g. wood, bricks, bamboo, pine cones, etc.) to build a luxurious 5\* hotel for the local invertebrates.

Photo by Steven Williams



## Activity 4:

# Feeding the World

Just like us, animals love food. But sometimes, suitable food can be hard to come by. In this task, you'll learn how to provide food for the local wildlife that is both healthy and affordable!

**Butterfly Feeding Station:** While nectar forms the staple of a butterfly's diet, some species also feed on a variety of other food sources. One particular food enjoyed by butterflies is rotting fruit, from which they'll drain the juices.

**Apple Bird Feeder:** Flying takes a lot of energy and therefore birds are always looking for nutritious food, especially during migration when they're travelling vast distances. Fruit and seeds provide a tasty and valuable snack for birds overwintering in Malta or passing through on migration.

In this activity, you'll learn how to create feeding stations for birds and insects that are both easy to make and readily accessible for wildlife!

**Price:** €3 per person

**Time:** 9:30 am – 2:00 pm

**Available at** Simar Nature Reserve  
and Ghadira Nature Reserve  
**Book now by emailing us at**  
**[education@birdlifemalta.org](mailto:education@birdlifemalta.org)**

**Disclaimer:** Due to the changing climate in Malta throughout the year, some of these activities may be adapted depending on the season in which they are undertaken.



Photo by Picto:Graphic