

Competition guide for participants:

Sea Cadets Eco-challenge

What is the challenge?

1. Calculate your personal carbon footprint [here](#) and encourage your Unit Management Team use [this](#) calculator designed for Sea Cadets units.

Enter your email to receive a copy of your results. Don't forget to submit the survey on the final page to help us gather data from Sea Cadets nationwide, your feedback on section 13 of the calculator is especially valuable. Take a screenshot of the end-screen to confirm you have completed the calculator and send this along with any additional insights, action plans, and environmental success stories to environmentalaction@ms-sc.org.

2. Film yourself sharing your ideas for everyday actions that can have an impact on lowering carbon emissions using our StoryTagger platform. The platform will contain handy prompts to give you inspiration and help you record your video. Your audience will be fellow cadets.

Judging and prize for winners

The deadline to submit your video entries is 30 September! We will select our top three favourite submissions, and the winners will be contacted via the email address used to sign up to StoryTagger. Each winner will receive an exclusive Sea Cadets Environmental Champion t-shirt, and their content could be featured in our SWAY Newsletter.

Using StoryTagger to record your video

Simply [download the app](#) or use your [web browser](#) to create your account, enter the campaign ID **NtZOWkCn** and record your answers to each topic with help from prompts. If 60 seconds is too long, press the screen while recording and click 'stop', it'll save your clip and let you record the next part. Don't worry if you make a mistake, you can re-record as many times as you like! Please submit your story once you've finished.

For step-by-step guides and more about how StoryTagger works click [here](#).