

# FRIDAY (19/9)

**16:30 - 17:00**  
Doors open & check-in

**17:00 - 17:30**  
Event opening & welcome

**17:30 - 18:30**  
Snorkelling\* (led by Wild Wonder & Wisdom CIC)



**18:30 - 19:30**  
Twilight yoga\*\* (led by Sophie Mydlarz from Recharge Yoga)

**19:30 - 20:30**  
To be announced

**20:30 - 22:00**  
Film screening: Under the Surface (Cornwall Climate Care)



**22:30 - 00:00 (+1)**  
Night-time rock pooling (led by The Rock Pool Project)



# SATURDAY TALKS

**09:00 - 09:30**  
Night-time rock pooling highlights  
Speaker: Dr. Ben Holt (The Rock Pool Project)

**10:00 - 11:00**  
Nature and wellbeing  
Speaker: Millie Nahar (Inspiring Women Network)

**13:30 - 14:30**  
Animal agriculture and fishing's harm to the environment and ecosystems  
Speaker: Chrys McLaren (Climate Action St Austell)

**15:30 - 16:30**  
Marine species discovery and biodiversity monitoring, from global to local  
Speaker: Dr. Daniel Moore (University of Exeter)

# SATURDAY (20/9)

**08:00 - 09:00**  
Morning yoga\*\* (led by Sophie Mydlarz from Recharge Yoga)

**09:00 - 09:30**  
Paddleboard\*

**09:00 - 10:00**  
Moth trap



**09:30 - 10:00**  
Paddleboard\*

**09:30 - 10:30**  
Snorkelling\*



**10:00 - 11:00**  
BRUVs set-up & deployment (U of Exeter)

**09:30 - 11:00**  
Wildflower Walk\*\*



**09:00 - 11:00**  
Seaquest survey



**09:00 - 11:00**  
Community Hub

**11:00 - 13:00**  
Day-time Rock Pooling (The Rock Pool Project)



**13:00 - 14:00**  
BRUVs set-up & deployment (U of Exeter)

**14:00 - 15:00**  
Bug Hunt



**13:30 - 15:30**  
5K Nature Walk\*\*



**14:30 - 15:00**  
Paddleboard\*

**14:00 - 15:00**  
Snorkelling\*



**13:00 - 16:30**  
Community Hub

**15:00 - 15:30**  
Paddleboard\*

**15:00 - 16:00**  
Snorkelling\*



**16:30 - 17:00**  
Closing ceremony