

YOUR FREE SAMPLE  
FROM AMAZING PLANET!



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PLANET





# WANDERING

# ALBATROSS

**Whoosh...** a majestic wandering albatross has just swooped overhead, gliding effortlessly above the Southern Ocean. Let's learn more.

With an average **wingspan of up to 3.5 metres**, the wandering albatross is a giant of the air. Such a huge bird needs lots of food for energy, so they scour the sea for juicy squid-like **cephalopods, small fish and crustaceans**, which they catch from the surface or just below.

The wandering albatross can **stay in the air** without flapping its wings for **several hours** at a time, because of its **massive wingspan**.



They are some of the most far-ranging birds and have been known to fly **right around the Southern Ocean** three times in one year, covering **75,000 MILES!**



## PROTECTION & SUSTAINABILITY

Wandering albatrosses can travel huge distances to find food, often following longline fishing fleets and feeding on the bait that is attached to hooks. 'Bycatch' is the term for animals accidentally harmed by fishing gear. Alongside other organisations and the fishing industry, WWF is working to promote safe fishing methods for seabirds.

WWF has also helped establish a large protected area in the seas around South Georgia and the South Sandwich Islands - an important foraging area for wandering albatrosses.



Fisheries certified by the Marine Stewardship Council (MSC) have agreed to use equipment and fishing methods that are less harmful to sea creatures and birds, like the wandering albatross. Look out for the MSC logo when you buy fish — including tuna.

BACKGROUND IMAGE: © WIM VAN PASSEL / WWF

INSET IMAGE: © NATUREPL.COM / BARRY BLAND / WWF



# YOGA

These cool yoga activities mimic the shapes made by Antarctic animals. **Why not make up some of your own?**

## WHALE POSE

Lie on your tummy and push up with your arms. Now bend your knees.



## ALBATROSS POSE

Extend one leg and hold out your arms.

## SEAL POSE

Lie on your tummy and lift using your arms.



THE PERFECT  
GIFT FOR

PLANET-LOVING

EXPLORERS

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[wwf.org.uk/amazing-planet](http://wwf.org.uk/amazing-planet)

SIZE	5-7.5 cm
WEIGHT	1.3 g
COOL FACTS	3

THREAT	Vulnerable
SIZE	1.13-1.4 m
WEIGHT	35-65 kg
COOL FACTS	8

THREAT	Vulnerable
SIZE	7.1 m
WEIGHT	7.1 t
COOL FACTS	7

THREAT	Vulnerable
SIZE	1.2 m
WEIGHT	1.2 t
COOL FACTS	7