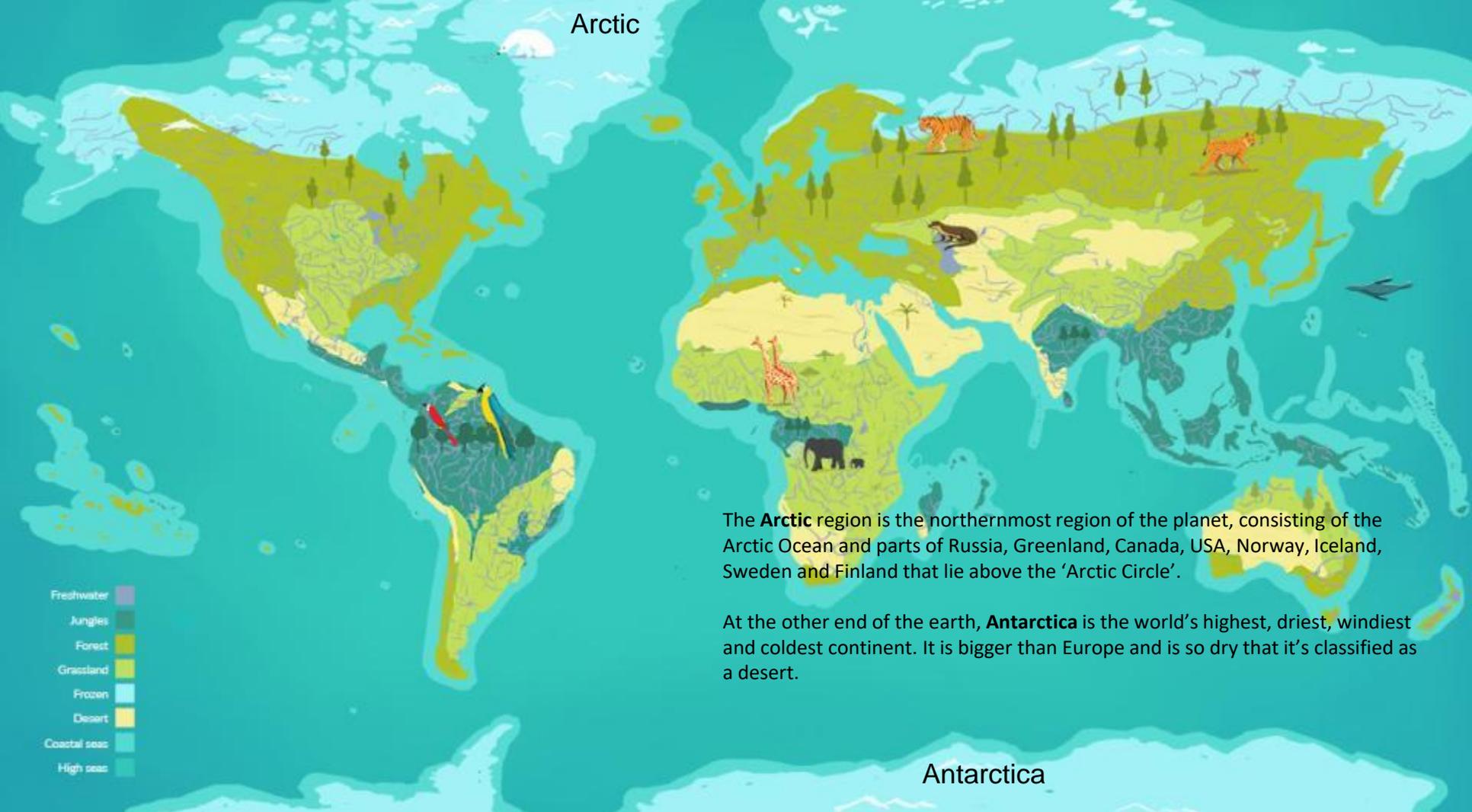


Our life on earth depends on the coldest places on our planet – the icy worlds of the Arctic and Antarctica.



Our frozen worlds





Where in the world?





Our frozen worlds



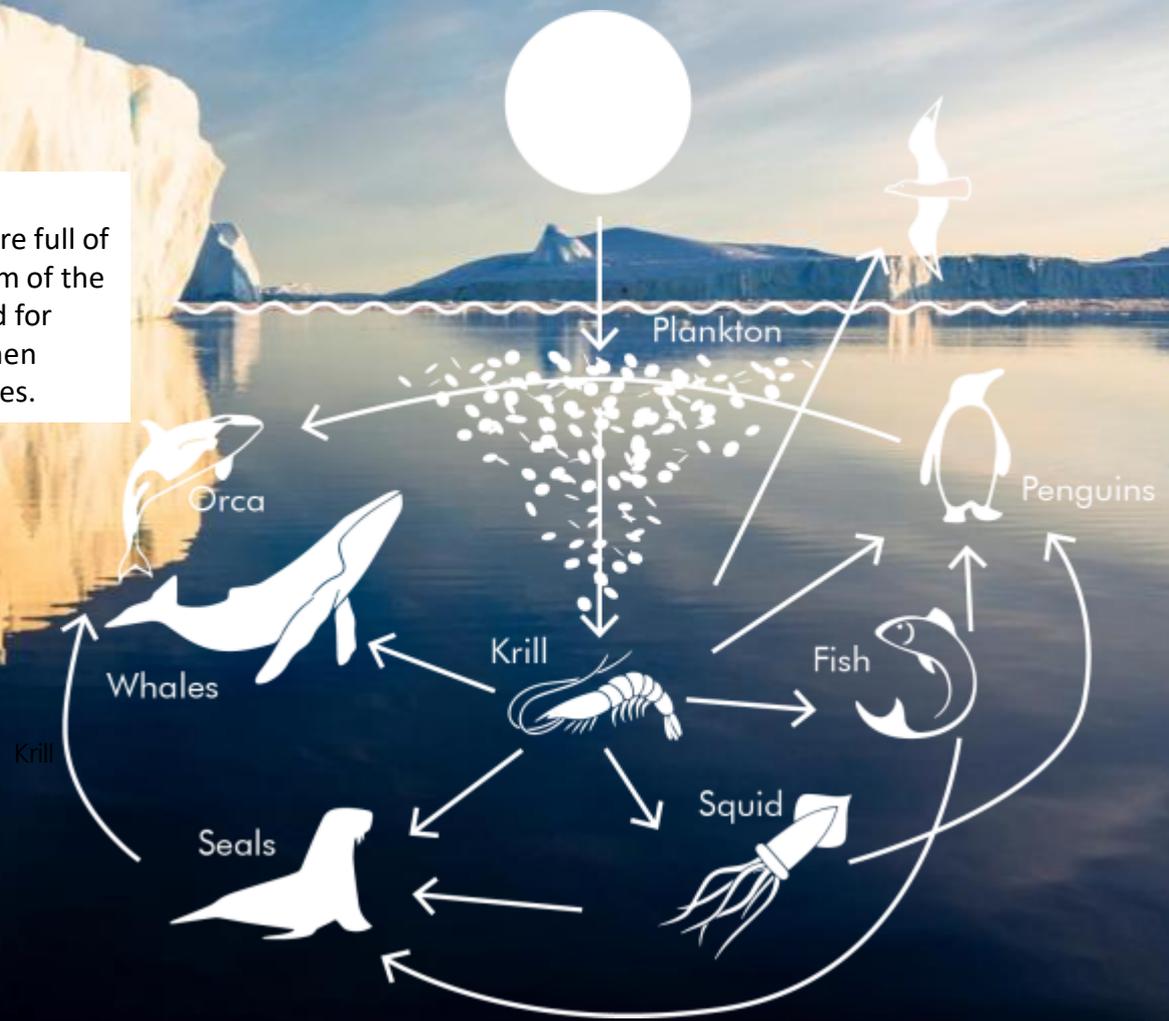
About 4 million people live in the Arctic region, and the Arctic sea ice supports a wide range of animal species, from microscopic algae to the world's largest land carnivore, the polar bear.



The Arctic

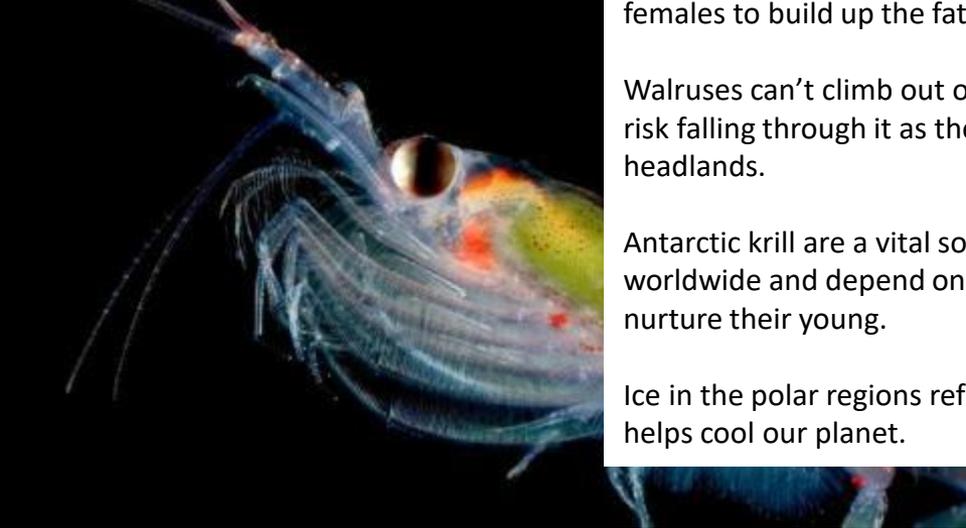
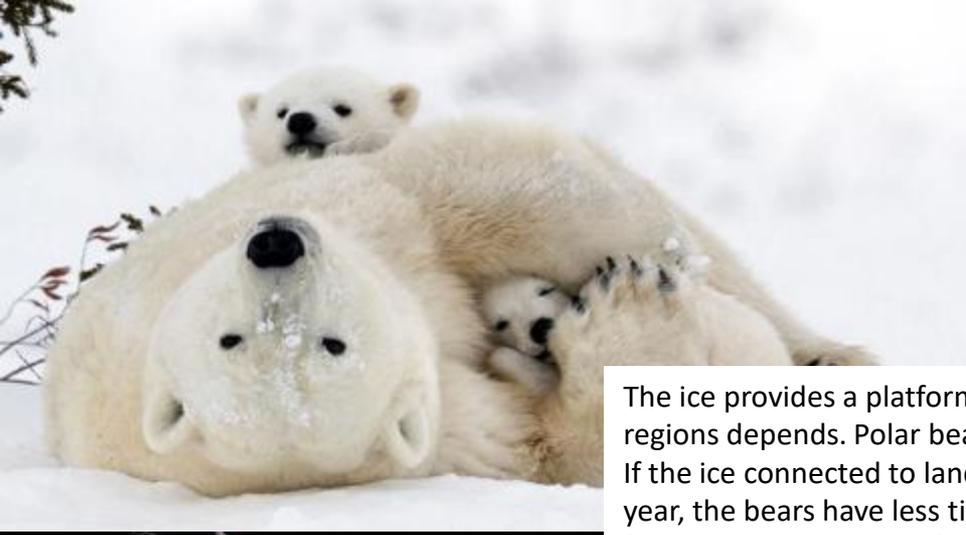


The freezing Southern Ocean surrounding Antarctica is teeming with life. The waters are full of nutrients, which feed plankton at the bottom of the food chain. Plankton is a vital source of food for krill, tiny shrimp-like creatures, which are then eaten by penguins, seals, seabirds and whales.



Antarctica





The ice provides a platform on which much life in the polar regions depends. Polar bears need the sea ice to hunt for seals. If the ice connected to land forms later and melts earlier in the year, the bears have less time to hunt and it becomes harder for females to build up the fat stores they need to nurse their cubs.

Walruses can't climb out of the sea onto thin ice, and caribou risk falling through it as they cross between islands and headlands.

Antarctic krill are a vital source of food for ocean species worldwide and depend on the shelter and food under sea ice to nurture their young.

Ice in the polar regions reflects sunlight back into space and helps cool our planet.

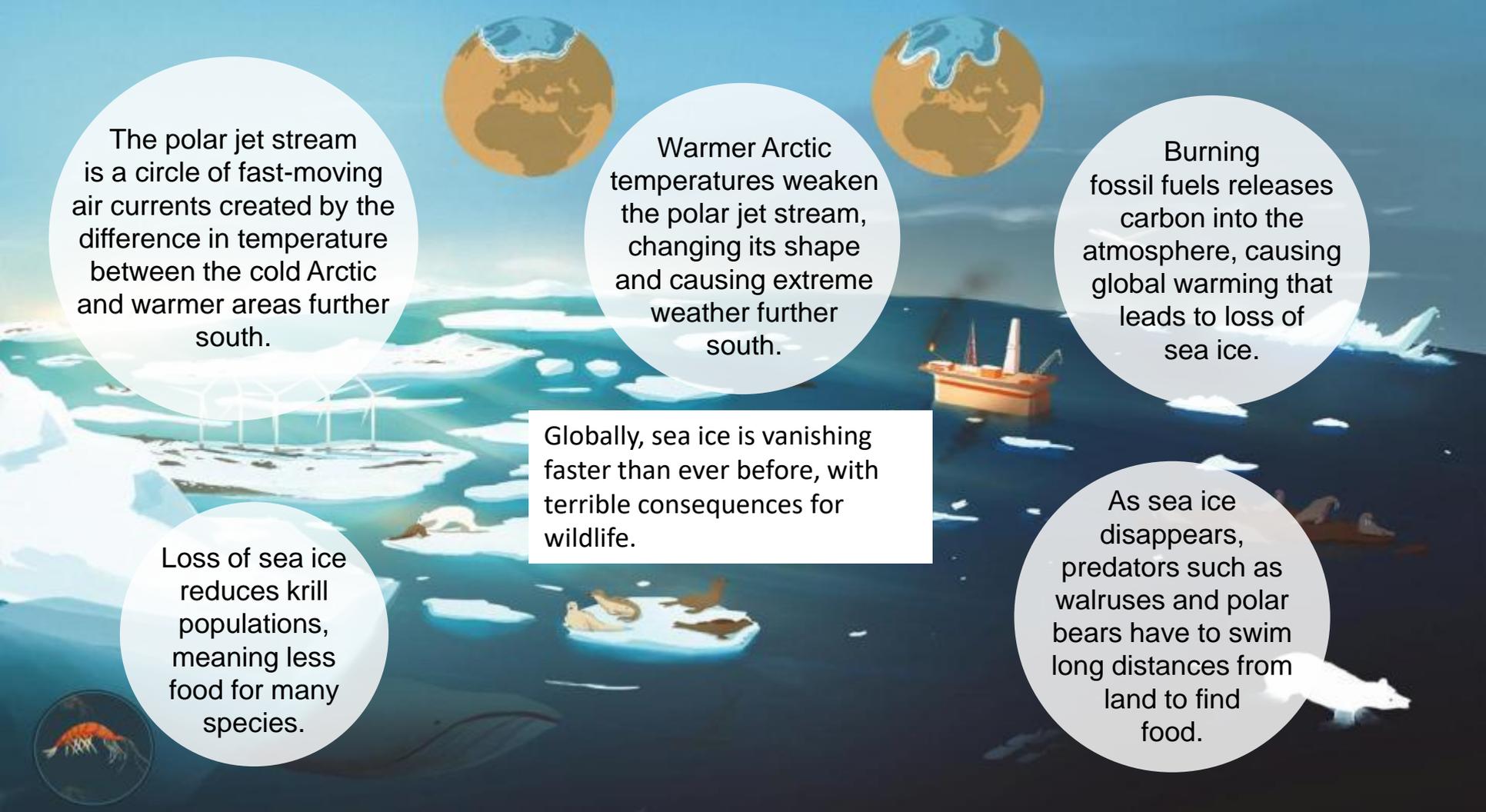


Why does ice matter?



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The polar jet stream is a circle of fast-moving air currents created by the difference in temperature between the cold Arctic and warmer areas further south.



Warmer Arctic temperatures weaken the polar jet stream, changing its shape and causing extreme weather further south.



Burning fossil fuels releases carbon into the atmosphere, causing global warming that leads to loss of sea ice.



Loss of sea ice reduces krill populations, meaning less food for many species.

Globally, sea ice is vanishing faster than ever before, with terrible consequences for wildlife.

As sea ice disappears, predators such as walruses and polar bears have to swim long distances from land to find food.

What's the problem?



We can all play a role in creating a more sustainable future through our own actions.

Phasing out fossil fuels and replacing them with renewables will not only slow the warming of the planet and the acidification of the ocean, but it will also lead to clean air for all of us.

Global change

- Replace fossil fuels with renewable sources of energy

Individual actions

- Save energy
- Reuse, repair, recycle, share and borrow
- Eat more plants and cut down on meat
- Walk and cycle rather than drive
- Hold businesses to account
- Ask politicians to support renewable energy and make restrictions on emissions



What can we do?





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