



LIVE DEEPLY TREAD LIGHTLY

Thank you so much for your interest in Breathe. We have been educating schools around plastic pollution since 2016 and look forward to being a resource and support to your school.

Sarah Ferguson, develops and conducts each talk, making them school-specific and age-appropriate, while retaining the gist of the message: to live deeply and tread lightly. The talks are designed to inspire our future generations to go and live their dream, being mindful of the impact their daily choices have on the environment.

About Sarah

Sarah is a physiotherapist and runs a private practice in Durban North at a multi-disciplinary center. She is also a motivational speaker, Pilates instructor, a retired National Swimmer and swim coach, an advocate for the plight against plastic, and brand ambassador for SPAR Eastern Cape.

Sarah is passionate about the ocean and works tirelessly to safeguard it for future generations to enjoy and appreciate responsibly.

In 2011 Sarah took part in her first ocean race in Hawaii where she found her passion for open water swimming, making the decision to do something meaningful with her swimming talents.

Since 2012 she has been competing in, and pioneering, ocean swims both locally and internationally, to help raise awareness of single-use plastic pollution.

Her swims

- Elephant Coast Swim Series | July 2018 | 100km | 6 days
- 1st African woman to swim Ka'iwi Channel crossing | July 2017 | 58km |
- 1st person to swim Aliwal Shoal solo swim | May 2017 | 18km | 5:00
- MAD swimmers 24hr swim | January 2016 | 45km | 24:00
- Cape Point solo swim | December 2015 | 8km | 2:06
- Robben Island solo swim | January 2015 | 7.3km | 2:02
- 1st woman to swim Umhlanga to Durban | June 2014 | 17.9km | 4:16



Breathe Ocean Conservation is her NPO, an organisation that aims to eliminate throw away plastic.

*Please note that if talks are more than 20km outside of Durban, travel rates will be applied according to the current AA rates at R4/km

We do tailor talks, workshops and pricing according to specific needs. (See table on next page)

Please note that all monies received for talks and workshops are done on a cost recovery basis and contribute to ongoing product development and running costs for Breathe, and to provide talks in disadvantaged schools and institutions that are not in a position to pay for external speakers. If you are unable to pay for a talk please let us know and we will make every effort to accommodate you. We never want finances to get in the way of protecting our oceans.



Our current talk and workshop offering:

SERVICES	DESCRIPTION	RATES
30- 40 minute interactive talk	<p>This talk is Sarah's story and her experiences swimming in the ocean intermingled with some facts about plastic and the importance of changing behaviour.</p> <p>She includes some tips on what individuals can do to make a difference</p>	R2500
<i>Plastic Oceans</i> Documentary screening	<p>We are obligated to give a percentage of the proceeds to <i>Plastic Oceans</i> (a US based company)</p> <p>Breathe is the official ambassador for <i>Plastic Oceans</i> in South Africa and have been given the rights to screen this documentary.</p> <p>This is a powerful educational documentary suitable for all ages that drives home the need to do our bit to save the planet against plastic pollution.</p>	R500
Educational tool kit	<p><u>The tool kit consists of the following:</u></p> <ul style="list-style-type: none"> • 6 well illustrated fact sheets about plastic pollution and the effects on marine life • Fun activities such as a wordsearch and crossword related to the documentary • Postcards • Workshops • Facts • Problems and Solutions • Workshops 	R1000
<i>Plastic Oceans</i> Documentary & Talk	Combo package	R3000
<i>Plastic Oceans</i> Screening, talk & Educational toolkit	Combo package	R3500
Branded stainless steel straw	Reusable straw	R50
Branded stainless steel straw combo pack	Includes cleaner, bag and branded straw	R65



Address: 20 Gainsborough Drive Durban North, 4051 Email: info@breatheconservation.org Tel: 082 754 7930

NPC Reg: 2018/03832/08
www.breatheconservation.org @Breatheocean1