

Link to YouTube video - <https://youtu.be/F9XzTLDIT5I>

Script and research for the video

- On the 2nd of December, I and a few coursemates went to Freshwater West Beach to carry out a beach clean.
- Freshwater West is located on the South-West tip of the coast of Wales
- The beach has been described as a scenic, rustic beach with a broad stretch of sand, dunes and strong waves attracting many surfers.
- We were equipped with gloves for picking up hazardous waste, grabber tools. And bags to dispose of the rubbish provided by surfers against sewage.
- Upon arriving, I instantly took a liking to the beach. It features a car park less than a minute walk from the beach, an accessible concrete ramp down to the beach and on-site bathrooms.
- Spanning 1.61km / 0.7 miles, the beach features a lot of key natural characteristics that make it perfect for activities such as surfing, walking, canoeing and more.
- According to a sustainability report done by the national trust in 2022, Freshwater West is arguably Wales's "premier surfing beach" and "has a global reputation"
- Unlike many other beaches in Pembrokeshire, Freshwater West does not feature a seasonal dog ban. This makes it a much-loved place year-round for exercising dogs.
- Freshwater West was also used as a filming location for films such as Dunkirk as a beach double and Harry Potter. As a film student, this means it holds a lot of importance to me.
- Dobby's grave can be found here making the beach a hotspot for tourism. Fans of the Harry Potter films leave printed rocks, socks and other gifts to the fictional character here. As moving as this is, the sheer volume of people visiting the beach is having a huge impact on the biodiversity of the area.
- Key natural features are being harmed by the people coming to visit the beach. Sand dunes are being eroded, litter and waste issues are becoming more prevalent and more motor traffic is becoming a problem to the wildlife.
- Both mental and physical health are immensely important when working towards a happy and healthy life. Being able to be active, breathe fresh air and "switch off" from everyday stress all contribute to a better lifestyle. Freshwater West Beach facilitates all of this.
- To help limit the negative impacts increased tourism has had on the beach many things can be done. Volunteering for a local beach clean like me and my coursemates, donating to charities such as the National Trust, or even something as simple as leaving no trace when you go to wild places would help so much.
- Making a short film to highlight the helping places such as Freshwater West Beach, to me as a filmmaker was very important. Being able to draw attention to key issues within wild places through my chosen medium is crucial to who I am as a content creator. Adventure film, to me, means capturing the beauty of the wild places around us while protecting it.

- By doing this beach clean ive become a lot more aware of the wild spaces around me and the ways in which they are affected. I have never before noticed the amount of litter on beaches and in car parks. I have found that I am more and more aware of my actions in regards to litter and actions in wild places.
- How does litter impact the environment and wildlife - tie this into why we did a beach clean
 - This theme emphasized the presence of litter and how it is seen to subtract from the positive aspects of the scene. These comments often included positive descriptions about the surrounding environment but would also emphasize that the presence of the litter “ruins” or “spoils” the scene. The extent of this disrupting effect varied between participants that claimed it “destroys the image” and those that perceived it to “marginally detract from the overall beauty.”
 - Wyles, K. J., Pahl, S., Thomas, K., & Thompson, R. C. (2016). Factors That Can Undermine the Psychological Benefits of Coastal Environments: Exploring the Effect of Tidal State, Presence, and Type of Litter. *Environment and Behavior*, 48(9), 1095-1126. <https://doi.org/10.1177/0013916515592177>
 - For example, Wyles, Pahl, Thomas, and Thompson (2016) compared littered and clean coastal scenes and found that rubbish potentially left by the public (e.g., food wrappers) was especially disliked, associated with making people feel sad, and diminished the restorative qualities of the environment, as compared with other environmental conditions.
 - Wyles, K. J., Pahl, S., Holland, M., & Thompson, R. C. (2017). Can Beach Cleans Do More Than Clean-Up Litter? Comparing Beach Cleans to Other Coastal Activities. *Environment and Behavior*, 49(5), 509-535. <https://doi.org/10.1177/0013916516649412>
 - Marine litter is a prominent global issue that can be harmful to the environment and also to coastal visitors. A direct solution for local areas is beach cleaning campaigns where volunteers help to collect and dispose of the rubbish found.
 - Wyles, K. J., Pahl, S., Holland, M., & Thompson, R. C. (2017). Can Beach Cleans Do More Than Clean-Up Litter? Comparing Beach Cleans to Other Coastal Activities. *Environment and Behavior*, 49(5), 509-535. <https://doi.org/10.1177/0013916516649412>
 - National trust sustainability report - On behalf of Dobby, donate socks to a children’s charity, instead of leaving them by Dobby’s grave where sea creatures could eat them and could kill them
 - <https://nt.global.ssl.fastly.net/binaries/content/assets/website/nationalregions/wales/places/freshwater-west-and-gupton-farm/pdf/final-sustainable-freshwater-west-report-281022-v1.pdf>