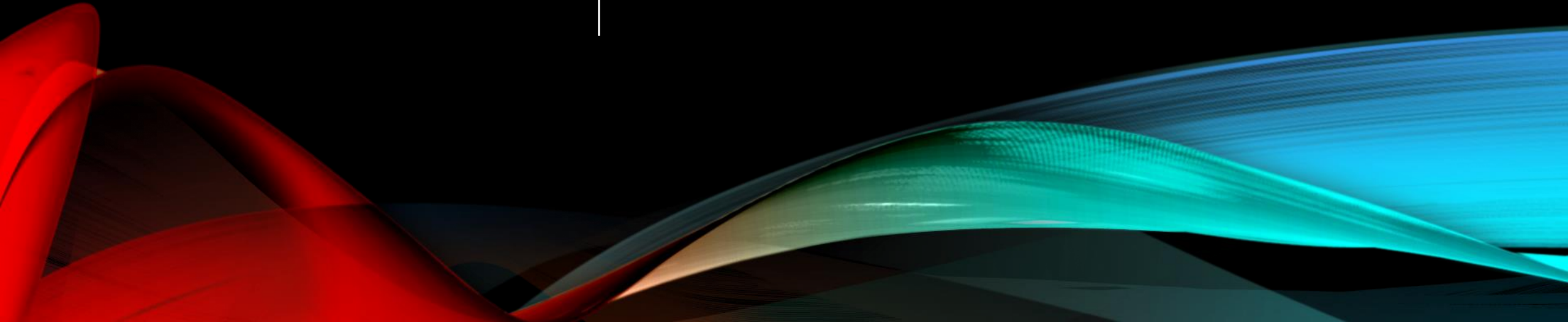


By Scott Cadmore
1906297

SUSTAINABILITY





DISCOVERY

- As a young child from Swansea my family and I made a major life altering decision to move to Cyprus for a number of years. During my time on the third largest Mediterranean island I spent the majority of my time in school or in the outdoors, playing in my garden, the local park and down some of the numerous beaches.
- After a number of years in Cyprus it was time for me and my family to return home to Swansea. Just like on the island the majority of my time was spent in school or down the local park. Sadly the famous Welsh weather limited my opportunity for beach visits.
- 14 Years later my brother made the same journey with his family to live on the same Mediterranean island and I was lucky enough to visit at every possible opportunity.
- So what is it I discovered and remembered from my youth ? The vast difference in settings the difference at the beaches, the shrubbery within the garden.

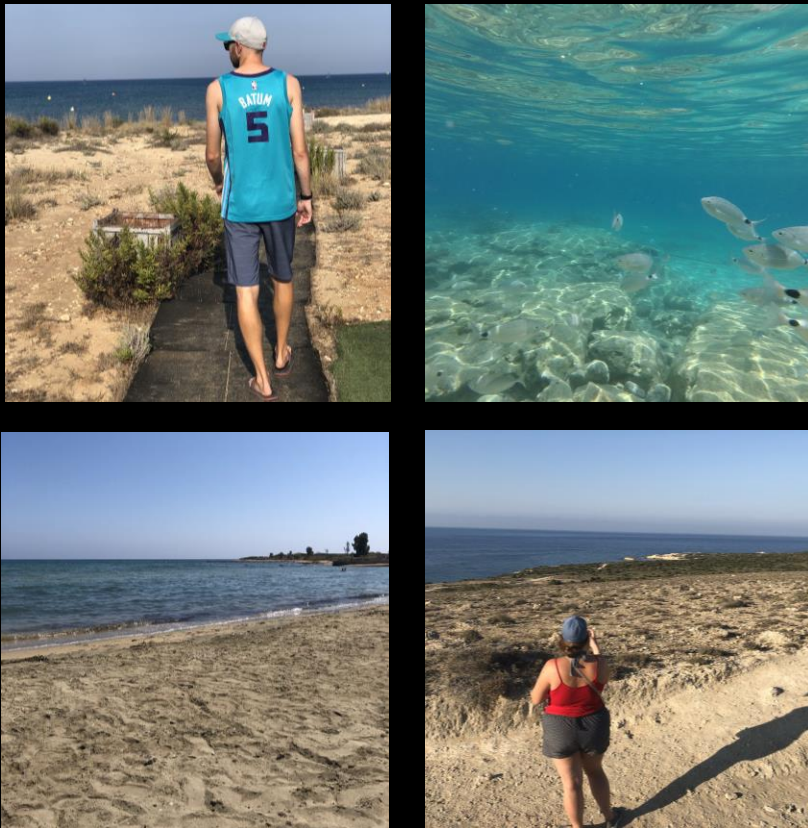
LOCATION 1: CYPRUS GARDENS

- This is the area that my family and I grew up with. Top and bottom left and bottom right are pictures of my childhood garden. I grew up and learnt to ride my bike on the dirt and gravel back yard, whilst playing football and cricket in the dusty stoney bondu. Top right is my brothers garden of 3 years where my nephews learnt to walk and just like me ride their bikes too. These areas were dusty and dry and very little flowers and plant life blossomed. Yes there is a vine and trees but the grapes were sour and very little colour.



LOCATION 2: CYPRUS BEACHES

Beach collage,
Cadmore, S. (2019a).



- These beaches are where I spent my childhood. Finishing school at 1pm and straight down the beach every day in the summer. The photos have been captured in 2019 when me and my girlfriend revisited. Just like the garden the land around the beach is dusty, dirt tracks and paths lead to the beach, but when you arrive you are met with crystal clear waters. According to Cyprus Island (no date) due to the high temperatures and high salt capacity and lack of natural ingredients, the beaches and seas around the island can lack natural marine life, however if your lucky like in the top right photo you can always try your luck when snorkeling with an action cam to discover small shoals of fish around the rocks under the surface.



LOCATION 3: SWANSEA GARDEN

Images from garden,
Cadmore, S. (2021a).

- Since returning back to Swansea I have always seen the ever changing colours of a garden throughout the seasons in my grandparents gardens. Now I've started growing within my own garden I have seen the yellow of the daffodils and sunflowers, the red of the strawberries, the pink of the Geraniums and Sweet Williams, then fall comes and the leaves on the trees bring the brown and the oranges and provides me with an aesthetically pleasing view 365 days a year.



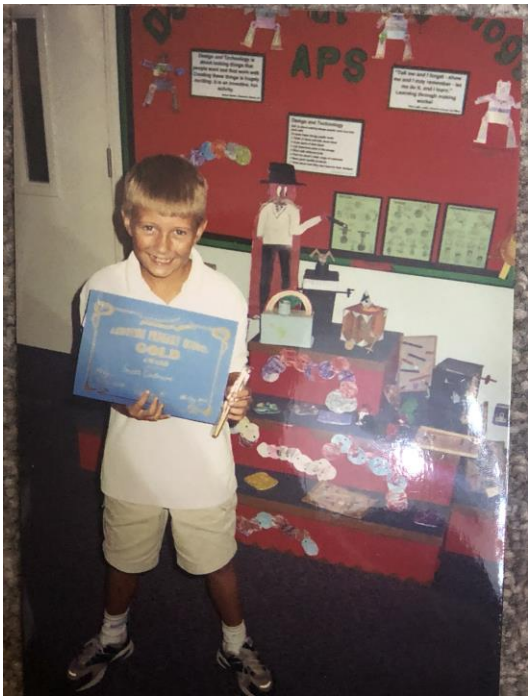
Strawberry collection,
Cadmore, S. (2021b).



LOCATION 4: SWANSEA BEACHES

- Since my return from Cyprus and even more so since the lockdown of 2020, I have discovered a love of many of the local beaches around Swansea and the Gower peninsula. These beaches differ from the ones in Cyprus as they always have a lovely green and colourful vibe surrounding them. My personal favourites are Llangland and Rhossili, which won Wales Best beach award 2017 (Visit Swansea Bay, 2021). The wildlife that can be seen is vast from seals to fish to porpoise in the water. Whilst walking the coastal paths you can discover butterflies, dragonflies, birds of prey and even rabbits.

Langland coastal path,
Cadmore, S. (2021c).



School archive ,
Cadmore, S. (2021g).

HOME

A LONG TIME AGO ON AN ISLAND STOOD A BOY,
 HE'D GO TO SCHOOL, IN THIS DESSERT LAND WHERE THE SKY AND
 SEA WERE BLUE,
 YET HIS GARDEN WAS BARE, SANDY AND HARD AND DUST WOULD
 STICK TO YOU LIKE GLUE,
 HE LONGED FOR THE DAYS OF THE GREEN GREEN GRASS BUT
 WOULD NEVER CAUSE ANY HULLABALOO.

THEN ONE DAY HE RETURNED HOME TO THE LAND OF
 DRAGONS,FATHERS AND SONGS,
 THE DAFFS WERE TALL AND THE LEEKS WERE STRONG,
 IT WAS HIS HOMELAND SO FREE AND WHERE HISTORY HAD
 BEEN PROLONGED,
 THIS PLACE IS WALES, THE BOY NOW AT EASE THOUGHT TO
 HIMSELF THIS IS WHERE I BELONG.

Cadmore
(2021i).

BY SCOTT CADMORE

PIC•COLLAGE

Self portrait ,
Cadmore, S.
(2021h).





EXPLORATION

Exploration of Cyprus came in a number of forms, bike rides and walking when it was cool in the evenings and swimming, snorkeling and paddle boarding and kayaking during the days down the beach. Through the years I've spent in Cyprus I have spent many a night staring at the clear night sky that would act like a window to the stars due to the low levels of light pollution where we lived. In the day the garden would be full of dragonflies and hornets attracted to the pool whilst you could find the Mediterranean house gecko strolling along the floor, and the sound of crickets would take over as sunset fell.

EXPLORING CYPRUS



Cypriot wildlife ,
Cadmore, S. (2018).

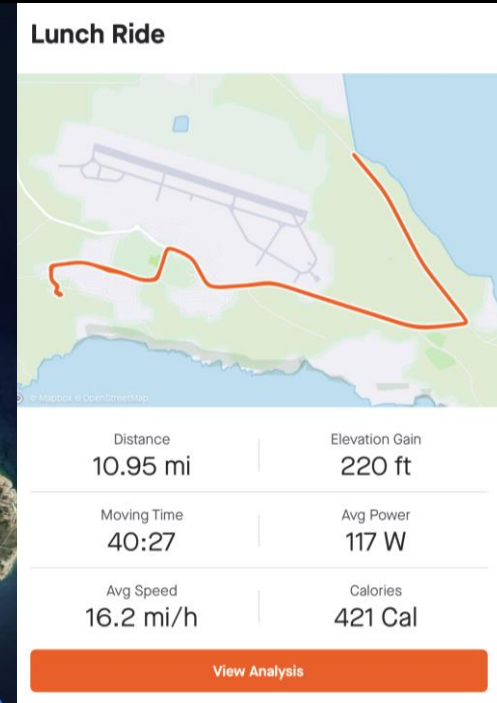
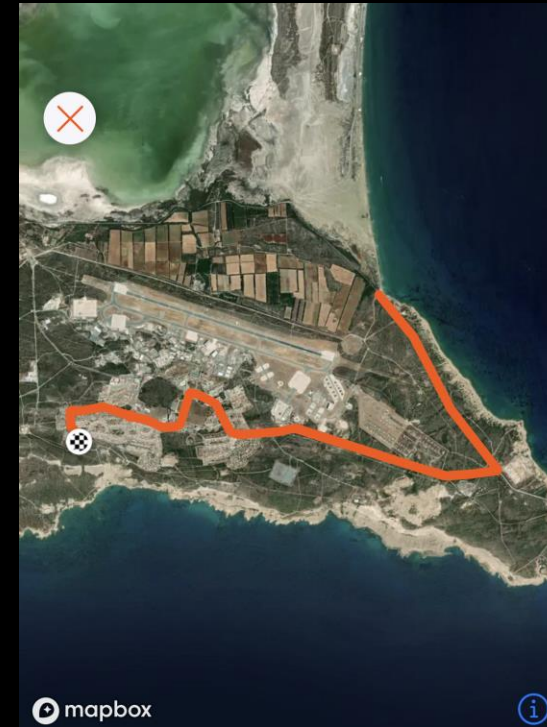
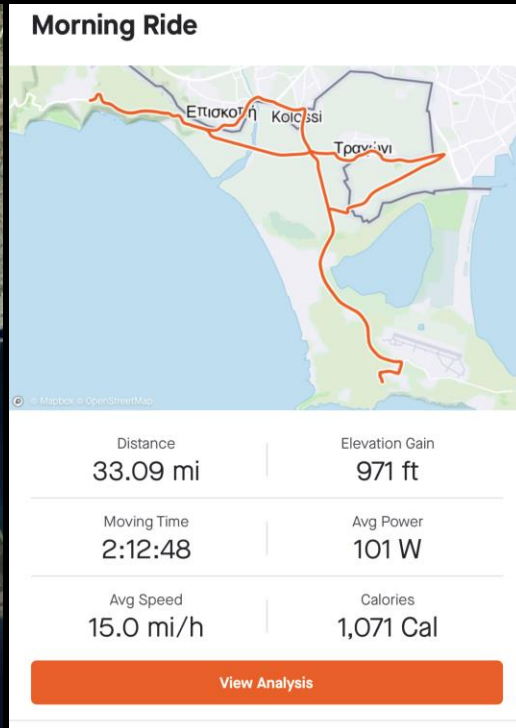
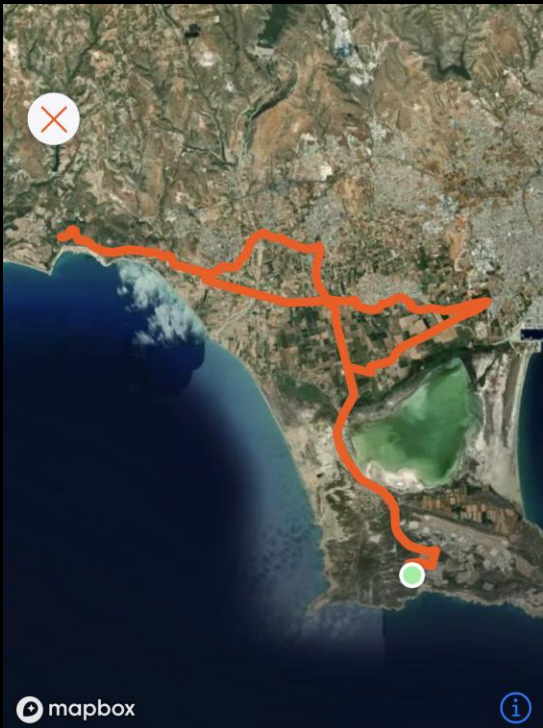
Cyprus beach collage,
Cadmore, S. (2019b).





EXPLORING ON 2 WHEELS

Strava activities,
Cadmore, S. (2019c).





By exploring the beach areas around where I lived in Cyprus I discovered a number of ancient Roman ruins. One such area is a local area that is now used for cliff jumping. Dreamer's bay is an area that use to be an ancient port complex that was a 10-15 minute walk from the house on the southern tip of the Akrotiri peninsula that dates back to the Roman times.



Top left, Top right and bottom left: Dreamers bay, Cadmore, S. (2019d).

Ancient harbour information (Newton, S., 2015)



EXPLORING SWANSEA

- Since my return from Cyprus, I have spent many hours exploring the Gower and it's vast coastline. One thing I have spotted where ever you go is the amount of wildlife and plant life you can stumble upon without even looking. Whether it's rabbits at Bracelet bay, Seals around Langland and Rhossili or even the bees pollinating the flowers on the coast. The Gower peninsula is bursting with life as you can see with some of the photos included below which were taken on the morning of Sunday 20th June 2021.



Images from garden,
Cadmore, S. (2021a).

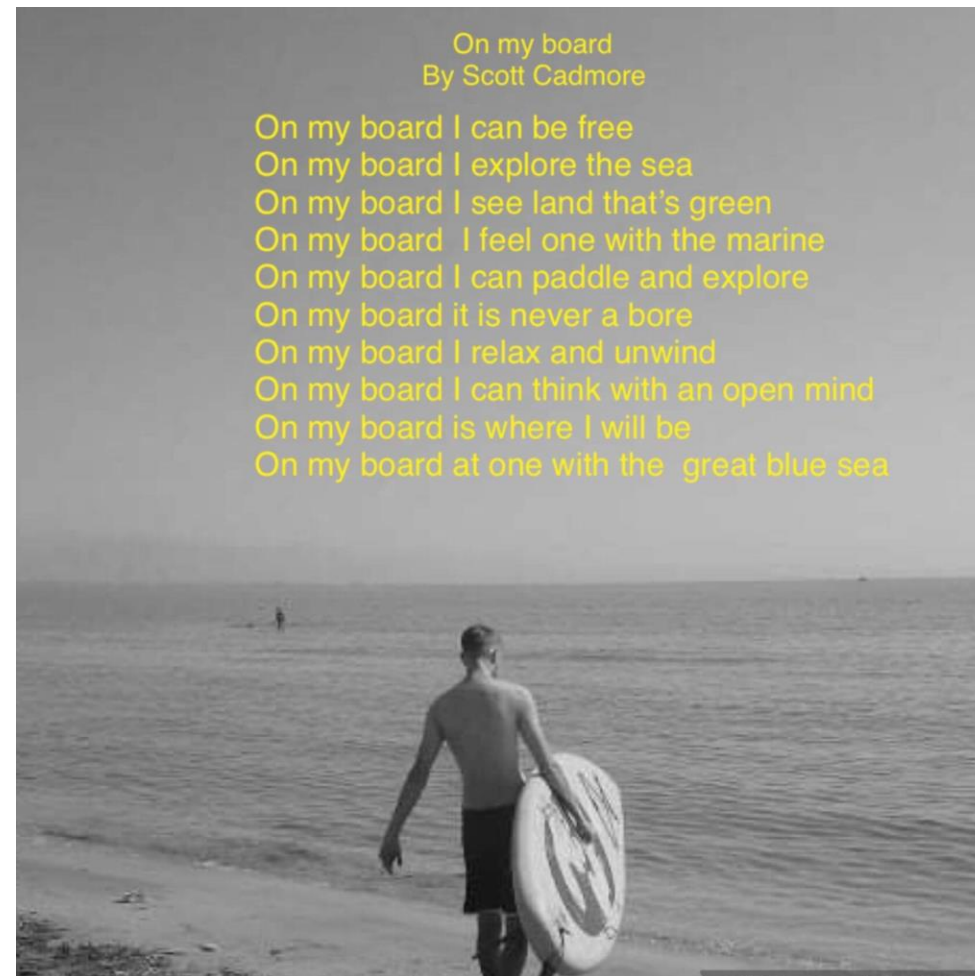


Langland paddle,
Cadmore, S. (2021d).



On my board By Scott Cadmore

On my board I can be free
 On my board I explore the sea
 On my board I see land that's green
 On my board I feel one with the marine
 On my board I can paddle and explore
 On my board it is never a bore
 On my board I relax and unwind
 On my board I can think with an open mind
 On my board is where I will be
 On my board at one with the great blue sea



I have also noticed the vast wildlife that appears in the British garden through out different times of year. From the general pigeon and blackbird and smaller birds like robins that feed from the bird feeders. To the butterflies, bees and even a field mouse which have all been witnessed when observing the wildlife around the front and back gardens.



Images of Flowers and mice, Cadmore, S. (2021e).

CONSERVING CYPRUS

- During my previous trip to Cyprus in August 2019, I was lucky enough to take part in helping out with the turtle watch association whilst visiting due to my sister in law being a volunteer. During these sessions the charity and it's volunteers would identify where the nests of turtles are sited, sign post and put up a protective cage to protect the nests location. I was also fortunate to witness a nest excavation which I was told that this allows the healthy hatchlings the opportunity to dig their way out of the nest before revisiting to witness and observe what is remained in the nest.



Turtle watch, Cadmore, S.
(2019e).

Snorkeling beach clean collage, Cadmore, S. (2019f).

- Another way I participated in conservation whilst in Cyprus was taking part in a mini beach clean.
- During a day snorkeling me and the group I was snorkeling with discovered in a photo taken (below) that we had spotted what looked like plastic. It was a little bit of netting but as a result we took a few minutes to check the area we were snorkelling in for any litter. During this time we discovered a small array of items ranging from crisp packets to broken fishing net and lollipop sticks.



CONSERVING SWANSEA

- Sadly unlike in Cyprus I have not been able to complete an organised beach clean due to work commitments but it is something I plan to partake in during the summer holidays.
- However in my garden after noticing the effect the bird feeders had of attracting birds of a varied size to the area, I decided to put up two bird houses within the garden. One is located not too far from the feeder whilst the other is on the other side of the garden.



Images of Conserving birds, Cadmore, S. (2021f).

- According to the RSPB (No date) the addition of a birdhouse in the garden can allow wildlife to shelter away and one such animal that benefits is the sparrow who are struggling to adapt to the nesting in the modern world. Furthermore Sawyer (2019) suggested that by providing a well made desirable bird house will act as a welcoming nesting site for birds who have lost their traditional nesting sites due to the expansion of mankind and the surrounding city life.



CONSERVE

What I have learnt through this whole process in completing the John Muir award is that even though both environments I have looked at have differences. We as humans still have to work in the same manner in both locations to ensure we protect and conserve the natural environment we find ourselves in. Both environments have issues with beach pollution and plastic rubbish needing picking up. With this in mind I am keen to partake in beach tidy ups once the summer holidays begin and my work commitments quiet down for the summer. Furthermore this experience has grown mine and my families curiosity of what we are able to grow from our little back yard in Swansea and we have plans to try and grow a variety of fruit and veg throughout the year to see what we can grow during the different seasons.

Sustainable Motivation

Quote by Geisel (1971).

Dr Suess quote Adobe
spark, Cadmore, S.
(2021j).

*“Unless someone like you cares a
whole awful lot, nothing is going to
get better.”*

*Dr. Seuss,
1971.*

