

An artistic illustration of a swimmer in a pool, viewed from above. The swimmer is a man in a black swimsuit and a green swim cap, swimming towards the left. The water is a deep blue with concentric ripples. Above the swimmer, a massive, swirling tide of plastic litter is depicted, appearing to be pulled towards the swimmer. The litter includes numerous plastic bottles, cups, bags, and other debris in various colors (white, green, blue, red). The overall effect is one of being overwhelmed by pollution.

# SWIM AGAINST THE TIDE

TAKE YOUR LITTER HOME