

Craig Foster

Co-Founder of the Sea Change Trust

"Our entire wellbeing is dependent on the natural world."

Craig Foster is an award-winning filmmaker and co-founder of the Sea-Change Project, an organisation dedicated to learning about and protecting South Africa's marine wilderness.

TOPICS:

- Emotional Ecology
- Biodiversity and Habitat Regeneration
- Wildlife and Conservation
- Rediscovering the Human Connection with Nature
- The Making of My Octopus Teacher

LANGUAGES:

He presents in English.

PUBLICATIONS:

2022	A Journey Under the Sea
2021	Underwater Wild: My Octopus Teacher's Extraordinary World

IN DETAIL:

His film My Octopus Teacher (winner of BAFTA and Academy Awards for Best Documentary Feature) follows the story of his year with a wild octopus, at the same time honouring his pact to dive 365 times a year. Craig founded the Sea Change Project to share his love of nature with others and to connect people to the wild, motivating them to become part of the regeneration of our planet. Having dedicated over a decade to diving every day in the Atlantic Ocean without a wetsuit, he documents the process of how the human body adapts to the cold and builds a primal immune system. Through his regular intensive immersion, he has uncovered many new species and animal behaviours and contributed towards, as well as conducted, foundational marine biology research.

WHAT HE OFFERS YOU:

Craig believes that for humans to be healthy, the air, oceans, forests, and all the varied and wonderful beings that we share this planet with need to be healthy too.

HOW HE PRESENTS:

Craig's stories, knowledge and love of the environment play a big part in rewarming the human heart to the natural world, motivating action that allows the living planet to thrive and regenerate itself.