

10 THINGS YOU CAN DO TO SAVE OUR SEA WHILE HERE...



CARRY YOUR REUSABLE SHOPPING BAG

Tens of thousands of whales, birds, seals and turtles are killed every year from plastic bags.

PLASTIC BOTTLES ARE SO LAST CENTURY

Our tap water is good. Carry your reusable bottles.

SINGLE-USE CUTLERY IS A NO-GO

A picnic by the sea is great but please don't use plastic forks and knives. Plastic breaks into tiny pieces called microplastics ending up in our food.

DRINKING OUT? REFUSE THE STRAW

Plastic straws cannot be recycled. We use them for few minutes and they end up in the sea for decades or even centuries. Ask a straw-free drink.

PICK UP THE TRASH

Every single minute a truck full of garbage ends up into our seas and oceans. Pick up the trash you find at the beach.

DON'T LEAVE CIGARETTE BUTTS

Cigarette butts are among top-5 items found at beaches. You smoke for 7 minutes but they stay in the environment up to 5 years.

REDUCE ENERGY USE

Reduce the effects of climate change on the ocean by using your car less as possible. When using the airconditioning be sure windows are closed. Be moderate.


CONSERVE WATER

Have quick showers, turn off the tap while you shave or brush your teeth. By reducing the amount of water we send down our drains we can also cut down on the total amount of wastewater that we have to treat before releasing it into the sea.



BUY SUSTAINABLE FOOD AND PRODUCTS

Local food and products means less energy, emissions and less plastic for packaging but choose eco-friendly whenever you can. Eat only sustainable seafood and support sustainable fisheries.

TELL YOUR FRIENDS



is helping to raise awareness about the need to preserve our seas.

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