

## Eco-friendly Sailing in the Mediterranean

Welcome aboard!

Sailing brings together entertainment and sports but it also leaves an inevitable footprint on our beautiful Mediterranean Sea. Take a look at how to get involved in caring for our sea by participating in our citizen science programmes: Sustainable Sailing Photo Contest, Jellyfish Spotting and Marine LitterWatch. Your input helps scientists to study the health of our sea and prepare recommendations to protect it.

Also, on the flip side of this leaflet, you will find 5 eco-friendly tips you can follow to help reduce the impact on our seas. We hope you find them useful and easy to follow!

Fair winds and following seas!

## Take part in citizen science activities

**Participate in one of three citizen science activities during your sailing trip and win prizes!**

### SUSTAINABLE SAILING PHOTO CONTEST

Take part by sending photos of your sailing experience and life at sea that captures your attention to [sailing@perseus-net.eu](mailto:sailing@perseus-net.eu) or [#perseussailing](#) on Instagram. The best photo will be awarded with a **€1,000 discount voucher** for your next sailing trip with [myweekcharter](#). All remaining contestants will be eligible to participate in a raffle for a second prize of **€500 discount voucher**. See contest details at [www.perseus-net.eu](http://www.perseus-net.eu) or the [Myweekcharter's Facebook profile](#) <https://www.facebook.com/Myweekcharter>



[www.perseus-net.eu](http://www.perseus-net.eu)



[myweekcharter](#)



#### Jellyfish Spotting

Spot jellyfish in the sea?  
Send us your sighting (and if possible photo!) through the jellyfish spotting sub-site on [www.perseus-net.com](http://www.perseus-net.com) – under the General Public - Citizen Science section.

Jellyfish Spotting



#### Marine LitterWatch

Help in one of two ways: a) monitor litter found on the beach using the free Marine LitterWatch app downloadable from Google Play or App Store or b) monitor litter at sea by taking a photo and sending it to [sailing@perseus-net.eu](mailto:sailing@perseus-net.eu) or [#perseussailing](#).

Marine LitterWatch



## 5 Eco-friendly Tips

### 1. Protect Seagrass



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**FACT:** Seagrass or *Posidonia oceanica* is an endemic Mediterranean plant, not a seaweed. *Posidonia oceanica* captures carbon dioxide and produces oxygen helping to reduce climate change and providing a habitat for most of the Mediterranean species. This plant is also responsible for protecting the beaches from erosion and giving the Mediterranean Sea its transparent and amazing color. Anchoring your sailboat or dragging your anchor across the seagrass bed causes significant damage.

**TIP:** Instead of anchoring on a *Posidonia* meadow, look for sand bottoms. Your anchor will also work better on sand!

### 2. Don't litter the sea



**FACT:** Today almost 20% of marine litter comes from human activities in the sea. Just see how long it takes to biodegrade or break down different litter: milk carton – 3 months; aluminum can – 300 years, plastic bottles – 450 years and glass - more than 1,000,000 years!

**TIP:** Don't throw litter in the sea. Divide your rubbish onboard and take it to the marina rubbish bins to be composted or recycled. Use plastic as little as possible and never let it risk going overboard. Also, don't think throwing food waste overboard feeds the fish – it pollutes the sea too!

### 3. Respect Marine Protected Areas



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**FACT:** Marine protected areas are areas where human activity – such as fishing, tourism, development - is managed to protect the natural environment. The Mediterranean Sea has 677 marine protected areas. Each marine protected area has its own regulation to ensure its best environmental performance.

**TIP:** Be extra careful when visiting a marine protected area. Check the following website to see all the marine protected areas in the Mediterranean: [www.mapamed.org](http://www.mapamed.org).



### 4. Use fuel wisely



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**FACT:** Fuel consumption increases exponentially with the revolutions per minute (rpm) of your engine. Doubling your rpm doesn't mean doubling your speed. Instead it increases your fuel consumption, polluting the air.

**TIP:** Use your sails as much as you can – it will make you feel closer to nature. When using the engine, be sure not to strain it and it will save you money. Also, be sure not to spill fuel as it pollutes the water!

### 5. Use water efficiently



**FACT:** Freshwater is a scarce resource in the Mediterranean countries particularly in summer when tourism soars.

**TIP:** Don't waste water on board: take care not to let the water run when brushing teeth or rinsing dishes and take quick showers. By doing this, you not only help conserve scarce water resources, but you will also avoid large queues at the marinas to fill your water tanks.