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ACHIEVEMENTS ON COASTAL BIODIVERSITY THROUGH COASTAL ROWING BY NAUTICAL CLUBS

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PARTNERSHIP

Name	Name	Logo
1	Ligue Provence-Alpes Côte d'Azur d'Aviron	
2	Club Nautico Fanese "G. Vivani" ASD	
3	Nautical Club of Limnos	
4	Veslaski Klub Argo Izola -Societa di Canottaggio	
5	Ruderklub Flensburg e.V.	
6	Club Remo Torrevieja	
7	Web2Learn	



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Ruderklub Flensburg e.V. (DE)



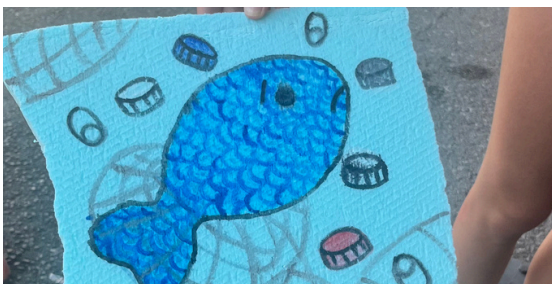
ABOUT

Achievements on coastal biodiversity through coastal rowing by Nautical Clubs

The CROssING (“Coastal Rowing for a Green, Intergenerational and Gender-Balanced Future”) project aims to make coastal rowing a driving force for sustainable development across European coastal zones. The project’s central vision is to promote growth within these areas through a perspective rooted in environmental consciousness, intergenerational collaboration, and gender balance.



By positioning nautical clubs as hubs of this transformation, CROssING seeks to create networks that bridge generations and genders through the shared experience of coastal rowing.



Beyond enhancing individual health and fitness, the project aspires to foster inclusive European identities and promote sustainable living practices, contributing to a more equitable and vibrant society.

Created By:

Web2Learn

The logo for FFAVIRON, featuring a stylized 'C' shape composed of green and blue segments, positioned to the right of the text.

FFAVIRON

**PROVENCE
ALPES CÔTE D'AZUR**

CROSSING Project —

LIGUE D'AVIRON PROVENCE
ALPES CÔTE D'AZUR

SUD PACA

GAEL DAPIERRE

Head Coach

JOANA ROCHA

Coach



Sud PACA

Key Features

Short Description

Paca engaged a group of adolescents aged fifteen to eighteen in a mobile-based quiz designed to evaluate their understanding of plastic pollution's impact on marine biodiversity. This interactive activity served both as an assessment tool and as a starting point for discussions on the severe consequences of plastic waste on marine ecosystems.



Country
France



Nautical Club
Sud PACA



Type of social action
Informational and educational



Level of citizen engagement
High



Target group
Adolescents



Activities

QUIZ FOR CHANGE: UNDERSTANDING PLASTIC POLLUTION AND MARINE BIODIVERSITY

Paca engaged a group of adolescents aged fifteen to eighteen in an interactive, mobile-based quiz designed to assess and deepen their understanding of plastic pollution's impact on marine biodiversity. This quiz not only tested the participants' knowledge but also served as an engaging introduction to the serious environmental consequences of plastic waste.

Through thought-provoking questions and real-world scenarios, the activity prompted discussions on how plastic debris affects marine ecosystems, including the disruption of habitats, harm to marine animals, and contamination of food chains. By exploring these issues, participants gained insight into how plastic pollution jeopardizes the health of ocean flora and fauna, as well as the broader impacts on human health and global ecosystems.

This approach allowed Paca to foster a greater awareness among young people, encouraging them to reflect on their own actions and consider how small, sustainable choices can contribute to the protection of marine life. By highlighting the importance of reducing plastic waste, the activity empowered adolescents to see themselves as advocates for positive environmental change, ultimately promoting a culture of responsibility and environmental stewardship.



Key objectives include:

- Assess Understanding of Plastic Pollution: Gauge participants' knowledge of plastic pollution and its specific impacts on marine biodiversity through an engaging, interactive quiz format.
- Highlight Environmental Consequences: Educate adolescents on the severe consequences of plastic waste in marine ecosystems, focusing on the harm caused to marine flora, fauna, and human health.
- Encourage Critical Thinking and Discussion: Foster meaningful discussions on plastic pollution, prompting participants to consider real-world environmental challenges and possible solutions.
- Promote Environmental Stewardship: Inspire young people to recognize their role in combating plastic pollution and to take personal responsibility for reducing plastic waste.
- Empower Youth Advocacy: Equip participants with knowledge and motivation to become advocates for environmental change, encouraging actions that support sustainable practices and marine conservation.



Impact

This activity has shown a promising level of awareness among adolescents regarding the impact of plastic pollution on marine biodiversity. Nearly a quarter of participants demonstrated comprehensive knowledge by scoring full marks, while a majority showed a solid understanding of the topic, with scores reflecting minor gaps in awareness. This suggests that, overall, young people are developing an awareness of the environmental issues linked to plastic waste and its harmful effects on marine ecosystems.

Notably, participants aged seventeen to eighteen scored higher on average, suggesting that familiarity with the topic may improve with age or exposure. For the younger participants, whose scores varied more widely, additional educational efforts could be beneficial. This highlights an opportunity to deepen understanding through interactive learning, targeted discussions, and sustained engagement, which could close existing knowledge gaps and encourage more consistent environmental awareness.

The quiz also underscored the potential role of extracurricular activities, like rowing and involvement in environmental clubs, in fostering a sense of stewardship. These activities could serve as powerful channels to engage young people with hands-on experiences that deepen their connection to nature and enhance their commitment to reducing plastic pollution. With continued education and practical involvement, adolescents can be inspired to take meaningful actions, both in their communities and beyond, helping to safeguard marine biodiversity for future generations.



CROssING Project —

CLUB NAUTICO FANESE "GEREMIA VIVANI" ASD

FABIO PATRIGNANI
Coach

ENRICO CECCOLINI
Coach



Club Nautico Fanese

Key Features

Short Description

CNF organized a series of activities focused on coastal conservation, including a beach cleanup with participants of all ages, a seminar on the connection between coastal rowing and environmental responsibility, and an educational session on coastal biodiversity during the International Camp in Fano. These initiatives aimed to raise awareness, promote sustainable practices, and engage the community in protecting coastal ecosystems for future generations.



Country
Italy



Nautical Club
Club Nautico Fanese



Type of social action
Informational and educational



Level of citizen engagement
High



Target group
Children & Adults



Activities

SUMMER CAMP SESSION ON COASTAL BIODIVERSITY

During the Summer Camp, CNF held an engaging 30-minute session focused on coastal biodiversity. Designed for kids, this interactive activity introduced them to the diverse marine life along our coastlines, highlighting the importance of protecting these fragile ecosystems.

BEACH CLEANUP WITH KIDS AND ADULTS

CNF organized a beach cleanup that included participants of all ages, from children to adults. Together, they collected litter from the shore, raising awareness about the impact of pollution on marine life and encouraging a commitment to cleaner, healthier coastlines.

SEMINAR ON COASTAL ROWING AND BIODIVERSITY

As part of the International Camp in Fano, CNF hosted a comprehensive seminar titled "Coastal Rowing and the Environment." This session explored the vital connection between coastal rowing and the preservation of coastal ecosystems. Topics included the role of rowing in promoting environmental awareness, sustainable practices for minimizing ecological impact, and the importance of safeguarding coastal biodiversity for future generations.



Key objectives include:

- Promote Environmental Awareness: Educate participants of all ages about the importance of coastal biodiversity and the impact of pollution on marine ecosystems.
- Encourage Active Stewardship: Engage individuals in hands-on activities, such as beach cleanups, to foster a sense of responsibility for maintaining cleaner, healthier coastlines.
- Foster Sustainable Practices in Coastal Rowing: Promote environmentally conscious practices within the rowing community to reduce ecological impact while enjoying the sport.
- Empower Future Generations for Conservation: Inspire and equip young participants with the knowledge and tools to advocate for and protect coastal environments for the future.



NAUTICAL
CLUB OF
LIMNOS

CROSSING Project —

NAUTICAL CLUB OF LEMNOS

KOSTAS DIKRANIS
Head Coach

CHRYSA BERBERI
Coach



Nautical Club of Lemnos

Short Description

The Nautical Club of Lemnos, with its strong tradition in coastal rowing, plays a pivotal role in promoting environmental protection through coastal rowing activities, community engagement, and educational initiatives.

As part of CROssING, the club's activities focus not only on sports but also on environmental stewardship and community engagement. A key initiative under this project is the "[Adopt a Beach](#)" program in partnership with WWF Greece, which integrates citizen science into the fight against plastic pollution.

Key Features



Country
Greece



Nautical Club
Nautical Club of Lemnos



Type of social action
Environmental & Educational



Level of citizen engagement
High



Target group
Children and Youth



Activity

"ADOPT A BEACH"

The "Adopt a Beach" initiative, implemented as part of the CROSSING project by the Nautical Club of Lemnos, is focused on systematically collecting and analyzing data related to coastal and plastic pollution. The primary goal is to monitor, understand, and ultimately reduce the volume of waste—especially plastics and microplastics—that accumulates along the coastline. The action not only targets plastics but involves the collection and documentation of all debris found on the beach.

By identifying the volume, origin, and composition of the waste, this initiative aims to support concrete measures for tackling coastal pollution both locally and nationally.

Launched in May 2021 the "Adopt a Beach" program is designed to build long-term datasets that inform both local interventions and national policies. The initiative goes beyond simple beach cleanups; it establishes a framework for continuous monitoring at least twice a year, with recommended additional actions to account for seasonal variations. By maintaining a consistent schedule, the program produces "time series" data that provides insights into the fluctuation of waste, its seasonality, and its geographic sources.



Key objectives include:

- **Waste Reduction:** Systematically reducing the waste found on beaches by informing more targeted interventions.
- **Public Awareness and Education:** Raising awareness about the plastic pollution crisis and encouraging active citizen participation.
- **Data-Driven Policy Influence:** Creating a comprehensive database that aids government agencies in understanding the sources of coastal pollution, leading to more effective regulations and local actions.
- **Community Involvement:** Encouraging citizens to actively participate in environmental protection, reinforcing the program's core belief that public engagement is critical to long-term success.



First Action Results & Impact

The first beach cleanup as part of the “Adopt a Beach” initiative at Romeikos Gialos Beach was highly successful, involving around 100 children from the Nautical Club of Lemnos’ summer camp. The young participants, aged 6 to 12, were divided into groups according to age and assigned specific areas of the beach to clean. Equipped with gloves and baskets, they gathered a total of 482 waste items, meticulously categorized and recorded using standardized procedures.

Waste was quantified per unit (e.g., 50 straws, 20 soda cans) and the recorded data was uploaded to the WWF Greece platform, where it is publicly accessible for further analysis.

The “Adopt a Beach” program emphasizes the importance of ongoing monitoring, with four scheduled cleanups per year: April, September/October, June/July, and December/January.

Additionally an educational workshop was given to around 30 children aged between 10 and 12 years from the summer camp of the Lemnos Nautical Club as part of the “Adopt a Beach” project. The workshop was held for one hour and aimed at capturing the attention of young participants in a manner that was fun and educative, thus encouraging an understanding of plastic pollution and environmental responsibility.

The “Adopt a Beach” project’s first phase has been marked by significant immediate impacts, strong community involvement, learning gains, and environmental benefits. The active participation of the children demonstrated that local young people can be involved in environmental protection. The educational workshops, on the other hand, gave a deeper understanding of plastic pollution while encouraging them to think about personal plastic use hence increasing their awareness of responsibility to the environment.



CROssING Project —

CLUB DE REMO TORREVIEJA

JAVIER GARCÍA MARTÍNEZ

Head Coach



Club De Remo Torrevieja

Short Description

A coastal biodiversity awareness event featured a simulated beach cleanup, where participants collected trash to highlight the importance of keeping beaches clean. A biologist gave an engaging 90-minute talk on the ecological impact of pollution on Mediterranean marine life, educating both children and adults.

Additionally, champion Ander Martin delivered an inspiring talk on gender equality in sports, emphasizing teamwork and breaking gender barriers.

Key Features



Country
Spain



Nautical Club
Club De Remo Torrevieja



Type of social action
Environmental & educational



Level of citizen engagement
High



Target group
Children and Youth



Activities

BEACH CLEANUP SIMULATION

During the regatta briefing, a biologist led an awareness session on the importance of keeping beaches clean. Although our beach was already clean, we simulated a trash collection using a few items to demonstrate the impact litter could have if left unchecked. This activity helped participants understand the significance of preventing pollution and maintaining a pristine coastal environment.

90-MINUTE TALK ON MARINE BIODIVERSITY AND ECOLOGICAL IMPACT

As part of our 'Green and Fun Day,' a biologist gave an engaging 90-minute talk to participants of all ages, discussing the ecological challenges facing the Mediterranean Sea. The talk highlighted marine species most affected by human activity and offered practical ways to protect them. It became interactive when the biologist simulated discarded items as food, illustrating how pollution harms the ecosystem. This helped the children grasp the real-life consequences of littering and pollution.

BRIEFING WITH ANDER MARTIN

Five-time mixed doubles world champion Ander Martin spoke to the younger participants about the importance of gender equality in sports. He shared personal experiences, emphasizing the strong bond with his female teammate and reinforcing that there are no barriers between genders in achieving success. His talk aimed to inspire the children to embrace inclusivity and teamwork, regardless of gender.



Key objectives include:

- **Raise Environmental Awareness:** Educate participants on the importance of keeping beaches clean and the impact of littering on coastal ecosystems.
- **Promote Conservation of Marine Biodiversity:** Highlight the ecological challenges in the Mediterranean, focusing on how pollution affects marine species and ways to prevent it.
- **Engage Participants Through Hands-On Learning:** Use interactive activities, such as simulated trash collection and pollution scenarios, to enhance understanding of environmental issues.
- **Instill Values of Responsibility and Stewardship:** Encourage participants, especially children, to adopt habits that contribute to protecting and preserving the environment.
- **Foster Gender Equality in Sports:** Promote inclusivity and break down gender barriers by sharing experiences and encouraging equal opportunities in sports.
- **Inspire Future Generations:** Use influential role models, like Ander Martin, to motivate children to embrace values of equality, teamwork, and environmental responsibility.

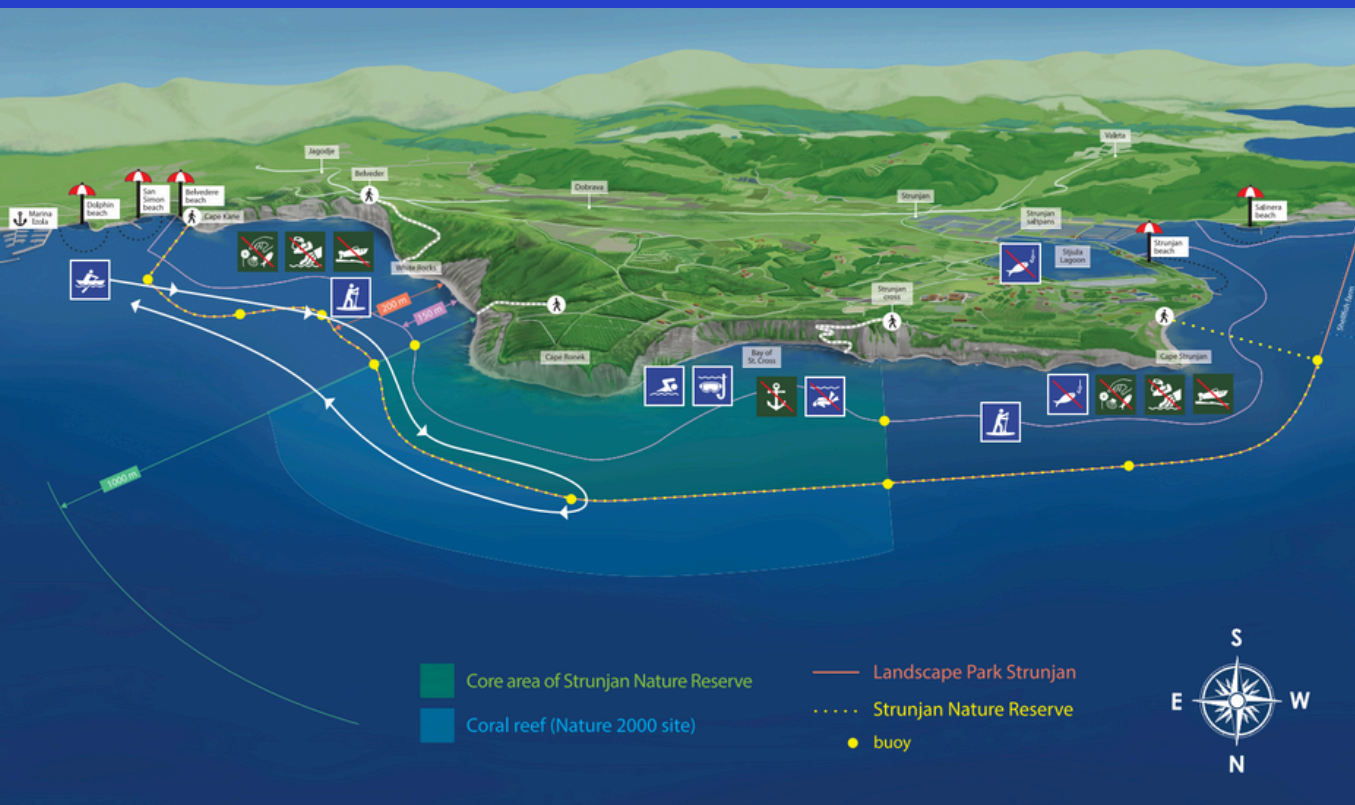


CROssING Project —

VESLASKI KLUB ARGO IZOLA

NATAŠA KILLOUGH
Coach

GRETA VANLINDEN
Volunteer



Veslaski Klub Argo Izola

Short Description

The VAI club has created a helpful publication for locals and tourists visiting the Strujan Landscape Park. The publication aims to enrich the visitor experience by promoting both outdoor recreation and environmental consciousness. By offering clear instructions and a user-friendly map, the club ensures that everyone can enjoy the park's unique coastal ecosystem while maintaining safety and sustainability.

Key Features



Country
Slovenia



Nautical Club
Veslaski Klub Argo Izola



Type of social action
Informational and educational



Level of citizen engagement
Moderate



Target group
Locals & Tourists



SWIMMING AND SNORKELLING



Swimmers and snorkellers are advised to stay within 150 metres of the shore, where other water activities (rowing, sailing, etc.) are taking place. Additionally, be especially wary of motorised vessels.



SPORT FISHING



Within the park, sport fishing is possible only from the shore of Strunjan beach and does not require a fishing licence. The activity is recommended only during winter months, outside the tourist season. Sport fishing at sea, including spearfishing, is prohibited in the park.



Recommendations for a safe and pleasant experience with water activities in the Strunjan Landscape Park

The Landscape Park Strunjan is a popular marine protected area, popular for leisure activities, such as swimming, snorkelling, paddleboarding, rowing, diving, etc.

The cliffs and the shingle beach at the foot of the cliffs are left entirely to natural processes, so staying and swimming under the cliffs is at your own risk. As the cliffs regularly erode, especially after heavy rains, it is not recommended to stay under the bare and steep walls.

The coastline of the Landscape Park Strunjan is accessible via three paths from the cliffs and two from the beach. No burning, stacking stones or sleeping on the shore. Please do not litter and leave nature in the same condition you found it.

Activities

PUBLICATION ON WATER SPORTS ACTIVITIES ON STRUNJAN LANDSCAPE PARK

In partnership with Krajinski Park Strunjan, we have developed a comprehensive coastal map to promote awareness and respect for the unique biodiversity of the Strunjan Nature Reserve.

The map serves several key functions:

- Defines Protected Boundaries: Clearly marks the boundaries of the Nature Reserve to help visitors understand the protected areas.
- Guides Responsible Behavior: Outlines appropriate conduct within the reserve to minimize human impact on wildlife.
- Specifies Permitted Activities: Lists which activities are allowed, as well as those prohibited, with a focus on water sports.
- Encourages Waste Cleanup: Reminds visitors to contribute to the preservation of the area by cleaning up waste.

Available in Slovene, Italian, and English, the map is accessible online through our website, as well as in person at the local tourist office and the Strunjan Nature Reserve.

[Link to Map](#)



Activities

PICKING MARINE DEBRIS AND BEACH CLEANING TO ENSURE COASTAL BIODIVERSITY.

As part of the treasure hunt-style game, eight mixed-gender and intergenerational teams collected trash from the beach. They gathered several bags of litter, primarily consisting of plastic bottles, caps, cigarette butts, plastic cups and bags, as well as food waste and other materials washed ashore.

ART-BASED EVENT WITH MARINE DEBRIS COLLECTED

In July, during our summer rowing school, we organized an art session to raise awareness about the threats to marine life. Club staff and children aged 8-14 collected recyclable materials from the beach and surrounding areas to create art. This project aimed to educate participants about the harmful impact of waste on the sea and its creatures. The artworks were displayed in the club, culminating in an exhibition to share the project's message with visitors and club members. [Pictures](#)



Key objectives include:

- **Raise Environmental Awareness:** Educate the community, including children, tourists, and local visitors, about the impact of human activities on coastal and marine ecosystems through interactive and educational experiences.
- **Promote Active Environmental Stewardship:** Encourage hands-on involvement in preserving the natural environment by engaging people of all ages and backgrounds in clean-up activities and art projects that highlight the consequences of pollution.
- **Foster Respect for Protected Areas:** Increase understanding and compliance with conservation rules within the Strunjan Nature Reserve by providing clear guidance on responsible behaviors, permitted activities, and the importance of maintaining the area's biodiversity.
- **Inspire Sustainable Behavior:** Motivate participants and visitors to adopt eco-friendly habits, such as waste reduction and proper disposal, through visual reminders (like the map and art installations) and community-driven clean-up efforts.
- **Build Community Connection to Local Biodiversity:** Strengthen the bond between the community and their coastal environment by involving them directly in activities that protect and celebrate local biodiversity, fostering a sense of collective responsibility.



CROssING Project —

RUDERKLUB
FLensburg E.V.

LUKAS FEHRE
Coach

MICHAEL HELMCHEN
Coach



Ruderklub Flensburg e.V.

Key Features

Short Description

Ruderklub Flensburg e.V. organized a beach cleaning event where volunteers collected litter. Additionally, during the Fun and Green Day, documentaries on biodiversity were screened, including "Ostsee in Not - Ist das Binnenmeer noch zu retten?" and "Kurs Natur 2030 - Schutz der Biodiversität in Schleswig-Holstein." Following the screenings, participants engaged in a thoughtful discussion on both collective and individual actions that can be taken to protect the environment and preserve biodiversity.



Country
Germany



Nautical Club
Ruderklub Flensburg e.V.



Type of social action
Informational and educational



Level of citizen engagement
High



Target group
Children & Adults



Activities

BEACH CLEANING AND WASTE MANAGEMENT ON REGATTA WEEKEND

Before the start of the regatta, Ruderklub Flensburg e.V. organized a beach cleaning with all volunteers while the beach sprint arena was being set up. During the entire regatta weekend, waste disposal containers were placed around the regatta area to separate trash into categories: "normal waste," "paper waste," "plastic waste," and "glass waste." Everything was disposed of separately after the regatta. Throughout the event, it was announced at every meeting that rubbish should be disposed of correctly in the designated containers. Before the races began, the beach was also inspected for cleanliness.

FUN AND GREEN DAY; DOCUMENTARIES ABOUT BIODIVERSITY

During the Fun and Green Day, Ruderklub Flensburg e.V. screened several documentaries about biodiversity:

- ["Ostsee in Not - Ist das Binnenmeer noch zu retten?"](#)
- ["Kurs Natur 2030 - Schutz der Biodiversität in Schleswig-Holstein"](#)

Afterwards, an intensive discussion took place about the content of the documentaries. Participants explored what actions could be taken collectively and individually to help protect biodiversity.



Key objectives include:

- **Raise Awareness of Biodiversity Issues:** Educate participants about the importance of biodiversity and the threats facing local ecosystems, particularly in the Baltic Sea region.
- **Encourage Collective Action for Conservation:** Inspire participants to engage in discussions and identify actions they can take as a community to protect biodiversity.
- **Promote Individual Responsibility:** Empower individuals to take personal responsibility for environmental conservation and biodiversity protection in their daily lives.
- **Foster Environmental Education Through Media:** Use documentaries as a tool to raise awareness and spark meaningful conversations about the state of biodiversity and conservation efforts.



CROssING

Coastal rowing
for a green,
intergenerational
gender-balanced future



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