



IN MY CITY

Project Booklet



Youth project funded by the city of Kiel



IMPRESSUM

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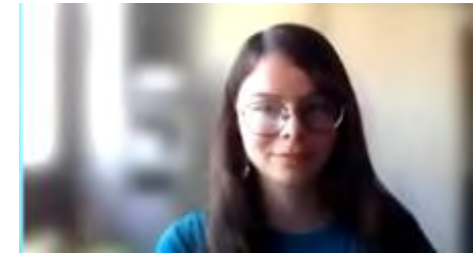
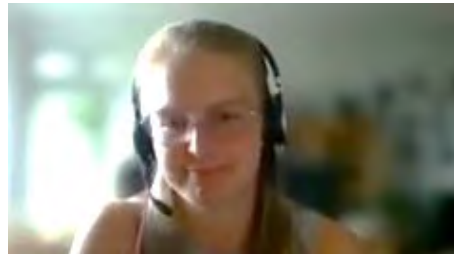
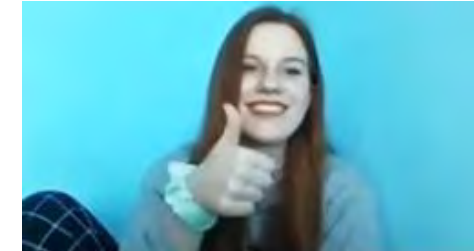
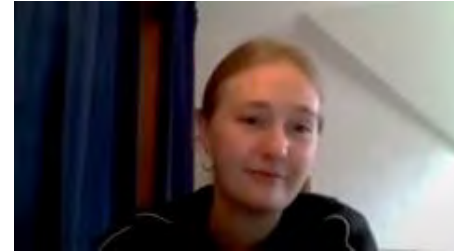
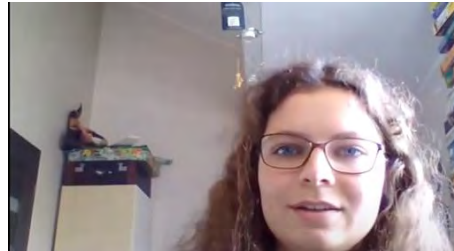
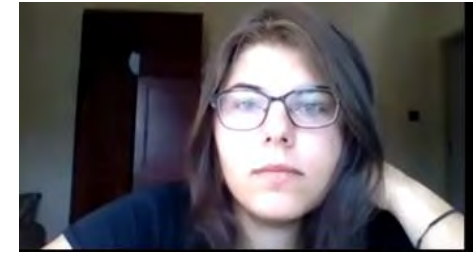
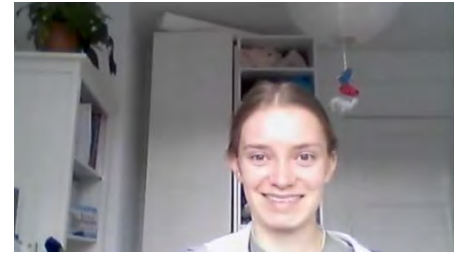
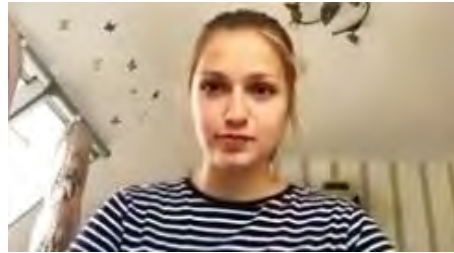
Eva Reimers

KulturLife gGmbH in cooperation with
Foundation Institute for Socio-Economic
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2. WHAT DO THE PARTNERS AND CITIES DO AND OFFER ON THE TOPIC OF SDG "Life Below Water"?

KulturLife and IRSE decided to work together in a project which combines youth involvement with their experience in the practical field of working with young people. Their knowledge of non-formal approaches; creative learning methods and multicultural education, was harnessed to allow the content of the SDG "Life Below Water" to be developed as part of their daily lives by the participants themselves, inviting them to think about this topic critically and to develop new ideas for dealing with it.

Another relevant aspect for the cooperation of the partners was their geographical location, as both are institutions located by the sea and Kiel and Gdynia have been twin cities since 1985.

KIEL
GDYNIA

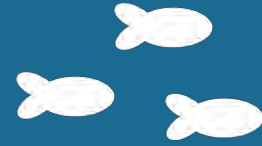
Both Kiel and Gdynia are inextricably linked to the Baltic Sea, not only because of their geographical location, and the theme of "Life Below Water" is decisively linked to the cities and their inhabitants.



2. WHAT DO THE PARTNERS AND CITIES DO AND OFFER ON THE TOPIC OF SDG "Life Below Water"?

KIEL

Kiel was founded in 1233 on the edge of gently rising moraine hills on the peninsula of a fjord arm - today called "Kleiner Kiel".



Kiel was founded in 1233 as a small island to be protected from enemies. The name of the city was "Tom Keil" and has been shortened to "Kiel" over the years. It refers to the wedge-shaped form of the so-called Förde Water Canal that starts from the port of Kiel and leads into the Bay of Kiel.

Since 1982, the Wik monument in the Ratsdienergarten has commemorated the sailors' uprising. The sailors' uprising in Kiel in November 1918 marked the beginning of the revolutionary upheavals that led to the end of the monarchy and the beginning of the republic in Germany.

WHAT DOES THE CITY OF KIEL DO AND OFFER TODAY ON THE TOPIC OF THE SEA AND THE SDG "LIFE BELOW WATER"?



2. WHAT DO THE PARTNERS AND CITIES DO AND OFFER ON THE TOPIC OF SDG "Life Below Water"?

KIEL

SCIENCE & RESEARCH

The Protection of our ocean is an obvious topic for the people of Kiel. After all, the Baltic Sea is right on our doorstep. Research and science are doing outstanding work.

In 2018, at the end of a conference in Kiel, more than 300 international scientists published an urgent appeal, the Kiel Declaration, in which they called for more marine and climate protection.

IFM – GEOMAR

1902 official foundation of the "Laboratory for International Marine Research

1937 establishment of the Institute of Oceanography (IfM) as a university institute.

The importance of marine geosciences grew rapidly and in 1984 the Research Centre for Marine Geosciences GEOMAR was founded.

In 2004, the research areas of marine geosciences and oceanography merged into one institute (Ifm-GEOMAR) and thus the marine sciences in Kiel are uniquely positioned in Germany.



The Center for Ocean and Society opened in November 2020 and will act as an important bridge between science and society. The initial research focus is on food security from the sea, natural hazards of the coasts and seas, and the economics of marine and coastal resources. A healthy marine environment can be responsible for mitigating climate change or ensuring food security for a growing world population.

The goal of the centre is to find sustainable solutions and to enable the implementation of projects in exchange with actors from the economy, politics and civil society. In the long term, the Center for Ocean and Society is to develop into an expert platform for implementing sustainable approaches to solutions and thus form a hub for all transdisciplinary marine research at the University of Kiel.

2. WHAT DO THE PARTNERS AND CITIES DO AND OFFER ON THE TOPIC OF SDG "Life Below Water"?

KIEL

ON A SOCIAL LEVEL

On a social level and in the field of entertainment, Kiel also offers many associations and events that draw attention to the issue and problem of marine pollution in a wide variety of ways.

HELPFUL LINKS

www.nachhaltigkeitspreis.de

www.bei-sh.org/files/Bildung%20trifft%20Entwicklung/2019_07_BEI-SH-ORG_BtE_Infoblatt_Angebote_Schulkassen_SDG14_Meer.pdf

www.ocean-summit.de

www.ozeankind.de

www.cinemare.org

In 2021 the city of Kiel won the German Sustainability Award

Clean Up actions and educational events through associations like Ozeankind e.V.

Ocean Protection Festival "Ocean Summit"



Ocean Film Festival "CineMare"

Educational programmes at schools under the project "Kreative Küste" and free school events e.g. cooperation between BEI and the city of Kiel



2. WHAT DO THE PARTNERS AND CITIES DO AND OFFER ON THE TOPIC OF SDG "Life Below Water"?



NOT WITHOUT REASON GDYNIA'S MOTTO IS "THE CITY OF THE SEA AND DREAMS".

The aquarium in Gdynia is part of the Institute of Marine Fisheries. Its mission is to present aquatic species from all over the world and share knowledge about the aquatic environment. For this purpose, the Aquarium in Gdynia provides many educational programmes and social campaigns.

Projects like "Clean Beach – Clean Orłowo" raise awareness of marine pollution and take direct action with a social movement, just as the "Friday's for future" movement does for making aware of the climate change also active in Poland.

The Foundation "Szkwał – Morze dla młodzieży" (Squall – Sea Youth Foundation) in Gdynia brings sailing culture closer to children and young people and promotes compassion with youth at risk of addiction, poverty and social exclusion www.fundacjaszkwal.pl.

In October 2021 Gdynia as a city won an Eco-City competition for "best water management among Polish cities over 100,000 inhabitants". In the explanation of the jury they gave the examples of good practices in Gdynia: "A comprehensive approach and diversity of activities in the field of water management, including the protection of water intakes, reduction of water losses, involvement of municipal services in the control of the correctness of connections to sewage networks and a wide-ranging social campaign for drinking tap water along with the installation of drinking drinkers in public buildings." www.gospodarkamorska.pl

GDYNIA

The earliest information about Gdynia comes from 1253 and describes an agricultural and fishing village called Gdina. There, at the beginning of the 20th century, a seaside resort began to develop, tourism became more and more popular, ports were built and in 1926 the village received city rights, actually because of the coastal location and is the centre of Polish maritime history.



2. WHAT DO THE PARTNERS AND CITIES DO AND OFFER ON THE TOPIC OF SDG "Life Below Water"?

SCIENCE & RESEARCH

AKWAJUM GDYNSKIE

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MORSKI INSTYTUT RYBACKI (MIR) – RESEARCH INSTITUTE FOR NATIONAL MARINE FISHERIES

Involved in research projects such as INSPIRE (Integration of spatial distribution processes into ecosystem models for the sustainable use of fish stocks) and TABACOD (Tagging of Eastern Baltic cod - To solve the age and stock assessment problem of Eastern Baltic cod using state-of-the-art tagging methods).

UNIWERSYTET MORSKI W GDYNI – GDYNIA MARITIME UNIVERSITY

The Gdynia Maritime University implementing the assumptions of the Maritime Policy of the Republic of Poland and in accordance with the priorities of the University's development strategy, has been successfully developing cooperation with foreign research and teaching centres and international institutions for many years.



GDYNIA

SCIENCE & RESEARCH

Gdynia is a city born of maritime economy, industry and entrepreneurship, but of course it doesn't stop there. Maritime science and research continue to be an important part of the city.

1. Gdynia Aquarium - oceanarium
2. Harbour entrance
3. The best view ;)
4. Gdynia Maritime University - navigation department
5. Here you can cruise to Hel - town known as the beginning of Poland (or end ;P)



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GDYNIA

ON A SOCIAL LEVEL

Gdynia offers a wide range of educational opportunities, festivals and exhibitions that highlight the importance of climate protection, and various social projects and activities specifically related to ocean protection.

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HELPFUL LINKS

www.fundacjaszkwal.pl

<https://www.gospodarkamorska.pl/gdynia-nagrodzona-za-gospodarke-wodna-61094>



Picture of a YOUCare participant with the title „Reflection“.

Description: Capture of water in a watering can with the sun reflections. This water is used to water plants. The picture emphasises the importance of water, namely that water gives life to plants and plants in turn give life to us humans.

3. WHY TALK ABOUT SUSTAINABLE DEVELOPMENT GOALS?

To understand the complexity of climate change and a sustainable society, we have focused on one aspect of it: The importance of preserving and the sustainable use of oceans, lakes and seas.

“THE OCEAN IS THE PLACE WHERE AT SOME POINT OUR HISTORY AS LIVING BEINGS BEGAN, AND TODAY IT STILL REPRESENTS MORE THAN 95% OF OUR PLANET’S LIVING SPACE BY VOLUME. DID YOU KNOW THAT WATER MAKES UP NEARLY 60% OF OUR BODIES? HENCE, OUR LINK TO THE SEA AND WATER IS LINKED TO OUR ESSENCE AND TO OUR PAST, PRESENT AND FUTURE AS HUMANITY”.

IVAN MURILLO, BTE WORKSHOP LEADER



3. WHY TALK ABOUT SUSTAINABLE DEVELOPMENT GOALS?



Picture of a YOUCare participant with the title "Causes of bee decline".

Description: Our participant asks the question, how can we protect bees? She explores the thesis that oceans play an important role in combating the climate crisis, as they can regulate temperatures. If we do not protect oceans and temperatures, temperature fluctuations will increase as a result, this also affects the natural habitat of bees.

THE ECOSYSTEMS OF THE OCEANS ARE VERY IMPORTANT BECAUSE

- they support climate protection and counteract climate change.
- without the influence of the oceans, the Earth's climate would be fundamentally different.
- water has the great ability to absorb a lot of heat and only release it again slowly and evenly. In this way, the oceans compensate for extreme temperature fluctuations and act as a climate buffer.

All of this makes the earth habitable for humans in the first place.

But we must be aware of the fact that the changes that we cause in the oceans have a negative impact on our living conditions. The oceans and the coasts offer a huge amount of resources to the population which we need for our livelihoods. Oceans, for example, provide jobs through fishing and can thus contribute to equality and less poverty. Nevertheless, one third of the world's fish stocks are already so overexploited that their ability to reproduce is endangered or they have already ceased to exist.

"IT IS TIME TO RETHINK OURSELVES AS A SPECIES AND SEE OURSELVES AGAIN AS PART OF NATURE AND OF THIS PLANET, OUR HOME. IT IS TIME TO REFORMULATE THE USE OF MARINE RESOURCES TO AVOID FURTHER OVERFISHING OR MARINE POLLUTION BY PLASTIC OR CHEMICALS. NOW IS THE TIME TO GIVE BACK TO THE SEA A LITTLE OF WHAT IT HAS GIVEN US AND CONTRIBUTE TO THE RECOVERY OF THE RESILIENCE OF THIS ENVIRONMENT ON WHICH NEARLY 3 BILLION PEOPLE DEPEND DIRECTLY FOR THEIR LIVELIHOODS".

IVAN MURILLO, BTE WORKSHOP LEADER

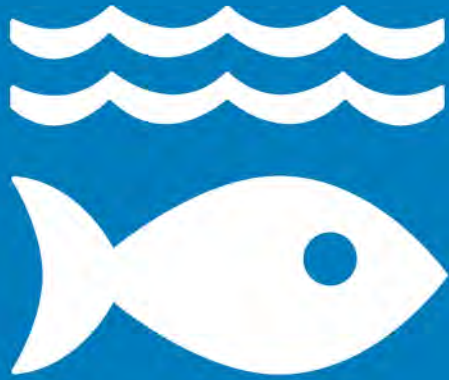


THE RIVER IN DĄBROWA TARNOWSKA

In the 20th century, sewage from cellulose plants in Niedomice fell into it. They destroyed the river's ecosystem right up to the river's mouth. Fortunately thanks to the sewage treatment plant now the situation is now improving.

3. WHY TALK ABOUT SUSTAINABLE DEVELOPMENT GOALS?

14 LIFE BELOW WATER



THE SDG14 “LIFE BELOW WATER” IS ONE OF 17 SUSTAINABLE DEVELOPMENT GOALS BY THE AGENDA 2030.

The SDGs represent a call to action by all countries for a more sustainable world. They apply equally to developed and developing countries which have committed to take actions and to make social changes to achieve the goals.

The following sub-goals are included in the SDG14:

- Reduce marine pollution.
- Use marine and coastal ecosystems sustainably.
- Reduce ocean acidification and combat its effects.
- Make fisheries sustainable.
- Increase economic benefits through sustainable fisheries management, aquaculture and tourism.

“IT’S AN IDEAL FRAMEWORK FOR ALL OF US AS A GLOBAL SOCIETY AND ALSO AS LOCAL ACTORS TO GENERATE PARTNERSHIPS FOR WATER AND MARINE PROTECTION. WITH CREATIVE IDEAS, INNOVATION AND CONCRETE ACTIONS WE CAN RE-ESTABLISH A SUSTAINABLE RELATIONSHIP WITH WATER IN ALL ITS FORMS, ENSURING WELL-BEING FOR PRESENT AND FUTURE PLANETARY GENERATIONS”.

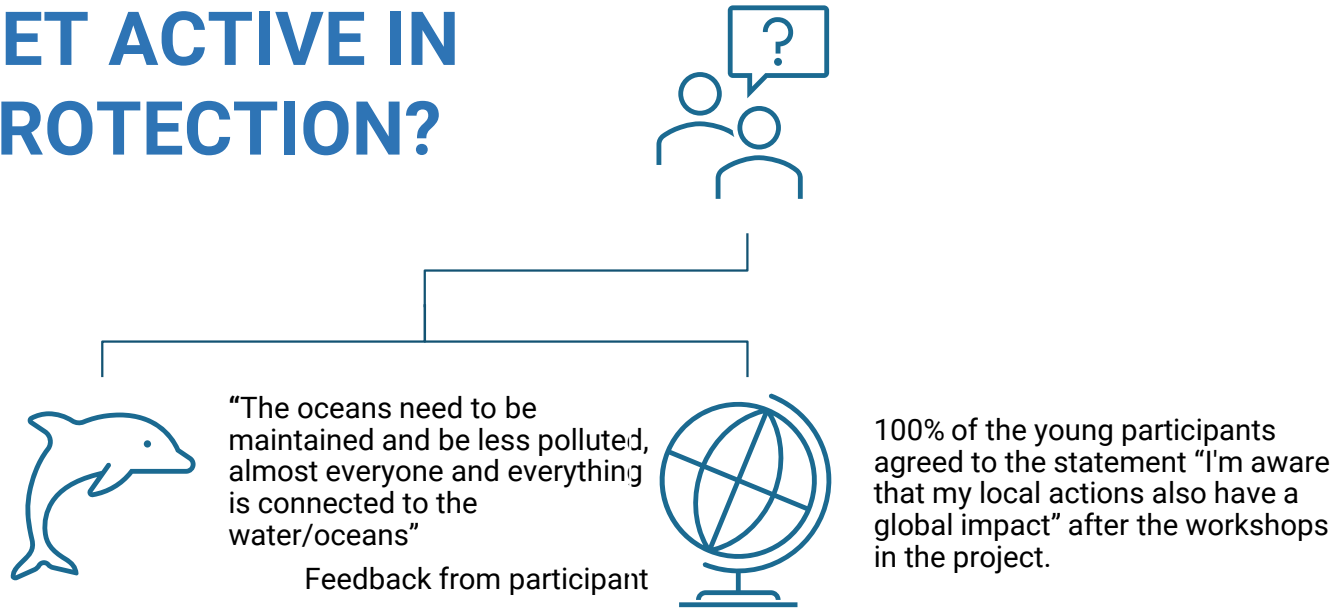
IVAN MURILLO, BTE WORKSHOP LEADER

If you would like to learn more about the SDGs have a look at this video:

www.youtube.com/watch?v=kGcrYkHwE80



4. WHY GET ACTIVE IN OCEAN PROTECTION?



IMPRESSIONS FROM THE BEACH CLEAN UP IN KIEL:

“My highlight was getting to know people who have similar views to me and are also interested in the topic. I was also very interested in the estimation task (how long different materials last in the sea)!”

“In any case, the nice people and the feeling of success after the beach was 13 kg cleaner.”

“I have learned how much we humans endanger our environment and thus ourselves with “small” actions. I would like to know even more about the situation in the future if this continues and what exactly needs to be done about it.”

„What I take away is that even though I was already aware, I need to be much more active in protecting the oceans and our environment. I want to talk to people about it more often and try to make a difference.”

“A much higher motivation to actively do something against global pollution. I learned how much even small meetings can achieve and just being aware of what needs to be done proved to me that I want to help and can change something. I would take part in such an action every time again!”



OUR WISH:

“INNOVATIONS TO PRODUCE LESS PLASTIC (PLASTIC ALTERNATIVES)”

YOU CARE PARTICIPANT

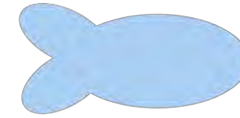
“OTHER WAYS TO GIVE SOMETHING BACK TO OUR ENVIRONMENT AND ESPECIALLY TO THE OCEANS. PERHAPS SUCH A PROJECT CAN BE REPEATED OR EXPANDED EVEN MORE?”

YOU CARE PARTICIPANT

“THIS IS ALREADY “CITIZEN OF THE WORLD”. THIS IS ALREADY “BEING PART OF THE SOLUTION”, GETTING TO KNOW OUR SURROUNDINGS, HOW WE ARE RELATED TO THE OCEAN, SPEAKING TO THE PEOPLE ON THE STREET [...]”

IVAN MURILLO, BTE WORKSHOP LEADER

4. WHY GET ACTIVE IN OCEAN PROTECTION?



Results

Continent	Billions Kg /Year	Stones
Europe	0,08	1
North America	0,04	1
South America, Caribbean and Mexico	0,07	1
Asia	3,36	15
Africa	0,45	2
Oceania	0	0
Total	3,92	20

Source: FAO, <http://iméestatista.org>

WHERE IS THE PLASTIC TRASH COMING FROM?

“THE QUESTION CAME UP IF IT’S JUST PRODUCED IN ASIA, BUT IT’S NOT ONLY FOR ASIA BUT MOSTLY FOR EUROPE, MOSTLY FOR AMERICA. SO CAN YOU ACTUALLY SAY, THAT’S ONLY ASIAN TRASH, ONLY ASIAN PLASTIC?”

YOU CARE PARTICIPANT

“WE TALKED ABOUT ENGAGEMENT OF PEOPLE, LIKE HOW MOTIVATED OR NOT MOTIVATED PEOPLE ARE TO DO SOMETHING BEYOND WHAT THEY HAVE TO DO. [...] YOU REALLY NEED MOTIVATED AND ENGAGED PEOPLE TO PROGRESS IN THE SUSTAINABLE DEVELOPMENT GOALS. [...] THE HUMAN BEING IS THE PROBLEM...”

YOU CARE PARTICIPANT

4. WHY GET ACTIVE IN OCEAN PROTECTION?

WE ARE WATER RALLYE

STATION 6 – POLLUTION

Did you know that every year the ocean receives an amount of garbage equal to the size of Berlin? In the world there are 5 large plastic islands - one of them 3 times the size of France!

What can we do to avoid or contribute to a solution to this problem?

Would you like to pick up some garbage you see in the street before it ends up in the river/sea? Like cigarette butts, packaging, etc.

GDYNIA TOUR



KIEL TOUR



4. WHY GET ACTIVE IN OCEAN PROTECTION?

STATION 7

What water-related (or sea) traditions are there in your city?

GDYNIA TOUR

Midsummer Night - welcoming summer

It is a Slavic custom celebrated during the shortest night of the year - June 23 to 24. During the night the girls put to the water of rivers colorful wreaths of flowers and herbs with a burning candle. According to beliefs, it allows to predict love and marriage or old maidenhood.

The drowning of Marzanna - welcoming spring

Marzanna is a straw puppet dressed in rags or a local folk costume stuffed and then displayed on a stick. It is a symbol of winter (death or evil in historical sources). On the the first day of the calendar spring – March 21 – Marzanna is sunk in the water (rivers, lakes etc.) It is a symbolic greeting to spring and a farewell to winter. Nowadays it is recommended to use biodegradable materials, or to just fish out the puppet after some distance if possible.

"Śmigus-Dyngus"

On Easter Monday people symbolically pour water on each other. It is kind of folk game when anyone, even strangers, can play with each other. It is especially popular among children and youths (who for this purpose acquire more and more sophisticated gadgets, e.g. water guns, bombs or water balloons). In some areas of the country especially young girls are poured with water. The term dyngus most likely comes from the German word - dingen or Dünnguss, śmigus probably comes from the German word "schmackostern" or the Polish word "śmigać".

KIEL TOUR

Kieler Woche

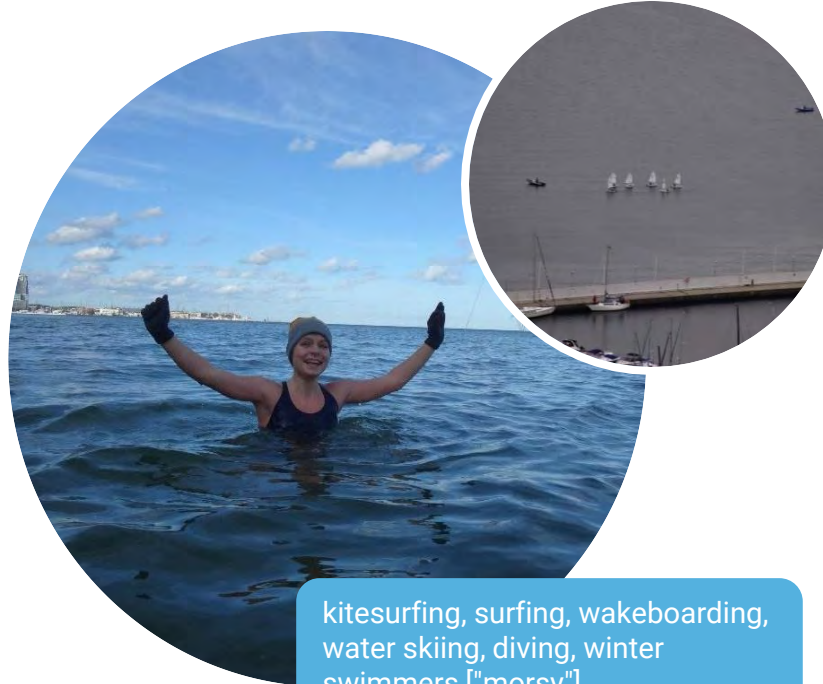
Kieler Woche is an annual sailing regatta that has been held in Kiel since the end of the 19th century. It is considered one of the largest sailing events in the world



4. WHY GET ACTIVE IN OCEAN PROTECTION?

STATION 12 – SPORTS

GDYNIA TOUR



kitesurfing, surfing, wakeboarding, water skiing, diving, winter swimmers ["morsy"]

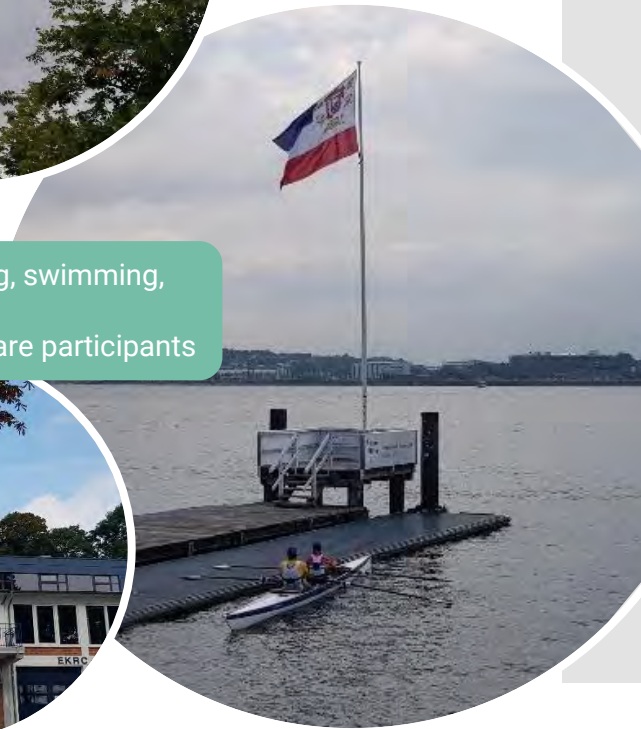
"If you like sport we invite you for example to come and try ice-swimming :) (more and maore popular today) or to try out sailing. We have lot of opportunities to start learning but if you prefer passive sport :) you can watch regattas or special airshows sponsored?? by Gdynia."

YOUCare participant

KIEL TOUR



"sailing, windsurfing, swimming, surfing, kayaking"
YOUCare participants



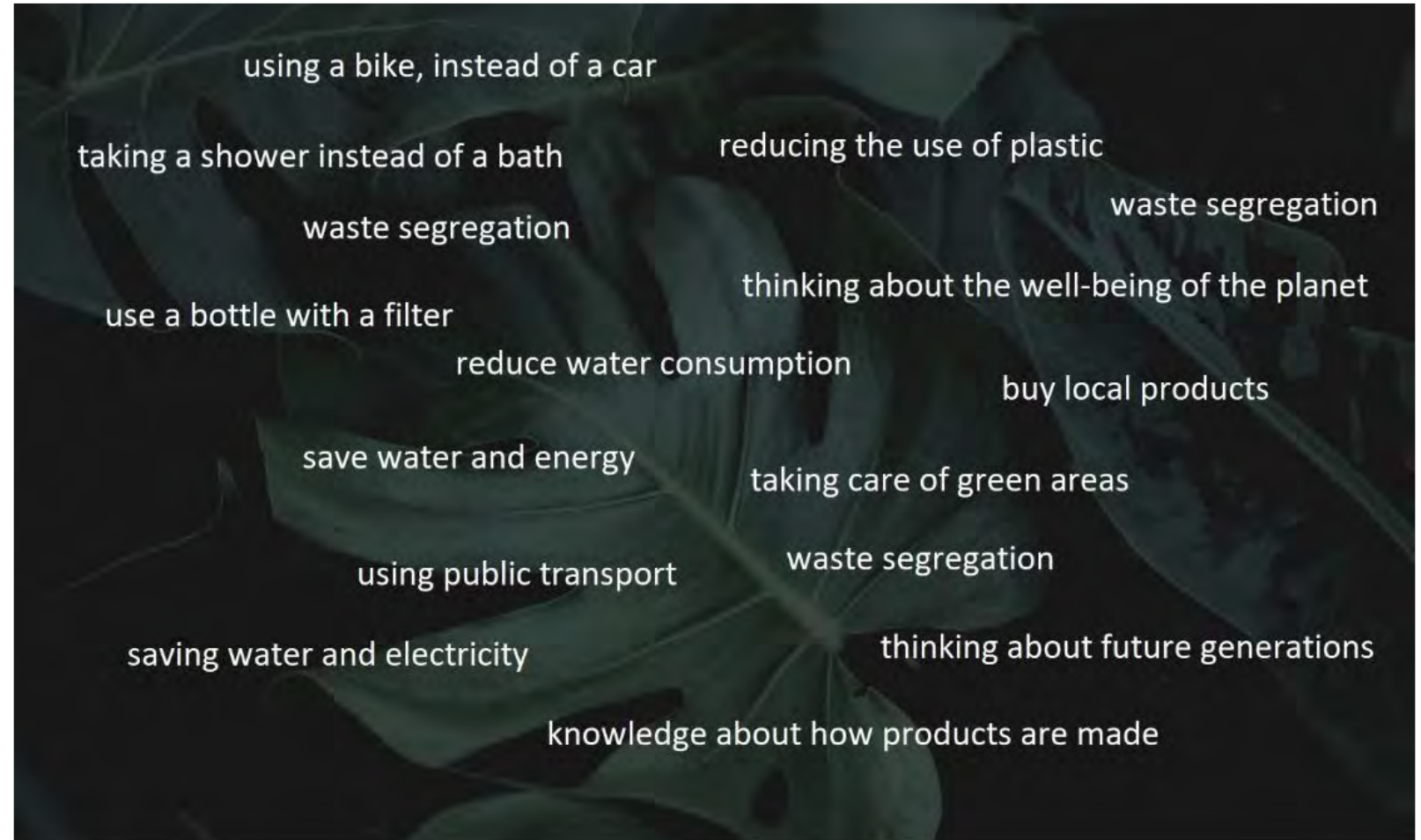
5. The ocean starts at home

Economic activities, cruises and shipping traffic in general have negative effects on the oceans, especially causing pollution and litter, overfishing and negatively influencing climate change.

Therefore, our YOUCare participants asked themselves what we can personally contribute to the SDG "Life Below Water"?

Here are some ideas of small measures that can have a big impact!

ECO-FRIENDLY – WHAT DOES IT MEAN TO ME?



5. THE OCEAN STARTS AT HOME

WHAT CAN I DO AT HOME TO CONTRIBUTE?

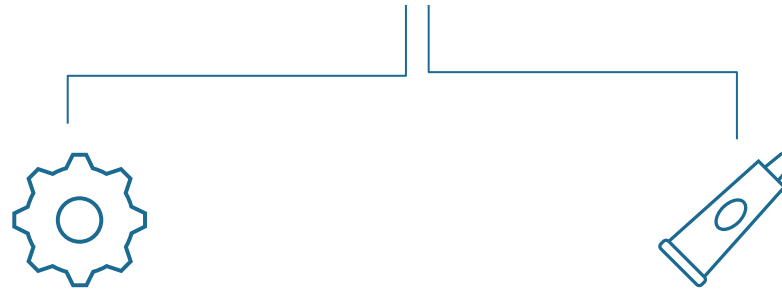
“GAIN KNOWLEDGE ABOUT HOW PRODUCTS ARE MADE” YOU CARE PARTICIPANT
This is an important aspect especially when thinking about microplastics.

‘MICROPLASTICS’ is a category that scientists use for any plastics smaller than your thumbnail. Because of their small size, it’s almost unbelievable that such tiny plastics can cause so much damage in our vast oceans.:

[Greenpeace, 30.10.2021: www.greenpeace.org/usa/stories/micro-plastics-major-problem](https://www.greenpeace.org/usa/stories/micro-plastics-major-problem)

We distinguish between primary microplastics (tiny particles intended for commercial use, such as in cosmetics or in clothing) and secondary microplastics (particles that result from the decay of larger plastic parts, such as water bottles).

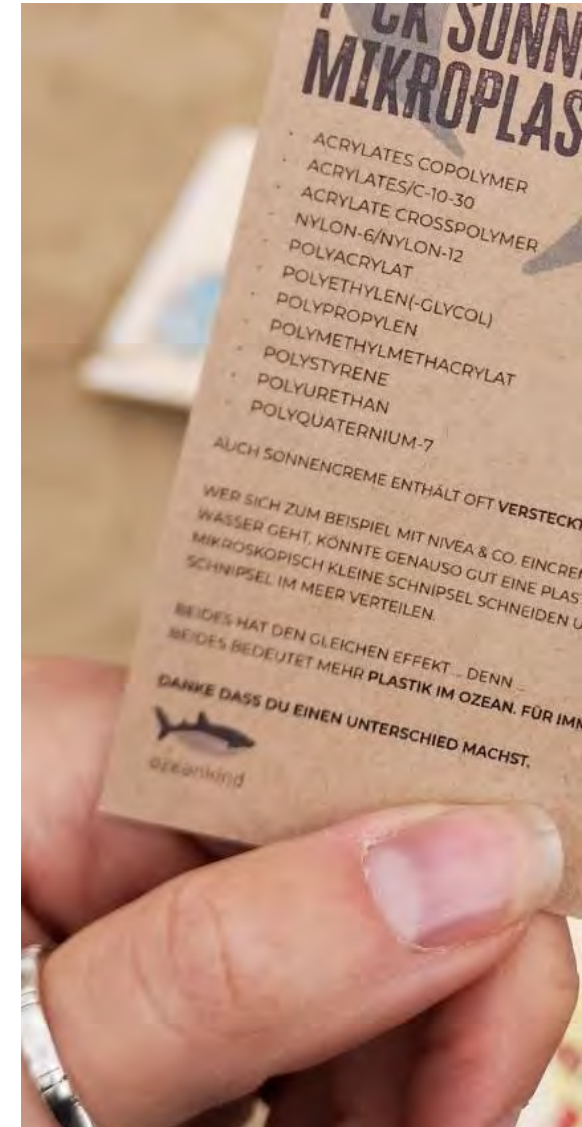
This decay is caused by environmental influences, e.g. solar radiation). It takes hundreds or thousands of years for microplastics to decompose.



EXAMPLE 1: Car tyres spray microplastics when they rub against the road, which are carried into the ocean by storms, water runoff or winds and in turn they are eaten by marine animals.

EXAMPLE 2: Many sunscreens contain microplastics that get into our skin. If you want to buy low-microplastic products, try to avoid the ingredients listed on the right.

Or use apps to see how harmful certain products are to you and the environment, such as [Codecheck](#).



DO YOU HAVE MORE IDEAS? LET THE YOU CARE COMMUNITY KNOW!

6. YOUCare Experts



"This doesn't make me free of being responsible for my own actions and this is why I, even more than before, think about 'don't drive with the car that often. I should use the bike more often', about using less plastic, etc"

YOU CARE PARTICIPANT

"The most interesting thing was actually talking about the SDG's [...] like how connecting the water was basically to all of them. I wasn't really aware of that but now I am."

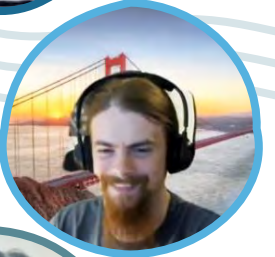
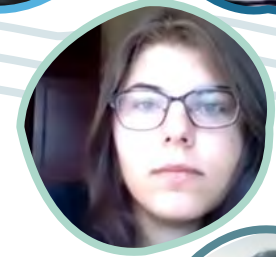
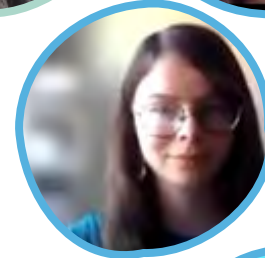
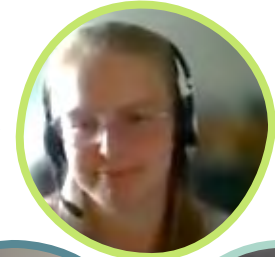
YOU CARE PARTICIPANT

"It was a really nice experience for me to hear what you think about it, how do see this topic and [...] I can understand it better, why the water is so important for us. [...] I learned a lot and I hope I will have this possibility to expand my knowledge about it."

YOU CARE PARTICIPANT

"I'm really happy about participating in this project. There was so much interesting information [...] Yesterday I said that I'm a "helper", that if I see something important, I want to help and spread the importance of this. But now I think, hearing such a lot of such fascinating information, I feel like an "explorer" now and I want to know more and more [...] it makes me hungry for more information."

YOU CARE PARTICIPANT



7. YOU CARE ABOUT YOUR CITY | HOW TO GET INVOLVED

"I ACTUALLY WOULD HAVE LIKED TO COLLECT RUBBISH FOR A BIT LONGER. THAT WAS A GREAT FEELING."

YOU CARE PARTICIPANT

There are ways to get involved locally and internationally to foster change and to raise awareness of what you feel strongly about. Here are some ideas of how you could engage with your friends including links for funding opportunities.



MAKE WATER PROTECTION SEXY AGAIN

Organise innovative, sustainable projects or events to tackle the issue of the importance of water and tackle the problem of litter and waste in the form of a Water Party, a BBQ, sports camp, Clean Up's, ...

Your event could be funded by:

www.europa.eu/european-union/contact/europe-direct-answering-your-questions-about-eu_en
<http://www.ec.europa.eu/esf/main.jsp?catId=393>
http://www.ec.europa.eu/info/funding-tenders/how-apply/eligibility-who-can-get-funding/funding-opportunities-young-people_en
<http://www.programmes.eurodesk.eu/grants>
www.bei-sh.org
www.delara-burkhardt.eu
www.rasmus-andresen.eu



POSITIVE MARKETING

Try to tell a story and inspire others by using the technique of positive marketing to foster emotional connection. Have a look at some great examples:

Africa for Norway Donations
www.youtube.com/watch?v=HjpbkQr0JAE

Africa for Norway Business
www.youtube.com/watch?v=oBrNa-VoJfc

Mission to Earth
www.nyado.com



ACCESS TO WATER FOR EVERYONE PROJECT - INTERNATIONAL

Create a petition to gather fundings via change.org:
www.change.org/?lang=en-US