



Let's Protect Our Seas

Guidelines for Youth Participation and Action

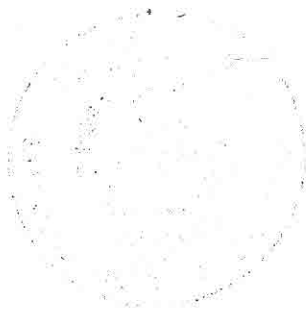
United Nations Environment Programme
East Asian Seas Regional Coordinating Unit

and

National Council for Child and Youth Development Thailand

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Est/75

ISBN 92-807-1561-5



Front cover: Poster by Prueksa Phimpha (Thailand)

First Prize winner, Poster competition: "Protect East Asian Seas" (1995) organised by the East Asian Seas Regional Coordinating Unit (RCU/EAS) and the Information and Public Affairs Branch (IPA) of UNEP. Age group: 17 to 22 years.

Back cover: Poster by Tamrongsak Kamwong (Thailand)

Third Prize winner, Poster competition: "Protect East Asian Seas" (1995). Age group: 17 to 22 years.

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This book, like practically all the others, is the result of the work and ideas of many talented people. When we look back, with few exceptions, it is difficult to see who started what and how many people contributed to the individual ideas that collectively make this book. One thing that can be said with certainty is that all of them strongly believe in the important part the young people can play in shaping the future.

The book and all the related activities were made possible by funds made available by UNEP's Information and Public Affairs Branch (UNEP/IPA) for a project. Additional funds for including Cambodia in the project were made available by the International Maritime Organization (IMO). The UNEP's Regional Coordinating Unit for the East Asian Seas (UNEP EAS/RCU) was entrusted with the coordination of the project.

Ms. Srisak Thaiarry wrote the original text, drawing on her long experience of working with and for children and youth. The other five National Youth Representatives of the six countries participating, with their insight and experiences in their individual countries, provided valuable suggestions and additional ideas to include in the text. A consultant had the almost impossible task of putting everything together in a new draft which was discussed and redrafted several times.

The drawings were done and redone by three talented Thai artists, Cherdpong Laoyunt, Tumlerd Suksathan and Taweerat "Dia" Teansumrouy.

For the cover of the book, we did not have to look far, we used beautiful posters designed under the Poster Competition of the project.

The difficult task of putting everything together fell on another talented expert, Ms. Marie Ange Sylvain. We gave her the draft "final" text and a few drawings with a simple request: "Can we have an interesting book please?" Magically, with the help of the artists and First Global Studio in Bangkok, she produced this book.

In addition there are many other people who have helped and contributed. We cannot name them all here but we are grateful to them.

If there is anything left out or is wrong, the EAS/RCU is to be blamed and not any of the above-mentioned people and ten of others who helped in the background.

We hope you like the book and will use it for what it is intended for.

Reza Amini
Coordinator
UNEP EAS/RCU.



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To Begin With...

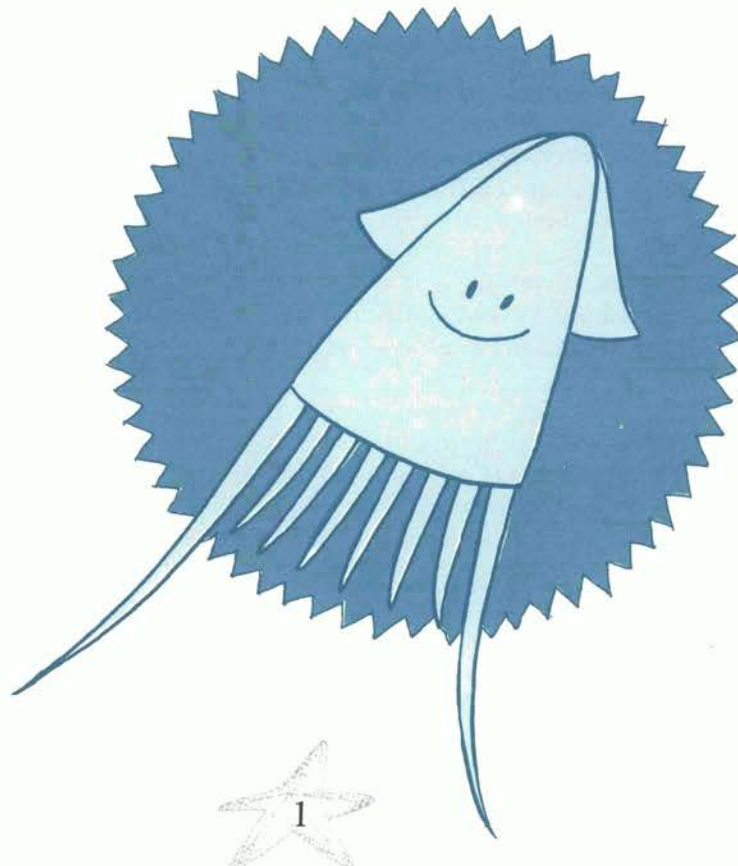
If you are tired of seeing the coast and the seas in your country become dirtier every day and if it hurts to see less and less plants and animals on the coast and in the sea, then this book is for you!

"*Let's Protect Our Seas*" focuses on the coast and seas of this part of the world, the East Asian Seas region. In all the countries of this region most people live near the coast and depend on the sea for their everyday life. We wrote this book to guide you and to give you ideas on how to look after your coast and seas. The coast and the sea are part of your natural environment. Just like other things in your life (a radio, a television, a bicycle or a car), if you take care of them, they will not get damaged and you can use and enjoy them longer. The scientists give this big words and call it "*sustainable utilisation*". It means to use something wisely and carefully so it lasts and continues to work or provide for you.

The book will also show you how you can start contacting other young people in different parts of your country or even in other countries of the East Asian Seas region through a **Youth Environment Network**. "*Network*" and "*networking*" are two more big words, but when you write, telephone or talk to other young persons about the same things (for instance, the coast and the seas) and exchange ideas and information, you start a network between your friends and you are networking.

"*Let's Protect Our Seas*" suggests simple guidelines for you to become involved in projects and activities to help to preserve the coast and seas in your area. It is not going to be full of difficult scientific words. It is written to be attractive, easy to understand and to give you some ideas that you can use in starting and carrying out projects or activities no matter where you live in the East Asian Seas region.

Nobody expects the young people in any one country to solve all the problems of the coast and the seas. But everyone can do a little bit to help stop the pollution and the damage or to improve and conserve the coastal and marine environment. When in your country you add all these little bits together and if there are many people, the little bits add up to become very big. This will encourage and help your government and big organisations to do their part in improving your country's coasts and the seas.



If you are successful in your activities, there is a good chance of getting more help. Also, you can tell others so that the young people in other parts of your country and even in other countries can join in these activities.

Many people have helped to prepare this book. In the last pages you will find out who they are. Some of these people are the **National Youth Representatives** from Cambodia, Indonesia, Malaysia, Philippines, Singapore and Thailand, the staff of the **United Nations Environment Programme's (UNEP) Regional Coordinating Unit for the East Asian Seas (EAS/RCU)**, a Consultant and a team of artists. As you will see later, most of these people are waiting and hoping to help you in your future projects and activities.



The East Asian Seas Programme

How it all started...

In 1979, five Governments in East Asia (Indonesia, Malaysia, Philippines, Singapore and Thailand) asked the **United Nations Environment Programme (UNEP)** to help them prepare a plan for looking after the region's coastal and marine environment in order to solve their problems and to make these areas better.

Two years later, with the help of UNEP, these countries had a high-level meeting and adopted the **Action Plan for the Protection and Development of the Marine and Coastal Areas in the East Asian Seas Region**. For short it is called the East Asian Seas Action Plan or "the Action Plan."

To get the Action Plan started, there was a need for representatives of these Governments to meet every year and decide what projects to start and how much money to give to these projects: they needed to have a planning and decision-making group. So they decided to establish this group and call it the **Coordinating Body on the Seas of East Asia (COBSEA)**.

All activities and projects need money. To pay for the projects and activities that COBSEA was going to approve, it was also decided to set up an account to put the money needed. They called this account the **East Asian Seas Trust Fund**. Each year all the countries pay a certain amount into the East Asian Seas Trust Fund. To help these countries in carrying out their projects, every year UNEP also gives some money. Sometimes other organisations or countries also help to pay for some COBSEA activities.

Then...

In 1994, five other countries from the region (Australia, Cambodia, China, the Republic of Korea and Vietnam) joined the East Asian Seas Action Plan. Since 1981, when the first countries adopted the Action Plan, many things had happened and changed. So, when the five new countries joined in 1994, the members decided to revise the Action Plan and bring it up-to-date.

The Action Plan is like a big programme for the ten countries in the East Asia region. They follow the programme step by step so together they can solve the environmental problems of the coastal and marine areas. Of course each country also has its own national plan, but the Action Plan is adopted so they can join forces and take care of the regional problems.

This region is a large area of the world. It starts in the north with the Republic of Korea and China and ends in the south with Australia. Between these countries, there are all the other countries that take part in the Action Plan. The ten countries of the East Asian Seas have and share a very large area of water. These seas are very important and special: about 30 per cent of all the coral reefs of the world are found here and there are also many different plants and animals, some of which you do not find anywhere else in the world. Therefore, it is important to protect these seas and try to keep them clean. To do this, every year COBSEA decides on new projects that are needed to deal with the problems of pressures and damage to the coasts and marine areas.



About This Book

One of the COBSEA projects was called ***Enhancement of the Public Awareness and Participation on Environmental Issues Related to Coastal and Marine Areas in the East Asian Seas Region: Phase I***. It is another big name, which simply means that this project is there to inform people and to encourage them to help in finding solutions for the problems of the region's coasts and seas.

This project was selected because it meets the priorities identified by the governments of the world in Agenda 21 of the United Nations Conference on Environment and Development (UNCED) at the Earth Summit in Rio de Janeiro. Agenda 21 is a detailed guideline for governments to address the problems of environment while developing. It has different "Chapters" for each issue: for instance "Public Awareness" is in Chapter 25 and "Oceans and Seas" in Chapter 17.

Unless you have a lot of money and time, it is impossible to include everybody in such a project. Therefore, it was decided to do the project step by step.

In the first part of the project (Phase I) several activities were organised in order to involve the young people of the region. To help the EAS/RCU to coordinate these activities, each country selected a **National Youth Representative (NYR)** who organised and carried out the project in their own countries. At this stage, young people had to be reminded that the coastal and marine areas in their region were in trouble and that they could do something to help. To do this, several events and competitions in photography, poster design and story writing were organised by the NYRs in each country and prizes were given for the best entries. There were also special projects called **Pilot Projects** that young persons in each country developed. All these activities were planned and carried out under the common theme of: **Protect East Asian Seas.**

All the young people who took part in the project's competitions put much effort in finding information and facts (research) about the coast and the seas. This automatically helped them increase their knowledge on these subjects. In this book you will also find some of their stories and a brief explanation of some of their activities.

The book itself is one of the results (outputs) of this project. It will be translated into different languages in the countries of the region and hopefully many young people will use it.



About The Project

The first phase of the project *Enhancement of the Public Awareness and Participation on Environmental Issues Related to Coastal and Marine Areas in the East Asian Seas Region: Phase 1*, focuses on the youth of the region. Youth means young girls and boys, individuals and groups of young people, those in villages and those in cities, no matter where they live near the coast or far away from the sea.

Each COBSEA project is given a number. This one is EAS-29 which means "East Asian Seas project number 29."

In addition to other outputs like this book, the Youth Network is another output of EAS-29. By contacting each other and exchanging ideas related to the project the young people of the region will keep each other informed and keep the activities of the project going for a long time.

EAS-29, with the help of the NYRs, has already linked with the existing **Asia-Pacific Youth and Environment Network** which was started by other units of UNEP some years ago. This link helps to make the regional side of the project stronger and to improve its networking.

EAS-29 was approved by COBSEA and started before new countries, joined the Action Plan, in 1994. Therefore, only the five original member-states (Indonesia, Malaysia, Philippines, Singapore and Thailand) could take part in it. But the EAS/RCU managed to find extra money to include Cambodia. So, finally six countries out of the ten Action Plan countries are taking part.



"Each country should include children's concerns in all relevant policies for environment and development and support their involvement in the United Nations."
Agenda 21, Chapter 25

More about EAS-29...

Each project has to have some "objectives". They describe what the project's aim is and what it plans to achieve. The "objectives" of EAS-29 are:

1. to improve the environmental quality and the development of the East Asian coastal and marine areas;
2. to increase the knowledge of young people in coastal and marine environmental problems in the East Asian Seas region; and
3. to encourage the participation of young people in activities to solve coastal and marine environmental problems in the East Asian Seas region.

There are two major parts to EAS-29. One part of it deals with activities that will be carried out in each of the six participating countries (the national component) and the other part addresses the regional needs. To describe it in another way, the two components are:

1. the national component under which competitions of poster design, photography and essay writing were arranged. Also there was a competition in each country to select a "Pilot Project" that was developed and eventually carried out by a group of young people; and
2. the regional component which involved meetings of the National Youth Representatives and their decisions and plans such as the production of this book.

Each NYR received money from the EAS-29 project's budget to arrange their national activities and give prizes for the winners of the competitions. Some of the winning entries like those for the poster competition will be printed and distributed by the EAS/RCU. This will also help to tell other people, young or old, that there are problems facing the coastal and marine areas of the region and that action is needed.

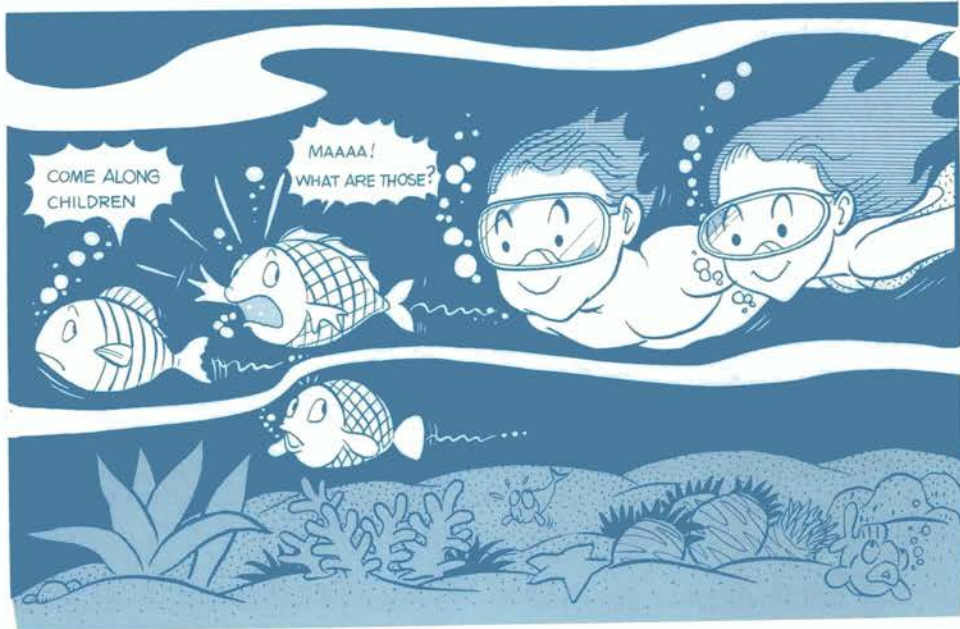
For more information on the EAS-29 project, you can contact the EAS/RCU or the NYRs. Look up their addresses at the end of the book.

The Sea, The Coasts, And The People

The sea is full of valuable natural resources. The coral reef is home to a large number of different marine life, including many which are food. Fish and other sea animals are an important part in the diet of the people who live near the seas: in fact more than half of the animal protein in the food we eat in this region comes from the sea.

Many of the marine plants and animals also provide important and valuable material other than food. We look for gas and oil for our energy needs in the sea and also get many other expensive minerals from it. The seas have been used for hundreds of years for the transport of goods and cargo or travel.

As important as the seas are our coasts. Along the coasts you find wetlands which have their own animals and plants. In many sandy beaches sea turtles lay their eggs. In this region mangrove areas are very important. Among the mangrove trees, sheltered from the dangers, many animals leave their eggs to hatch and the young of the fish and other sea animals grow. For this reason these areas are called "nursery grounds" for some marine animals. The mangroves also protect the land from heavy waves and storms. Many communities harvest the mangroves for their cooking needs.



Human beings all over the world have always depended on the coast and the seas for their day-to-day lives. And of course, the coast and the seas are beautiful: who can tell the value of a golden sunset or a sunrise by the sea? How can one calculate the price of a walk along the coast, of diving among the coral reefs or just sitting on a rock listening to the sound of the waves?

Unfortunately, almost all over the world, human beings are not taking enough care of their coasts and their seas. There are many reasons for this: poverty, greed, bad planning, lack of awareness or people just not thinking or caring.

But, when we look at the problems more closely, we can see that each of us can do a little bit to help.

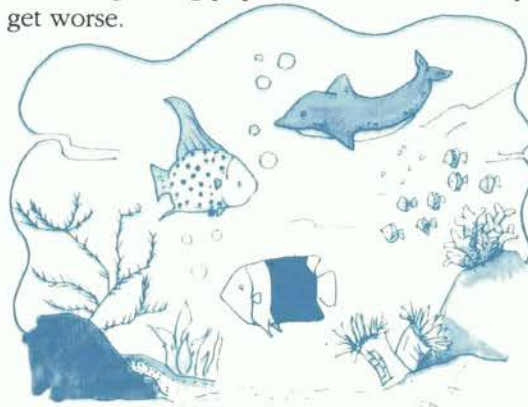
Oceans are under increasing stress from pollution, over-fishing and general degradation. It affects everything from the climate to coral reefs.
Agenda 21, chapter 17.

The East Asian Seas Region

The Asia-Pacific Region has the world's largest ocean: the Pacific. The Great Barrier Reef, the world's biggest coral reef, is in this region. The total coastline is around 130,000 km: if you decided to ride your bike along this coastline it would probably take you around three years!

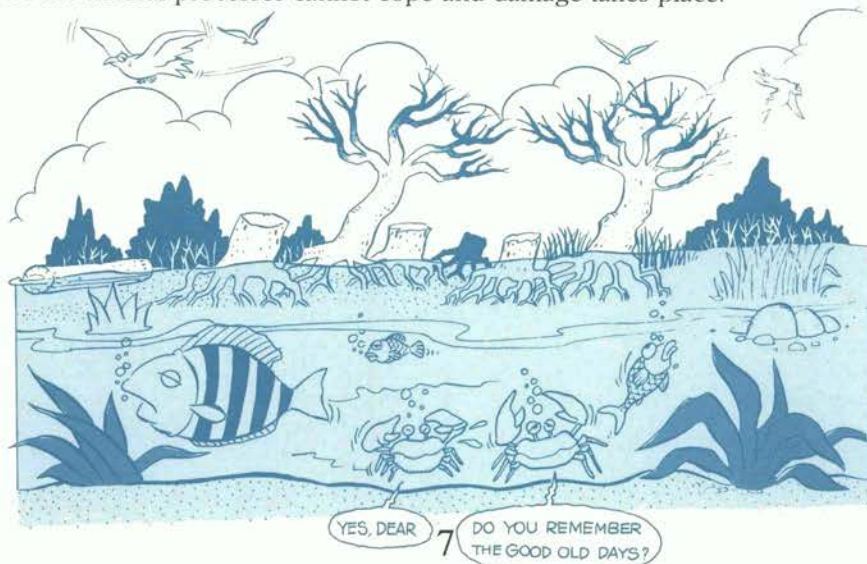
The Pacific is also the deepest of all the oceans. In and around it are the most active volcanoes in the world. The East Asian Seas region is part of this ocean zone, in which you find very productive fisheries as well as the largest number of different sea plants and animals.

Most people in this region live near the sea. The good news is, the open waters and the oceans, away from land, are quite clean. The bad news is, because almost all the pollution of the coastal waters comes from human activities on land and because there are so many people living near the sea, in many places the waters near the coast are very badly polluted, putting a lot of pressure on these environments. With growing populations there is more pressure and if we are not careful, the situation will get worse.



Problems? What Problems?

There has always been some natural pollution, but in comparison with pollution from human activities, it is very small. While nature can handle small amounts of pollution, there is a point where the natural processes cannot cope and damage takes place.



Pollution takes many forms. In some cases like household waste, plastic and other rubbish people throw away, it is easy to see and everyone can understand why it is a problem. But when it is chemicals with no colour, it is impossible to see the pollution until the damage is done.

Most of the pollution reaching the coast and the seas is the result of human activities on land and sometimes far away from the shore. These are called "land-based sources" of pollution. For example if trees in a forest are cut hundreds of kilometers away, the rain water washes away the soil that the tree roots keep together, the soil particles get into the rivers as sediments and they are carried to the coasts.

In the same manner, chemicals that farmers use to kill insects that eat their plants (pesticides) or even those used as fertilizers, when washed into the rivers eventually find their way to the seas. During the construction and the operation of hotels and roads, if proper care is not taken, the coast and the sea get polluted. Waste waters from factories are often discharged untreated into the rivers and end up polluting the sea.

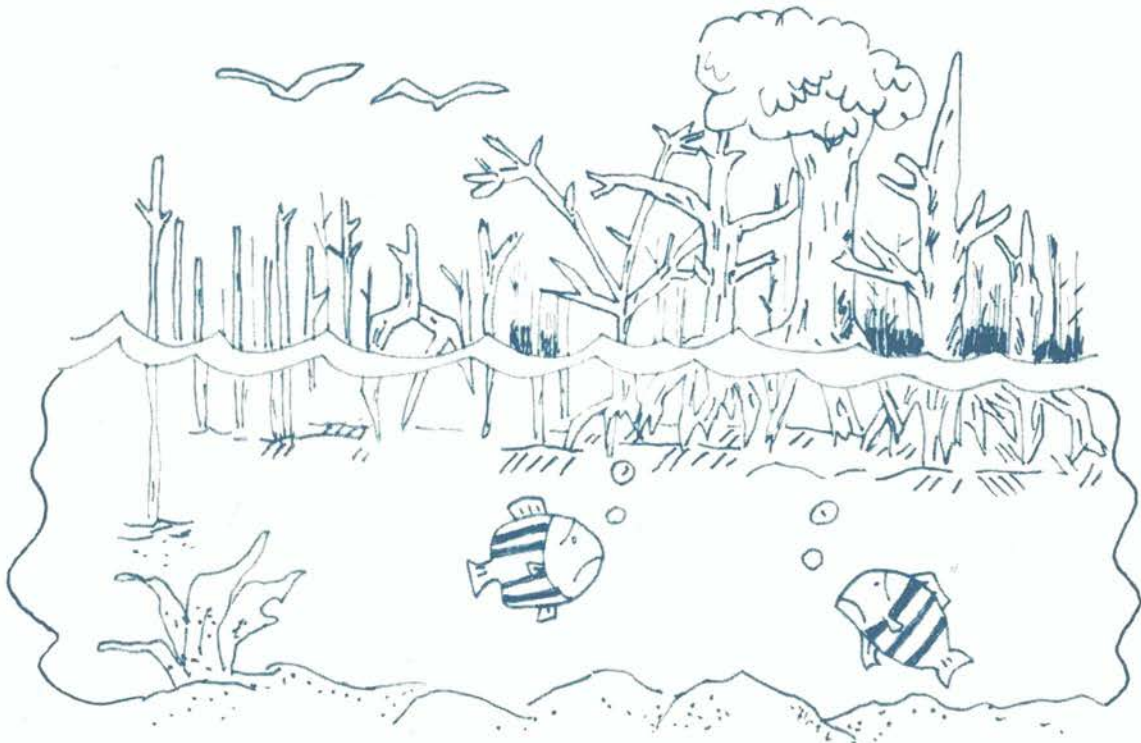
In many large cities near the sea, beaches are too often used as dumping areas with all sorts of polluting things being thrown there.

The mangrove forests are being destroyed...

Mangroves are special plants which grow in salty waters along the shores in hot climates. These trees grow so dense that such areas are often called mangrove forests. East Asia contains the world's largest of these forests.

Mangroves play a very important role as nurseries and feeding grounds for most of the marine animals. Many species of prawns, crabs and fish spend part or most of their life in mangrove areas. Without them, there would be no place for these animals to hatch and grow. The mangroves help the environment in other ways as well. They trap sediments brought by the rivers from inland areas. If not stopped, the sediments and pollutants will badly damage and destroy seagrass beds and coral reefs. Mangroves also protect coastal areas from waves and storms which damage property, threaten human life and cause erosion.

These mangrove forests, like the inland forests, are cut and destroyed so fast that they have no chance of growing back. Some are cut to make room for growing prawns, some are used to make chip wood, some are cleared to build hotels and houses and some are cut to make charcoal or to be used as fuel wood.



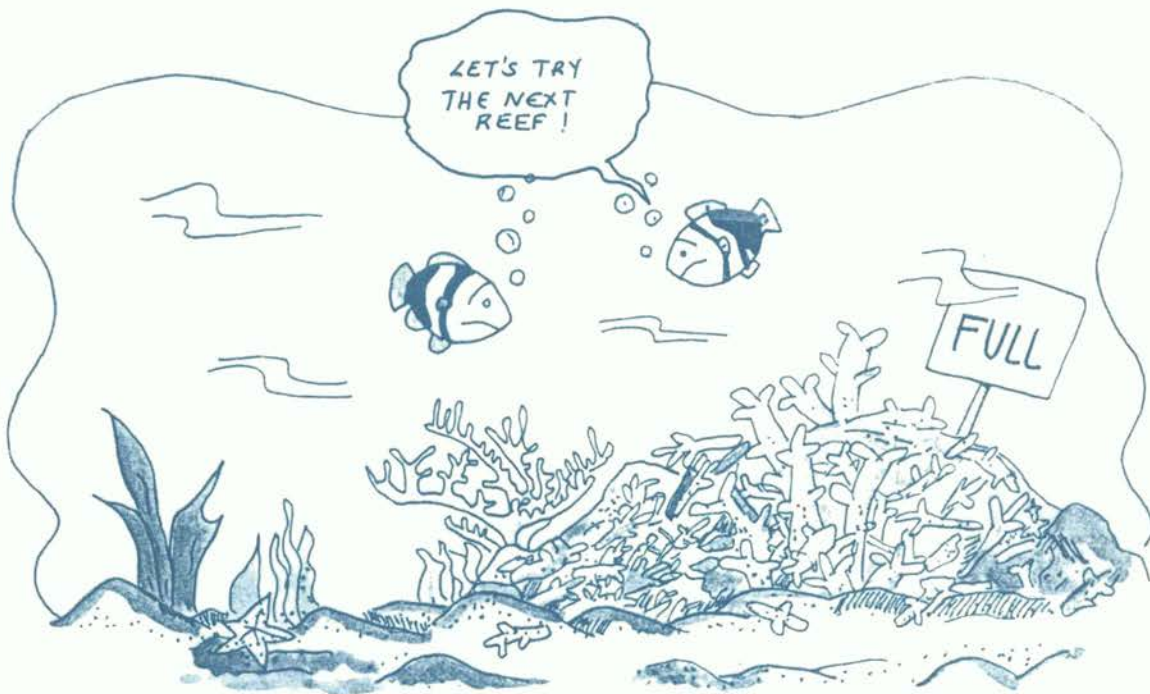
the coral reefs are in trouble...

Coral reefs grow in shallow and clear waters. The East Asian Seas' reefs are the richest in the world because of the great number of different corals, fish and other creatures which can be found there. Although coral reefs are generally tough and resistant to natural disturbances such as typhoons, storms, changing weather and low tides, they are very sensitive to continued pressure from human activities. They are particularly sensitive to sediments. When sediments settle on corals, they are choked. Sediments also make the water unclear and corals can only grow and live in clear waters.

Too much chemical fertilizers washed into the sea also badly damage the corals. In some countries bad fishing methods like the use of dynamite or cyanide (a very poisonous chemical) destroy the corals and everything else.

People from all over the world come to dive in the warm waters of the East Asian Seas and admire the beauty of the coral reefs. If divers are not careful, the corals that they come to see are destroyed by the anchor from their boats, by walking on them or, worst of all, by breaking pieces for souvenirs.

For all these reasons there are little or no coral reefs left near large rivers which carry untreated sewage and pollutants.



marine animals are suffering too...

The sea gives people many products. With increasing populations, people's demand from the sea is getting to a level where, in some places, the sea cannot produce anymore. Commercial fishing on coral reefs is a major activity in the region but unfortunately, the animals cannot reproduce as quickly as they are removed. So their numbers go down. When this happens the fishermen use destructive methods of fishing like poison and dynamite to make sure they catch something.

In the open seas the use of large ships and very large nets (factory ships) is driving many marine animals to extinction. Another problem with this sort of fishing is the accidental catching of other animals such as dolphins and turtles.

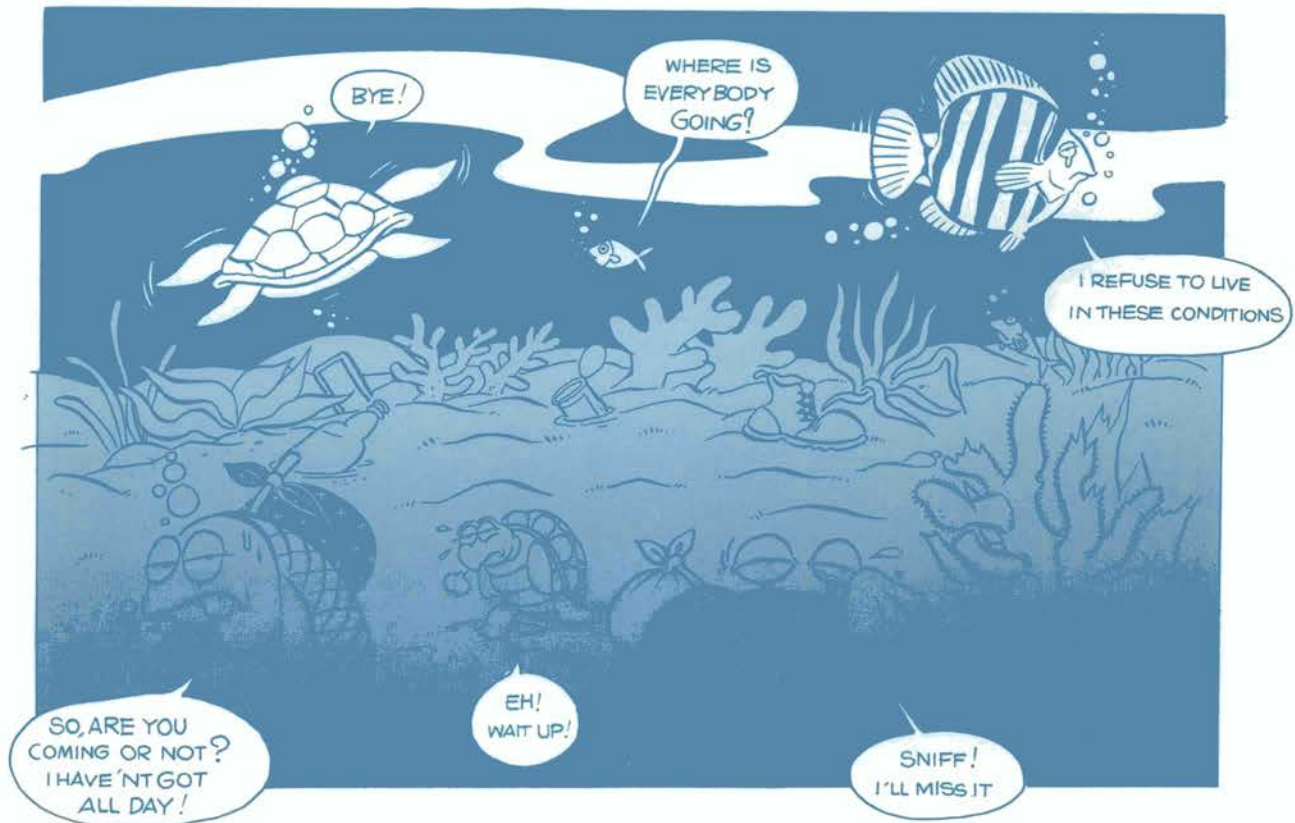
The other reasons why marine animals are in trouble are all related to people's recreational activities:

First, in addition to being caught accidentally in fishing nets, some endangered marine animals are under pressure because they are captured and kept as unusual pets. Often the people who keep them are unaware of these animals needs, the way they live and what keeps them happy and healthy.

Secondly, the propellers of pleasure high-speed boats driven carelessly, often badly cut and kill larger marine animals.

Third, collectors of rare marine animals are also causing these creatures to disappear because they pay a lot of money for others to capture and ship them.

And finally, animals, just like us, prefer not to be disturbed. When they are distressed by too much attention by people, they move to quieter places.



...and even seagrasses have problems.

"Seagrasses" is a common name for plants that grow in salty sea water. There are many different types of seagrasses in the region. They produce organic matter important for prawns, fish, turtles and the sea cow (*Dugong dugon*). In countries like Indonesia and the Philippines people eat the "fruit" and young leaves of some seagrasses. Some seagrasses contain important chemicals that are extracted and used by industry or turned into medicine.

When the seagrass is damaged and destroyed by pollution or because of other human activities, many species of fish, turtles and even the endangered Dugong lose their source of food. These animals then either die or move away from where they have lost their food and home.



Our Role as Young People

"Securing our common future will require new energy and openness, fresh insights and an ability to look beyond the narrow bounds of national frontiers and separate scientific disciplines. The young are better at such vision than we, who are too often constrained by the tradition of a former, more fragmented world. We must tap their energy, their openness, their ability to see the interdependence of issues"

"Our generation has too often been willing to use the resources of the future to meet our own short term goals. It is a debt that we can never repay. If we fail to change our ways, these young men and women will suffer more than we and they and their children will be denied their fundamental right to a healthy, life enhancing environment"

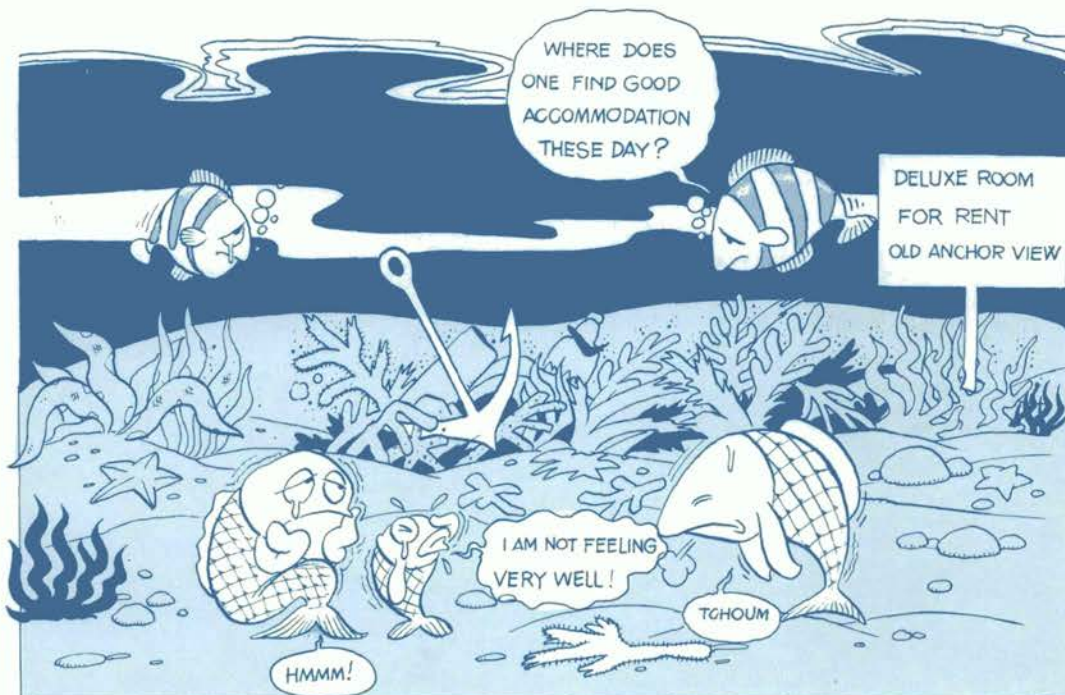
Mrs. Gro Harlem Bruntland
Prime Minister of Norway
Chairperson of the World Commission on
Environment and Development (WCED)

As young people, we were often encouraged to participate in environmental activities started by adults. That is fine - young people need the experience and advice of the adults. But, often they were not involved in making any of the decisions. Not being actively involved, there was little change in their way of life.

Now, more and more people realize that the young are not only going to inherit the environment but that they can also contribute to making it better. The youth can change their own ways and behaviour and influence others to do so, particularly the persons close to them, so that the environment can benefit.

Because of this important role, young people should become more involved in what goes on around them. They can contribute to improving the environment by designing their own projects and plans and carry them out themselves.

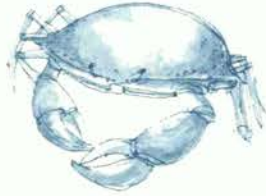
As they think, design, carry out their own projects and discuss them with their teachers and elders, they learn from first-hand experiences. They learn both from the good ones and even from the mistakes. By making small changes in their habits, and behaviour they can contribute to preserving their coastal and marine environment.



DOs 'N DON'Ts FOR EVERYONE



Dos



Don'ts

Watch where you dump it!

Dispose of garbage properly.

Keep rubbish together and in a container (rubbish bin). Even if you have to walk a little bit more, find a garbage bin to throw your rubbish in.

If you are at sea fishing or sailing, bring your rubbish back and throw it away in proper containers,

Put used engine or cooking oil in containers for disposal.

All oils are bad for the coastal and marine environment.

Don't throw rubbish in the streets, in streams and rivers, on the beach or in the sea.

Garbage is ugly, it changes the water quality, damages and kills animals and plants and some materials like plastic and disposable nappies take years to decompose.

Don't let human or animal waste get into waterways (streams, rivers and canals).

Don't let any oil spill on the beach or in waterways.



Dos

Don'ts

Be a good sport and fish properly!

Use fishing gears and nets of the right sizes that will only catch the fish you want to eat.

When you fish, try to throw back the young and small so that they can grow and reproduce.

This is only fair. If you fish grown and young fish, later you may not have any left at all.

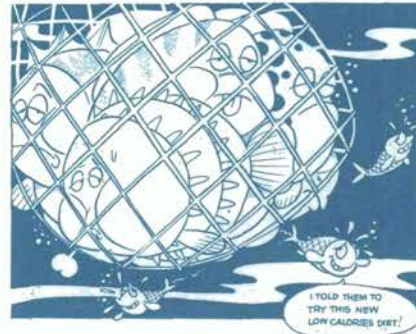


Don't use dynamite, poison or electric charges to catch fish.

These things are dangerous and destroy so much that eventually you may not find the fish you want anymore.

Don't use fine-meshed nets which will gather even the small young fish.

Don't disobey regulations on fishing: there are good reasons for them.



Watch your steps!

Protect corals by walking in areas with no corals.

Build artificial reefs to help preserve corals.

Cement blocks, old car tyres and other unwanted material can make good artificial reefs for the reef fish and animals to live around. They can be a replacement where true reefs are under pressure or actually destroyed. Also, artificial reefs can protect natural coral reefs from the destructive fish nets of trawlers.

When in a boat, throw your anchor in sandy patches where there are no coral reefs.

In swimming areas with coral reefs, have a fixed anchor to attach boats or floats. This will minimize damage caused by anchors and by swimmers stepping on coral branches.

Don't walk on corals. You will destroy and kill them.



Don't anchor on reefs because it breaks them.

Always make sure your anchor does not disturb anything down below.

Dos

Don'ts

Keep it green!

Whenever possible, try to "reforest" mangrove areas by planting seedlings from the local forest.

Mangrove seedlings are found in some coast forestry nurseries where they are grown for that purpose.

If needed, cut only the dead branches of mangrove trees.

Leave enough of them to grow again.

Don't plant mangrove trees that are not suitable to your area.

Take advice from people who know.

Don't cut down mangrove trees excessively or clear areas completely.

Nothing will be left and they have many important functions for the coastal and sea life.



Keep it clean!

Campaign for clean technology (factories and workplaces should treat their waste before discharging it).

Even talking about it helps.

When possible, use organic (natural) products to grow vegetables and fruits without harming your seas and the surrounding environment.

Vegetables taste better too!

Don't let any chemicals find their way into waterways.

These could be simple household chemicals (for example washing liquid) or more harmful chemicals like those in batteries.

Don't use chemical fertilizers excessively and avoid using toxic pesticides.

They all find their way into the sea and poison it.



DO'S

Use soap whenever you can.

Soap breaks down quicker than detergents and traces of detergents are harmful to reefs.



Keep it safe!

Whenever possible use environment-friendly products.

These are products that either decompose quickly or are not produced with environmentally harmful chemicals.

DON'TS

Don't use detergent excessively.

Don't use products containing CFCs.

These chemicals destroy the ozone layer, cause global warming and may result in flooding of coastal areas.

Keep it alive!

Help protect turtle nests and their eggs.

Find out from your local coast authorities what you can do to protect turtle eggs and nesting sites.



Don't collect turtle eggs and do not catch turtles. Don't use things made of turtle shells.

There are not many undisturbed nesting sites left for turtles. Very few young turtles will grow up to be adults. When they hatch, young turtles try to get to the sea. But most of them will not survive because birds and other predators will catch them. Let us not add to their troubles!

Don't kill endangered marine species or keep them as pets.

Many endangered animals are used by people who think that they can cure diseases or give them special powers. Almost all of these are just not true. Check with your teachers and scientists.

Leave young shells of rare animals like the giant clams where they are.

Watch the neighbourhood to prevent people from taking endangered species out of their natural homes.

Campaign for the preservation of rare marine species.

The green turtle, the giant clam, the sea cow, the sea horse and other endangered species all need your help.

As much as possible don't disturb marine animals.

Don't ignore rules to protect rare species and to conserve your natural resources.

They are designed to help animals and plants from extinction (remember the dinosaur?) so you and your children and their children can use and enjoy them.

Do's

Inform and educate tourists about collecting sea shells and littering your beaches.

Be nice but firm.

Talk to careless speed boat and jet ski operators.

Let them know that their engine propellers can harm marine animals who swim near the coast - like the Dugong -

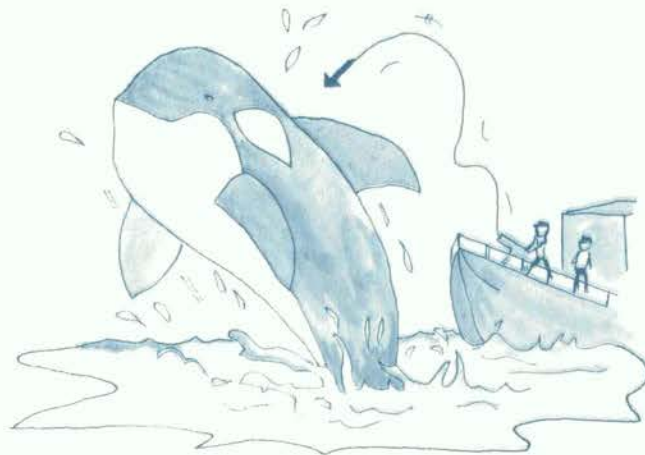


Don'ts

Don't collect, sell or buy corals, shells and star fish.

They all have important parts to play right where they belong.

Don't let recreational activities destroy your coral reefs.



Keep it going!

Talk to people who know about preservation.

Do your own research, look around, be alert, read, ask questions.

Share your knowledge.

Inform other young people of the importance of preserving the coastal and marine areas, the mangroves, the seagrass beds, the coral reefs and all the plants and animals. Show them what they can do to help.

Help conserve the East Asian Seas by obeying the guidelines to conserve the sea and its resources.

Participate in conservation efforts organised by others. Campaign to save your seas.

Think about planning the size of your family. Your family should be of a size which you (and your environment) can support and manage.

The more people there are in the world, the more pressure there will be on the environment.

Don't be afraid to voice your opinion, you have a right to.

Don't keep information to yourself, share it.

Don't think you are too young to worry about the environment now.



If both the young and old follow these and similar “Dos and Don’ts”, all the problems of the coasts and seas will not disappear, but it will help to make things better. For example:



With less or no rubbish, the coast and the seas will look more beautiful. This is not something you can measure or put a price on, but it is important as it will add to the quality of everybody’s lives.



The beaches will be a little cleaner, the water will also be of better quality for enjoyment and also for the health of the plants and animals.



There will be more fish for everybody to catch.



The coral reefs and their fishes will be less damaged or destroyed and they will have a better chance to grow and recover.



The mangroves and seagrasses will have a better chance of survival and recovering. With more mangroves and seagrasses, there will be more shelter for young marine animals to live and grow.





There will be less erosion and floods in coastal areas.



There will be less waste from houses and factories flowing into the sea and less damage to animals and plants.



There will more turtles and whales and other marine animals for us and our children to see and enjoy.



With better beaches, coral reefs, mangroves and marine animals, there will more income and more work.



With conservation and wise use of the coastal and marine resources you contribute to "sustainable use and development" of these resources.

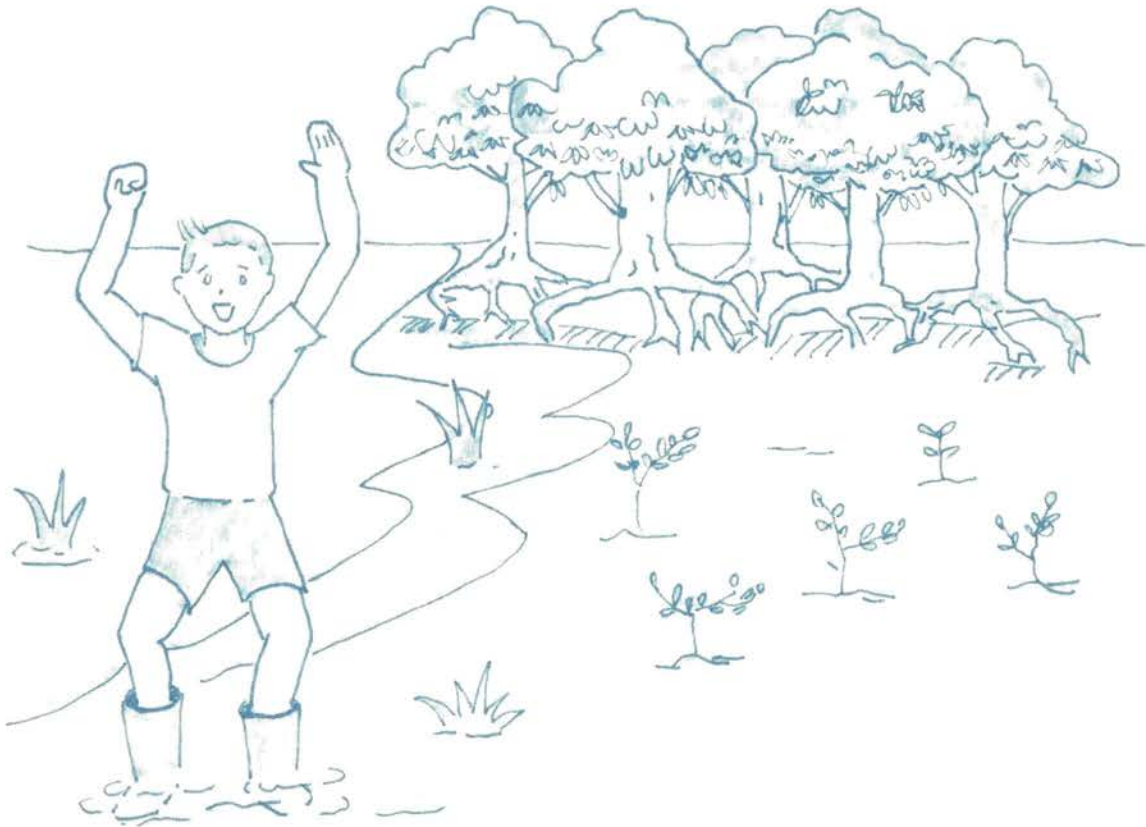


Above all, you help to conserve part of your country and part of your heritage. This is important because the generations after you will have a better chance of enjoying and using what you enjoyed and used.

LET'S PROTECT OUR BEACHES

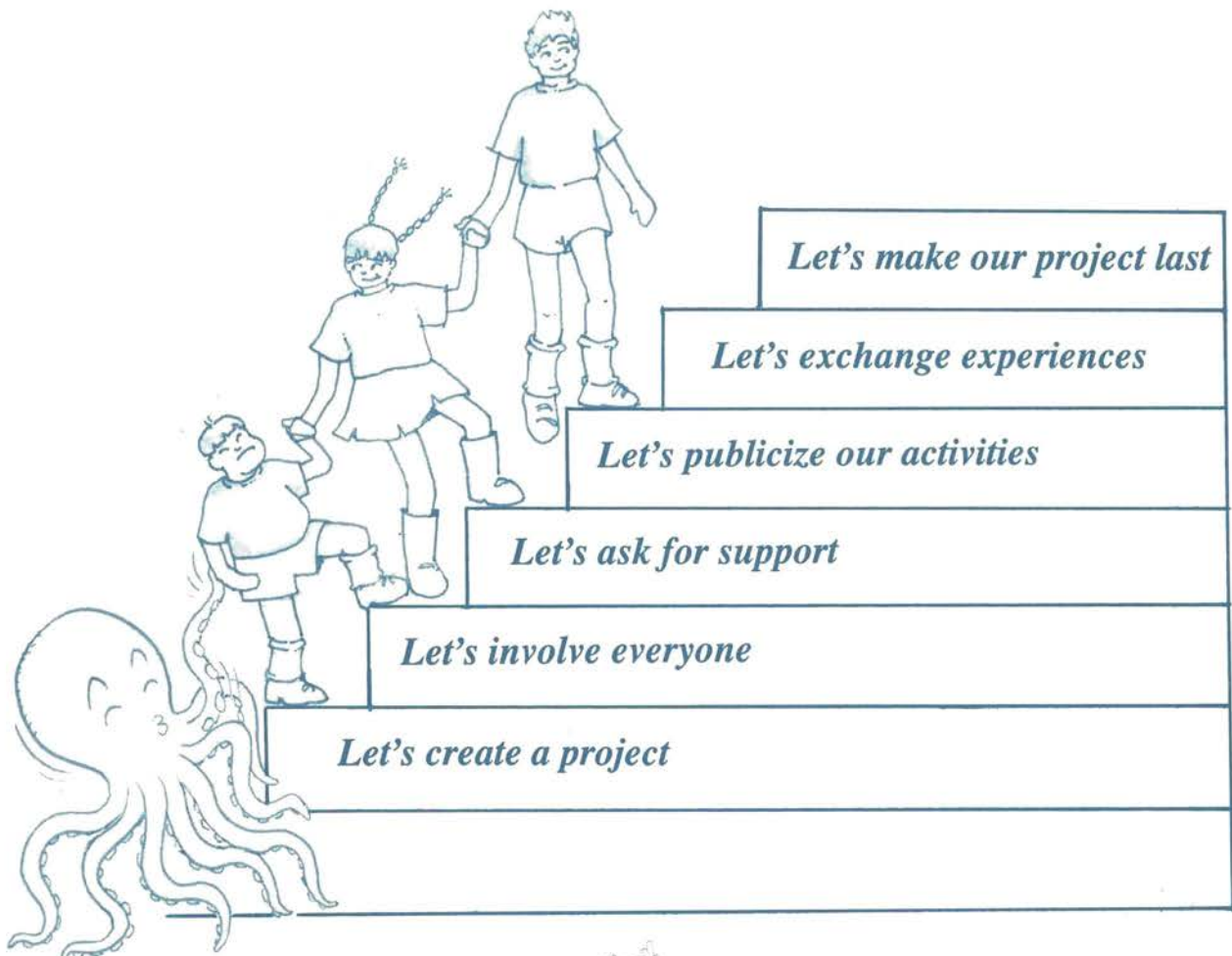
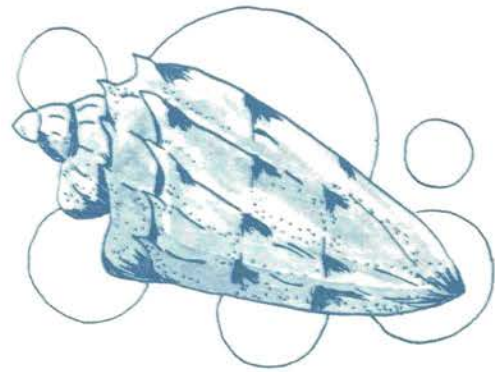
LET'S PROTECT OUR SEAS

LET'S PROTECT OUR EAST ASIAN SEAS



How To Protect Our Seas

In addition to all the "Dos and Don'ts", how else can young people help in protecting the seas? One way is to start a small project with a specific aim (objective) and certain results (outputs). To make it a successful project, the output should be something that everybody can see and understand. To design and start a project and to make the outputs known to others need many steps. Anybody who wants to plan and carry out a successful project should know these steps and how to go about them. So,



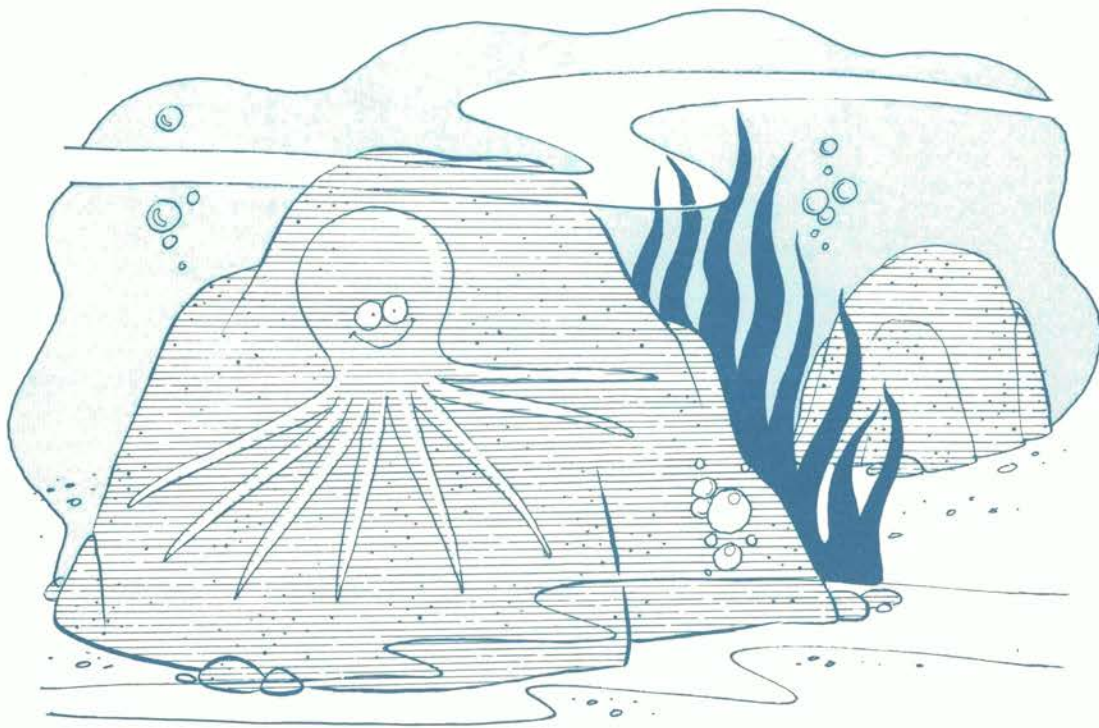
Let's create a project

A project can have many parts, but in a simple form it has four major parts: an aim (objective), a number of planned activities (workplan), a period of time to carry out the activities (timetable), and results (outputs).

A project usually has two objectives, a big one which takes a much longer time to reach (the long-term objective) and a smaller one (the short-term objective) which is the aim of the project and should be reached at the end of it.

As far as this book is concerned our long-term objective is to help make the coast and seas cleaner and better. The short-term objectives will vary from project to project but they are normally reached by the activities of each project. Again, as far as this book is concerned the short-term objectives will be to find possible solutions for the coastal and marine environmental problems that we can do something about or bring to people's attention.

You can imagine the "long-term objectives" as a big wall made of many bricks. The bricks are the "short-term objectives".



Did you know....?

The Octopus can change colour so that it takes on the aspect of its surroundings. This ability makes the Octopus a master of disguise and is useful both when the Octopus hunts for food and for when it wishes to avoid detection by enemies.

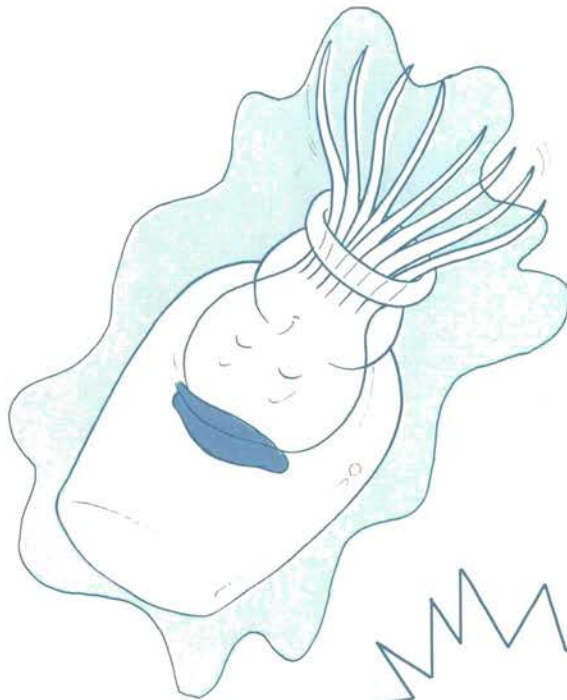


First, look for a problem that needs a solution and decide whether a youth group could help solve it. It is always easier to form a group of friends and family with the same ideas to do something about a problem. In the beginning choose the problems that you can handle, rather than those that are too big and need a lot of money and special experts. Leave those problems to the governments and big organisations to solve, but talk about them and find out how your activities could, in a small but sure way, help.

In designing a project, you should identify the problem and possible solutions. Then discuss it with people who can help you. Family, teachers and friends are good to start with. Share your ideas about the problem and what can be done. Keep talking about it until other people start to share your feelings and contribute with ideas and plans. You cannot do everything at once, so arrange the solutions in an order and design projects around them, starting with the first. You can have meetings of your group and take notes.

At the first meeting, decide what your group is going to do and divide responsibilities: elect leaders to do different things, someone to write what you plan and what you do, another to keep account (treasurer), another to tell others of your plans and activities (information person), and so on. Give your group a name and decide when your group or project members will meet and where.

When your group is in place and everyone knows that they are members of a club which will try to solve the problems of their coasts and seas, you are in business!



Did you know....?
An octopus can squeeze into cracks and cavities, which often seem much too small for an octopus to fit in. This is useful when the Octopus needs to hide from danger or when it needs to rest.



You know the "long-term objective". Now is the time to get together and do a lot of hard thinking and discussing: this is called a "**brainstorm**" and it feels like it too! Discuss among yourselves and select activities which give results that you can actually see after a short time: start designing a project. Always choose practical activities and be realistic about what your group can do with the money (more about money later) and the time you have. Your project should not interfere with your studies, your work or other obligations that you might have.

Environmental problems have many causes and a number of possible solutions. To solve them requires various steps, different types of activities and sometimes large sums of money which youth organisations usually do not have. Always remember that it is very difficult for one person to solve a big problem, a group always has a better chance.

You are not expected to build that wall, just to put in a few bricks!

Did you know....?
When threatened, the Octopus releases a cloud of black substance known as "ink" from inside its body. As the ink makes it difficult to see for other animals, the Octopus can quickly escape in the confusion.



Decide who is going to benefit from the project and where exactly your activities will take place. For instance, if your project is to let people know about a problem (improving public awareness), decide approximately how many people you will contact, where and how. You could also decide which group of people you want to contact. For example it could be everybody in a village, only the farmers or only the fishermen. This will help you to manage your project better and to evaluate the results at the end.

Work on projects which would give you a chance to practice your own skills and to learn new ones. While carrying out the project you will also discover new talents among your group members which can be used in the future.

Design your project so you have a way of finding out how much progress you have made.

Some projects may need some sort of permission or at least the blessing of local authorities. Some might even want to supervise your work to make sure your project does not do more damage than good. Sometimes they might even want to help. Make sure that you let the relevant authorities know about your plans.

Also make sure your community knows about your project and supports it. Not only will you avoid problems but you might also get support and even funds when you need them.

Decide on a role for each member of the group according to their age, experience, skills and feelings, not according to whether they are boys or girls. If you have young people with some disability, make sure that they too are given an active and satisfying role.

Always leave a meeting with decisions for action.

Meet as often as you can and include entertainment during the meetings. Nobody said young environmentalists' meetings have to be dull. Have fun!

Good Leadership

(From "Who Says You Can't Change the World! Students Action Guide," Youth for Environmental Sanity, United States of America, 1990)

A group needs a leader who will provide focus and direction to its members, and will ensure that things do get done in between meetings. A good leader is one who shares work and responsibilities, and acts with caution and advance planning. Good leaders do the following:

Think well about the group, its members and its goals.

Keep an eye on how the group functions together, ease tension, see to it that people are respecting one another, and set a positive and appreciative tone.

Think about each member of the group.

Elicit the best thinking from group members.

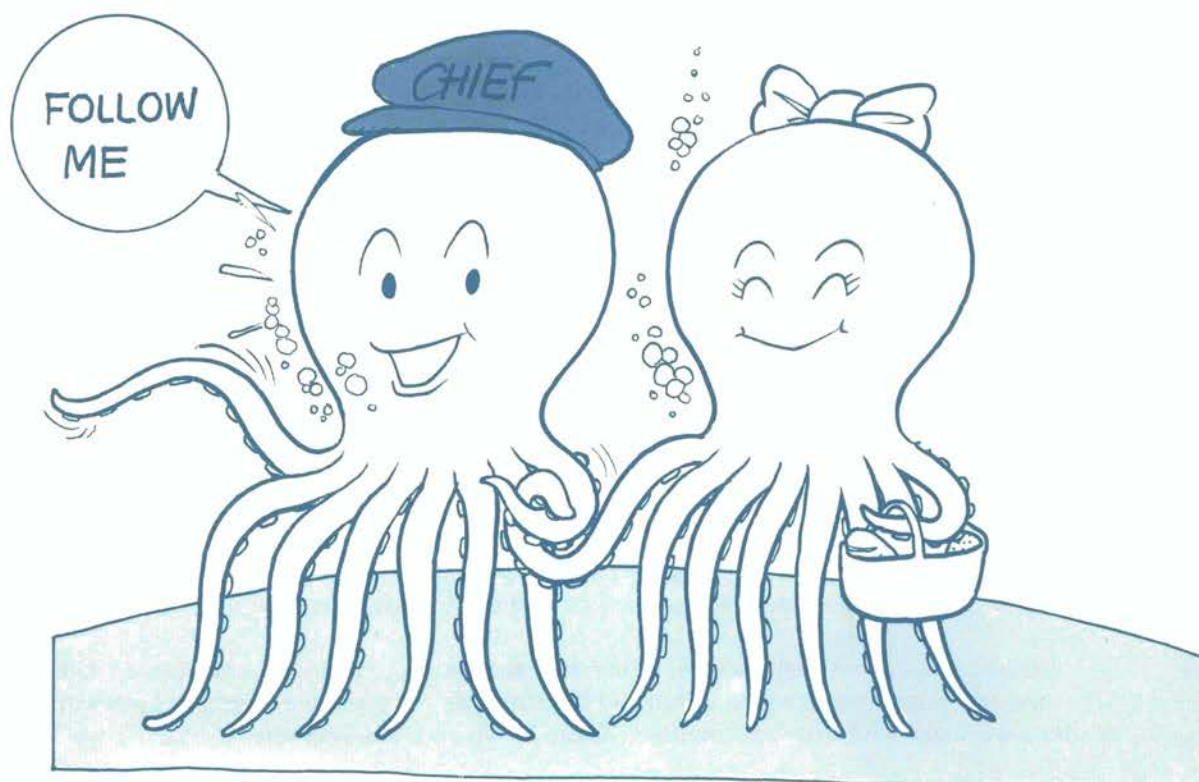
Keep things moving forward.

Try not to complain. Instead they offer proposal for change.

Develop new leaders. From the start, they ask people to take charge of something.

Share information.

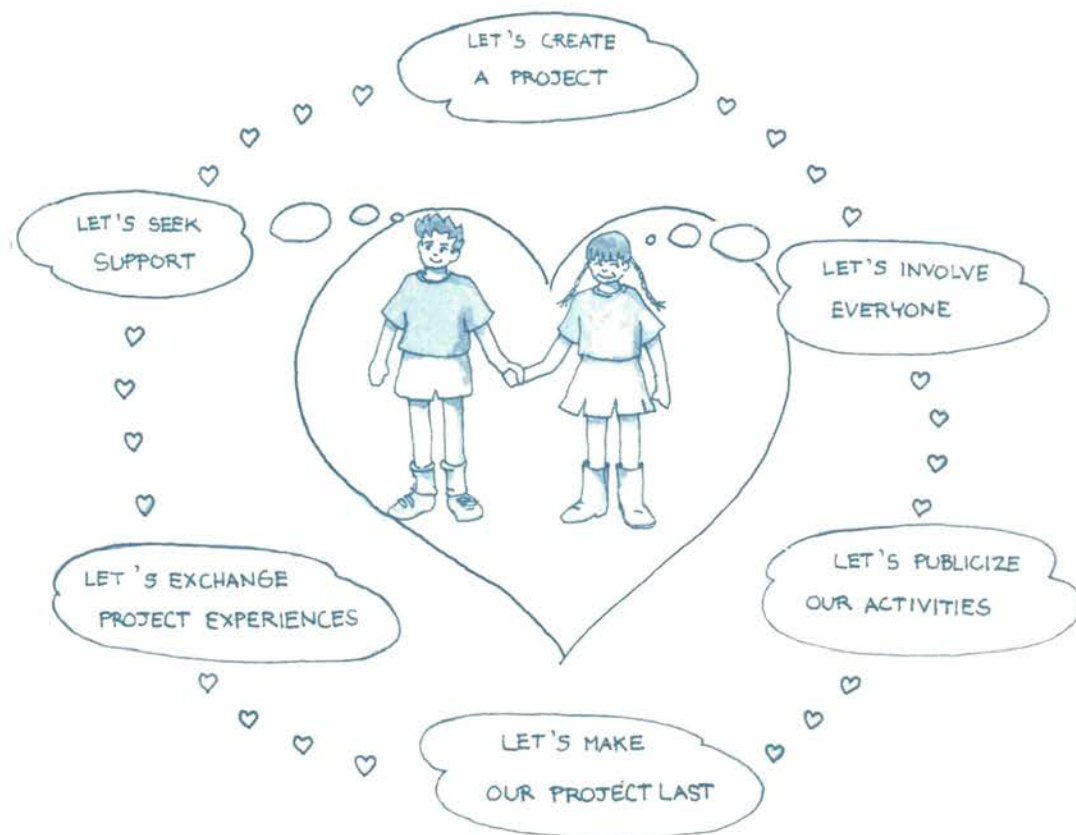
Are loving and caring.



Now write it all down in a project proposal document!

A project proposal document is not as frightening as it sounds! It simply is a document in which you identify a problem and propose a series of activities to solve it. Obviously you need time, effort and money. So, you also include how you want to carry out your activities (workplan), how long it will take (timetable) and how much it will cost (budget).

There are lots of organisations who provide money and advice to people with good projects. If you want an organisation to know about your project, and perhaps to help you, it is important to write all the information clearly and in a logical way in a "project proposal document."



There are many ways to write a project proposal document. To help you, a simple way is described in the next few pages. It is an imaginary project that we call "Evergreen Beach Cleaning Project".

PROJECT PROPOSAL DOCUMENT

Start with general but important information about the project. For example:

Project Name: The Evergreen Beach Cleaning

Project Dates: Starting : 1 January 1996
Finishing: 31 December 1996

Project implementation: By Young Environmentalists Group, in cooperation with the Local Authority, the hotels of the Evergreen Town and the Scouts

Project Budget: 3,100 [local currency]

1. BACKGROUND

Here, write about the problem, the cause of the problem, the way it affects people and why something must be done. For example:

The beach in the Evergreen Town is 50 km long. The population of this town is about 15,000 people. Up to ten years ago there were only a few houses near the beach and every week only fishermen used to visit the area. The beach was clean and not very polluted.

Because Evergreen is in a very beautiful area, now there are three new hotels and many people spend their holidays here. The local people have built new houses, shops and restaurants.



People now use the beach for playing, picnics and other activities. With so many people there is a lot of rubbish left around. The beach is getting dirtier, flies swarm around leftover food, stray dogs have come around and people's health is in danger. People throw away plastic bags, cigarettes and soda cans right on the beach and even in the sea. Sometimes there is even broken glass in the sand so it is not even safe to walk on the beach any longer. A lot of this rubbish is finding its way into the sea and is polluting the waters and damaging the coral reef.

Although two more hotels are being built, because of the dirty beach and sea, already less people come to Evergreen for holidays.

The Local Authority regularly cleans the beach, but they have not enough men and machines. They cannot clean everything and everywhere. The Local Authority needs some help in getting the beach clean and keeping it that way.

2. OBJECTIVES

Here, write about what your aim is and what you expect the results to be. For example:

The goal of this project proposal is to help in cleaning the Evergreen beach and keep it as clean as possible.

By keeping the beach clean the sea will become cleaner. Both the visitors and local people will benefit and there will be less health dangers.

3. TARGET GROUPS AND AREAS

Explain who you want to involve in the activities, who will get the benefits and where the activities will take place. For example:

The Mayor of Evergreen and the managers of the three hotels will be assisting in the project. Although the "Young Environmentalists Group" will be responsible for the project, other youth groups and particularly the Scouts will be invited to help in carrying out the project.

With a cleaner beach and sea everybody benefits: the visitors will have a clean and



beautiful area, the local people too. In addition, there will be more visitors, bringing in more money and more work for the people of Evergreen.

The beach cleaning activities will be carried out along the 50 km beach, from the mangrove forest on the East to the Sparkling River in the West.

4. ACTIVITIES

Describe the main activities. For example:

Rubbish collection: Once a week 3 groups of 4 young people will each clean 5 km of beach. They will come with plastic bags, shovels and gloves to collect all the rubbish they can gather and take the plastic bags to the nearest garbage collection point or ask the hotels permission to use their large bins.

Public awareness, publicity and networking: The group will prepare leaflets on their activities and distribute them to the hotels, travel agents, schools, and other youth groups.

The group will try to publicize their activities by providing information to the local newspapers and the local radio. The group will also create contacts with other similar youth groups in the area to share experiences.

Campaigning: The group will regularly keep contact with the hotel Managers and write letters to Local Authorities to keep their support going. For example, the group will ask that they help to provide sign boards to stop people from littering.

The group will try and get support from the local community, by getting signatures on a petition (a petition is a letter to authorities to ask for something to be done about a certain problem because it affects many people). The important thing about a petition is that it is signed by many people so that the authorities can understand that the problem is serious and needs a solution.

Fund raising: It is very important that the project's main activities do not stop when the project is completed. The group will do fund raising activities to buy necessary tools for cleaning the beaches and to fund the continuation of the project after the first phase is over. These activities will include organising fair sales, sponsored walks and art shows and getting contributions from friends.

Participation of private sector : The group will seek the support of companies who can help them carry



the plastic bags in vans and of local manufacturers who can sponsor the project by giving plastic bags, shovels, gloves or other things necessary to clean the beaches safely.

Assessment: The group will regularly evaluate its work by asking people if they see a difference in the appearance of the beach and by comparing records of their activities.



5. WORKPLAN AND TIMETABLE

Prepare a table showing what is to be done, when and by whom. For example:

ACTIVITIES	TIMETABLE	RESPONSIBILITIES
1. First planning meeting	1st week January 1996	Young Environmentalists Group (YEG)
2. Contact with National Youth Representative and EAS/RCU for support	1st week January	Ms. A (project coordinator) of YEG with cooperation of YEG members
3. Project coordination meeting	1st week January	Ms. A of YEG with cooperation of Mayor's Office and hotel managers
4. Meeting with companies and NGOs (Non-governmental Organizations) to find additional money and equipment (mobilizing resources)	1st week January	Ms. A and Mr. B (treasurer) of YEG with cooperation of representatives of companies and NGOs
5. Purchase and collection of equipment (plastic bags, gloves, etc.)	2nd week January	Mr. B and Ms. C (fund and support raiser) of YEG
6. Planning meeting for networking	3rd week January	Ms. D (networking officer) and YEG
7. Second planning meeting	4th week January	YEG
8. Preparation and printing of leaflets and information material (public awareness).	1st week February	Mr. E (public awareness officer) with cooperation from Mr. B

9. Beach cleaning (rubbish collection).	1st week February - 2nd week December	YEG with other youth groups, Scouts, Local Authority.
10. Start of networking.	1st week February - 4th week December	Ms. D in cooperation with network members.
11. Public awareness planning meeting and implementation of the decisions .	1st week March - 4th week December	Mr. E and all YEG with cooperation of Local Authority, other youth groups, Scouts, hotel managers and others.
12. Public awareness campaign: Preparation of information material for local newspapers and radio and relevant meetings.	2nd week March	Mr. E and other volunteers with cooperation of newspapers and radio reporters.
13. Third planning meeting and first project evaluation.	1st week May	YEG
14. First report to NYR and EAS/RCU	4th week May	Ms. A
15. Public awareness campaign: update on activities for newspapers and radio.	4th week May	Mr. E and other volunteers with cooperation of newspaper and radio reporters
16. First fund raising event: planning and implementing.	1st week June - 4th week June	Mr. B with cooperation of YEG and support from private sector and Local Authority.
17. Third planning meeting for follow-up activities in 1997 (Phase 2), after the Evergreen Beach Cleaning project is completed	1st week of July	Ms. A and Ms. F (Phase 2 coordinator) with cooperation of YEG, Mayor's office and hotel managers.
18. Contact with NYR and EAS/RCU for support for the 1997 follow-up activities (Phase 2).	2nd week July	Ms. A and Ms. F
19. Second fund raising event.	1st week September- 4th week September	Mr. B with cooperation of YEG and support from private sector and Local Authority.
20. Fourth planning meeting : Networking report and decisions on improvement and continuation.	1st week October	Ms. D in cooperation with Network members.
21. Fifth planning meeting : Evaluation of project and preparation of report for Mayor's Office, NYR and EAS/RCU, and all other sponsors of the project.	1st week November- 4th week November	YEG
22. Preparation of final report and wrapping up of Phase 1.	1st week December - 4th week December	Ms. A and Mr. B

Every detail cannot be put in the workplan and timetable. It will be helpful to have a similarly designed detailed weekly or monthly timetable, more like a diary, as well.

6. BUDGET

Here make a list of everything you will need to carry out your project and write how much it will cost.

BUDGET

50 plastic bags per week × 52 weeks	500 [local currency]
Transport per week × 52 weeks.....	1,000
Stationery.....	200
Telephone calls.....	200
Photocopies (100 per week) × 52 weeks	600
Shovels	No cost (donated by Company X)
Cardboard boxes.....	100
T- shirts , caps , rubber boots , gloves.....	No cost (donated by Company Y)
Miscellaneous expenses (unforeseen).....	500
TOTAL	3,100 [local currency]



Did you know... ?

The ease with which an octopus can solve how to get in and out of complicated traps and containers shows how clever it is. Octopuses are considered to be the most intelligent of all invertebrates (animals without bones). Scientists have for instance seen how an octopus could quickly open a screw-top glass jar in which it would see a prey (a crab).

Let's involve everyone

A project like the above example will be more successful if it gets the support and involvement of as many people as possible: school friends and teachers, family members, community leaders, mayor and local authorities, private hotels and companies, etc. The support from these people can be in many ways: most important is good advice, then historical and background information, financial support, in-kind support (donation of equipment or somebody's time), and assistance in fund raising events and publicity, etc. So:



Ask your parents and older relatives to tell you about the changes they have seen in the coast and seas in their life. For example local fishermen must know a lot. They can tell you how much they used to fish years ago and if there is any change now.



Ask community leaders what they think can be done to solve the problems. Throughout the project activities get their advice and suggestions: it helps to avoid mistakes.



Let the Local Authorities, for instance the Mayor's office, and others know what you are planning to do and ask for their advice and support. It is also important to get their permission or approval to carry out some activities.



Constantly inform everyone in the community of what is being done and invite them to join in or say what they think of the activities.



Ask for the teachers' help to find important information and contacts and what is the best way to publicize the project and get more support.



Invite friends and other young persons to join.



Inform the private sector (the hotels and other companies) and request their support.



Let's ask for support

Now that there is a plan and everyone has agreed to do it, the next step is to get money and other kinds of support. What to get? how to get it? and who from? must also be planned. This is called fund raising and resource mobilization.

What to get?



Money to run the project: although most projects need money, some really do not need much or any money at all. With a little bit of imagination it is amazing what can be achieved with little or no money. The important thing is to start. It's not always easy but it can be done.



In-kind contributions: in-kind contributions can be anything but cash: material (paper, pencils, plastic bags, etc.), equipment (use of photocopier, computer, shovels, buckets), transport, space (working space or small office) or people's time (people working on the project without being paid). Different persons or organisations can be approached: families, friends, teachers, Local Authorities, private sector and businesses, appropriate United Nations (in this case EAS/RCU) and other organisations, National Youth Representatives, etc. In-kind contributions can cover all or part of the project's needs.



Technical assistance: technical assistance is information and advice from experts. Not all the information needs to be scientific. Opinions based on experience are also very valuable because they help us think about problems from different angles. Technical assistance and advice can be obtained from a number sources: from teachers (schools, colleges, and universities), government experts (environmental experts, the local foresters, museum curators, laboratory technicians, etc.), NGOs, relevant United Nations organisations, community elders, and many others.



Human resources: people who are willing to give their time and their knowledge and help with the project's implementation. The best examples are the members of a youth group.



Political and moral support: permission and recognition from parents, Local Authorities, political figures and community elders are invaluable in implementing a project. This support also may lead to some participation and cooperation which will help with the "human resources" needs.

Where to get it? and from whom?

Before considering how to get support, it is very important to show that the project will directly and indirectly benefit everyone. In our example, a clean beach is for all the people, the residents as well as the visitors. Indirectly, it attracts more visitors who spend more money in the Evergreen Town, creating more jobs. So:



as stressed before, inform and involve all those in your community who can help. With information people will find out what is needed to help the project.



Inform the NYR in your country, other youth organisations (national, regional and international) and your local NGOs. Ask them to identify possible donors. Depending on the quality and attractiveness of your project, they might even offer to get in touch with some of them on your behalf.



Contact donors and clearly say what you need from each. If you are not clear on what you want and why, they might think that you are not sure of what you plan to do. Do not stress money: some donors might not be able to give cash but might offer valuable in-kind contribution. When you get support or promise of support, remember to thank the donors in writing and whenever possible to acknowledge their contributions. This is not only good manners, but also good Public Relations: they will try and help your future projects.



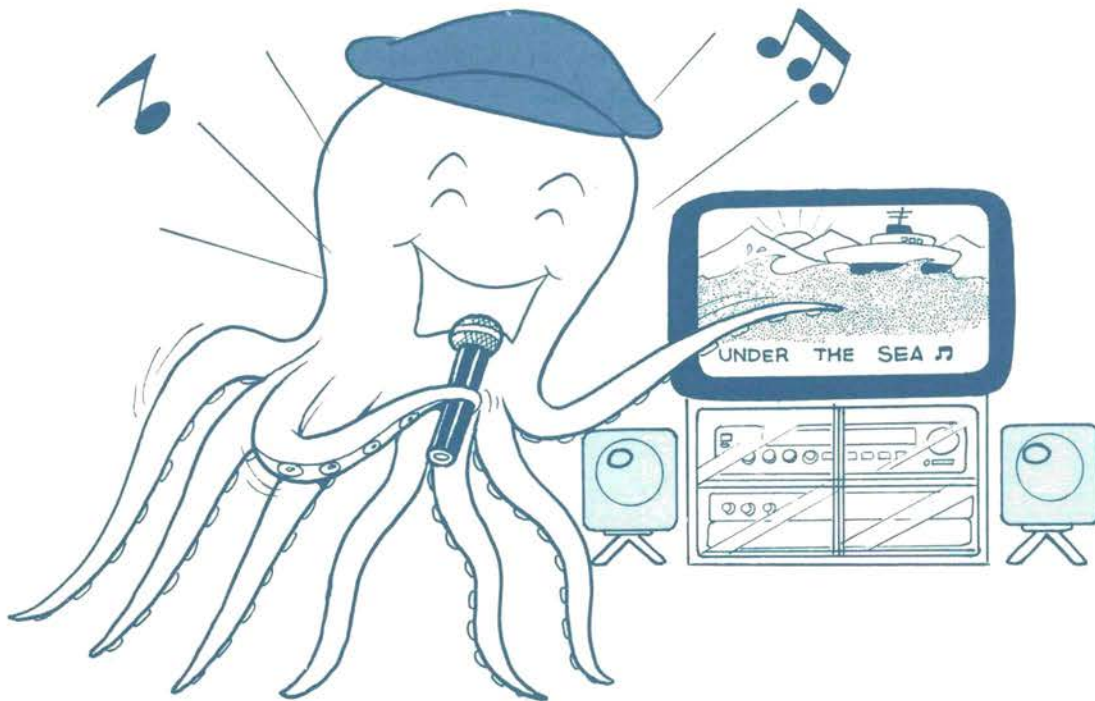
Invite your local politicians or community leaders to support the project and contribute to it. If they accept, make sure you inform the news media: they too love publicity!



Prepare accurate reports of the activities and results. Use these to build contacts with the news media (newspapers, radio and television). In their reports they could assist in mobilizing additional resources for your project.



Arrange exhibitions in schools and community meeting halls to keep everyone interested in the project. Invite the visitors to contribute and keep an accurate record of who contributes what. When possible, organise fund raising events like shows together with exhibitions.



Let's publicize our activities

One of the most important parts of any project's activities is Public Relations. Public Relations is essentially informing the public, keeping their interest going and maintaining their support. Let everybody know what is planned and done and how the activities will benefit the community and our society. Here are some tips for good Public Relations:



Regularly send news about your project activities to newspapers, radio and TV stations.



Invite youth environment reporters, columnists and radio programmers to be advisors.



Get the advice and involvement of the community leaders, make them feel the project is also theirs.



Invite local politicians and famous persons to preside over your meetings (but don't let them take over!). They will automatically attract mass media.



Arrange meetings and exhibitions of the project's activities.



Do not forget your families, friends and neighbours; they are your best allies in spreading words about the project.



Any contributions and voluntary work should be recognised and acknowledged. Formal thanks and appreciation should go to your contributors and donors.



When you inform the public of project's activities, it is extremely important to be totally accurate and "transparent". Prepare your reports correctly: do not boast or exaggerate the achievements and do not forget to report on things that did not work. Instead, explain why you think they did not work.

Let's exchange experiences

There are many youth groups who are doing good work in preserving the environment. As part of your network, link up with them to exchange project information and ideas. In this way, you will be able to use the knowledge gained from others' experiences, avoid duplicating work and keep clear of costly mistakes. This, as part of your networking activities, could be done:



Produce and exchange project information sheets or newsletters, newspaper clippings and other news reports (or radio).



If there is money, arrange study tours among projects.



Work with NYRs and other national and regional youth organisations in organising workshops among these youth groups to share experiences.



Keep contact with EAS/RCU and other relevant United Nations organisations.







At the end of this book, there is list of some of the organisations mentioned. Start with informing these organisations and expand the list as they and others inform you of additional contacts.



NETWORKING

Linking with other groups both in your area and outside -including other countries- is very important. It is called forming a “network” and “networking”.

The connection helps to collect information from many sources and to distribute and share it. It also helps to share experiences and ideas in order to expand your project and to find resources to continue its activities. In sharing experiences you not only learn of good ideas and approaches but will also avoid mistakes. Mistakes always happen, a good planner tries to make as few mistakes as possible.

-  In order to form a network, we must do the following:
-  Find groups which have similar interests and concerns and bring them together.
-  Select one person as network focal point to coordinate the networking activities.
-  Prepare a list of the network and its members with full addresses and contact numbers and regularly update this list.
-  Start common and similar activities which are conducted by network members.
-  Participate in planning and fund raising for network activities.

The Youth and Environment Networks

At present there already is a functioning **Asia-Pacific Youth and Environment Network (APYEN)**. It was set up in 1992 with the help of the **Asian Youth Council (AYC)** and Thailand’s **National Council for Child and Youth Development (NCCYD)**, with the support of the **United Nations Environment Programme (UNEP)**.

At the beginning, eleven National Youth Focal Points were chosen in Australia, Bangladesh, India, Japan, Republic of Korea, Malaysia, Nepal, Pakistan, Philippines, Singapore and Thailand. The Network has carried out environmental activities such as workshops and tree-planting at local, national and regional levels. You can start by linking up with them through your National Youth Representative and/or the Network Focal Points.

Another possibility for establishing a network is through what has been achieved in the EAS-29 project.



In order for the project's activities to continue after the project is finished and for coordination purposes the NYRs and the EAS/RCU started the **YouthNetwork for the Protection and Restoration of the Coastal and Marine Areas of the East Asian Seas (YNEAS)**. Originally the main purpose of this Network was the exchange of information and experiences concerning the project. Now it can be used by youth groups with projects and activities.



In Singapore a series of **Save East Asian Seas Clubs** have been formed. The Singapore NYR can be contacted for more information and linking up.



The NYR of Thailand is following up the project with **Youth Camps**. For more information contact the Thai NYR.

You can establish contact with the above, through the respective NYRs. Similarly, write to the other NYRs to see what they are planning and who you can network with.

Links....LINKS... *Links*

Knowing the right channels to get in touch with other people is very important. Sometimes we send letters or try to contact the wrong people in the wrong places and when nothing happens, we end up being frustrated, thinking that nobody cares. The persons you contact should be selected on the basis of their similar interests and activities to yours. Try to have a list of key people and update it regularly. For example the following could be a start:



In your town or village: the local community leaders.



In your province: leaders of youth and environment NGOs, government officials in charge of youth and environment activities.



In your country: the National Youth Representative or a person in the national youth organisations.



In your region: the representatives of AYC, CAYC and the UNEP Regional Youth Advisor for Asia and the Pacific, the Focal Point of Asia-Pacific Youth and Environment Network and the Coordinator of East Asian Seas Regional Coordinating Unit.

How to keep your network functional

To keep your network going and linking closely with the YNEAS:



Keep in touch by letters, telephone calls and meetings with the NYRs.



Regularly exchange information through a network newsletter with contributions from youth groups.



Organise and/or take part in project study tours within and among member countries.



Organise and/or take part in regional workshops for youth leaders and annual meetings of NYRs.



Organise and/or take part in national workshops for youth leaders where information from regional workshops and annual meetings of NYRs can be given.



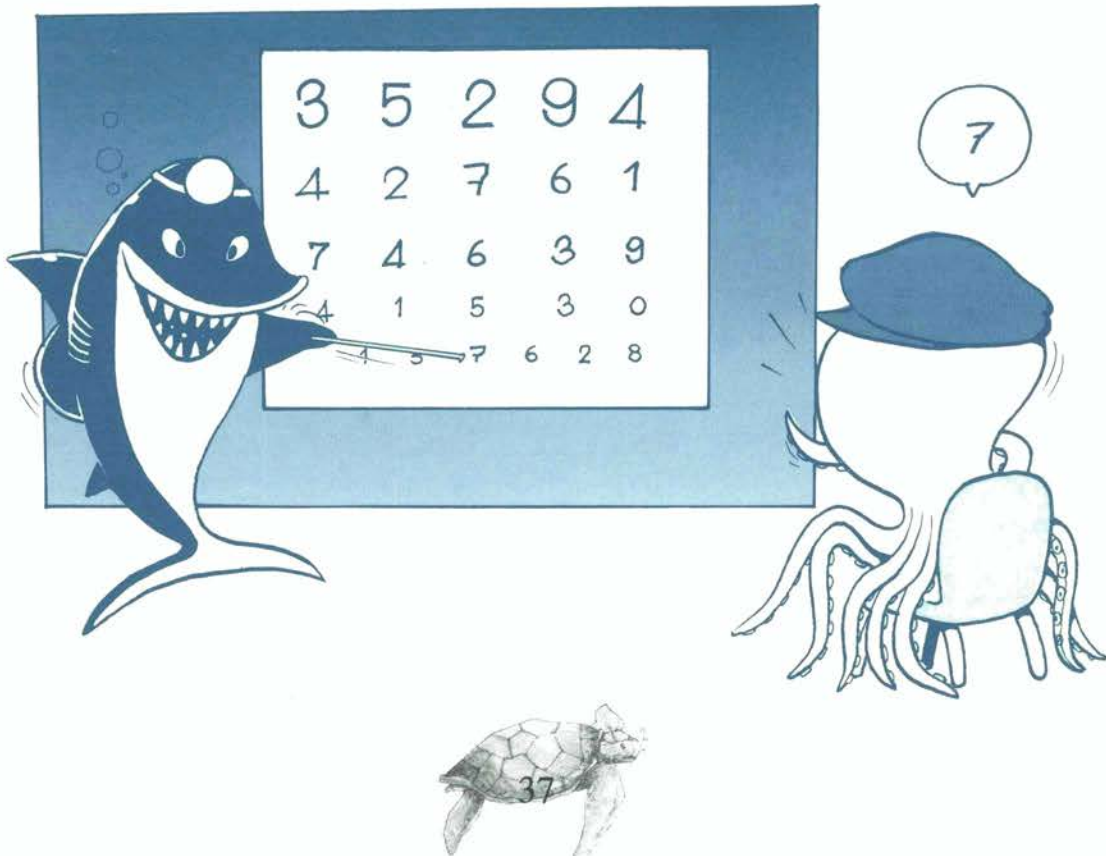
Organise similar campaign activities on issues of common interest in member countries and try to start at the same time.

Let's make our project last

All projects have a duration. However, when you have a good project try to plan so that the activities will somehow continue even after the project is completed. In our project example, it is obviously better that even after the project is completed the "cleaning of the Evergreen Beach" continues. Each project is different and it is difficult to suggest one single way to continue the activities. Therefore, the plans for continuation of projects should be decided on a project by project basis.

Did you know....?

Compared to many other animals of the sea, the Octopus has very good eyesight. Scientists believe octopuses can see as well as we humans do. Good vision will enable an octopus to hunt efficiently and to detect danger.



They Have Done It!

As one of the EAS-29 project's competitions, the youth groups were invited to plan and submit projects. In each country the projects were judged and the best one was selected as the winner and given US\$ 1,000 to be carried out. Here, we would like to share with you the experiences of two youth groups and their winning projects, one in the Philippines and the other in Thailand.

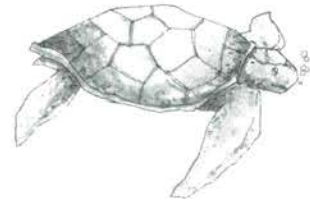
Project Save Our Marine Life (SOMAL)

by

First Year students of the Davao del Sur National High School, Philippines

*"There are no spare parts of the worn out world
but we can help restore and rehabilitate it by
looking for a substitute."*

The aim of this youth group was to replace the damaged coral reefs of their area with an artificial reef made of spadices of coconut so that young marine animals can be sheltered and allowed to grow. In carrying out the project, the youth group also understood in more detail the effects of reef destruction and what can be done in a simple way to replace the lost and damaged shelter for the marine animals.



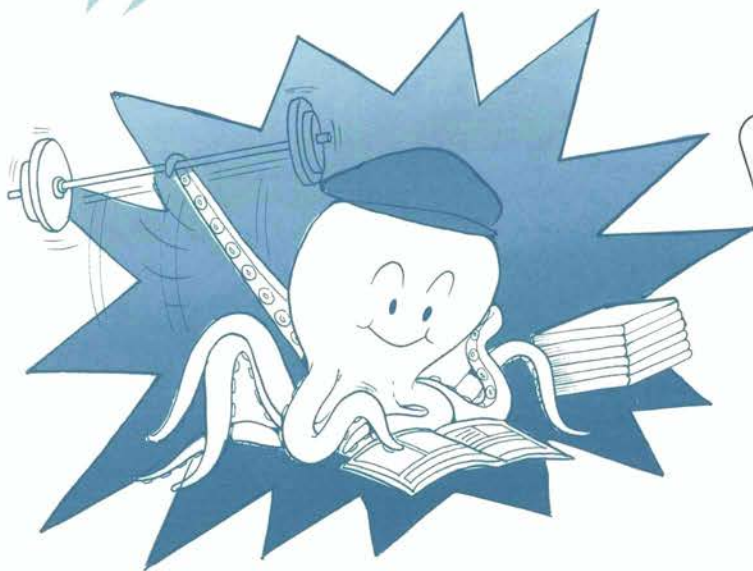
The Filipino youth group explained their project in the following words:

"Each of the students brought five spadices and when we had enough, with the help of the Provisional Government who supported the project, we took them to the seashore in the Aplaya in dump trucks and the school car. The Provisional Government also helped by giving us two truck loads of stones, each about 2-3 KG each."

"On the shore, we made bundles of the coconut and tied them to lengths of nylon ropes. To make the ropes sink and remain in place in the sea, we tied a basket filled with stones to the end of each rope."

"When the nylon ropes and the spadices (our artificial reefs) were ready, with the help of local fishermen the baskets were dropped at low tide about 500 meters from the shore, where the water was about 3.5 to 4 meters deep. The baskets were dropped about five meters from each other."

"We asked the fishermen to keep watch on the artificial reef and we plan to add more spadices every year."



Did you know... ?

The Octopus is very strong in relation to its size with the eight arms and all the suction pads providing an extremely secure grip. If we humans had the same muscle power as an octopus, we could easily lift a big car above our head with our bare hands!

"The objectives of our project are (1) to build an artificial reef where the coral reef has been badly damaged, (2) by offering a shelter, to attract marine animals to the artificial reef, (3) to help the local fishermen by attracting more fish to the area and, therefore, increasing their catch and (4) to promote awareness among the youth of the region on protecting their marine environment and demonstrate that they and others can play an important part in protecting it."

"If over time, the results of the project are as we expect, we can help to show the local community that destroying the reef for short-term gains is not good. By catching more fish around the artificial reef they will understand that it is for their own benefit if they help to keep the natural reefs undamaged and protected."

"We have completed this project, but we have more plans. To measure the effect of our artificial reef, we are going to request the organization of fishermen in Barangay (NAMANGKA) to keep a record of their fish catch and the type of fish caught. We are also going to study how long it will take the coconut spadices to decay and what is the effect."

"We think even after three months of placing the artificial reef, there are some good signs of success. We asked a fisherman to dive and look at the bundles of spadices. He reported that algae had grown on the bundles and that there was a "cloud" of small young fish (fry) among them."

Protect Our Seas Project

by
Nature Protection Youth Group
Prachuabkirikhan Province, Thailand

Prachuabkirikhan is a Province along the south coast of Thailand. The youth group which carried out the project was made of 20 youth leaders from secondary schools in the province who were all active on environmental protection issues. One of the youth leaders in the group described the reason for the projects saying:

"We have all seen the conditions of our beaches and the sea getting worse because of garbage, polluted water discharges from industries in the cities and villages, bad fishing methods as well as the shrimp and fish farms. We decided to do something about it and, to make our efforts more effective we decided to form a group of youth leaders. The Protect Our Seas Project was developed by the group."

"We believe that young people can be trained to play an important part in the protection of the coastal areas and the sea. To do this we organised a camp, a rally, a mangrove tree-planting campaign and an exhibition."

"The first activity was the mangrove tree-planting campaign which attracted about 50 youth group leaders. The Forestry Department and the Local Authority helped in the preparations of the campaign. On 7 August 1995 we visited the Sam Roy Nod Nature Reserve where we learnt a lot about the importance of mangroves and their role in the ecological balance of the shore and the sea. Here the group carried out its mangrove tree-planting."

"Almost one month later the group started preparing for its second activity: the Beach Rally. The Beach Rally was held on 10 October 1995 when participating youth visited different types of beaches and shorelines, comparing the conditions and analyzing the problems and discussing possible solutions. The first beach visited was one with a lot of rubbish dumped on it. Another was one with considerable industrial discharges, where people no longer went there or swam. These were compared with a beach in a protected area, representing the protected beauty of the natural area and a beach where turtles lay eggs. In the evening the group discussed what they saw and exchanged ideas on possible solutions and how it could be done."



Did you know... ?

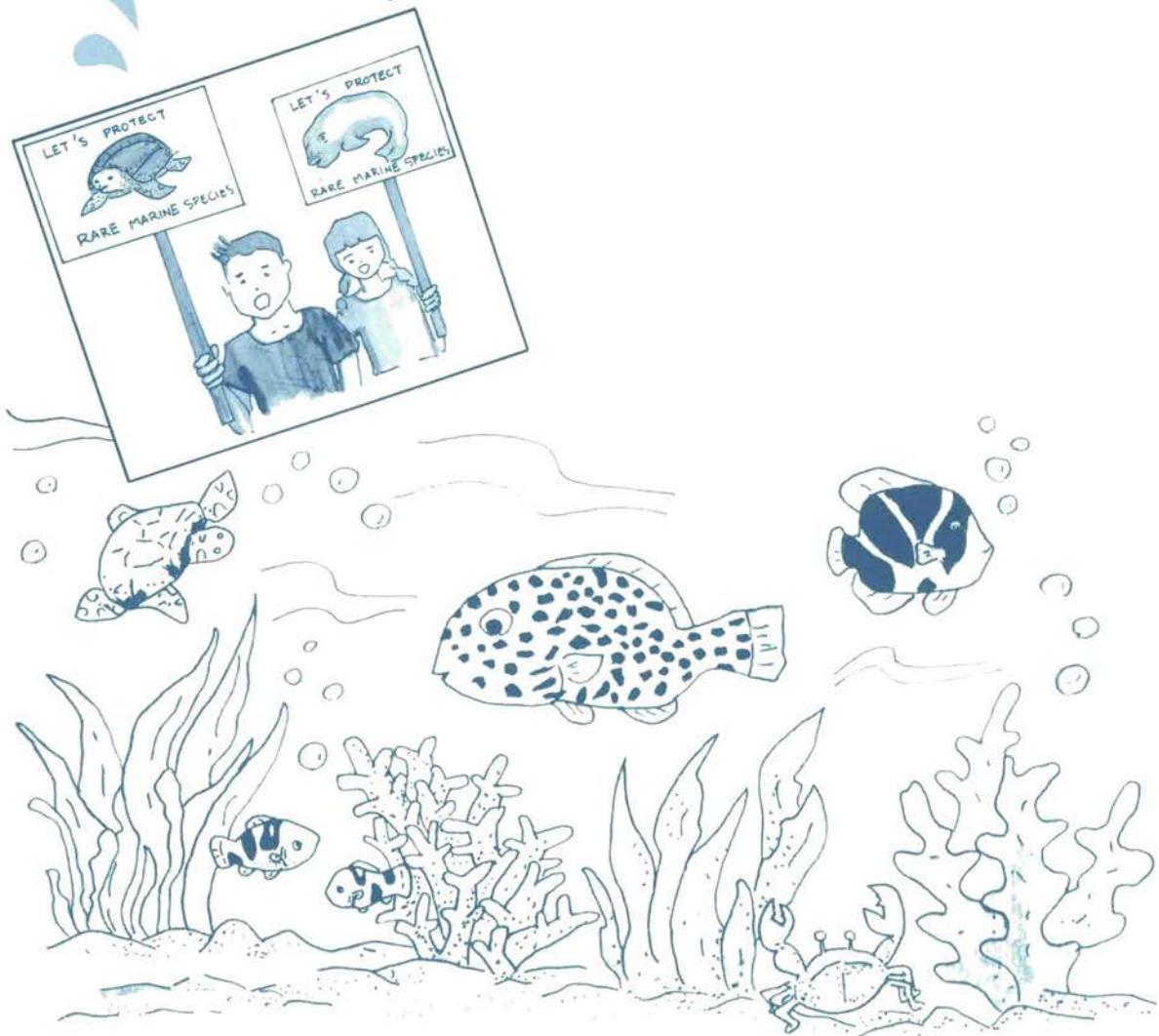
The Octopus can suck water into parts of its body and squirt it out again which makes it move quickly. This helps it do fast "get-aways" and also to swim quickly, which is important when danger is near.

"The third activity under the project was a four day "Sea Protection Youth Camp" where most of the time was spent in the field looking at the mangrove forest, examining the beach and the sea conditions around Hua Hin, visiting a protected area and the science park at Wah Koh. The thirty participants spent every evening discussing issues related to the development and protection of the coastal and marine environment and their part in it."

"Finally the group prepared an "Exhibition of the Project's Activities". The idea was to pass the information gathered during the project to as many people as possible in order to encourage the youth to start activities in their own villages and areas. The result was that the project did not end with this activity. Because of the great enthusiasm shown by various youth groups and individuals the organizers of the project decided to add three more activities with outside funds and implement them after the completion of the project. These activities are (i) a "Coastal and Marine Information Centre", (ii) the Training of Young Environmental Volunteers and (iii) production of rubbish bins with "Campaign for Sea Protection" sign on them. The Mayor's office, the Provisional Governor's office, schools and community leaders are all asked to participate and contribute to the new phase of the old project."

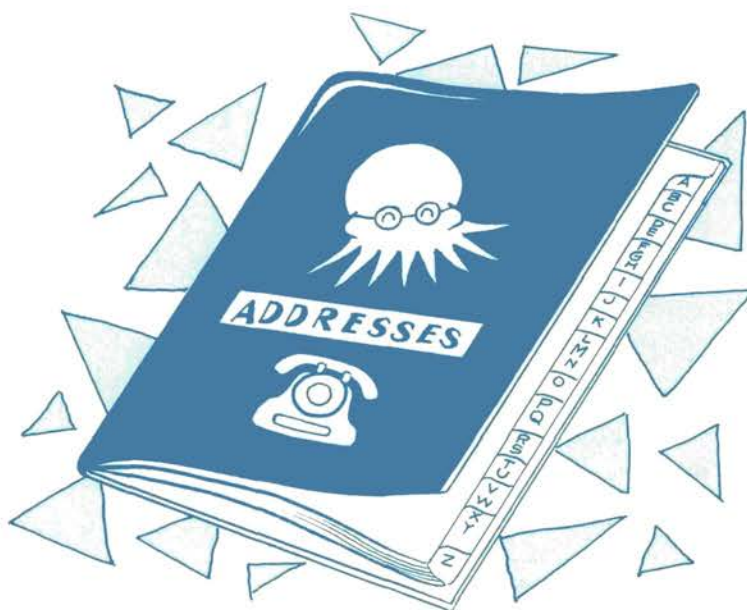
"We are proud that with carrying out the first project successfully we have caused so much interest that the Youth, authorities, schools and community leaders are going to support a follow-up project."

See! You Can Do It Too!



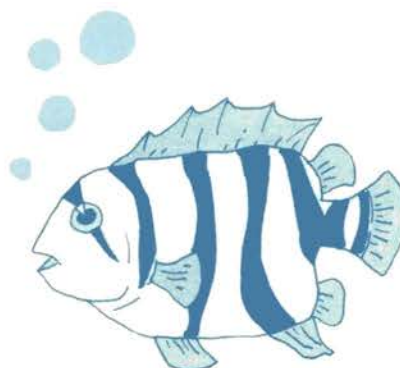
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Abbreviations

AYC	- Asian Youth Council
ASPYEN	- Asia-Pacific Youth and Environment Network
CAYC	- Committee for ASEAN Youth Cooperation
COBSEA	- Coordinating Body on the Seas of East Asia
EAS	- East Asian Seas
EAS/RCU	- East Asian Seas Regional Coordinating Unit
NCCYD	- National Council for Child and Youth Development
NGOs	- Non-Governmental Organisations
NYR	- National Youth Representative
RYA/ASPAC	- Regional Youth Advisor for Asia and the Pacific
UNEP	- United Nations Environment Programme
YNEAS	- Youth Network for the Protection and Restoration of the Coastal and Marine Areas of the East Asian Seas



...and finally
Let Us Hear From You!

We hope that you have enjoyed reading this book as much as we have enjoyed writing it. Most of all, we hope it will encourage you to think about protecting the coasts and the seas of the East Asian Seas region and to do something to keep them as healthy and as beautiful as they can be. Our work does not end at writing these guidelines. We will try to assist you in your projects as much as we can, mostly by helping you in your networking efforts.

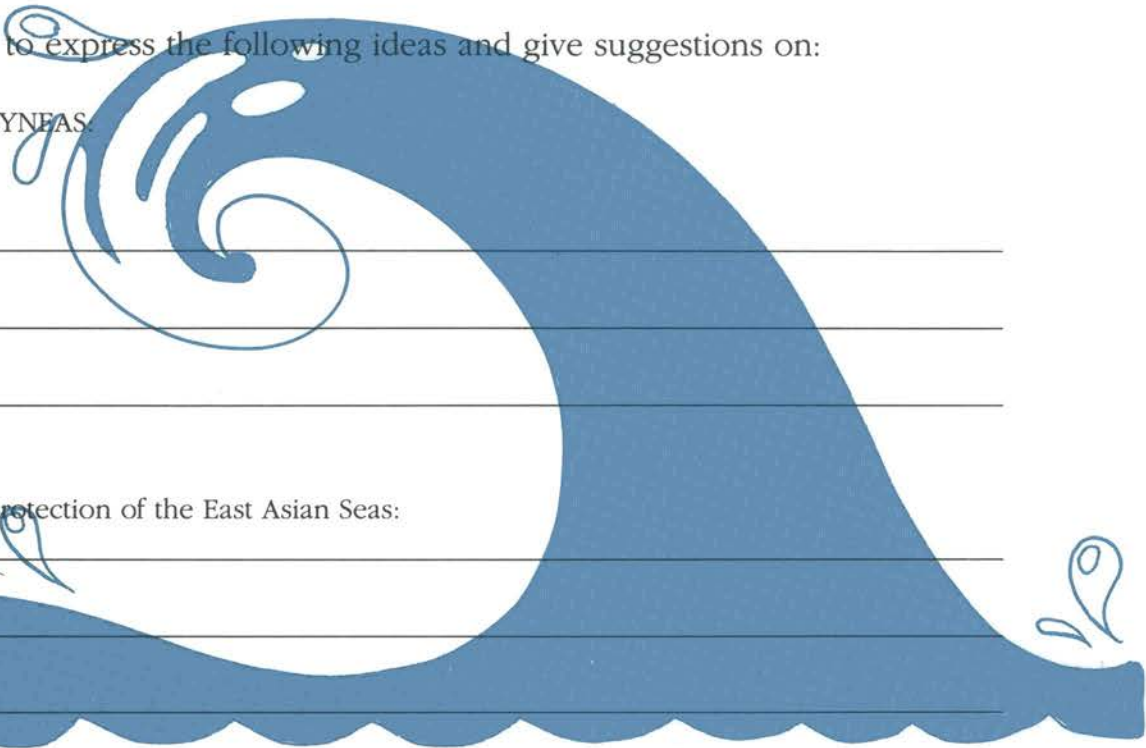
In the meantime, we would like to hear from you. So, take a few minutes to let us know about you, your project, your ideas and suggestions. Now it is your turn to tell us how to protect the East Asian Seas.

I want to express the following ideas and give suggestions on:

a. the YNEAS.



b. the protection of the East Asian Seas:



Name _____ Age _____

Address _____





PROTECT EAST ASIAN SEAS



UNITED NATIONS



UNEP

UNITED NATIONS ENVIRONMENT PROGRAMME