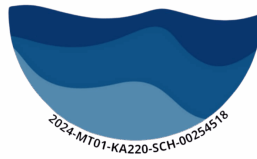


BLUE OCEAN
ERASMUS+ PROJECT



TEACHING MATERIAL

BlueOcean: mainstreaming a Blue Education Area in Europe and the Pacific Ocean Schools
project id. nr. KA220-SCH-25CF59D4

Sustainable coastal tourism and sustainable seafood in restaurants, food ethics, and the psychology of sustainable consumption



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Lesson 1: *How to Motivate Students to Transition from School to Blue Careers*

Duration: 27:50 minutes

Goals:

- Understanding the concept of motivation in psychology and its historical evolution.
- Reflect on the importance of motivation in orienting students towards blue careers.
- Learn the key teaching strategies to make blue-collar careers relevant, accessible, and rewarding.
- Explore concrete examples of projects, practices, and testimonials related to marine sustainability.
- To provide teachers with practical tools to stimulate student interest and engagement in related careers - ocean .

Description

Blue careers include professions related to the sea, sustainable fishing, maritime transport, marine biotechnology, and the protection of ocean ecosystems. Despite playing a crucial role in Europe's food and economic sustainability, these sectors are often not perceived as attractive career options by young people. After an introduction to the European context and the " Ocean Pact , " the lecture traces the evolution of the concept of motivation in psychology, from psychoanalytic to behaviorist and instinct-based interpretations, up to modern perspectives that emphasize the role of emotions and context. It highlights how students' long-term intentions have poor predictive validity and how their choices depend on socioeconomic, family, and personal factors. The crucial role of teachers as mediators between school and the world of work is emphasized, capable of making blue careers not only understandable but also desirable. Within this framework, three key predictors of motivation are presented: salience, which consists in making blue career options visible and concrete; knowledge, which provides skills and increases the perception of self-efficacy; and recognition, which, in addition to ensuring economic stability, conveys a social and ethical value, linked to the contribution to sustainability . The lecture is enriched with practical examples and testimonials. In addition to traditional educational activities , direct experiences such as company visits, workshops, and educational games are suggested, including the case of Volterra salt, used to introduce sustainable marketing strategies.

Lesson 2: Tuamotu Wines and Rums: A Trip to Rangiroa

Duration: 9:03 minutes

Goals

- Learn about the history and unique characteristics of wine production in the Tuamotu Islands.
- Discover the grape varieties that withstand local climate conditions and the winemaking process used.
- Learn the organoleptic characteristics of local wines and rums, with an experiential approach to tasting.
- Reflect on the impact of geographical and cultural conditions on food production.

Description

The video takes us inside a winery in Rangiroa, one of the most remote islands in French Polynesia. The lesson unfolds as a tasting and storytelling journey. We begin with the white wine, composed of 95% Carignan and 5% Italia, characterized by acidity and saline notes, the result of a long process of adaptation to the local climate. We then move on to the rosé " Coral " , obtained from the same blend but with a later harvest that gives it greater maturity , balance, and fruity aromas. The book recounts the thirty-year challenge of creating wine in a region devoid of the traditional four seasons: here, only the dry and rainy seasons exist, so six years of testing were needed to balance sugars and alcohol, and over a hundred grape varieties were tested, of which only two survived: Carignan and Italia. This is followed by a tasting of the sweet wine " Mona , " which surprises with its freshness, notes of fruit, citrus, and vanilla, and a balance that makes it pleasant without excessive sugariness. The lesson concludes with the " Manao" rum , made with Otahiti sugarcane, one of the oldest varieties in French Polynesia. Distilled in collaboration with several islands, this rum is distinguished by its natural pear and banana aromas, preserved thanks to its unrefined processing, and by its organic certification, making it a flagship product of the region.

Lesson 3: Ocean Resources and Coral Resilience: The Maldives Experience

Duration: 25:08 minuti

Goals

- Gain firsthand experience from a Maldivian diving instructor with over 40 years of diving experience.
- Understanding the unique characteristics of an isolated atoll in the Indian Ocean.
- Reflect on coral bleaching phenomena and the risks associated with climate change.
- Enhance indigenous knowledge about reefs, seasons, plants, and marine resources.
- Exploring the research potential of algae, marine seeds, and local medicinal plants.

Description

Hussain Sendi Rasheed recounts his diving career, which began in 1981, and his commitment as an instructor and founder of a marine faculty . After retiring, he decided to dedicate himself to research on ocean resources, shifting his focus from teaching to the connection between the ocean and sustainability . His choice to live on a very isolated atoll stems from a desire to protect a unique place: geographically separated, crossed by one of the most dangerous channels in the Maldives, free from mass tourism, and with a coral reef largely untouched by fishing. The atoll is home to two of the world's most resilient coral species, which have not suffered bleaching even during phenomena like El Niño. However, since 2015, four serious bleaching events have occurred, a sign that global warming is also threatening these reefs. The speaker recalls that as early as 2009, the Maldivian government held an underwater conference to raise awareness of the 1.5°C temperature rise limit, a goal that is still far off. The island's daily challenges are its isolation and lack of recycling systems, despite the high tourism revenue. The plastic waste problem is exacerbated by its geographic location, which makes the atoll a sort of "filter" for objects carried by the currents. A key point is the importance of indigenous knowledge: in the Maldives, there are 26 different names for reef types and 28 two-week seasons, each with specific songs and agricultural practices. Recovering this knowledge and reworking it with modern scientific tools is essential for both school education and environmental management. Finally, the speaker discusses the potential of natural resources: medicinal plants documented by his grandfather in the 1960s, local fish that have never been thoroughly studied, marine seeds capable of protecting coastlines, and algae with applications ranging from -food to biofuel to anti aging cosmetics. These riches, still largely unexplored, could play a crucial role in health, scientific research, and global sustainability.

Lesson 4: Sustainable Fisheries and Climate Challenges in the Maldives

Duration: 09:44 minutes

Goals

- Learn about the challenges that climate change poses to fisheries and the ocean in the Maldives.
- Understanding the central role of tuna in Maldivian culture, diet and food security.
- Reflect on the changes in the habits and educational paths of new generations with respect to the fishing sector.
- Learn about sustainable traditional practices, such as pole-and-line fishing, passed down from generation to generation.
- To evaluate the profound connection between the Maldivian population and the ocean, both on a cultural and personal identity level .

Description

Hussain Sinan, Director General of Fisheries and Resource Management at the Ministry of Fisheries and Resources in the Maldives, outlines the main challenges the country faces due to climate change. Rising ocean temperatures and water acidification are altering tuna migration patterns, with serious consequences for local fisheries. In the Maldives, the average per capita consumption of tuna is around 150 kg per year, and fishing represents not only the main source of food but also a pillar of the economy and cultural identity. A recent study conducted with the University of British Columbia estimated that catches could decline by up to 70% by the end of the century, with enormous repercussions on food security and livelihoods. The video also describes the difficulties in recruiting young people into the fishing industry, a challenge common to other countries, including Europe. To address this, the Maldivian government has launched training programs, including dedicated university courses and programs to become skippers. However, the younger generations show less interest in a life on board, which is often long and tiring. A key element of the discourse is the deep cultural connection with the ocean: daily life, career choices, and even educational paths are influenced by proximity to the sea. Despite this , more and more young people cannot swim, and the government is introducing school programs to teach swimming and strengthen this connection. The speaker highlights how sustainability has always been a founding principle of Maldivian fisheries. Traditional techniques, especially pole-and-line fishing, without nets or longlines, guarantee selectivity, the absence of bycatch, and respect for ecosystems. These practices, now enshrined in law, ensure that future generations can continue them. Finally, the speaker emphasizes the need to consider sustainability not as a slogan, but as

an approach that considers the entire ecosystem and not just a single fish stock, avoiding forms of industrial fishing that cause collateral damage to other marine species.