



SEE Exchange Portugal



SEE SUSTAINABILITY AND
ENVIRONMENTAL EDUCATION
IN OUTDOOR SPORTS



Co-funded by the
Erasmus+ Programme
of the European Union

Project Partners

Leave No Trace Ireland
CREPS Rhone Alpes (Lead partner) (France)
Technical University Munich (Germany)
Sport Northern Ireland (UK)
INEFC (Catalonia, Spain)

Surf Clube de Viana (Portugal)
Europarc Federation (EU)
Folk
Tara
IMBA EU

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SEE Project

Report Exchange Programme Portugal

From the 8th November until the 13th of November, partners of the SEE project met in Portugal for an exchange focused on water environments. One person of every partner organisation took part in the programme. In addition, interested water sports stakeholders from Portugal and across Europe were invited to join the programme as a multiplier event.

The goals of the programme were to get practical insights into water sports and trainer education systems especially from within Portugal. In addition, the meeting was used to share and test pedagogical methods with the group and collect good examples of environmental training from partners and practitioners.

List of participants (SEE partners)

Organisation	Name	Country
LNTI	Noel Doyle	Ireland
TUM	Barbara Eigenschenk	Germany
SNI	Stevie Millar	Northern Ireland
SNI/ENOS	Mike McClure	Northern Ireland
CREPS/ENOS	Benjamin Billet	France
CREPS	Alberto Robles	France
Folkungaland	Jeanette Uner	Sweden
IMBA	Mark Torsius	Netherlands
MA Tara	Nenad Lecic	Serbia
SCV	Joao Zamith	Portugal
INEFC	Victor Labrador	Spain
EUROPARC	Teresa Pastor	Spain
SCV	Goncalo Cruz	Portugal



List of international participants (Multiplier Sport Event)

Organisation	Name	Country	Comment
Pays de la Loire Olympic Committee	Ywann Dupre	France	
Scoil na Mara	Mairead O'Donovan	Ireland	
CABV	Jean Esselstroem	Sweden	
ProPark	Andra Croitorou	Romania	
Surfrider Foundation Europe	Antidia Citores	France	online
CREPS	Remy Alonso	France	

List of national participants (Multiplier Sport Event)

Organisation	Name	Country
IPDJ	Goncalo Gomes	Portugal
Não Lixes	Fernando de Paiva	Portugal
SCV	Marco Areias	Portugal
SCV	Renato Bentes	Portugal
SCV	Leonor Cruz	Portugal
CMIA	Soraia Castro	Portugal
SCV	Liliana Vasconcelos	Portugal
SCV	Americo Castro	Portugal
SCV	Ricardo Carvalhido	Portugal
SCV	Miguel Barata de Almeida	Portugal
SCV	Maria Alice Aleixo	Portugal
SCV	Maria Fatima Reis	Portugal
SCV	Fabiola Sousa	Portugal
SCV	Maria Leonor Sousa	Portugal
SCV	Alzira Lopes	Portugal
SCV	Maria de Conceicao Ramos	Portugal
SCV	Teresa Couteiro	Portugal
SCV	Rosalia Marinho	Portugal
SCV	Vânia Maria Brás Ferreira da Cruz	Portugal



Programme overview

08.11. Monday

- 8:00 – 18:00 Arrive in Porto and transfer to Viana do Castelo via minibus
Settle in Surfing Viana High Performance Centre (HPC)
- 20:30 - 22:00 Welcome dinner (Restaurant Foz Caffé)
With representants of Portuguese Institute of Sports and Youth and
City Council of Viana.

09.11. Tuesday

- 09.00 – 09:30 Getting to know you exercises
Video from EU Sport forum on why sustainability
<https://vimeo.com/557668525/0611f4d635>
- 09:30 - 11.00 **Exchange 1:** Surf session with practical discussion on sea
environmental issues (Cabedelo beach)
- 11.30 - 12.00 Presentation on [sustainability standard and award from SCV](#)
- 12:00 – 12:30 Discussion on [UN Climate Action for sports](#) – SEE project links.
- 13.00 - 14.30 Lunch (HPC)
- 15.00 - 16.30 Coastal eco way (5km) and [Geopark do Litoral Norte](#) guide visit**
- 17.00 - 18.30 **Exchange 2:** Practical sessions from federations and guests on their environmental
education systems (HPC)
- Fernando Paiva | Não Lixes org
- 20.00 - 22h00 Dinner (Restaurante Mariana)

10.11. Wednesday

- 08:00 - 09:00 Breakfast (HPC)
- 09:30 - 11:30 Visit to kayak centre and paddling with environmental guide on river
environmental issues
- 12:00 - 13:30 Lunch (Aquario)
- 14:00 - 16:00 **Exchange 3:** Visit to urban ecological park and environmental
interpretative and monitoring centre of [Viana do Castelo \(CMIA\)](#)



- 16:30 - 18h30 **Exchange 4:** Practical sessions from federations and guests on their environmental education systems (HPC)
- The work of [Surfrider Foundation Europe](#) (Antidia)
 - Nautical environmental education of the CREPS (Alberto and Remy)
- 20.00 - 22h00 Dinner (Restaurante Valentim)

11.11 Thursday

- 08:00-09:00 Breakfast (HPC)
- 09:00-10:00 The work of Pays de la Loire (Ywann Dupre)
[The WiSe scheme](#) (Mike McClure)
- 10:00-12:00 **Exchange 5:** Practical sessions and final discussion on marine and water issues
- Ship wreck on the beach (Mike McClure)
 - Ocean Literacy (Mairead O'Donovan)
 - Pedagogical methods in nautical surroundings (Andra Croitorou)
- 12:00 - 13:00 Lunch (SCV)
- 13:00 – 14:00 Feedback and Learnings
- 14:00 – 15:00 Tree planting
- Transfers back to Porto for MSE

Report

The SEE Partners and international guests arrived on Monday afternoon and settled in to Surf Cub Viana which was followed by dinner together in the restaurant and introductions of all participants.

Tuesday 9th November

Morning session

The programme was kicked off with a warm up getting to know you exercise by Mike who got the participants to perform an action based Inuit song. After this, a sustainability Bingo game was provided by Barbara to further get to know each other better, learn about the broad topic of sustainability and get into discussion with each other.



After this a short 15 minute inspirational presentation was shown on screen by Hans Bruyninckx on sustainability in sports – this set a clear message: sustainability is the new normal! (Link of the video: <https://vimeo.com/557668525/0611f4d635> start at 1:18 minutes). The dialogue from the video highlighted the unique opportunity that sport has in promoting the environmental protection message because of its multi-cultural and multi-dimensional qualities. The video also emphasized the need and urgency for real action, now.

After this indoor session, the whole group moved to Cabedelo beach where a presentation was given by the local environmental team on plants and sensitivity of the dunes and included the issues of litter, rare birds eggs (Kentish Plover) and specific rare plants and other fauna.

The practical surf session started with an “Eco Briefing” from Renato Bentes (dunes and the beach system are being damaged by construction, storms, river excavation, sea level rising) as part of the introduction. He highlighted how these environmental issues could ultimately affect the sport by changing the nature (and surf-ability) of the beach. The idea of Eco briefing is that we are guests in nature so it is important to learn how to behave right at the start (if you will visit a friend you would like to know how to behave in his “house”). There followed a practical surf session and lesson.



Presentation on [sustainability standard and award from SCV.](#)

Renato gave a presentation on the STOKE accreditation, gave insights on the different categories included in the label and measures of improvement. Surf Club Viana was the first achieving the STOKE level of best practice. The STOKE scheme is extremely non-compromising in its standards and avoids any sense of green washing. The impression is that it has had a profound effect on how the centre looks and operates.



Discussion on [UN Climate Action for sports](#) – SEE project links.

A request from Mike that the SEE project looks seriously at signing up to this scheme and a request will be sent to the lead partner LNTI asking for this to be taken forward. All members are encouraged to get their own organisations to sign up and it was agreed that links to this needs to go into the sports data sheets and also on the SEE project website.

Coastal eco way walk and introduction to the [Geopark do Litoral Norte](#) with Ricardo Carvalho.

Ricardo provided deep insights into the landscape at Viana and how the sea has shaped the landscape in which the ports are operating. He also provided insights into the cultural and historical aspects to the area.



Activism and personal choices

Fernando (Nao Lixes) giving a really inspiring speech on activism to stop littering and motivating people for a more simple lifestyle. His talk raised lots of discussion about the difference between enforcement and education and short and long term effectiveness and the personal emotional investment associated with environmental activism and its possible effect on the message .



Wednesday

Morning session

Visit to kayak centre and paddling with environmental guides on river Lima to understand the pressures on the river system and also the wildlife that can be encountered there

Afternoon session

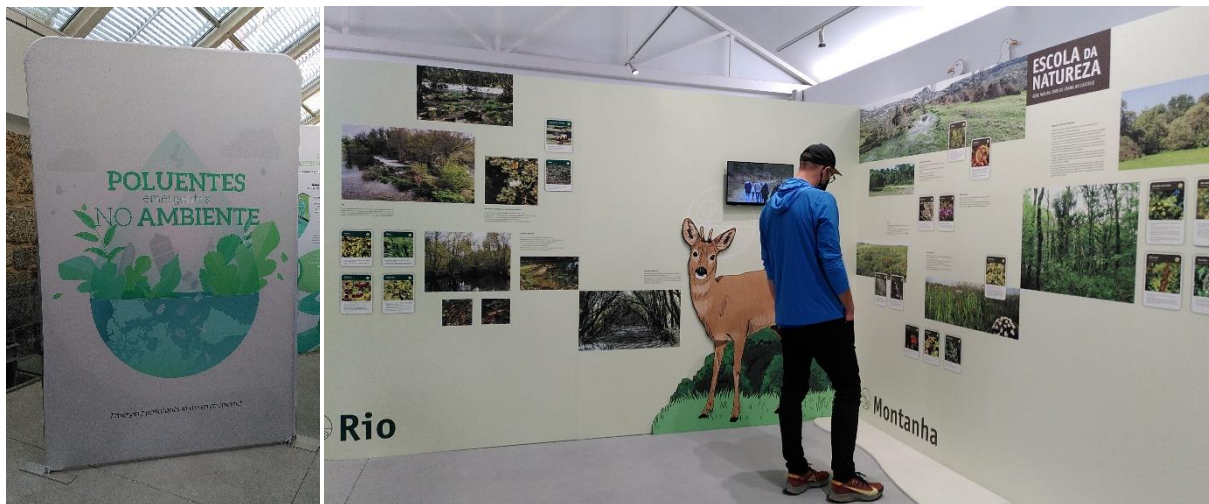
Visit to urban ecological park and environmental interpretative and monitoring centre of [Viana do Castelo \(CMIA\)](#).

There was some very good discussion here about how much collaboration exists between the environmental management sector and also the outdoor sports participants via the local clubs and businesses. It was clear that there was some connection especially with the surf club but that this could



be expanded. One of the key recommendations for the toolkit is about creating collaboration with local experts in environmental issues. This could be especially important when the environmental sector is seeking to capture better data on species and biodiversity and making use of the people who are out regularly to provide data can be a real asset in citizen science and builds positive relations between the sectors.

The park provides very good resources for schools and young people to explore the park and there are opportunities to develop resources like this for the sports clubs and users.



Evening session

Surfrider Foundation

Antidia Citores provided a presentation on the work of Surfrider Foundation Europe especially in relation to collaboration with water sports enthusiasts. Surfrider campaigns focus on 3 main issues of:

- Coastal Development and Climate Change
- Marine litter
- Water quality and health

They strategically engage with a range of water sports organisations and enthusiasts (not just surfers) for environmental action and to generate commitments to the environment.

They work locally and link to decision makers. They can provide tests water quality in some areas as one way to engage outdoor sports for nature protection and volunteering. Plastic origins is a new initiative that tries to engage all populations with plastics in the oceans.



There is much coherence between the work of Surfrider and the SEE project and opportunities for showcasing each other's work.

It was agreed that the toolkit should include links like this <https://surfrider.eu/en/>

Following some discussions it was noted that it was also worth looking at the organization of Surfers Against Sewage <https://www.sas.org.uk/>

French Canoe Federation - Pagaies couleurs

Remy and Alberto provided a very stimulating talk on the French system of accreditation of skills using a colours system but how this also links to environmental knowledge and understanding. This created a lot of energetic discussion around the rigidity of structured systems of skills and knowledge development.

It also raised the fundamental question of the difference between knowledge of the environment as a guide/leader/instructor that currently is a professional expectation and that of an understanding and practise of an environmental code of practise or ethic that is incorporated into operating principles.

Simply put – “I can educate /inform my clients/group regarding what is in the environment but how do I educate them regarding their role in protecting/ maintaining the quality of that environment.”

It was agreed that there would be value in promoting the scheme to federations in the toolkit.



Thursday

Morning Session

The Olympic Committee of Pays de la Loire

Ywann presented how the Loire region is promoting a holistic approach to outdoor sports. This is in a response to survey information that indicated that outdoor sports were seen by the majority as a tool to environmental, historical and cultural understanding of the area. Loire has been working collaboratively with other sectors to train up champions who can share and develop this more holistic approach.



The WiSe scheme

Following a very brief introduction to the scheme in the classroom, a practical session on the beach was led by Mike and Stevie. The group was split in two and each group were provided with very practical educational methods to understand the life cycles and impacts of our activities on seals, dolphins, basking sharks and seabirds. Simple tasks such as pacing out the minimum distances associated with where disturbance can begin and also how some animals perceive noise was an innovative and memorable way of highlighting the information.

This issue of ongoing disturbance by concurring outdoor sports groups was also highlighted as sometimes it is not just your group out on the water. This concluded with some information on shore fauna which is also vulnerable to impacts.

Ocean Literacy

Mairead gave an insight into ocean literacy and the 7 principles (OLP) of it

OLP1: The Earth has one big ocean with many features.

OLP 2: The ocean and life in the ocean shape the features of Earth.

OLP 3: The ocean is a major influence on weather and climate.

OLP 4: The ocean made the Earth habitable.

OLP 5: The ocean supports a great diversity of life and ecosystems.

OLP 6: The ocean and humans are inextricably interconnected.

OLP 7: The ocean is largely unexplored.

Mairead drew pictures in the sand to help remind us of the principles and also used repetition technique to reinforce each one in our memories.

<https://irishoceanliteracy.ie/scoil-na-mara-episode-1-online-now>



The Water Cycle

Andra Croitorou provided a short game on the beach that she uses with children (and in our case child like adults!!) to illustrate what happens in the water cycle (Evaporation, condensation, and precipitation presented in movements).

Mike inspired all by reminding us about the fascinating qualities of water. The fact that without it life on earth would not be possible but also that it is composed of two explosive elements being linked together yet they create a fire eliminating liquid.

Also he noted that water is one of the very few element where the solid form floats on the liquid form. If it did not there would be no life on earth as we would have a frozen planet.

Andra then provided a second game that involved three teams being given 1 billion euros to spend on developments on a river and this provoked discussions on priorities and also impacts within a water catchment system.

Mike then read a “story” about a ship wreck on the beach from 1595 (connecting a small bit of Portuguese maritime culture) and got three groups to seek out “specific treasure” items. Effectively this became a beach clean exercise but was a way to do it by not just calling it a beach clean. Three bags of plastic and other rubbish was removed from the beach as a result.



Afternoon Session

After lunch, all participants were invited to join a reflection time and discussion of the programme. This provided a very rich discussion on key learning outcomes and helped with planning for the next exchange in Sweden.

Following this, the participants took part in a tree planting exercise in the grounds of the surf club.

Viana Poem

Andra had asked all participants to provide 1 line of a poem that summed up their week, with no-one able to see anyone else's line and these were added together to create a poem for the week. This is highlighted below:

Surfing on the wild Atlantic foam;

I came here as I was, not sure about what to expect;

Fine people, especially the hosts;

Learning and sharing, sustainable caring;

Growing the knowledge regarding the environmental issues, knowing interesting persons;

Viana – those who like it visit and those who love it stay;

Singing and swinging – the whole team involved;

Tides, waves, ideas in motion;

Flowing, fluid, growing;

Mountain to river to ocean;

Perfect place to be, perfect people to be with – a perfect time together;

Surf's up;

I found my "wave" here in Portugal;

Surfing is fine, the skies are blue, Joao rocks;

Let's plan for more exchanges and make it come true;

Try not to see your world through my eyes but rather our world through my eyes.



Conclusion

As a conclusion of the programme, some principles have been set up:

- Sustainability and environmental education is about hearts and minds not just heads.
- Take the step from knowledge of the environment to how our presence affects that environment and how we can reduce our impacts
- Sustainability is the new normal!
- Be inspirational and motivating
- Try to present your message through practical/fun/interactive methods rather than just information presented verbally or via PowerPoint
- Do not separate the environmental education from the programme of skills development or technique
- Build environmental outcomes into the learning outcomes for training programmes and activities (not only activity outcomes)
- Make local connections! (you don't have to be the expert, make people get involved, both sides)
- Repeat! It takes things to be done 21 times for it to become routine

Recommendations for the Toolkit: We need to develop methods to get knowledge on environment, knowledge on responsible behaviour AND methods to train on behaviour (The 21 times rule!)

People will seek to protect what they love and feel connected to and as outdoor sports practitioners we have the ability/capacity to facilitate that emotional connection.

Sustainability of the event:

In line with the discussion on the UNFCCC Sports for climate action there was a lot of discussion on the cost / benefits of the exchange and how we can reduce the carbon footprint of the exchanges in the future

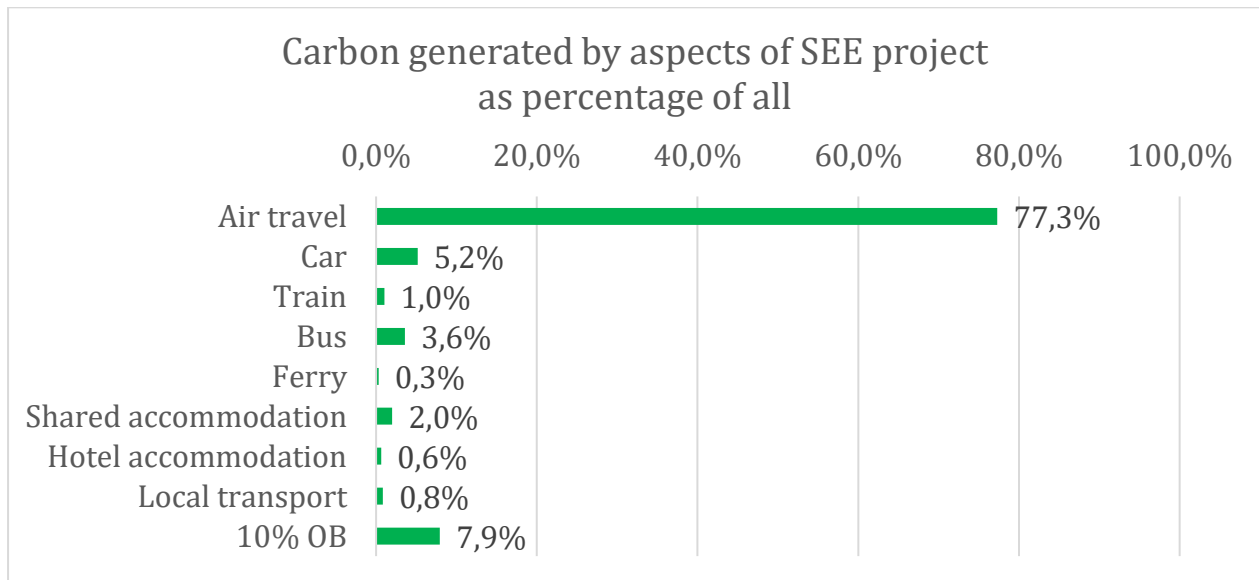
1. As a number of participants are also involved in the ENOS board a board meeting was aligned to the exchange on the Friday after the exchange finished so that further travelling was not required. The board members not involved dialled in via online mechanisms
2. Some member chose to stay longer to get to know the area better and to participate further in surfing.
3. Some delegates chose to take a very long journey to get to Viana travelling overland / sea by public transport. The difference in carbon footprint on this is quite notable.
4. Car and minivan sharing needs to be a significant element in the programme.
5. Participants stayed at surf club Viana in hostel type accommodation (that fulfils high sustainability criteria) and shared rooms instead of staying at a high standard hotels and again this reduces the carbon impact.



- While meals out in the evening were arranged, lunches and breakfasts were modest and based at the centre. Following one of the meals there was quite a lot of fish left over that was put in containers and used the following day to make a fish and rice dish for participants. There was little food waste as a result. All products and local restaurants served locally sourced food.

CO2 emissions of travel

All participants were involved in calculating their carbon impact of travel and then asked to feedback on how they will provide compensation of their emissions. A standard excel template was created and this is provided in the appendix. The challenge for us all is to try to lower our emissions for the next set of exchanges.



*OB is Optimism Bias – commonly used in quantity surveying when developing budgets in recognition that quantities and associated costs are often under-estimated. For the SEE project we have applied a 10% OB to all CO2 quantities and associated offsetting costs.

The following sources were used to calculate the emissions:

- Air distances are calculated from airport to airport using <https://www.airportdistancecalculator.com/>
- Air transport costs are based on international travel economy class and surface mile calculations are based on average costs of a medium sized car from <https://www.gov.uk/government/publications/greenhouse-gas-reporting-conversion-factors-2017>
- Accommodation costs are calculated based on Carbon and Usage Calculation Methods - Carbonfund.org
- Carbon costs are based on 23€ per tonne from Atmosfair who are contracted by EEA for offsetting <https://www.atmosfair.de/en/>



Appendix 1 – Carbon footprint

Name	Partner	Departing from	Flights CO ₂ (kg)	Car CO ₂ (kg)	Train CO ₂ (kg)	Bus CO ₂ (kg)	Ferry CO ₂ (kg)	Hostel Shared CO ₂ (kg)	Hotel CO ₂ (kg)	Local transport CO ₂ (kg)	Total including 10% OB*	Estimated cost to offset
Noel Doyle	LNTI	Westport, Ireland	696.66	0	20.5	17.85	0.00	16	0	6.3	833.04	€ 19.15
Stephen Millar	SNI	Hilltown, N. Ireland	0	189	0	0	19.88	16	20	6.3	276.30	€ 6.43
Mike McClure	SNI	Castlewellan, N. Ireland	0	189	0	0	19.88	16	20	6.3	276.30	€ 6.43
Barbara Eigenschenk	TUM	Munich, Germany	283.815	33.3	0	0		16	0	6.3	373.36	€ 8.59
Benjamin Billet	CREPS	Geneva, France	667.59	0	0	15.75		16	0	6.3	776.20	€ 17.85
Mark Torsius	IMBA	Amsterdam, Netherlands	813.45	0	4.92	15.75		12	0	6.3	937.66	€ 21.55
Jeanette Uner	Folkungland	Mjølby, Sweden	1306.11	66.6	0	15.75		16	0	6.3	1551.84	€ 35.69
Victor Labrador	INEFC	Lleida, Spain	458.49	0	0	0		12	0	6.3	524.47	€ 12.06
Nenad Lecic	Tara	Bajina Basta, Serbia	1375.47	57.6	0	15.75		16	0	6.3	1618.23	€ 37.22
Teresa Pastor	EUROPARC	Barcelona, Spain	458.49	10.8	0	15.75		16	0	6.3	558.07	€ 12.84
Andra Croitoru	Propark	Brasov, Romania	1217.37	0	16.4	31.5		16	0	6.3	1416.33	€ 32.54
Jean Esselstroem	CABV	Harnosand, Seden	1407.6	0	17.22	15.75		16	0	6.3	1609.16	€ 36.97
Alberto Robles	CREPS	Vallon, France	310.08	40.725	6.15	0		16	0	6.3	417.18	€ 9.58
Mairead O'Donovan	Scoil na Mara	Paris, France	0	0	31.98	285.705		16	40	6.3	417.98	€ 9.63
Ywann Dupre	Pays de la Loire	Vannes, France	274.38	39.6	3.075	15.75		16		6.3	390.62	€ 8.98
Remy Alonso	CREPS	Vallon, France	620.16	36.72	0	15.75		12		6.3	760.02	€ 17.48
GonCalo Gomes	IPDJ	Lisbon	0	0	32.39	0		12		6.3	55.76	€ 1.21
TOTALS			9889.67	663.35	132.64	461.06	39.76	256.00	80	107.10	12792.52	€ 294.20



