



**One Mediterranean:**  
practices, results and strategies for a common Sea

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*BlueMed CSA Final Conference*  
Feb. 22-24, 2021

# Tea-time with the BlueMed Young Communication Ambassadors

**bluemed**  Research and Innovation  
for blue jobs and growth  
in the Mediterranean Area

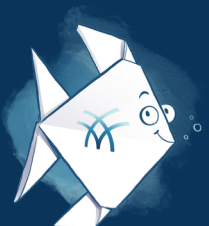
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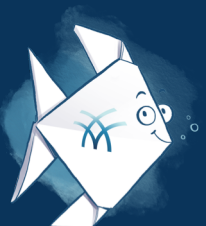
One Mediterranean: practices, results and strategies for a common Sea - BlueMed CSA Final Conference (Feb. 22-24, 2021)







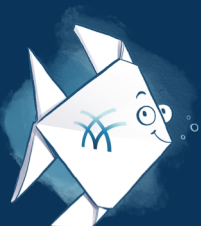








One Mediterranean: practices, results and strategies for a common Sea - BlueMed CSA Final Conference (Feb. 22-24, 2021)





05/09/20 Auditorium 28A 12:00-13:30 SEA Science Tea: BlueMed's young voices on the future of the Mediterranean Sea P\_1761

MINUTES  
26  
SECONDS  
51

gallery

Rita Giuffredi

Inès Boujmil

Fabio Trincardi

Alba L'Astorina

Laura Mc Donagh

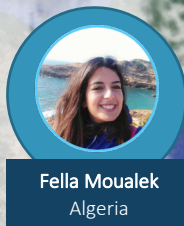
Badr El Mahrad

Nayerah Shaltout





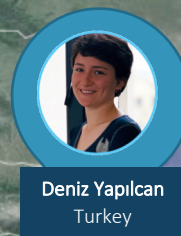
Badr El Mahrad  
Morocco



Fella Moualek  
Algeria



Inès Boujmil  
Tunisia



Deniz Yapilcan  
Turkey



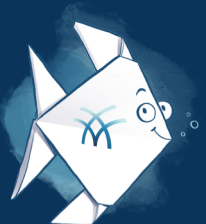


blueMed







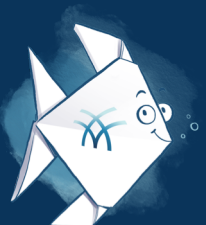




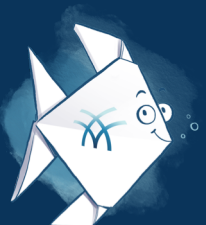


COVID is Dangerous

What about this Pandemic?







## ACTIONS TO REDUCE PLASTICS USE

### ■ REUSABLE BAG

Avoid plastic bags and bring your own reusable bag.



### ■ BRING YOUR BOTTLE

Stop buying plastic bottles and bring your personal water bottle.



### ■ REUSABLE CUP

Bring your own cup or use a paper cup.



### ■ REFUSE STRAWS

Drop straws or switch to reusable steel, glass, bamboo or paper straws



### ■ REUSABLE CUTLERY & PLATES

Say no to disposable cutlery, wear your own spoon and fork.



### ■ REUSABLE LUNCHBOX

Use re-usable boxes and avoid plastic in food packaging



### ■ AVOID BUYING PACKAGED PRODUCTS

Prefer bulk products and store leftovers in glass jars.



### ■ DO NOT THROW PLASTIC INTO THE TOILET



### ■ PRODUCTS WITH BEADS

Avoid care products containing "polyethylene" micro-beads (Toothpaste, shower gel, facial scrub ...).



### ■ REUSABLE WIPES

Use reusable makeup remover pads instead of disposable wipes



### ■ REUSABLE KITCHEN TOWELS

Use cloth napkins or reusable towels in the kitchen instead of paper towels.







**Eimear Manning**  
(All-Atlantic Ocean)  
Ireland



**Sofia Sadogurska**  
(Connect-Black Sea)  
Ukraine



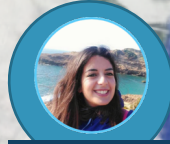
**Natalija Dunic**  
(European Marine Board)  
Croatia



**Deniz Yapilcan**  
Turkey



**Badr El Mahrar**  
Morocco



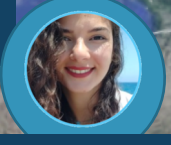
**Fella Moualek**  
Algeria



**Inès Boujmil**  
Tunisia



**Katerina Kikaki**  
Greece



**Vera Noon**  
(IOC/UNESCO,  
MSPglobal International)  
Lebanon