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# ERASMUS+ COOPERATION PARTNERSHIP SPORT

LEARNING HOW TO SAIL FOR SUSTAINABILITY:  
EQUIPPING YOUNG PEOPLE WITH LIFE SKILL

## SAIL4SUSTAINABILITY

PROJECT CODE: 101134663





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## D 4.1 Collection of Videos and Journals on Sustainable Sailing





1 – Introduction .....	4
2 - About this Deliverable .....	5
3 - Purpose of the Deliverable .....	6
4 - Video Library .....	7
4.1 Building Sustainable Sails - How OneSails Achieve It.....	7
4.2 How Sailing into the Wind Can Get Us Out of Environmental Trouble .....	8
4.3 Low Footprint Sailing is Better for Us: Episode 1.....	9
4.4 Low Footprint Sailing: Episode 2 .....	10
4.5 Tools to Kickstart Sustainability at Your Sailing Program .....	11
4.6 Sustainable Class: Italian RS21 Class   Sustainability Session 4.....	12
4.7 ONESAILS - Sustainable Sails Recycled Into Markers.....	13
4.8 Sailing Towards Sustainability: Unveiling the Secrets of Eco-Friendly Marine Facilities ...	14
4.9 Sustainable Solutions .....	15
4.10 Fossil Free around the world .....	16
5 - Train the Trainer and Trainee Program – Sustainable Sailing Practices .....	17
5.1 Water, the Source of Life .....	17
5.2 MIDWAY (A Film by Chris Jordan) Trailer.....	18
6 - Journals and Books Library .....	19
6.1 Giornale della Vela .....	19
6.2 Il sogno sostenibile, da Ponza alla Polinesia .....	20
6.3 La vela sport green .....	21
6.4 SustainableSailing: Go Green When You Cast Off, Dieter Loibner .....	22
6.5 Sailing to Newfoundland.....	23
6.6 The Resilience of the Sailing Ship.....	24
6.7 Self-Sufficient sailor .....	25
6 – Conclusion .....	26



## 1 – Introduction

Sail4Sustainability is a transformative Erasmus+ project aimed at engaging young people in sustainability practices through the power of sailing. With a focus on environmental stewardship, the project seeks to equip youth with the skills and knowledge necessary to advocate for and implement sustainable practices within and beyond the sailing community. By combining practical sailing experiences with education on climate change and environmental conservation, Sail4Sustainability empowers young individuals to become active champions for a more sustainable and just world. Through collaborative learning, the project strives to break down barriers and make sailing more accessible to diverse communities, ensuring that sustainability is a concept and a lived reality for future generations.





## 2 - About this Deliverable

This deliverable is part of Task 4.1 of the Sail4Sustainability project and serves as a key resource for enhancing participants' learning experience. It includes an extensive compilation of video content, journals, and books, all focusing on sustainable sailing practices and their importance in the broader environmental context. The deliverable aligns with the project's objectives of promoting sustainability, environmental responsibility, and inclusivity within the sailing community. By curating these materials, we aim to support individuals in their journey to becoming sustainability advocates within their local and international sailing networks.

Furthermore, the content within this deliverable is structured to serve a wide audience—ranging from sailing enthusiasts to environmental advocates—offering diverse perspectives and approaches to sustainability. It complements other educational tools and materials, providing a comprehensive understanding of how sustainability can be integrated into sailing while fostering the growth of a more inclusive and eco-conscious community.





### 3 - Purpose of the Deliverable

The primary purpose of this deliverable is to equip participants, sailing clubs, and other stakeholders with practical, accessible resources that promote sustainability within the sport of sailing. Through the integration of videos, journals, and books, this deliverable encourages participants to engage deeply with the principles of sustainable sailing and eco-friendly maritime practices. It offers a valuable toolkit of knowledge that will not only enhance the skills and awareness of individual sailors but also inspire collective action towards preserving our oceans and ecosystems.

This deliverable also plays a pivotal role in achieving the Sail4Sustainability project's mission by providing engaging multimedia resources that reinforce the importance of environmental stewardship. It aims to bridge the gap between theoretical knowledge and practical application, helping individuals and organisations implement sustainability practices in their daily activities. Additionally, by encouraging inclusivity and diversity within the sailing community, it works to ensure that all groups—regardless of background or experience—have access to the tools and knowledge needed to contribute to a sustainable future in the sport.





## 4 - Video Library

### 4.1 Building Sustainable Sails - How OneSails Achieve It

This video explores the process of creating sustainable sails, showcasing innovative techniques and eco-friendly materials used in the sailing industry.

By Planet Sail.

[CLICK HERE TO WATCH](#)

**LEARNING MATERIALS**

**TRAINING FORMAT**

Train the Trainer and Trainee Program - Sustainable Sailing Practices

**VIDEO LIBRARY**

Building Sustainable Sails - How OneSails Achieve It

A video about creating sustainable sails.  
by Planet Sail

Building Sustainable Sails - How OneSails Achieve It

**SUSTAINABLE SAILS**  
**HOW ONESAILS SEE THE FUTURE**

Watch on YouTube

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How sailing into the wind can get us out of environmental trouble





## 4.2 How Sailing into the Wind Can Get Us Out of Environmental Trouble

A TEDx talk discussing how sailing technology can offer sustainable solutions to environmental challenges.

By TEDx Talks.

[CLICK HERE TO WATCH](#)





## 4.3 Low Footprint Sailing is Better for Us: Episode 1

This video covers sustainable sailing practices and how they can reduce the ecological footprint of the sport.

By Sustainable Sailing.

[CLICK HERE TO WATCH](#)

The screenshot shows a web interface for 'LEARNING MATERIALS'. It features a 'TRAINING FORMAT' section with a dropdown menu set to 'Train the Trainer and Trainee Program - Sustainable Sailing Practices'. Below is a 'VIDEO LIBRARY' section with a list of videos. The selected video is 'Low Footprint Sailing is better for us: Episode 1'. The video player area shows a thumbnail with a footprint on sand and the text 'Low Footprint Sailing is better'. Below the player, it states 'Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.'

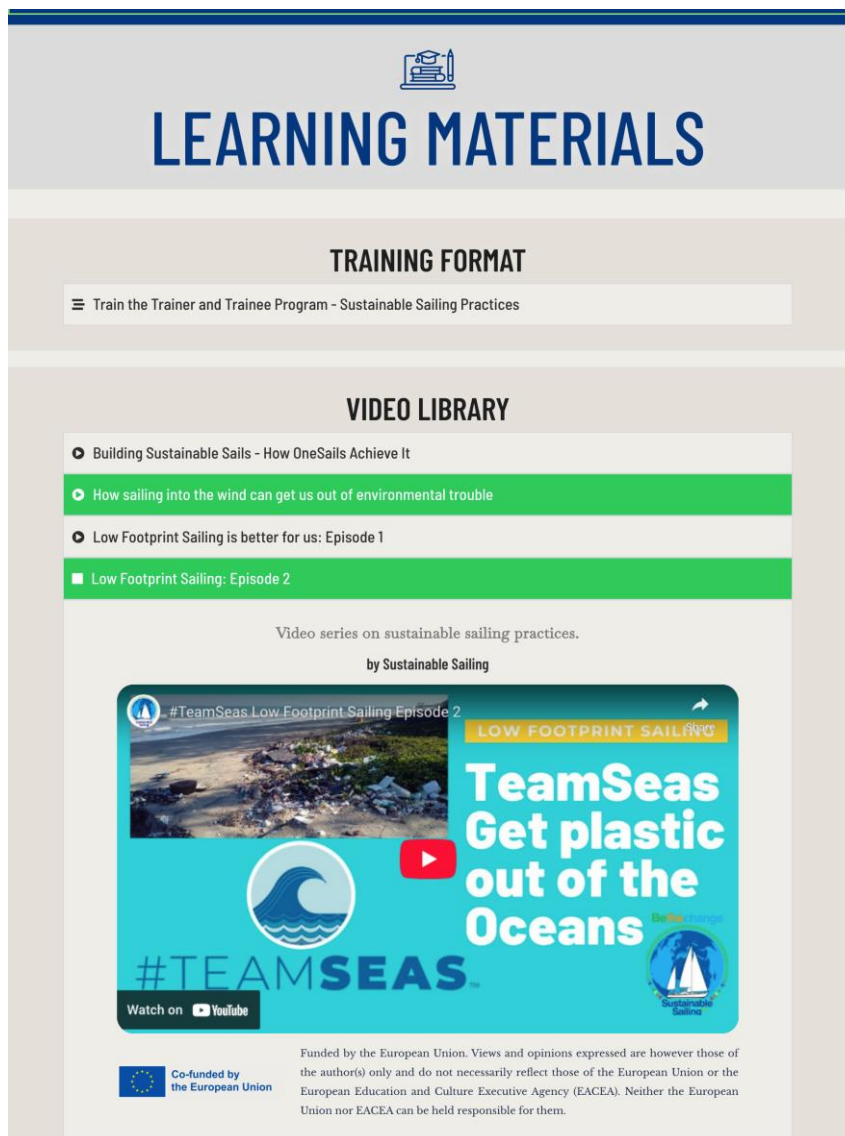


#### 4.4 Low Footprint Sailing: Episode 2

Continuing the conversation on sustainable sailing practices, this video dives deeper into environmentally friendly sailing techniques.

By Sustainable Sailing.

[CLICK HERE TO WATCH](#)



The screenshot shows a website titled "LEARNING MATERIALS" with a "TRAINING FORMAT" section listing "Train the Trainer and Trainee Program - Sustainable Sailing Practices". Below is a "VIDEO LIBRARY" section with a list of videos. The selected video is "Low Footprint Sailing: Episode 2", which is highlighted in green. The video thumbnail shows a beach cleanup with the text "TeamSeas Get plastic out of the Oceans" and "#TEAMSEAS". The video is described as "Video series on sustainable sailing practices. by Sustainable Sailing". At the bottom, there is a disclaimer: "Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them."

**LEARNING MATERIALS**

**TRAINING FORMAT**

- Train the Trainer and Trainee Program - Sustainable Sailing Practices

**VIDEO LIBRARY**

- Building Sustainable Sails - How OneSails Achieve It
- How sailing into the wind can get us out of environmental trouble
- Low Footprint Sailing is better for us: Episode 1
- Low Footprint Sailing: Episode 2**

Video series on sustainable sailing practices.  
by Sustainable Sailing

#TeamSeas Low Footprint Sailing Episode 2

**LOW FOOTPRINT SAILING**

**TeamSeas**  
Get plastic  
out of the  
Oceans

#TEAMSEAS

Watch on YouTube

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## 4.5 Tools to Kickstart Sustainability at Your Sailing Program

Learn about tools and resources available to integrate sustainability into your sailing program, promoting eco-friendly practices.

By US Sailing.

[CLICK HERE TO WATCH](#)

# LEARNING MATERIALS

## TRAINING FORMAT

☰ Train the Trainer and Trainee Program - Sustainable Sailing Practices

## VIDEO LIBRARY

- Building Sustainable Sails - How OneSails Achieve It
- How sailing into the wind can get us out of environmental trouble
- Low Footprint Sailing is better for us: Episode 1
- Low Footprint Sailing: Episode 2
- Tools to Kickstart Sustainability at your Sailing Program

It highlights tools, resources, and strategies that help promote environmental responsibility within the sailing community, ensuring that sailing activities are both eco-friendly and sustainable.

by US Sailing

### Tools to Kickstart Sustainability at your Sailing Program

#### Features

**Confidential**

- Individual data will not be shared with any third party.

**Trends**

- Trends in issue areas will help us put together further guidance.

**Evolving**

- We will add additional case studies of clubs that have addressed sustainability issues successfully so other clubs can emulate.

**Comprehensive**

- 142 questions covering all aspects of operating a sustainable club.

Watch on YouTube

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● Sustainable Class: Italian RS21 Class | Sustainability Session 4



## 4.6 Sustainable Class: Italian RS21 Class | Sustainability Session 4

Highlights the efforts of the Italian RS21 sailing class to incorporate sustainability into their sport and reduce environmental impact.

By World Sailing TV.

[CLICK HERE TO WATCH](#)

### TRAINING FORMAT

☰ Train the Trainer and Trainee Program - Sustainable Sailing Practices

### VIDEO LIBRARY

- Building Sustainable Sails - How OneSails Achieve It
- How sailing into the wind can get us out of environmental trouble
- Low Footprint Sailing is better for us: Episode 1
- Low Footprint Sailing: Episode 2
- Tools to Kickstart Sustainability at your Sailing Program
- Sustainable Class: Italian RS21 Class | Sustainability Session 4

The video highlights the Italian RS21 sailing class's efforts to promote sustainability and reduce environmental impact within the sport.

by World Sailing TV

Sustainable Class: Italian RS21 Class | Sustainability Session - Season 1

World Sailing RS21 Sustainability Sessions

SUSTAINABLE CLASS BY RS21 ITALIAN CLASS

Watch on YouTube

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- ONESAILS - Sustainable Sails Recycled Into Markers
- Sailing towards Sustainability Unveiling the Secrets of Eco Friendly Marine Facilities | WSP Podcast
- Sustainable Solutions



## 4.7 ONESAILS - Sustainable Sails Recycled Into Markers

OneSails showcases how they recycle old sails into markers, promoting sustainability in the sailing industry.

By OneSails International.

[CLICK HERE TO WATCH](#)

### VIDEO LIBRARY

- Building Sustainable Sails - How OneSails Achieve It
- How sailing into the wind can get us out of environmental trouble
- Low Footprint Sailing is better for us: Episode 1
- Low Footprint Sailing: Episode 2
- Tools to Kickstart Sustainability at your Sailing Program
- Sustainable Class: Italian RS21 Class | Sustainability Session 4
- ONESAILS - Sustainable Sails Recycled Into Markers**

The video discusses how One Sails recycles old sails into sustainable products, showcasing their commitment to eco-friendly practices in the sailing industry.

by OneSails International

Watch on YouTube

we create more sustainable campaigns.

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- Sailing towards Sustainability Unveiling the Secrets of Eco Friendly Marine Facilities | WSP Podcast
- Sustainable Solutions
- Fossil Free around the world





## 4.8 Sailing Towards Sustainability: Unveiling the Secrets of Eco-Friendly Marine Facilities

This podcast delves into the sustainable practices of eco-friendly marine facilities and their role in promoting environmental responsibility.

By WSP Anticipate.

[CLICK HERE TO WATCH](#)

### TRAINING FORMAT

☰ Train the Trainer and Trainee Program - Sustainable Sailing Practices

### VIDEO LIBRARY

- Building Sustainable Sails - How OneSails Achieve It
- How sailing into the wind can get us out of environmental trouble
- Low Footprint Sailing is better for us: Episode 1
- Low Footprint Sailing: Episode 2
- Tools to Kickstart Sustainability at your Sailing Program
- Sustainable Class: Italian RS21 Class | Sustainability Session 4
- ONESAILS - Sustainable Sails Recycled Into Markers
- Sailing towards Sustainability Unveiling the Secrets of Eco Friendly Marine Facilities | WSP Podcast

The video covers eco-friendly marine facilities, exploring sustainable practices in the maritime industry to promote environmental responsibility.

by WSP Anticipate

**Sailing towards Sustainability:**  
Unveiling the Secrets of  
Eco-Friendly Marine Facilities

PODCAST

Watch on YouTube

WSP-ANTICIPATE.COM

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Sustainable Solutions



## 4.9 Sustainable Solutions

Dutch Sailors Floris van Hees and Ivar Smits sail around the world and document solutions that bring us closer to an ecologically sound and socially just society.

By Sailors for Sustainability.

[CLICK HERE TO WATCH](#)

### VIDEO LIBRARY

- Building Sustainable Sails - How OneSails Achieve It
- How sailing into the wind can get us out of environmental trouble
- Low Footprint Sailing is better for us: Episode 1
- Low Footprint Sailing: Episode 2
- Tools to Kickstart Sustainability at your Sailing Program
- Sustainable Class: Italian RS21 Class | Sustainability Session 4
- ONESAILS - Sustainable Sails Recycled Into Markers
- Sailing towards Sustainability Unveiling the Secrets of Eco Friendly Marine Facilities | WSP Podcast
- Sustainable Solutions**

Dutch Sailors Floris van Hees and Ivar Smits sail around the world and document solutions that bring us closer to an ecologically sound and socially just society.

by Sailors for Sustainability

[Click here for the channel!](#)

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- Fossil Free around the world





## 4.10 Fossil Free around the world

Blog and video about sailing sustainably and sustainable living.

By Peter Hoefnagels.

[CLICK HERE TO WATCH](#)

### VIDEO LIBRARY

- Building Sustainable Sails - How OneSails Achieve It
- How sailing into the wind can get us out of environmental trouble
- Low Footprint Sailing is better for us: Episode 1
- Low Footprint Sailing: Episode 2
- Tools to Kickstart Sustainability at your Sailing Program
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### Fossil Free Around the World

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OCTOBER 5, 2024 BY WSP, INGE

#### Climate Change - Some Concrete Consequences for Sailors

The rate of ocean warming has almost doubled since 2005. In addition, more than a fifth of the world's ocean surface will experience a severe heat wave in 2023, reports the European climate service Copernicus. The oceans, which cover 70 percent of the Earth's surface, are an important regulator of the Earth's climate. This week tropical storms killed 300 people in Nepal and 30 in the USA. Ocean sailors know that a seawater temperature of over 29 degrees Celsius is the main precondition for hurricanes. In August 2022, a record temperature of 29.2 degrees Celsius was measured in the coastal waters of the Balearic Islands.

Where did that lead for sailors? Here some films with the concrete consequences of climate change this summer.

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## 5 - Train the Trainer and Trainee Program – Sustainable Sailing Practices

### 5.1 Water, the Source of Life

A WWF International video exploring the importance of water as a vital resource for all life on Earth and its environmental significance. By WWF International.

[CLICK HERE TO WATCH](#)

**TOOLKIT**

Train the Trainer and Trainee Program Sustainable Sailing Practices

Click here to reach!

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Toolkit for Diversity and Inclusion

2.1 Teaching Goal 1: Understand the Importance of Clean Water

Why: Water is the lifeblood of our planet, and for sailors, it's more than just a medium to sail on. It's a vital part of the ecosystem they cherish. Clean water is essential for sustaining marine life, providing safe recreational spaces, and ensuring the health of coastal communities. It is the foundation upon which ecosystems thrive, supporting biodiversity, regulating climate, and offering resources like food and oxygen. For sailors, the clarity of the water also directly impacts their navigation and safety, while aesthetically enhancing their maritime experience.

Techniques: Explain that water is a necessity for life on earth, including our own.

Resources: Show a video, such as WWF's "Water, the Source of Life" <https://youtu.be/tU8mzCPi8Y?feature=shared>







## 5.2 MIDWAY (A Film by Chris Jordan) Trailer

The trailer for MIDWAY, a powerful film that explores the devastating effects of plastic pollution on wildlife at Midway Atoll.

By Mad Tomato.

[CLICK HERE TO WATCH](#)


HOME NEWS PLATFORM



# TOOLKIT

### Train the Trainer and Trainee Program Sustainable Sailing Practices


[Click here to reach!](#)

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### Toolkit for Diversity and Inclusion

[Click here to reach!](#)

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#### 2.2 Teaching Goal 2: Understand the impact of plastic pollution

**Why:** One of the most pervasive threats to clean water is **plastic pollution**. Every year, millions of tons of plastic waste enter our oceans, breaking down over time into microplastics. These tiny particles are ingested by marine life and enter the food chain, thereby affecting the health of entire ecosystems. Inevitably, these microplastics also end up in our food. Plastics can come from discarded fishing gear, packaging, flags, and everyday waste that finds its way into the water.

**Techniques:** Explain that sailors can play a crucial role in reducing plastic pollution by minimizing single-use plastics on board.

Take trainees to the lee shore or downwind corner of the marina and show them the waste that accumulates there.

Ask trainees to bring reusable water bottles, storage containers, and bags for groceries.


Implement a "leave no trace" policy on board so that any waste generated is properly disposed of ashore.

When you sail in an area where marinas offer recycling options in their waste management, you can support that by implementing a similar **waste separation system** onboard.

Show trainees that flags deteriorate and if they are made from polyester they end up as microplastics in the water. Explain that **cotton flags** are biodegradable.

Organize or participate in **clean-up efforts**. This can also be done with the involvement of the sailing school or club. If you encounter pieces of floating plastic on the water, make it an exercise to pick it up from the boat. The boat that picks up the most waste wins a prize. This enforces good boat handling skills and creates both fun as well as a competitive element.

**Resources:** Show an emotional video, such as Chris Jordan's "MIDWAY"  
<https://youtu.be/IQIYKEY9Bw?feature=shared>





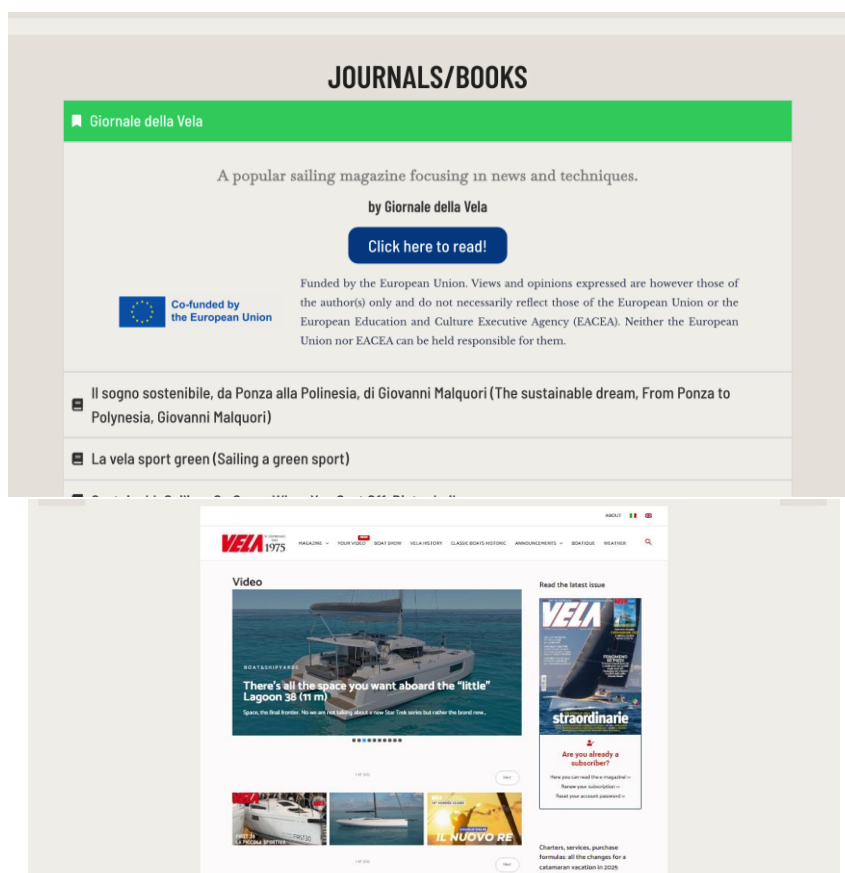
## 6 - Journals and Books Library

### 6.1 Giornale della Vela

Giornale della Vela is a renowned sailing magazine that delivers insightful news, techniques, and tips on sailing. It offers a wide range of articles on different aspects of the sport, including sustainability and environmental issues in sailing.

By Giornale della Vela.

[CLICK HERE TO READ](#)



## 6.2 Il sogno sostenibile, da Ponza alla Polinesia


Il sogno sostenibile tells the inspiring story of Giovanni Malquori's journey blending sailing with sustainable living, from Ponza to Polynesia, with a focus on environmental awareness.


By Giovanni Malquori.

[CLICK HERE TO READ](#)

# JOURNALS/BOOKS

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 **Giornale della Vela**

 **Il sogno sostenibile, da Ponza alla Polinesia, di Giovanni Malquori (The sustainable dream, From Ponza to Polynesia, Giovanni Malquori)**

Il Sogno Sostenibile is Giovanni Malquori's project, blending sailing with sustainable living. The journey from Ponza to Polynesia by sailboat focuses on environmental awareness and minimalist living, integrating music, culture, and nature

by **Giovanni Malquori**






[Click here to read!](#)



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-  **La vela sport green (Sailing a green sport)**
-  **SustainableSailing: Go Green When You Cast Off, Dieter Loibner**
-  **Sailing to Newfoundland**
-  **The Resilience of the Sailing Ship**
-  **Self-Sufficient sailor**



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CONTATTI



Giovanni Malquori  
**Il sogno sostenibile**  
Da Ponza alla Polinesia



Il Salotto di Officine presenta "Saracomb nel '907"



Come prepararsi per un'esibizione con successo: gli album e i gestuali



Sostenere insieme Band e Orchestra: una nuova esperienza "concertistica"

In questo articolo...

**Vivi a Roma e ti piacerebbe contare su un suono uno strumento ed esprimerti con la musica?**



## 6.3 La vela sport green

This learning unit explores environmental pollution in the context of sailing as a sport and its contribution to sustainability.

By Federazione Italiana Vela.

[CLICK HERE TO READ](#)

### JOURNALS/BOOKS

- Giornale della Vela
- Il sogno sostenibile, da Ponza alla Polinesia, di Giovanni Malquori (The sustainable dream, From Ponza to Polynesia, Giovanni Malquori)
- La vela sport green (Sailing a green sport)**

In this learning unit, one of the most topical and important issues of our time is developed: environmental pollution.

[Click here to read!](#)

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- Self-Sufficient sailor

FIV  
Federazione Italiana Vela

### La Vela sport green

In questa unità di apprendimento viene sviluppato uno dei temi più attuali e importanti dei nostri giorni: **l'inquinamento dell'ambiente**. Cercheremo di capire quali sono le maggiori cause di questo visibile problema ambientale e che cosa può fare ciascuno di noi per evitare danni che in futuro potrebbero essere irreversibili.





## 6.4 SustainableSailing: Go Green When You Cast Off, Dieter Loibner

This book provides a practical guide on adopting sustainable sailing practices, offering insights into eco-friendly approaches for sailing enthusiasts.

By Dieter Loibner.

[CLICK HERE TO READ](#)

### JOURNALS/BOOKS

- Giornale della Vela
- Il sogno sostenibile, da Ponza alla Polinesia, di Giovanni Malquori (The sustainable dream, From Ponza to Polynesia, Giovanni Malquori)
- La vela sport green (Sailing a green sport)
- SustainableSailing: Go Green When You Cast Off, Dieter Loibner**

Book on sustainable sailing practises.

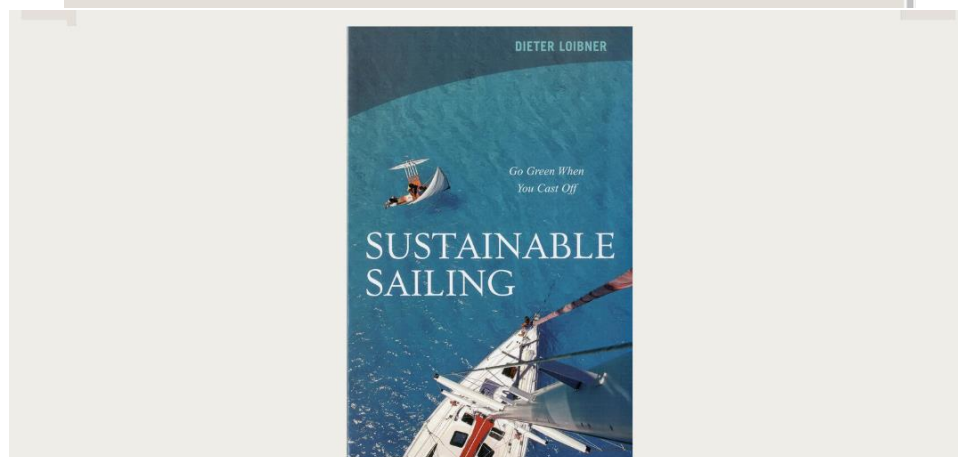
by Dieter Loibner

[Click here to read!](#)

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- Sailing to Newfoundland
- The Resilience of the Sailing Ship
- Self-Sufficient sailor







## 6.5 Sailing to Newfoundland

A thrilling adventure in one of the world's most pristine environments, focusing on sailing and the importance of nature preservation.

By Paul Trammell.

[CLICK HERE TO READ](#)

### JOURNALS/BOOKS

- Giornale della Vela
- Il sogno sostenibile, da Ponza alla Polinesia, di Giovanni Malquori (The sustainable dream, From Ponza to Polynesia, Giovanni Malquori)
- La vela sport green (Sailing a green sport)
- SustainableSailing: Go Green When You Cast Off, Dieter Loibner
- Sailing to Newfoundland**

A compelling adventure to one of the few places in the world where raw unspoiled nature meets the ocean, from the author of *Becoming a Sailor*, *Journey to the Ragged Islands*, and *Chasing the Nomadic Dream*.

by Paul Trammell

[Click here to read!](#)

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- The Resilience of the Sailing Ship
- Self-Sufficient sailor





## 6.6 The Resilience of the Sailing Ship

This article offers a historical perspective on how sailing ships maintained their competitiveness in global trade despite the advent of steam power.

By Tim Hatton.

[CLICK HERE TO READ](#)

### JOURNALS/BOOKS

- Giornale della Vela
- Il sogno sostenibile, da Ponza alla Polinesia, di Giovanni Malquori (The sustainable dream, From Ponza to Polynesia, Giovanni Malquori)
- La vela sport green (Sailing a green sport)
- SustainableSailing: Go Green When You Cast Off, Dieter Loibner
- Sailing to Newfoundland
- The Resilience of the Sailing Ship**

A historical analysis of how sail ships remained a dominant force in global trade long after the advent of steam, especially on routes to Australia. It also explores the efficiency and technological advancements that made sailing ships competitive for decades.

by Tim Hatton

[Click here to read!](#)

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- Self-Sufficient sailor

### RESOURCEFUL WEBSITES

The screenshot shows the VOX CEPR website. The article 'The resilience of the sailing ship' by Tim Hatton is featured. The website has a blue header with navigation links: VOX CEPR, VoxEU, Research, Publications, Events, Audio and video, About CEPR, Themes, and Search. Below the header, there are tabs for Columns, Blogs and Reviews, VoxTalks, VoxEU Videos, Vox Webcasts, and VoxEU Debates. The article is displayed with a large image of a sailing ship and the title 'The resilience of the sailing ship' by Tim Hatton / 12 Sep 2024.


## 6.7 Self-Sufficient sailor

Excellent book on applying minimalism to sailing.


By Lin and Larry Pardey.

**[CLICK HERE TO READ](#)**


## JOURNALS/BOOKS




Giornale della Vela




Il sogno sostenibile, da Ponza alla Polinesia, di Giovanni Malquori (The sustainable dream, From Ponza to Polynesia, Giovanni Malquori)




La vela sport green (Sailing a green sport)




SustainableSailing: Go Green When You Cast Off, Dieter Loibner



Sailing to Newfoundland



The Resilience of the Sailing Ship




**Self-Sufficient sailor**

Excellent book on applying minimalism to sailing,

by Lin and Larry Pardey

[Click here to read!](#)



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[illegible]



## 6 – Conclusion

The video library and journal collection presented in this deliverable reflect the commitment of our project to fostering awareness, education, and action for environmental sustainability. By sharing diverse perspectives and resources, we aim to empower individuals and organisations to contribute to a more sustainable and resilient future actively. These curated materials inspire and provide practical knowledge to address environmental challenges. We hope they will serve as valuable tools for our audience and a source of motivation to engage in meaningful change.

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