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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



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## 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.





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## 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.



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### 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.



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## 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](#)

The screenshot shows the SAIL4Sustainability website. At the top, there is a navigation bar with the logo, HOME, NEWS, and PLATFORM. Below the navigation, the page title 'LEARNING MATERIALS' is displayed with a graduation cap icon. Underneath, the 'TRAINING FORMAT' section includes a sub-section for 'Train the Trainer and Trainee Program - Sustainable Sailing Practices'. The main content area is titled 'VIDEO LIBRARY' and features a video thumbnail for 'Building Sustainable Sails - How OneSails Achieve It'. The thumbnail shows a man on a boat with the text 'SUSTAINABLE SAILS' and 'HOW ONE SAILS SEE THE FUTURE'. Below the thumbnail, there is a 'Watch on YouTube' link. At the bottom of the page, there is a note about funding and a link to another video in the library.

A video about creating sustainable sails.  
by Planet Sail

Building Sustainable Sails - How OneSails Achieve It

SUSTAINABLE SAILS

HOW ONE SAILS SEE THE FUTURE

Watch on YouTube

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





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## 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\*\*](#)

The screenshot shows the SAIL4Sustainability website. At the top, there is a navigation bar with the logo, HOME, NEWS, and PLATFORM. Below the navigation, there is a section titled "LEARNING MATERIALS" with a "TRAINING FORMAT" sub-section. Under "TRAINING FORMAT", there is a list with "Building Sustainable Sails - How OneSails Achieve It" and "How sailing into the wind can get us out of environmental trouble", with the latter being highlighted in green. The main content area shows a TEDx talk video thumbnail for "How sailing into the wind can get us out of environmental trouble" by Terje L... The video thumbnail shows a man speaking on stage. Below the video, there is a note about funding and a "Watch on YouTube" link. At the bottom, there is a disclaimer about funding and a "Co-funded by the European Union" logo.





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## 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](#)





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## 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](#)

# 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

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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





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## 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

The thumbnail is a screenshot of a video player. It shows a dark blue background with a yellow diagonal stripe. In the center, there's a photo of several sailboats on the water. The text 'Sustainable Class: Italian RS21 Class | Sustainability Session 4' is at the top, followed by 'Sustainability Sessions' and 'SUSTAINABLE CLASS BY RS21 ITALIAN CLASS'. At the bottom, it says '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





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## 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

ONESAILS - Sustainable Sails Recycled Into Markers

Watch on [YouTube](#) we create more sustainable campaigns.

Share

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





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## 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



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Sustainable Solutions





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## 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.

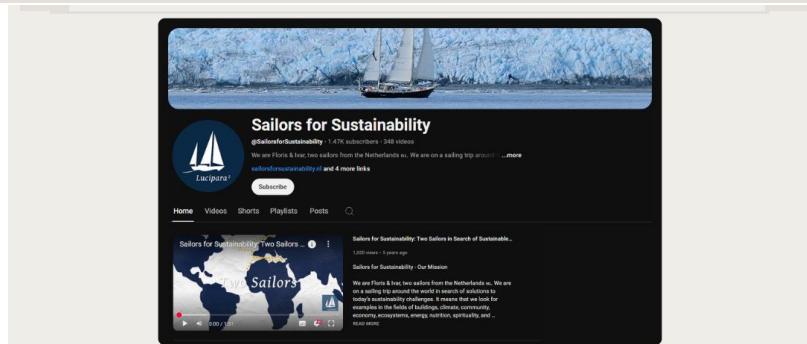
by Sailors for Sustainability

[Click here for the channel!](#)

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● Fossil Free around the world





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## 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
- Sustainable Class: Italian RS21 Class | Sustainability Session 4
- ONEAILS - Sustainable Sails Recycled Into Markers
- Sailing towards Sustainability Unveiling the Secrets of Eco Friendly Marine Facilities | WSP Podcast
- Sustainable Solutions
- Fossil Free around the world

Blog and video about sailing sustainably and sustainable living  
by Peter Hoefnagels

[Click here for the channel!](#)

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**Fossil Free Around the World**

Home Blog Schedule Map History The yacht About us Contact

OCTOBER 5, 2024 BY HOEFNAGELS

Climate Change – Some Concrete Consequences for Sailors

The rate of ocean warming has almost doubled since 2005. In addition, more than half of the world's surface will experience severe winter weather by 2033, according to the European Climate Observatory. 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. Climate experts warn that a warmer temperature of over 29 degrees Celsius is the main condition for hurricanes. In August 2022, a record temperature of 29.2 degrees Celsius was measured in the coastal waters of the Baltic Sea.

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](#)

The screenshot shows the SAIL4Sustainability Toolkit website. At the top, there is a navigation bar with links for HOME, NEWS, and PLATFORM. The main title 'TOOLKIT' is displayed prominently. Below the title, there is a green banner with the text 'Train the Trainer and Trainee Program Sustainable Sailing Practices'. A blue button with the text 'Click here to reach!' is visible. Below this, there is a disclaimer about funding. Further down, there is a section titled 'Toolkit for Diversity and Inclusion'. On the left side of the main content area, there is a box containing teaching goals, techniques, and resources. On the right side, there is a video player showing a sunset over water.

2.1 Teaching Goal 1: Understand the Importance of Clean Water  
Why: Water is not just a resource on our planet, but for seafarers it is often not 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, clean, clear water enhances their maritime 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/rUBtmzCP18Y?feature=shared>





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## 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](#)

The screenshot shows the SAIL4Sustainability website's toolkit section. The top navigation bar includes links for HOME, NEWS, and PLATFORM. The main title 'TOOLKIT' is displayed with a magnifying glass icon. Below the title, there are two main sections: 'Train the Trainer and Trainee Program Sustainable Sailing Practices' and 'Toolkit for Diversity and Inclusion'. Each section has a 'Click here to reach!' button. The 'Train the Trainer' section includes a note about funding and a link to a video titled '2.2 Teaching Goal 2: Understand the impact of plastic pollution'. The video thumbnail shows a close-up of a seabird with plastic debris in its mouth. The 'Toolkit for Diversity and Inclusion' section also includes a funding note and a link to a video.

**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 a competitive element.

Resources: Show an emotional video, such as Chris Jordan's "MIDWAY" <https://youtu.be/lQQuYKEY9Bw?feature=shared>





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## 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](#)

The screenshot shows the Giornale della Vela website. At the top, there is a green header bar with the text "Giornale della Vela". Below the header, the page title "JOURNALS/BOOKS" is displayed. A sub-header "A popular sailing magazine focusing in news and techniques." is followed by the text "by Giornale della Vela" and a blue button "Click here to read!". A note below 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." Two thumbnail images are shown: one for "Il sogno sostenibile, da Ponza alla Polinesia, di Giovanni Malquori (The sustainable dream, From Ponza to Polynesia, Giovanni Malquori)" and another for "La vela sport green (Sailing a green sport)". Below these, a larger image of the magazine cover for "VELA" is displayed, featuring a sailboat and the text "There's all the space you need aboard the 'little' Lagoon 38 (11 m)". The magazine cover also includes the text "straordinarie" and "Are you already a subscriber?". The footer of the page includes links for "About", "Contact", "Search", and "Logout".





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## 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**

■ 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

■ Giornale della Vela

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

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by Giovanni Malquori

[Click here to read!](#)

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■ La vela sport green (Sailing a green sport)

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■ Sailing to Newfoundland

■ The Resilience of the Sailing Ship

■ Self-Sufficient sailor

■ 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

Il sogno sostenibile da Ponza alla Polinesia di Giovanni Malquori

Il sogno sostenibile è un'idea di Malquori, e momento di Malquori, di un'idea. Il Sogno Sostenibile è di Giovanni Malquori, avvocato e fondatore di Officine Musicali del Borgo. Questo libro scritto quasi per giorni ha vinto la nostra edizione del premio Maxicoach con la seguente motivazione:

Il SOGNO SOSTENIBILE di Giovanni Malquori

Trovare il segno di arrivata in Polinesia con la minima effetta e l'ha realizzato tutto quel che era spedito.

OFFICINE MUSICALI DEL BORG  
CORSI IN SEDDE - LEZIONI ONLINE - LABORATORI - CORSI PRE-ACADEMICO - BAMBINI - BLOG - CONCERTI & NEWS - CONTATTI

[In questo articolo...](#)

Vivi a Roma e ti piacerebbe cantare, suonare uno strumento ed esprimerti con la musica?





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## 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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- SustainableSailing: Go Green When You Cast Off, Dieter Loibner
- Sailing to Newfoundland
- The Resilience of the Sailing Ship
- Self-Sufficient sailor

  
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





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## 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





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## 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.

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**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

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





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## 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.

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**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

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■ Self-Sufficient sailor

**RESOURCEFUL WEBSITES**



The screenshot shows the VoxEU website with a blue header. The main content area features a large image of a three-masted sailing ship. Below the image, the title 'The resilience of the sailing ship' is displayed, followed by the author's name 'Tim Hatton / 12 Sep 2024'.





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## 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
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A screenshot of the GOOD OLD BOAT website. The header features the site's name in a stylized font, with 'GOOD OLD' in a triangle. Below the header are navigation links for 'ABOUT US', 'CONTACT US', 'PROJECTS', 'SAILING', 'REVIEWS', and 'THE DOGWATCH'. The main content area shows a book review for 'Self Sufficient Sailor: Book Review' by Michael Norstrom, with a thumbnail image of the book 'Self Sufficient Sailor' by Lin and Larry Pardey.



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## 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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