

4 - 5 December 2018  
Southampton, UK

[commocean.org](http://commocean.org)



## DAY 1

### Opening and Welcome Address

#### **Professor Ed Hill OBE, Executive Director, National Oceanography Centre**

Professor Ed Hill is Executive Director of the National Oceanography Centre (NOC). The NOC is part of the Natural Environment Research Council (NERC) and UK Research and Innovation, and has a remit to provide UK national capability to undertake and enable large-scale oceanographic sciences from coast to deep ocean. His research background is in physical oceanography where he specialised in the circulation of continental shelf seas, during which time he participated in over 20 research ship expeditions and led half as Chief Scientist. Professor Hill has served on numerous national and international advisory bodies including the International Steering Group of the Global Climate Observing System (GCOS), the European Marine Board (EMB), the cross-Government UK Marine Science Coordination Committee (MSCC), the Governing Board of the National Centre for Ocean Forecasting (NCOF) and NERC's Executive Board and Science and Innovation Strategy Board (SISB). He was appointed Officer of the Most Excellent Order of the British Empire (OBE) by HM Queen Elizabeth II in 2010 for services to environmental sciences.

#### **Rachael Coccia, Director of Youth Initiatives, The Ocean Project**

Rachael Coccia comes from a diverse background of ocean communication. Her past position as Host and Associate Producer of the educational children's show, Aqua Kids, sent her on a path to learn more about the challenges facing our ocean and to effectively engage others in working towards solutions. Rachael then received training and worked for the Alan Alda Center for Communicating Science while earning an MA in Marine Conservation and Policy from Stony Brook University. Being a true believer that youth are the leaders of today, Rachael is thrilled to be leading The Ocean Project's youth engagement efforts. Through Youth for the Ocean initiatives including the World Oceans Day Youth Advisory Council and Sea Youth Rise Up, she helps connect dedicated young people from around the world and works to strengthen their efforts to create a sustainable future for our ocean.

- Day 1: Skills Building Session - 1

**Programme A - Engaging audiences with a fun and friendly newsletter: The little Blue Letter Story, Glen Wright (IDDRI)**

Little Blue Letter is "a splash of uplifting ocean stuff, lovingly curated by young ocean leaders and shipped straight to your inbox every Friday". Since launching in October 2017, this quirky newsletter's regular dose of positive and pragmatic ocean news and views has attracted a dedicated following of over 600 subscribers. This talk will share ideas and insight for building a successful newsletter and suggest how the "Tiny Letter" model may be used for effective marine science communication.

**Programme B - How to engage new users through communication & outreach? The examples of EMODnet & the European Atlas of the Seas - Andrée-Anne Marsan (EMODnet)**

The European Marine Observation and Data Network (EMODnet) sits in an increasingly complex marine data and information sharing landscape. This complexity is confusing, off-putting and limits both the visibility and the usability of EMODnet. This presentation will illustrate how EMODnet has overcome this limit through four examples (an updated visual identity, the EMODnet for business campaign, the EMODnet Open Sea Lab hackathon and partnerships with schools & institutions). This presentation will also focus on the communication actions around the release of the new European Atlas of the seas. [www.emodnet.eu](http://www.emodnet.eu) [www.european-atlas-of-the-seas.eu](http://www.european-atlas-of-the-seas.eu)

**Programme C - Aurora – A princess? A Russian cruiser? Or a natural phenomenon? Perception of Arctic issues among people of different ages in Poland - Izabele Kotynska-Zielinska (Today We Have)**

Perception of Arctic issues among people of different ages in Poland is a complicated matter. Public events, with "sexy" titles, presented by interesting people, preferably, those who have been "there" are the key elements for communication.

- Day 1: Skills Building Session - 2

**Programme A - First steps in communications: EMB Communications Panel**

This session is an introduction to the basic principles of communicating and aims to equip those new to undertaking public engagement or communications with the skills they need to get started and undertake impactful activities. The session will cover storytelling; how to identify key messages and build compelling content, social media principles, platforms and best practice and preparing for and conducting interviews with media outlets.

**Programme B - The Plastic Ocean:**

**Ocean Plastics Lab - Julia Schnetzer (German Marine Research Consortium, KDM)**

The Ocean Plastics Lab travels around the world science 2017. From Turin, Paris, Brussels, Washington, D.C., Ottawa to Berlin the interactive exhibition pops up on highly frequented places in the cities. It educates people about the problem of plastic in the ocean, the science behind it and how scientist but also the people themselves can contribute to solutions to tackle the plastic problem. This pop-up approach helps to especially reach out to people who might not be aware of the situation.

**Communicating microplastics around the world, the Volvo Ocean Race experience - Sören Gutekunst (GEOMAR)**

We were able to install sampling devices for microplastic and sensors for salinity, temperature, and the partial pressure of CO<sub>2</sub> on two of the Volvo Ocean Race Yachts during the 2017/18 edition. This allowed us to take samples in a consistent and unique way along the race track around the world. The results were communicated widely in media and the ocean summits that were held in several of the stop-overs. Here we will share our experience with the outreach of the project, and lessons learned.

## **Communicating marine litter: MIO-ECSDE showcases on the science policy-society interface -Thomas Vlachogianni (MIO-ECSDE)**

The NGO community has an essential role to play in terms of enhancing communications on the science-policy-society interface towards effective responses to tackle marine litter and other societal challenges. How marine litter and its inherent dimensions have been communicated by MIO-ECSDE - a Federation of some 128 Mediterranean Environmental NGOs- illustrates the broad extent of involvement and interventions required for the protection of the marine and coastal environment.

### **Programme C - Ocean Literacy:**

#### **Making the invisible visible – public engagement and marine science - Jan Seys (VLIZ)**

Sharing ocean science knowledge with the wider public is a major challenge and a high priority when advocating for more Ocean Literacy. On top of the traditional issues encountered when looking for a deep science-based interaction with a non-expert audience, the ocean is often considered as a remote environment and is highly undervalued in terms of its societal benefits. During this presentation, we will explore some best practices gathered during several European ocean related projects and within various existing marine science communication and education fora & directories. Based upon these examples, the lessons learnt can shed light on what might be the heart of marine science interaction with the wider public.

#### **Blue School PT – Communicating the Ocean with schools - Bernardo Mata (Portuguese Directorate-General for Maritime Policy)**

Ocean Literacy isn't just about knowledge. It is also about being able to correctly communicate that knowledge. The Portuguese Ministry of Sea has been implementing the Blue School programme, aimed to distinguish the schools who work on Ocean Literacy. One of the requirements to become a Blue School is precisely to communicate its own project about the ocean. This presentation will show specific examples on how schools are approaching this often-neglected need to communicate their own actions.

#### **Experimenting ocean literacy in Europe: practical feedback from the ResponSEable project - Louise Ras (Oceanopolis)**

The H2020 ResponSEable project aims to “encourage Europeans to take a closer interest in their oceans and to treat them with greater respect and understanding”. After creating Ocean Literacy tools (quiz game, actors' portraits) we tested them with various publics. What did we learn? Did the DAPSI(W)R framework help us organise knowledge? How did we assess if our products changed people's perceptions? How did we develop an awareness raising discourse while keeping our scientific impartiality?

- Day1: Skills Building Session – 3

#### **Programme A (\*restricted numbers) - Ocean Literacy Workshop - The plastic debate as a catalyst to Ocean Literacy - Ned Dwyer (Eurocean) et al**

With marine plastics everywhere in the news, online and social media, it is time to ask if the role of communicators is simply to create hype. Is our job done when everybody is talking about plastics or when effective solutions were implemented? Do we work merely for likes and followers or are we to commit to real changes? On the other hand, there is a feeling that the plastics hype is unheard of in terms of scale. Did we ever have so many people talking and so many events about any other environmental problem? Hence, how can we use the plastics wave to raise awareness to other less popular issues and take ocean literacy to the next level?

This World Café Method workshop will run for two hours and consist of three tables each dedicated to a specific triggering question. There will be three rounds and participants will rotate from table to table after each round. The facilitator will

launch the question at the beginning of each round and the participants will present and debate actions to tackle that question. After the final round, each facilitator will prepare a voting panel with all the actions suggested for their triggering question. The most voted actions will be used to identify the Ten Commandments on how the plastic debate can serve as a catalyst to ocean literacy.

## **TRIGGERING QUESTIONS**

### TABLE 1

What else do communicators need to do to open up the debate from marine plastics to circular economy and ocean literacy?

*What goals should communicators target to promote change instead of simply creating hypes?*

### TABLE 2

What success stories can be used to increase people's awareness of the effects they have on the ocean and inspire them to change about plastics?

*What communication actions are more efficient to motivate people to change old habits about plastics?*

### TABLE 3

How should the communicators segment their audiences to effectively communicate plastics issues?

*What is more effective in terms of marine plastic communication: a strategy for each target group or one single recipe for all?*

## **EXPECTED OUTCOME**

Apart from the triggering questions on each table, there will be a question on a dashboard on what the results of this workshop should be converted into as a follow-up action. We will provide a few examples and allow the participants to add other options. The participants will vote on their favourite follow-up action. The most voted format will be used to promote the Ten Commandments actions emerging from the World Café.

***\*This session is restricted to 30 participants. Places will be allocated to the first 30 delegates registering their intention to attend the session.***

### **Programme B - Public Affairs: A Practical Perspective, Dr Stuart Thomson (CIPR)**

The presentation looks at what public affairs is and why it can be useful to all communications professionals.

It will provide a broad insight into the skills required for lobbying and political communication, dispelling myths and explaining the benefits of engagement.

The presentation will use: a mix of case studies and practical examples and top tips and key dos and don'ts. Stuart will explain: what public affairs is and is not!, the machinery of government, policy and decision-making, the role that media relations and consultation can play in public affairs campaigns, how to engage with politicians.

### **Programme C - Creative Communications:**

#### **The art of animating science, Bart De Smet (VLIZ)**

Why use animations to communicate and promote science? Animations give science communicators more creative freedom and make it a lot easier to present a concept or a viewpoint. Animations provide us with things both kids and

adults can relate to and they have become more and more realistic. At the Flemish Marine Institute (VLIZ), news items including animations are extremely effective and beneficial since they are among the most viewed posts and yield the highest interaction with the public.

### **Collaborative and immersive visualization of environmental data: demonstrating the benefits of Virtual Reality for exploring coral 3D models, Arnaud Le Breton (visualiz)**

Recent advances in the field of immersive technologies allow us to (almost) travel through space and time. This empowers us to visualize complex systems and data sets in novel, intuitive and accessible ways. Using an existing project based on a ROV subsea video survey, we demonstrate how to create a “digital twin” of a coral structure and interact remotely and collaboratively in virtual reality.

- Day1: Skills Building Session – 4

#### **Programme A - Media Relations:**

##### **Working with media - Kira Coley (Eco magazine and The Chatty Scientist)**

##### **Writing for your audience, Sara Mynott (University of Exeter)**

This talk will guide you through the fundamentals of finding your target audience and, using a variety of case studies, show you how to reach them most effectively. From press releases for children to high level policy briefs, we'll walk through the many ways to ensure your content is right on target.

#### **Final Session TBC**

##### **Programme B - How to create phone video that looks and sounds professional**

John Whyte-Venables leads on multimedia skills training at the Chartered Institute of Public Relations and is a specialist in phone video. A former BBC science correspondent he was a Press Fellow of Wolfson College, Cambridge and has written three books on the media, including ‘Communication Skills for Engineers and Scientists’. He is an alumnus of Southampton University, and as a keen scuba diver has participated in biota surveys in the Caribbean and Sulu seas.

In this session you will gain an insight into the power of phone video as a communication tool, and how to plan, shoot and edit a simple but effective video for social media use.

#### **Programme C - Communications at sea:**

##### **Creating immersive expedition blogs with scrollytelling - Marie Heidenreich (Projekt Management Juelich)**

“Scrollytelling” is an online storytelling technique which offers an immersive experience through different interactive storytelling elements. It is a very effective way to communicate marine science, since the user gets to deep-dive into a visually captivating and interactive story. The participants will get to watch in a live-hack how a multimedia story evolves. Marie Heidenreich will also explore ways to employ scrollytelling tools in expedition blogs as she did on the cruise SO253 with research vessel SONNE: <http://geschichten.ptj.de/so253-en>

##### **The immersive Clockwork Ocean -Tanja Baschek (HZG)**

Dive in! Fly high! The “Expedition Clockwork Ocean” takes you on an unprecedented scientific journey. Witness coastal science from a completely new angle! Our immersive concept allows viewers to experience the realm of science up close in a tantalising visual experience. Full-dome screenings, virtual reality applications and media efforts are combined to make this project wholly unique, not only in the field of science but also in communication. Plunge into the new spheres of science communication!

## **The NICO-expedition: jumpstarting and maintaining Dutch ocean awareness - Kim Sauter (NIOZ)**

The large-scale Netherlands Initiative Changing Oceans (NICO), has revived the Dutch sea-going research community and raised public awareness. On each of the twelve legs, three berths were occupied by journalists and artists 'in residence', generating articles, pictures, videos, radio broadcasts and even music on a variety of platforms. After the cruise, how can we maintain momentum with stakeholder groups for ocean research and renewal of the ageing national ocean-going research facilities?

## **DAY 2**

- Day 2: Skills Building Session - 1

### **Programme A - Inspiring people to connect to our beautiful UK seas**

Session removed

### **Programme B - CSI of the Sea: facilitated dissection events for the public - Charlotte Coales (Zoological Society of London)**

'CSI of the Sea' showcases the work of the UK Cetacean Strandings Investigation Programme, giving audiences the opportunity to witness a cetacean dissection taking place in real-time and ask their questions to the scientists involved. Find out how and why these events were first developed, the lessons that have been learned along the way, and how this format of event can provide an important opportunity to communicate the science of our oceans.

### **Programme C - From bookmarks to a film: promotional tools of the EMODnet Data ingestion Portal - Kelle Moreau (RBINS)**

This presentation takes you from the promotion and dissemination plan of the Data Ingestion Portal of the European Marine Observation and Data Network (EMODnet) to the resulting tools and the lessons learned. By describing the realised communication and dissemination actions, we illustrate how a wide range of options were explored and successfully adopted, from a 'quick' teaser in the form of a series of bookmarks, to leaflets, roll-up infographics, and ultimately a promotional animation film.

- Day 2: Skills Building Session - 2

### **Programme A - Exhibitions:**

#### **Future of our seas – learnings from co-designed community outreach - Ian Rowlands (Incredible Oceans)**

Reporting on a successful NERC Engaging Environments consortium in which eight leading marine research, advocacy and arts organisations formed 'Future of Our Seas'. MBA, King's College London, JNCC, University of Plymouth Marine Institute, University of Edinburgh, SAMS, Incredible Oceans and Invisible Dust consolidated expertise and training into a 'blueprint' to equip early career researchers with the capacity and skills to create innovative activities co-produced with local community groups.

#### **Building scientific capacity and understanding of marine research in the community - Jo Myers (Commonwealth Scientific and Industrial Research Organisation-CSIRO)**

To increase the ecological understanding of Australia's Ningaloo Coast World Heritage Area's deep and shallow reefs and the reef's shark and turtle populations, BHP and CSIRO formed a strategic marine research partnership, *Ningaloo Outlook*, investing \$5.4 million (AU) over five years to gather new knowledge on the reef and its important ecological values. A key

component of the project has centred on the building of capacity and understanding around the research and its importance, in both the local community and beyond. To achieve this outcome the CSIRO research team have not just focussed on manuscript preparation as the key output, but also embedded a range of outreach activities, some highly interactive and novel. The development and timing of communication activities (passive and active) have enabled more meaningful and direct engagement between researchers and stakeholders, with different approaches used to target different audiences with key scientific messages from the project, maximising the impact of effort in science communication activities.

## Programme B

### Using behavioural insights to enhance public engagement and campaigning - Rob Moore (Behaviour Change)

We now understand more than ever before about why people behave as they do and how that can be influenced for the better. The growing field of behavioural science, and work to develop and test models and tools that can be used to change behaviour, is of increasing interest to campaigners and communicators. Delivered by social enterprise Behaviour Change, based on work on topics from littering to healthy eating, this session will explore practical ways to use behavioural insight in your work.

- **DAY 2: MY WORLD** 

MY WORLD by Zella Compton and Tom Guyer retells the story of St George and the Dragon from the perspective of sea creatures making sacrifices to a monster. The show is performed by Mayflower Youth Theatre.

Originally commissioned for a mass choir performance at the Royal Albert Hall by Hampshire Music Service, My World is a mini-musical that raises awareness of some of the challenges facing the oceans by anthropomorphising sea creatures. It uses three barnacles to raise themes such as individual responsibility, actions, placation and power. And, it uses music and humour to engage audiences in the story telling, encouraging them to think about the oceans from a different viewpoint.

Much of Compton's work is politically thematic, with previous topics including media portrayal of women (How to be a Girl), and the plight of interns (Ambition). As MY WORLD is written for children to watch and / or perform the balance between storytelling, and motivating action, was particularly challenging within potentially dark subject matter.

MY WORLD is **dedicated to Alice Moore**.

- Day 2: Skills Building Session – 3

## Programme A - A Year Of...:

### #yearofthenorthsea2018 –Sofie Vandendriessche (ILVO)

“The North Sea starts here”, in your own home, at your workplace, in your street, ... That is the message that the #YearoftheNorthSea2018 – consortium wants Belgian citizens to hear, to understand... and to live by. In essence, we want Belgian citizens to value the many services the North Sea provides.

For North Sea policy, 2020 is a big year: it is a benchmark for the European Common Fisheries Policy and for the European Marine Strategy Framework Directive, and many of the targets under the United Nations' 2030 Agenda Sustainable Development Goal 14 (Life Below Water) are set for 2020. In Belgium, the reviewed Marine Spatial Plan will be implemented. Scientists, nature conservationists and decision-makers are working hard towards that deadline, but citizens are often unaware of these efforts and of what they entail. 2020 may seem like we have plenty of time, but a lot of work still needs to be done. We can obtain results quicker if citizens actively care for the North Sea by taking small, daily actions. That is where #JaarvandeNoordzee2018 (#YearoftheNorthSea2018) comes in: on Facebook and Twitter, we

inform citizens about what is going on in the North Sea and we call them to take actions like avoiding single-use plastics, buying only sustainably-caught fish, and respectfully enjoying the North Sea.

A large social media campaign was new to the consortium members but it quickly gained speed. After the launch by the Belgian State Secretary for the North Sea, we have increased the interaction on social media, added more visuals and now have weekly features. As different partners sometimes have different opinions on certain subjects, the collaboration turned out to be a balancing act. But, that made the consortium stronger. Our #YearoftheNorthSea2018 'baby' is now nearly grown up.

### **The relevance of Marine Science in Portuguese Journalism – Aurora Ribeiro (ESECS, Instituto Politécnico de Leiria)**

The United Nations declared the period from 2021 to 2030 as the Decade of Ocean Science, recognising the importance of a global sharing of its knowledge (IOC\_UNESCO, 2017). Taking into account that no global transmission of information is nowadays possible without the media, we analysed one year of marine science news published in the Portuguese national newspaper "Público". Portugal is a relevant case study for the Portuguese Government has proclaimed the Sea as a national priority for 2020 (PO-MAR, n.d.) while the relationship between the Portuguese population and the ocean has been described as an increasingly detached one (Ministério da Defesa Nacional, 2007). The objectives of this preliminary study were to measure the relevance of marine science news, and to identify the most covered subjects, newsworthiness criteria and news routines. 84 editions were analysed, throughout the year, and 229 cases were collected, between science news, marine news, and marine science news. Relevance was measured and compared between the previous categories by frequency, page position and article types. The results of this analysis suggest that despite positive indicators on the relevance attributed to marine science news, the newsworthiness criteria are not exactly aligned with the objectives behind marine science communication. This oral presentation and the following debate are expected to contribute to the development of better strategies to communicate with the media as well as to discuss the need and means of marine science agenda-building on a national level.

### **Science year 2017/18 Seas and oceans in Germany, Mission accomplished? –Andreas Villwock (GEOMAR)**

In the series of Science Years in Germany, the one on seas and oceans was the longest and one of the most successful ones since the beginning of this series in the year 2000. Many partners from Universities, as well as research institutions and NGOs participated. The contribution of the marine research institutes was coordinated by the German Marine Research Consortium (KDM) and received a high visibility through numerous events and activities. Some of the best casestudies will be highlighted. Looking forward: Mission accomplished and back to normal? What is the legacy and how should we proceed? Should we have an European Science Year on the Oceans?

### **Programme B - Communications Tools:**

#### **Using a synthesis report to support science, policy and public impact – Martin Ince (Martin Ince Communications Limited)**

The Future Ocean Cluster at Kiel integrates the arts, humanities and social sciences with the natural and life sciences. A major report in English celebrates its novel success. Its scope ranges from citizen science and the co-design of research to discoveries in coastal change, deep sea mining and the use of biochemicals from marine organisms. The Cluster partnered with UK science writer Martin Ince on this Synthesis Report. He will lead a discussion of its origin and implementation.

#### **Aerosols - not only in spray - Tymon Zielinski (IO PAN)**

Being an active researcher, who is involved in research on atmospheric aerosols and their impact on radiative budget, hence climate changes, I feel like this is a very good topic to "sell" for general public. It is not only one of the key climate issues for us but also a topic which provides many opportunities for interesting events and workshops with general public. Therefore, together with Izabela, a non-formal educator, we created a set of 10 lessons about aerosols and all physical



phenomena which they are involved in. Each lesson is an independent set, with an introduction, hands-on experiments and/or quizzes, games etc., messages to take home. All 10 lessons create a complete compendium of knowledge about aerosols and their role in the atmosphere. I contribute scientific information and Izabela makes sure that it is interesting, innovative and cut to keep students motivated and interested.

### **Connecting marine science with everyday life, Delphine El-Khassawneh (NAUSICAA)**

14 partners in 11 European countries are involved in the Marina project. We have organised 45 participative workshops over the last two years, which addressed marine biotechnology, sea transportation, deep-sea mining, marine changes caused by climate, renewable energy, tourism and coastal cities, fishing and aquaculture, and pollution caused by human land and sea pressures.

However, working together is not easy, especially across national boundaries and between different maritime sectors. In order to develop a sustainable blue economy, that supports both people and nature, it is important that we reconcile the many views, values and ambitions of all those involved. People feel disconnected to marine issues that do not directly affect their daily lives...Climate change, ocean health, marine pollution, fish stocks, food security... How do we engage people with topics they don't really feel they can relate to?

We will present the methods that we have used to engage with stakeholders, with the aim of co-creating solutions to marine issues. The objectives are to demonstrate the challenges of working with diverse marine interest groups, share positive lessons and approaches for tackling these challenges. We hope to inspire attendees to use new approaches to stakeholder engagement.

- Day 2: Skills Building Session – 4

### **Programme A - From peers to public: Obstacles, benefits and impact of cross-methodological communication - Christian Lindemann (University of Bergen)**

Obstacles such as language use and scepticism often hinder communication between different methodological fields, reducing scientific impact and the dissemination of research. Presented by an experimentalist and a modeller, we highlight common obstacles and misunderstandings between these fields in ecology and marine sciences. We illustrate the consequences of this disconnect and discuss ways to break down barriers amongst scientists and to improve communication with the public at large.

### **Programme B - Making marine science matter to seafood consumers - Joanna Jones (Marine Stewardship Council)**

Consumers can play a key role in promoting sustainability through purchasing sustainably sourced seafood. But how aware are consumers of ocean issues? To understand this audience, we worked with an independent research company, GlobeScan, to conduct a global survey into the values and perceptions of over 25,000 seafood consumers. Find out how we are using the results to increase the effectiveness of our science communication strategy.

### **Session C - Reaching consensus by following the MARINA Responsible Research and Innovation Roadmap - Elisa Atger**

During this presentation, the Responsible Research and innovation roadmap developed in the frame of the MARINA project will be presented. The goal of this roadmap is to facilitate the cooperation and involvement of societal actors, including citizens, in responsible research and innovations processes with a methodology of 7 steps that guide societal actors in defining common goals and specific action plans.

- Plenary session and conference close

### **Ceòl Na Mara The Song of the Sea – Mary Morrison, Comann Eachdraidh Uibhist A Tuath, (North Uist Historical Society)**

This presentation will share the methodology, (or ways our historical society has developed), of working with schoolchildren, using an outreach team of largely retired volunteers. We aim to engage young people closely with their marine/coastal environment and to help them explore the effects of the past on the present. The island of North Uist in the Outer Hebrides has a fragile economy, but a unique, Gaelic language and material culture, rich in oral tradition and music. Possibly these may be more naturally conserved and perpetuated here than elsewhere, due to the 'Lab' like conditions provided by the liminal nature of our topology. Our climate is wild; we live on the edge. The effects of climate change seem to be more evident now; storms, gales, flooding and coastal erosion are happening more and more frequently. Collaboration with St Andrews University has ensured aspects of immersive technology are embedded in our practice. We believe we have some innovative research in action to share, in terms of the way the children have investigated and presented their findings through storytelling, newscasts, drama, music and song. We will attempt to illustrate this through extracts from the children's work about St Kilda, and their most recent film, 'Cearcall a Chuain', which investigates our local marine life, industries (such as our ferries, seaweed, boatbuilding, and fishing) but also shipwrecks. This latter category has included, more recently, two GPS tracked, drifter boats that reached our shores from Maine USA, with one, 'West', travelling via Portugal.

### **Wellbeing - Corrine Thomas and Jeanette Pratt (Fresh Air Fridays)**

Many of us lead busy lives, we are passionate about making a difference in the world and often juggle lots of commitments. How many times have you thought, there's too much to do and not enough time available? This can lead to overwhelm, anxiety, and toxic levels of stress.

At Fresh Air Fridays we take people outside so they can learn to look after themselves mentally and emotionally and be prepared for whatever life throws at them. In this short talk Corrine and Jeanette from Fresh Air Fridays will share some simple tips with you that you can take away and implement immediately to keep a balanced mindset and thrive in this busy world.