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“If Oceans Could Speak”

Episode 8 Transcript

Lisa Sofian & Nabil Aouad co-founders of SWIM Lebanon initiative

“The sea is yours, keep it clean!”

[00:00:00] **Nabil, quote:** "I lived 6 years in the south of France. The sea is the same as in Lebanon, a little bit cooler, but granted me the same benefits. After a hard-working day, full of stress and exhaustion, I would just go to the sea and as I swim in it, it all fades away..."

[00:00:00] **Vera:** Hello everyone, and welcome to a new episode of the podcast “If Oceans Could Talk” or “If Oceans Could Talk. My name is Vera Noon, and today we will tell you stories about the sea, to encourage you to evolve your relationship with the sea. In this series of podcasts, we decided to focus on the Mediterranean Sea. We will talk about its beauty, but also about the problems it faces, and the initiatives organized to protect it and to preserve its distinctive natural and cultural heritage, which we share with 21 countries. Today I am honored to welcome Lisa and Nabil.

Lisa Sofian has always been an environment aficionada, who worked in charity organizations such as the Redcross, the Women Homentmen Basketball club, Justcare NGO (TBI patients), etc..). A nature lover, she started her fight for a better environment with WILL (Women in Lebanon Leadership), she currently oversees the Net zero compliance at ME Green.

Nabil Aouad made his homecoming after working for 30 years in the Oil & Gas Industry in the 5 continents. Upon his return to Lebanon, he shifted to renewable energy, putting his managerial experience at the service of ME Green. Passionate for sports, from Horseback riding to Triathlons, he is a nature lover and an environment activist.

Welcome Lisa and Nabil! We are honored to have you here with us today, and we thank you for the time you dedicated to record this episode.

Lisa and Nabil: Welcome Vera!





[00:00:17] **Vera:** So let's start with the first question, beginning with SWIM. What is the story of this association, and what does the acronym stand for, besides that it is concerned with swimming in the sea? What are the objectives of the association?

[00:00:39] **Lisa:** While we were living and working abroad, we have always been amazed by the cleanliness of the beaches in the countries we have lived in, and we have always wished that the nature in Lebanon would have the same splendour and the same cleanliness.

My project with Nabil, was to establish this association called SWIM (Sustainable Waste Intercity Marathon) to take care of the environment. It took a long time for the idea to form and for us to move forward.

Many had said that the dream of a “clean Lebanon” was too good to be true because Lebanese society lacks law enforcement and knowledge about the biological value of our environment. However, cfb cfsk, we were convinced that we wanted to make a difference in the Lebanese society and to give from ourselves to change the nature of mankind and their behavior towards nature.

We tested the idea in January 2019 when we organized a day to collect trash on the beachfront in Amchit with a group of school friends, and it was a big surprise when some pedestrians who were passing by rolled up their sleeves and spontaneously joined and started collecting trash with us. In just two hours, we collected 200 kg of plastic!

This experience encouraged us to pursue our passion and love for the environment to realize our ambition by attaining a clean coastline.

But our plan was delayed as Nabil got diagnosed with lung cancer in June 2019, even though he is not a smoker and leads a healthy lifestyle. It was decided to undergo a mastectomy in France. He then returned to Lebanon to continue his chemotherapy and radiotherapy.

As part of his recovery plan, daily exercise and swimming in the sea were part of his training ritual. Confused by many friends who asked him how he could swim





in a polluted sea... His answer was always: "If the sea is polluted, we should clean it." It was this answer that ignited the desire to create SWIM (Sustainable Waste Intercity Marathon), an initiative to raise environmental awareness and encourage people to swim in our sea. And we launched the "Bahrak Elak" campaign to clean the beaches of Lebanon over a period of two and a half months, 18 weekends, and it was in parallel with swimming activities along the coast, with the aim of cultural and societal change.

[00:01:23] **Nabil:** Although the Corona pandemic was at its peak, we worked a lot to make this campaign a success.

SWIM was born after this period, with only 3 factors present:

- Two people with the same affiliation, motives and sustainable ideas,
- A motivating circumstance, which is my return to Lebanon for the recovery
- And the perseverance in delivering our idea of work.

[00:01:26] **Vera:** Thank you, and Nabil ", glad to see you doing better! We will delve into the topic of the relationship between health and the environment later.

I loved how the idea developed spontaneously and you developed this activity to become "official" and repeated annually. But before we delve into how you connect with local communities, I'd like to ask you why did you choose the sea? Lebanon has green spaces, mountains, beaches. What prompted you to choose the sea as a center for these activities? Do you have a special relationship with the Mediterranean? Do you have a special experience or memory that led you to this choice?

[00:01:43] **Nabil:** I'm a Pisces and I've always loved water. Swimming is my consolation for not being able to fly. In the water you do whatever you want, you have wings! This freedom of movement does not exist anywhere else.

My relationship with the sea began in 1978, when Beirut was besieged and under bombardment, my family managed to flee Beirut to settle in Amchit, a coastal village near Byblos. Byblos is one of the oldest cities in the world - 5000 BC. We were 10-15m from the sea.





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There we tasted all of what the sea could offer: not only seafood which was delicious, such as fish, lobsters and sea urchins (Tutia), and whatever the sea could give. But also swimming, sailing, snorkeling, spearfishing and kayaking.

There was also a foreign woman who practiced sailing. It was a sport I did not know about, and I started sailing with her. All this was framed by a blue sea, which has 50 shades of blue which changes with the weather. We swam day and night, in the rain or in the sunshine, the sea always received us and I gave it all my secrets and stories. And iodine is known for its soothing characteristics! .

[00:02:26] **Vera:** How has your relationship with the Mediterranean changed over the years? Have you noticed changes since 1978?

[00:02:32] **Nabil:** Since I was 19, I left Lebanon and completed my university studies in France. It is after France. I worked between Nice and Monaco. I lived 6 years in the south of France, in the Mediterranean. The sea was the same! The temperature could be a little cooler, but he was giving me the same things the sea used to give me in Lebanon. In addition, when I was working, after a hard and tiring day, as soon as I got to the sea and swim in it, everything disappeared and I became a new person! The relationship increased with age, increased with the luxury of working by the sea and being near the sea to get rid of fatigue. So, as you can see, we used to benefit from the sea in summer and winter.”

[00:03:29] **Vera:** Have you noticed changes in the Mediterranean sea? You swim and dive, you observe fish and the marine environment. Have you noticed changes in this environment, whether positive or negative? And how did this affect your personal lifestyle?

[00:03:47] **Nabil:** When I was a teenager, I used to enjoy going to the sea at the beginning of the summer to collect some sea urchins and eat a dozen. Since 2006 we can no longer find sea urchins in Lebanon.

The things I also noticed were that there were fewer fish around me to see. This observation is true whether you are in Lebanon, in Italy, or in France. Knowing that these countries do have sea urchins, but in Lebanon after 2006, there was nowhere to be found. Lisa what do you think?





[00:03:47] **Lisa:** I also have seen that there is massive pollution in the Mediterranean and this is due to the negligence of local or regional authorities. All countries bordering the sea are responsible. There is negligence on the part of the authorities and the communities alike, which dump their plastic waste on the coasts. Even coastal residents are responsible for the cleanliness of the sea and they do not care! For instance, we have taken the initiative to collect waste, such initiatives must be organized on a regular basis by the coastal communities and support the state in their efforts. Because of this plastic pollution, we are sorry to know that in a few years we will find more plastic than fish, directly affecting biodiversity.

[00:05:01] **Vera:** Has seeing the vulnerability of these environments firsthand had an impact on your lifestyle when you're at home?

[00:05:15] **Lisa:** We both have a high level of awareness and we always encourage sustainability. For example, we treat waste from the source, and we make sure to encourage everyone to do this. As for products, we buy them responsibly. If the manufacturing process of this product harms nature, we avoid buying it. We look for the alternative, we choose the alternative instead. We think about the future of the country and the world as a whole: "we only have one planet!"

[00:05:01] **Vera:** You spoke of several seas, Nabil in particular, mentioned Italy and France... Have you swam in other seas/oceans than the Mediterranean?

[00:07:15] **Nabil:** I've swam in several seas, and the list is long! From the Dead Sea (Jordanian side), Gulf of Mexico, Caribbean Sea, Gulf of Guinea, Angola, Brazil, Tierra del Fuego, Ushuaia, Caspian Sea, Dardanelles, Indian Ocean, California, Peru, Australia. France, the United Kingdom, the Netherlands, the eastern United States of America... I have visited almost all the seas, and whenever I have the opportunity to swim in a new sea, of course I do not hesitate. But the Mediterranean remains the warmest, (except for the Indian Ocean). It is distinguished by its beautiful colours and nature!

[00:08:59] **Lisa:** Of course! The biodiversity of the Mediterranean is what makes it so special. Its waters are warmer than most seas. It also has animal and plant diversity. It is worth noting that 7% of the world's marine fish species live in the Mediterranean, and it is one of the most important commercial species found in



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the seas. In addition to the fact that 99% of all olive trees in the world grow around the Mediterranean sea basin!

[00:08:59] **Nabil:** And not everyone is aware of this information, that olives trees cannot grow just anywhere!

[00:09:28] **Vera:** I would like to ask you about your role in the association, which is diverse, what is your favorite activity?

[00:11:27] **Nabil:** So this is how it functions: the mastermind of the association is Lisa. She is the mind, and I am the body!

My favorite part of SWIM is squatting and collecting trash off the most beautiful beaches of the Lebanese coast, and doing so as fast as I can. I love inspiring others to roll up their sleeves and get involved in what we do. My happiness increases when I see them become more enthusiastic than us and adopt a sustainable lifestyle even without our interference.

[00:12:08] **Lisa:** As for me, I am happy when I see people who come with no conviction to participate, then see them get attached to the idea and come back, asking to participate in the upcoming activities. This is due to the increased awareness for the environment. This topic was neglected, secondary, and shameful!

[00:11:27] **Nabil:** it was a taboo. The rubbish collection issue has always been a taboo.

[00:15:59] **Lisa:** And they refused to collect other people's trash. This is true, why do we throw garbage and not pick up other people's rubbish?

We hope that one day we will go to collect garbage and find nothing on the beaches... The level of culture would be raised, and nothing will be thrown into nature, and landfills would be alleviated. We can reduce rubbish by sorting in our home. 10% of waste comes from households. And it can later go to facilities for sorting and recycling.





[00:16:33] **Nabil:** Nowadays, garbage and plastic have a commercial value and can be sold and have their own market.

[00:19:18] **Vera:** Because of the high prices of raw materials and the high cost of shipping, people understood the importance of repairing old clothes and parts instead of buying new ones. I guess this is one positive aspect of the economic crisis.

[00:16:33] **Nabil:** Yes, there are old professions that have reappeared, such as the *stopper!*

[00:19:44] **Lisa:** This is one of our biggest challenges. One of our goals is to try to change behavior. We can't change people, but we can influence their behavior to feel individual responsibility and to make a collective effort to make a difference in society. Of course, this work requires patience, perseverance and a long breathhold...

[00:19:44] **Vera:** Thankfully you are doing your role in this! Apart from the economic crisis, what are the challenges that you face in your work?

[00:22:13] **Nabil:** Like Lisa said, it's changing people's mindset.

For example, today, regarding the garbage crisis, the police are there to enforce the law. But the problem is, and it is painful to see, that the solution is right in front of us, it's just that the police officers are not qualified to play that role. In all states there is a "penalty" for littering the beach, but we don't have it. This is the challenge, to see that the solution is in front of us, but it is not implemented!

[00:24:46] **Lisa:** People sometimes ask us, "Aren't you afraid of failing your mission?" And "Why go through all of this for a lost cause, people will not change their behavior", but we believe in our ability to change society through perseverance and awareness raising.

[00:26:27] **Nabil:** We always answer: "He who goes at sea is not afraid of drowning." We started with this initiative, and we will stay until the end!...

[00:26:47] **Lisa:** Yes! People were asking what are you doing? You will clean the beaches at a time when there is hunger and multiple crises... We used to travel





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from Beirut to Naqoura, from Beirut to Tripoli and people from the south joined Tripoli and helped us... Talking is not the same as action. When we took this initiative and strengthened our heart we said that even if it was just Nabil and me, we will continue. We will ultimately find people to help us and join us. In fact, we were surprised that about a total of 2,700 people accompanied us to these activities.

Even in Tripoli the number was very high, knowing that everyone was expecting that not many people would join from that area.

[00:26:48] **Nabil:** It is also important to be aware that when we started the campaign, we were unknown. We started with 50 people in Naqoura, which turned 90 in Tyre...and increased as we moved to the north, Beirut 250, Jbeil 280...until we reached Tripoli.

When we started, the situation was tragic, it was after the explosion of Akkar... and the world was blaming us for carrying out a cleaning campaign after that explosion... our answer was that if we did not clean up, no one would look at Akkar. We can't help them directly, but we can help in another way.

[00:26:51] **Kimberly:** In the Naqoura campaign, we had a minute of silence for the souls of those who perished in the Akkar explosion. We promised to contribute as much as possible. Instead of stopping our campaign in Tripoli, as scheduled, we continued the march to Akkar and organized a cleanup campaign in Akkar's coast. Especially since most of the army members who accompanied us in our campaign are from Akkar. We wanted it to be a symbolic event, but we were surprised by the numbers that joined the campaign (250 people).

On the last day of the campaign in Akkar, one of the associations expressed their disappointment that they did not know about this activity before. But, in the last moment, they organized a team and accompanied us and kept up with our activity despite this.

A week after we finished our activity, that same organisation organized a trip to Akkar beach, and for the first time they found the beach to be so clean! I got a call from a lady who joined our event that day telling me they were surprised to see hundreds of crabs crawling all over the sandy beach. This is a sight they couldn't see while garbage was covering the seashore.





From here, I would like to highlight this: through one campaign we were able to make a difference at the level of marine organisms. What if we continued and completed these effective activities?

[00:30:30] **Vera:** You have answered my next question, about how the local communities are receiving this campaign?

[00:30:34] **Lisa:** That was the story that moved me, but I think Nabil also has a story he'd like to share about that.

[00:30:34] **Nabil:** When we cleaned up the Tripoli beach in October 2021, we assigned sections to different managers. One of them - Jenny - had a team of 60 people with her on an 800-meter stretch of this beach. When they got down to start collecting the trash, they all told her, "It's impossible, we can't clean that!".

She told them not to worry, that they would only clean 10 meters at a time, and then take it from there... From the first 10 metres, they went to 20, to 30 to 100, to 400, to 600 meters and in less than two hours they cleaned the entire 800-meter area! Jenny was crying! Beyond feeling the satisfaction of achieving this goal, 60 people on that day realized the power they had to implement what they considered impossible. With one hour's effort they got the job done and were satisfied!

[00:30:30] **Vera:** They got to see the result of their work and did not expect this result "before and after"!

[00:30:34] **Nabil:** Indeed, as we used to study at school, "whoever work hard finds results, and whoever follows the path will reach his goal." So, let's begin!

[00:30:30] **Vera:** I know SWIM launched the campaign, but have you dealt with other organizations, local community, municipalities... . You talked about the army, for example, how was the organization?

[00:30:34] **Lisa:** Yes, we have cooperated with many associations because we believe that big changes can be made with small steps, to eventually make a big impact in every community. We targeted NGOs to form a network of people who share the same values and to ensure success, which ultimately helped us create a snowball effect.





43 NGOs responded to our call, in addition to the Lebanese Red Cross youth who accompanied us from the beginning to the end of the activity, as well as the Scouts and Caritas. It is worth mentioning that the Lebanese army was involved with us, from the professional swimmers to the soldiers, they were present in every event. The Civil Defense volunteers were always there to make sure safety measures are fully respected. Given the nature of the activity and swimming in the open sea, there was a big responsibility.

Moreover, local communities made up of individuals, university students and schools from different regions participated and we have successfully engaged many sports enthusiasts, professional swimmers, cyclists, runners and mountain climbers as they participated with us.

[00:30:34] **Nabil:** There was a kayak for each 2-3 swimmers, and there was a small boat at a close distance for safety.

[00:30:34] **Lisa:** Over the course of the "Bahrak Elak" campaign, we cooperated with the municipalities and contacted them and they welcomed the idea, but unfortunately on the day of implementation, they were not all present with us. We also tried to contact the local communities, for example in Tyre , or in Batroun, Jbeil... and most of the time they were not present, except in the case of Tripoli and Akkar.

On the other hand, we will not forget the individuals who were communicating on social media, the youth's energy, and all the young people who accompanied us several times, with a passion and interest to participate in spreading environmental awareness and who were active on social media as well.

[00:30:34] **Nabil:** As for politics, we pledged not to confuse politics with our environmental actions. We distanced ourselves from political issues as much as possible, and as you know that civil society may be affected by certain political considerations.

[00:30:34] **Lisa:** You know that politics in Lebanon divides, and our main goal is to unite people. The greatest joy was when the people of Tripoli went to southern Lebanon and Naqoura, or vice versa, and created strong ties between these regions. Politics and beliefs divide us, but we wanted the environment to be a uniting point for us.



[00:30:30] **Vera:** Both the environment and the sports! Especially since the regions you mentioned are relatively marginalized and we always hear problems in Akkar and Tripoli, we were never able to really live with the people of these areas and see their capabilities. You highlighted an important point, which is to change the misconceptions about these areas, especially that they are politically marginalized to some extent.

[00:30:34] **Nabil:** In the upcoming activities, SWIM 2022, there is a competition between 20 teams, each team is responsible for cleaning up this area, and following it up for 3 months! Among these areas is Bab al-Tabbaneh, and in some of areas there are dangerous landmines, so they clean up waste and landmines alike. Of course, accompanied by the Lebanese army. And this year we've gone from the beaches to the inland and the mountains.

[00:30:30] **Vera:** I wanted to ask if the next campaign will be by the rivers and the river mouths?

Nabil: Yes, we have several landlocked projects, such as the Qadisha River, a river in Kesrouan, which were adopted by several teams. We're expanding a bit to include people who don't swim, but go hiking, biking or even do theatre! Between Jabal Mohsen and Bab al-Tabbaneh, they found that theater and theatrical culture is the way to bring people together.

[00:30:34] **Lisa:** Art brings people together. Here is a new title: The environment brings people together!

[00:30:30] **Vera:** You brought me to my next question: How do you link these sports and environmental activities to an awareness campaign and cancer awareness? You started with the story of Nabil and how he was exposed and treated for cancer. So how did you create this link and what do you hope for?

[00:30:34] **Lisa:** As you mentioned, Nabil's health condition certainly affected us. But this is a topic that is of high interest to us, and we know that many types of cancer are caused by marine pollution, or water pollution. We are exposed to several factors that may cause cancer in our environment and our work space. The same goes for the food we eat.



The idea came to me when we got to know Dr. Rola Farah, president of the Chance Association, which provides medicine to children with cancer and where she has been active for 20 years.

We got to know her at a social event and the idea came to me to associate "the environment and cancer". This happened around Christmas time. I took her number, and Dr. Rola welcomed the initiative with great enthusiasm and immediately suggested to organize it on World Cancer Day to shed light on this topic.

We decided to organize it on February 5th. The previous day had been very rainy, which caused us much concern since we have responsibility for the children involved in the event: some have/had cancer and some are in treatment. Of course, we selected the children whose condition was stable and there was no danger to their health, with the approval of the parents who welcomed the idea.

It was a tough and stressful night, but we wanted this day to be active. Miraculously the day of the event was wonderful, the sky was blue, with a little cold but it was a beautiful day! Forty-five people came among children, their parents, and volunteers from the association.

This initiative started in the Green square fishing school, in Amchit, where Dr. Fifi Kallab introduced children to the world of Mediterranean marine life, from phytoplankton to small fish to large fish to octopus... and highlighted the importance of their role in the ecosystem and the danger of littering, especially plastic, on their lives.

[00:30:34] **Nabil:** She explained the extent of the negative impact, starting with the phytoplankton, to the big fish and their relationship to each other. She spoke to them in children's language, it was very simple, and it was great!

[00:30:34] **Lisa:** Dr. Fifi also introduced them to the topic of the sea, of recycling and sorting garbage, how we can sort plastic, and how plastic turns into microplastic when thrown into the sea. She explained how all of this affects fish. The kids were amazed for an hour and were very happy.

[00:30:30] **Vera:** And the method Dr. Fifi uses in explaining is quite special!





[00:30:34] **Nabil:** Yes, she also told them about sustainable fishing, how to fish without overexploiting the marine resources, the different fishing techniques, the acceptable and illegal net sizes, the illegal fishing techniques such as dynamite fishing. And encouraged them to return to the center next summer to learn fishing.

[00:30:34] **Lisa:** They were so surprised that someone said he was in a science class but not in class!

[00:30:34] **Nabil:** An 8-year-old boy said this!

[00:30:30] **Vera:** The reason is that they got to visualize and see all these things before their eyes, and not just read about it in a book. The method of education greatly affects the delivery of the message!

[00:30:34] **Nabil:** Yes, and Dr. Fifi put several types of fish and octopus in jars in front of the kids to see.

[00:30:34] **Lisa:** This thing teaches children the love of nature and the sea. Small steps make a big impact on children.

When we finished, our role was to collect waste from Amchit Beach, at a distance of 200m, and we headed with the children and their families, taking all safety precautions, of course.

Then we went to Amchit fishing harbour, where the mural was prepared in the presence of the artist Brady Black, who designed the idea with the artist Tom Young, (who was unable to join because of his infection with COVID19).

The painting represents the cycles of life, with elements such as water, mountains, sea, rain and sun. His message was that the life cycle is very important to our own continuity and we must respect it. This was one of the most beautiful messages we could share.

The children joined the board by painting their handprints, or their own designs. The message was to pay attention to the environment, and as innocent children they are paying the price for our negligence and mistakes towards the environment. This was the message.





[00:30:30] **Vera:** How important it is that we use sport and art to get the message across. Science is not enough to get this message across.

[00:30:34] **Lisa:** We use art and sports as a platform to deliver the message. Athletes lead a healthy lifestyle and have a special relationship with the environment, like that of a mother and her child. With unlimited giving and unconditional respect. Nature is an extension of human existence. Therefore, if they join us in spreading awareness, it is very important to get the message across.

The same applies to artists, when they present paintings and art works to convey a message and shed light on a specific problem that Lebanon or the world as a whole suffers from. Specifically, nature and the environment, and the topics of the littering nature, pollution, climate change Artists and athletes have a very important role, and they always supporting us and present with us when invited.

[00:30:30] **Vera:** We're nearing the end of this podcast. Our aim was to prove that anyone of any background or experience is connected to the sea. I think SWIM is one of the best examples of the ability to combine sport, creative work and art to encourage this connection to the Mediterranean.

Lisa and Nabil, one last idea you want to give to the artists, the youth, the state? To encourage them to use their skills - whatever they are - to protect the environment?

[00:30:34] **Lisa:** Our message to young people is that change can happen with small steps and solid ideas. We must stick to our thoughts and we must not abandon them, because useful work and proper behavior will have results in the future.

Nabil: keep in mind that “It's not a sprint, it's a long marathon”. It needs small steps, but long-term thinking. Not everything will change overnight, we just have to get started!

[00:30:34] **Lisa:** We must never give up on our dreams, but we must remain persistent and passionate because the sea is our natural treasure, and a source of life. Let's save it and preserve it by inviting people to change their behaviour. This is through individual responsibility and team effort. “Let us not ask what our country can do for us but let us ask ourselves what we can do for our country.”





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[00:30:34] **Nabil:** I would add: “let's stop blaming our failed governments for failing to save our environment, but instead let's come together to save it. The door to change always opens from the inside. If we start with our own home, all these problems will be solved.

[00:30:30] **Vera:** What you are saying is very important, especially during this period when the majority of the Lebanese people have lost hope and are feeling resigned. When highlighting these small changes that you have felt within 2-3 years, and in the midst of the economic crisis, this is very encouraging, and contributes to restoring hope for young people in particular. Thank you for this message.

[00:30:34] **Nabil and Lisa:** No, it's not too late. We can still act. The sea is yours, keep it clean!

[00:30:30] **Vera:** We can certainly reach such results with initiatives like SWIM, with a lot of patience and passion!

Lisa and Nabil, I thank you for your time and the information you shared, from scientific information and personal stories, and your relationship with the sea that prompted you to organise these activities. We've come to the end of the podcast, I hope listeners get excited about participating in these activities, bringing together over 2,700 people! To our listeners, we will come back to you soon with stories from the Mediterranean, so, see you soon with a new episode!

This podcast was brought to you by members of the EU4Ocean coalition and was made by the if oceans could speak production team. Led by Anna Saito, co-organized by Penny Clarke and Arne Riedel, and presented and edited by Jen Freer, Stefan Kirchner, Agnes Nora, Anna Maria Marino, Pierre Strosser, Francisco Lopez Castejon, and me, Vera Noon. Thank you for listening. We will be back next week with another story from the Mediterranean and this one will be recorded in Spanish. There will be a transcript and a translation into English if you want to follow along, and I really recommend that you do! So if the oceans had a voice, what would they say to you?