

"10 Deadly Sins of the Unaware Tourist "

ACTION PLAN:

1. Start of the campaign (April 1, 2024):
 - Launching a dedicated website with information about the campaign, a downloadable poster and advice on environmental protection while staying by the water.
 - Preparing poster packages and sending them to tourist communes throughout Poland, with an invitation to hang them in public places, such as tourist information, recreation centers or beaches.
2. Online promotion (April 1 - September 30, 2024):
 - Regular posting of content related to the campaign on the website and social media profiles, including articles, photos, and videos encouraging responsible behavior near water.
 - Collaboration with media partners to spread information about the campaign through press articles and interviews.
3. Radio broadcast (April 2024):
 - Organizing a radio broadcast on the topic of "10 Deadly Sins of the Unaware Tourist " on local radio, addressing key environmental protection issues related to staying near water. Providing practical tips and advice for listeners.
4. Monitoring and reporting (April - September 2024):
 - Regular monitoring of online activity, including website visits, social media interactions, and responses to shared content.
 - Collecting feedback and comments from the community about the campaign, including suggestions for possible additional actions.

Poster for distribution in tourist municipalities:

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#1 Illegal jetties, wild bathing and areas mooring in the reeds, or destruction of the buffer zone

The creation of sites with access to water results in the destruction of a natural buffer, which significantly contributes to the increase in water pollution and the modification or degradation of habitats and places occupied by animals. Use legally organized places to access water. Do not create and avoid using wild beaches and retaining zones or illegal piers. If you are walking, avoid standing or stopping in the reeds as it is not to destroy vegetation and areas of animals. Mooring boats to trees is also an un-ecological activity.

#2 Burning campfires outside of designated areas, or where do all these PAHs come from?

For many of us, a campfire is one of the most enjoyable aspects of relaxing in nature. However, we should remember to burn them safely, in places designated and prepared for this purpose. A wildfire is not only a fire hazard, but also a place of destruction of the buffer zone and a potential source for the release of many harmful substances into the atmosphere during the combustion process, including particulate matter, carbon monoxide or carcinogenic polycyclic aromatic hydrocarbons (PAHs). According to the law, a bonfire can be burned no later than 300 meters from the forest edge and no less than 10 meters from the fields. It would be great if we also provided a distance of at least 100 m from the lake shore. And finally, always remember to put it out carefully.

#3 Physiological needs in the bush, or additional nitrogen supply

Satisfying physiological needs in the recreational bushes is not only healthy and necessary, but also a burden on the environment, as it involves an additional supply of nutrients. Always use designated areas. If you are walking, make sure your toilet is equipped with the right type of toilet, equipped in parts adapted to receive sewage, not into the water! However, if you need to take care of your needs in the field, be sure to do it at least 300 meters from the shore or even further away. And do not forget the alcohol!



#4 Using detergents for washing in the lake, or an extra dose of phosphorus

Laundry detergents, cleaners or disinfecting agents contain harmful chemical compounds that contribute to eutrophication, resulting in reduced water transparency, oxygen deficiency, fish die-offs and the disappearance of many plant and animal species. Therefore, remember - bathe in the lake, but wash on land. If you do not have access to a bathroom, wash yourself on land at least 300 meters from the shore, pouring your waste there. And don't be fooled by empty labels that declare eco-friendliness or biodegradability - they are often just lies.

#5 Boat fuel and parking lot runoff, or oil pollution

Vehicle traffic and the pollution it generates increase the risk of compounds and substances responsible for chemical excesses in water and sediment. If you are using a diesel-powered boat, always ensure that fuel does not get into the water. If you are going to the water by car, park in a legal place as far from the shore as possible. Driving close to the water destroys riparian vegetation and increases surface erosion, intensifying the runoff of matter into the water, but also poses the risk of pollution from exhaust fumes and spills.

#6 Motor boats, or fun at the expense of ecosystem residents

Motor boats of various types affect aquatic ecosystems through exhaust fumes, fuel and operating material spills, and generated noise and wave action. The effects of noise are primarily acting animals. Increased water movements mechanically destroy vegetation, for example, very valuable streambank meadows, have a negative impact on habitats of littoral animals or fish spawning grounds, and increase sediment resuspension, contributing to an increase in water turbidity. For enthusiasts of faster swimming or in situations where it is justified, we recommend electric motor.

#7 Garbage on the beach, or plastic in the water

Trash on the shore and in the water not only looks ugly, but can also pose a threat to the inhabitants of the ecosystem. Plastic packaging, not only does it decompose very slowly (plastic bottle as long as 1,000 years), but it also produces harmful compounds, as well as microplastics. Always remember to dispose of garbage in the containers intended for this purpose. If there is no garbage bin nearby - take your trash with you and dispose of it when you have the opportunity. Never use a beach as a place to dispose of them. Trash must not only be burned in domestic stoves - campfires are subject to the same rules!

#8 Cigarette butts, or the Mendeleev's table

Cigarette butts are the most common form of trash, with 4.5 billion discarded worldwide each year. Some of them go directly into the environment. And such a cigarette can contain more than 6,000 substances created in the process of cigarette production and tobacco combustion. Research shows that less than one cigarette butt per liter of water can pose a lethal threat to aquatic organisms. Never throw cigarette butts into water or burn them in a campfire. If you smoke, collect the cigarette butts and dispose of them in a designated place.

#9 Fishing baits, or strange substances in waters miracle-whiskers

Fishing is a common form of recreation in Poland. This is a probosciter and accessible activity, provided that it is done without excessive zeal. The negative impact of angling on aquatic ecosystems is expressed primarily in the increased supply of nutrients due to the use of bait. It decomposes in the water, which provides nutrients and accelerates oxygen depletion. Along with the bait, other strange substances enter the water, such as attractants of unbalanced composition (including artificial lures). If you are fishing for pleasure, avoid using bait, and you will not contribute to increasing turbidity and deteriorating water quality.

#10 Strange water sports, or water armageddon

And finally, a few words about various modern recreational activities on the water, i.e. all kinds of gardening, waterboarding, diving and other forms of environmental devastation. They contribute to the destruction of vegetation, degradation of plant and animal habitats, fish spawning grounds, and generate loud noises and waves. The noise frightens animals, mainly fish and birds, and the increased water movements destroy submerged vegetation and reeds and increase sediment resuspension. Their cultivation provides contact with nature and unforgettable experiences, but for the ecosystem it is a kind of armageddon. Before you become fascinated with this form of recreation, think about its impact on the ecosystem.



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