



The Baltic Sea is among the five most polluted seas in the world.



All of us, often without even knowing it, contribute to this unfortunate statistic.

But by getting together we can contribute to the conservation of our Baltic Sea!



This is the message that we, the expedition team, are spreading during **the historic hiking expedition around the Baltic Sea.**



9

Months



8

Countries



~6000

Kilometres

How will hiking benefit our sea?

Expedition focuses on education and community building.

During the expedition:



Educating

the public about the impacts of **human activities on marine ecosystems** and promoting available solutions to reduce marine pollution and biodiversity loss.



Collaborating

with research institutions and environmental organisations across the Baltic Sea countries, we will encourage the public to take a closer look at the sea and its challenges as well as to get involved in citizen science.

Teaming up with various educational institutions and scientists, we will analyse the state of the Baltic Sea in different regions.



Building

community. In September 2024, we will invite all residents of the Baltic Sea countries to join hands on the beaches and symbolically embrace the Baltic Sea.

In association with the **intergovernmental Baltic Marine Environment Protection Commission (HELCOM)**, we will encourage countries to take urgent measures and implement the Baltic Sea Action Plan, signed by parties in 2007.



Organising

educational events and **beach clean-ups** in all Baltic Sea countries and gathering communities for discussions on marine issues.

We will bring together scientists, government officials, business leaders, and citizen representatives to participate in '**living labs**' which will foster cooperation to find the most effective solutions for every area to **reduce negative impacts on the Baltic Sea**. The findings from these workshops will benefit sea protection after the expedition.



After the expedition:



Establishing a foundation

During the expedition, the funds collected by the "Save the Baltic Sea" Foundation will be used for further research and education about the state of the Baltic Sea.



Documentary filmmaking

The documentary film produced during the expedition will add lasting value to the expedition.



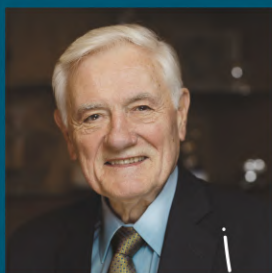
Expedition leader



Giedrius Bučas, the initiator of the sustainable hike around our country "For a Clean Lithuania" 2020 and the winner of the President of Lithuania Valdas Adamkus prize for environmental protection, together with a team of 10-15 like-minded people, is embarking on a journey around the Baltic Sea.

Along the hike, scientists, representatives of government and non-governmental organisations, environmental activists, and local communities will take part in organising and participating in various educational activities. Everyone wishing to join the hike will be welcome to accompany the expedition team for any chosen section.

Expedition patrons



- Former President of Lithuania Valdas Adamkus
- Ministry of Environment of the Republic of Lithuania

Expedition partners



- The European Commission's **EU4Ocean** Coalition
- The Baltic Marine Environment Protection Commission (**HELCOM**)
- Klaipėda University Marine Research Institute
- Environmental Protection Agency Lithuania
- Institute of Oceanology of the Polish Academy of Sciences
- Latvian Institute of Aquatic Ecology
- Estonian Marine Institute
- Embassies of the Baltic Sea countries
- and others

Baltic Sea problems

Eutrophication

Excessive amounts of nitrogen and phosphorus enter the sea through unsustainable agricultural practices, irresponsible industrial activities, and domestic sewage, leading to eutrophication and 'algal bloom.'

This dangerous phenomenon has affected **as much as 97% of the Baltic Sea**, ultimately causing the formation of 'dead zones' – areas where oxygen levels are too low to support marine life.

Litter and microplastic

Microplastic particles enter the sea both from decomposing larger plastic pieces and from industrial and domestic wastewater sources: toilets, baths, and washing machines.

Hazardous substances

A wide range of harmful substances, including pharmaceuticals, pesticides, heavy metals, and petroleum products, are **some of the biggest threats to the Baltic Sea today.**








“Save the Baltic Sea” is much more than just a hike.

We are embarking on the expedition, driven by a sense of solidarity and urgency to improve the state of our sea.

Every step is a milestone, a learning opportunity, and a call to conserve the Baltic Sea for future generations.

Rescue it – there is a purpose!

More information:

-  www.savebaltic.eu
-  [/SaveTheBalticSea](https://www.facebook.com/SaveTheBalticSea)
-  [/save.the.baltic.sea](https://www.instagram.com/save.the.baltic.sea)
-  [/savethebalticsea](https://www.linkedin.com/company/save-the-baltic-sea)
-  [/SaveTheBalticSea](https://www.youtube.com/SaveTheBalticSea)

Wishing to be a part of this story? Contact us:

-  info@savebaltic.eu

