
# Answer booklet

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**1** You ban scallop fishing together during key breeding times.

| | |
|---|---|
| +2 | Scallops get time to grow and reproduce. |
| –1 | Fishers lose money during the ban in both countries. |
| +1 | The rules are the same for all, which is fairer and avoids resentment between fishing communities. |
| – | No major impact. |

**2** You let each country fish with their own rules, but establish a de-escalation protocol in case of conflicts.

| | |
|---|---|
| –1 | Scallops are still under too much pressure. |
| +1 | Fishers keep working and making money. |
| –2 | Different rules cause anger and fighting despite the de-escalation protocol. |
| – | No major impact. |

**3** You make a shared scallop plan with limits and areas that take turns closing.

| | |
|---|---|
| +1 | Scallops slowly come back thanks to limits. |
| +1 | Some changes are needed, but jobs and scallops stay safe in the long run. |
| +2 | Fishing communities work together and fight less. |
| – | No major impact. |



# Introduction

In this booklet, you'll find a glossary and the outcomes of the decisions your team makes during the game.

Each time your team chooses an option from a Quest card, you can look up the outcome in this booklet. Check the page number on the card and go to the matching page. Then, find the decision you made and see how many points you earned or lost across the four pillars:


| | |
|---|---|
| **Biodiversity** (fish) | **Social Fairness** (scale) |
| **Economy** (purse) | **Health** (heart) |

On the game board, move your pawns up or down the pillars based on the points shown.

Each outcome comes with a short explanation — take a moment to read it together with your team. This will help you understand the impact of your choice and plan your next moves.

Only check the outcomes **after** you've made your decision — no peeking! (Unless your character has a special power that allows it…)

If you see a **bold word** on a card, you'll find its definition in the glossary. Read it aloud so everyone on your team learns what it means.

# Definitions

Find the definition of the words in bold below:

- **Algae bloom** (or algal bloom): A fast and large growth of algae that happens when too many nutrients, like fertilisers, get into the water. These blooms can make the water green, use up oxygen, and sometimes release harmful toxins.
- **Aquaculture**: Also called fish farming, aquaculture is the practice of raising fish, shellfish, or sea plants like seaweed in tanks or enclosed areas in the sea. It's used to produce seafood without relying only on wild fish.
- **Ballast water**: Ballast water is seawater pumped in by a ship to maintain safe operating conditions when navigating. This helps improve the stability and propulsion of the boat by compensating for changes in the weight of its cargo.
- **Biofouling**: This happens when small plants, animals, or microorganisms (like barnacles or algae) stick to ships, buoys, or other underwater surfaces. It can damage equipment and help spread invasive species from one place to another.
- **Bycatch**: Sea animals that are caught by accident when fishers are trying to catch something else. This can include dolphins, turtles, young fish, or other unwanted species. Reducing bycatch helps protect marine life.
- **Carbonate**: A natural chemical found in seashells, coral, and rocks. Many sea animals use it to build their shells and skeletons. It comes from the mixing of carbon dioxide ($CO_2$) with water in the ocean.
- **Citizen Science**: This is when citizens collect or study information and act collectively. This can include things like counting birds, measuring rainfall, picking up plastic on beaches, or recording jellyfish sightings.
- **$CO_2$**: A gas that naturally occurs. It is colourless and odourless. Plants need it to grow, but too much $CO_2$ in the air traps heat and causes climate change. Some of it



## 4

**1** You drastically cut oil and gas production.

| | |
|---|---|
| +2 | Less noise and pollution help sea animals recover. |
| –2 | Many people lose jobs and money in the oil and gas sector. |
| +1 | You show a strong commitment to protecting nature and future generations. |
| +1 | A cleaner ocean means better health, especially for people near the coast. |

**2** You look for the same species to catch in other seas.

| | |
|---|---|
| –1 | Other seas get hurt from overfishing. |
| +1 | Fishing continues and brings money in new places. |
| –1 | This hurts both local and faraway fishing communities. |
| –2 | Pollution from the oil and gas sector causes serious public health problems over time in coastal communities. |

**3** You make a deal with nearby countries to limit pollution and noise from oil and gas.

| | |
|---|---|
| +1 | Sea life feels less stress and can recover a bit. |
| – | No major impact. Operators remain active, which outweighs the cost of adaptation. |
| +1 | Fair rules help protect nature and jobs. |
| – | No major impact. |

**3**

**1** You keep things the same.

**–2** $CO_2$ emissions from transport contribute to climate change, indirectly impacting marine ecosystems.

**+1** It's cheaper to keep things as they are.

**–1** Local fishers don't get jobs from shrimp peeling.

**–** No major impact.

**2** You help set up machines to peel shrimp close to where they are caught.

**+1** Less transport means fewer $CO_2$ emissions, which contributes to slowing down climate change.

**+2** The cost of buying the machines is quickly outweighed by the creation of local jobs, contributing to the local economy.

**–2** Machines reduce the number of jobs that could be created for people. Workers in Morocco lose their jobs.

**–** No major impact.

**3** You invest in social cooperatives with workers peeling manually near the fishing zone.

**+1** It lowers $CO_2$ emissions from transport by peeling locally.

**–1** Workers' salaries are higher in Europe than in Morocco, which costs more for the same result.

**+1** Helps local people get jobs and learn skills locally, but workers in Morocco lose their jobs.

**–1** Shrimp might get too expensive for some families.



also gets absorbed by the ocean, which can change water chemistry.

- **Ecosystem services**: The benefits that nature gives us for free, like clean air and water, healthy soil, fish to eat, and protection from floods. Wetlands, forests, and oceans all provide valuable services that help people and the planet.
- **Eutrophication**: This is what happens when too many nutrients (mainly from farm runoff or sewage) get into lakes or seas. It causes algae blooms, takes away oxygen from the water, and can kill fish and other marine life.
- **Fertiliser runoff:** When extra fertiliser used on farms gets washed away by rain into rivers, lakes, or the sea. This can cause too many nutrients in the water, which makes algae grow too fast. The algae can block sunlight and use up oxygen, harming fish and other animals.
- **Hatchery**: A place where fish or shellfish are bred and raised until they are strong enough to survive in the wild or on fish farms. Hatcheries help support fish populations and aquaculture businesses.
- **Iodine**: A mineral that the human body needs in small amounts to stay healthy. It helps your body make important hormones and is often found in seafood, dairy, and iodised salt.
- **Moratorium**: Temporary pause on an activity, often to protect nature or give time to study a problem. For example, a fishing moratorium means no one is allowed to fish a certain species for a while, so the population can recover.
- **Selective fishing gear**: Fishing tools or nets designed to catch only certain species or sizes of fish. This helps protect young fish and other sea animals that aren't meant to be caught, making fishing more sustainable.
- **Thyroid**: A small gland in your neck that makes hormones to control your body's energy, growth, and metabolism (how your body uses food for energy). It needs iodine to work properly.
- **Zoonosis** (or zoonotic disease): Diseases that can spread between animals and humans. Some of these illnesses can come from eating unsafe seafood or from contact with sick animals. Monitoring them helps protect both people and wildlife.

# Arctic ocean

## 1

**1** You invest in eco-labels to sell to climate-conscious customers.

| | |
|---|---|
| +1 | Eco-labels promote sustainable fishing practices that protect ocean life. |
| +1 | You can earn more by selling to eco-conscious consumers, but getting certified costs a lot. |
| −1 | Larger companies may benefit most, since they can afford the extra costs of certification. |
| − | No major effect on health. |

**2** You keep fuel subsidies so Arctic fisheries stay competitive.

| | |
|---|---|
| −1 | Higher CO2 emissions and overfishing can harm marine animals and their habitat. |
| +1 | Immediately helps local fishers and protects jobs |
| +1 | Supports communities that rely on fishing in the Arctic. |
| −1 | Higher CO2 emissions can hurt the environment and people's health over time. |

**3** You gradually end fuel subsidies and help switch to cleaner fishing technologies.

| | |
|---|---|
| +2 | Cutting emissions and fishing pressure helps protect the ocean. |
| −1 | It's expensive to switch to cleaner tech, so profits may drop at first. |
| −1 | Small companies & fishers may struggle unless they get help to afford new gear. |
| +1 | Cleaner fishing means cleaner air and fewer environmental risks. |

## 2

**1** You ask farmers to grow kelp to help make the water less acidic.

| | |
|---|---|
| +2 | Kelp reduces **$CO_2$** in water, buffering the effects of acidity on shellfish farms and providing habitat for marine animals. |
| +1 | Farmers can sell the kelp and earn more money. |
| +1 | This is cheap and easy, so all farms can try it, even small ones. |
| +1 | Kelp becomes available on the market. It is a good source of iodine, which is important for thyroid function. |

**2** You work with scientists to try stronger oyster strains that handle acidic water better.

| | |
|---|---|
| +1 | Oysters stay strong even in acidic water. |
| − | It costs money to switch, but it will pay off later. |
| −1 | Bigger farms might get better access to these oysters than small producers. |
| − | No major impact. |

**3** You encourage farmers to check the water and add natural products like crushed shells or limestone to fix the pH.

| | |
|---|---|
| +1 | Helps baby oysters survive and grow in **hatcheries**. |
| −1 | The equipment and maintenance to do this are expensive. |
| −1 | Only bigger farms might afford the tools without subsidies. |
| − | No major impact. |

# Atlantic ocean
## Channel / North sea

### 1

**1** You close the fishery of this species by implementing a **moratorium**.

| | |
|---|---|
| +2 | Cod populations have more time to grow. |
| –2 | This is a major loss of income for the whole seafood industry, not just fishers. |
| –1 | Small fishers and poorer families are hit the hardest. |
| –1 | People can't get this cheap, healthy fish anymore, which is a popular source of protein and healthy fats. |

**2** You lower the cod fishing quotas.

| | |
|---|---|
| +1 | Cods have more chances to reproduce. |
| –1 | Fishers catch fewer and earn a bit less for now. |
| +1 | This helps protect access to cod for future generations and for small fishers whose livelihood depends on it. |
| – | No major impact. |

**3** You provide subsidies for fishers to adopt gear that reduces cod **bycatch**.

| | |
|---|---|
| +1 | Fewer cod are caught by mistake. |
| – | Fishers spend money on gear, but still earn from fishing. |
| +1 | This helps fishers change without losing their jobs. |
| – | No major impact. |



### 2

**1** You protect wild salmon habitats and make fishing rules stricter.

| | |
|---|---|
| +2 | Protecting habitats helps the wild salmon population grow and relieves river ecosystems. |
| –1 | Stricter rules mean fewer chances to fish this valuable species, which is a pillar of the Arctic economy. |
| –1 | Smaller or traditional fishers may lose out more than bigger companies. |
| +1 | This maintains access to a popular and healthy wild seafood source over time. |

**2** You increase fishing quotas while there are still enough wild salmon.

| | |
|---|---|
| +2 | More fishing speeds up the loss of wild salmon and adds more stress on ecosystems. |
| +1 | Good for the fishing business—for now. |
| –2 | Short-term gains could hurt the future of communities that depend on salmon. |
| –1 | Wild salmon may become harder to find in the future, even though they are a healthy food source. |

**3** You invest in salmon **hatcheries** and in restoring rivers to help salmon populations grow.

| | |
|---|---|
| +1 | Hatcheries and river restoration work help wild salmon, but can impact their genetic diversity if not well managed. |
| +1 | This creates local jobs and supports fishing in the long run. |
| +1 | This helps communities that depend on salmon keep access to it over time. |
| +1 | River health improves water quality and reduces parasite pressure. |

## 3

**1** You adapt fishing rules and quotas to catch new fish species.

+1

Catching new species responsibly protects native species and keeps the balance in the ecosystem.

+2

New types of fish bring new business and support fishing jobs.

+1

Helps communities depending on fishing find new income as fish populations shift.

+1

More seafood choices can improve nutrition.

**2** You focus on protecting native Arctic species.

+1

Protecting native species keeps the Arctic ecosystem strong.

−1

Limiting what can be caught may hurt the economy for now.

−1

It may hit traditional fishing communities hardest if there is no extra support.

+1

Keeps local, healthy food sources available.

**2** You try to work with other countries to prevent overfishing and conflicts.

+1

Countries working together can promote responsible management of fish stocks, but it may take time.

−

Slow talks and disagreements could delay benefits.

+1

This prevents larger nations of fleets from dominating and ensures equity.

+1

Good cooperation can keep access to seafood safe and steady for everyone.

## 5

**1** You enforce stricter fishing quotas and monitoring.

+2

This reduces fishing pressure, giving turbot time to recover and helping the ecosystem stay balanced.

−1

Fishers who rely on turbot may earn less in the short term.

−1

Small-scale fishers may be hit hardest by new rules.

+1

Protecting turbot stocks now means people can keep eating this nutritious fish in the future.

**2** You promote the fishing and consumption of alternative species with healthier stocks.

+1

Less pressure on turbot helps it recover and promotes more balanced exploitation of marine resources.

+1

This opens new markets for lesser-known fish, helping the seafood sector adapt.

+1

Fishers can keep working by switching to new species without depleting turbot stocks.

+1

A more diverse seafood diet can improve health and nutrition.

**3** You invest in farming turbot to reduce pressure on wild populations.

−1

If not managed well, farms pose risks like pollution from feed or escaped farmed fish.

+1

**Aquaculture** creates new income and jobs in the region.

−

Farming creates stable jobs but may not benefit small-scale fishers.

−1

There is a risk that new farms are poorly managed due to lack of experience. Potential issues include parasites, or misuse of antibiotics.

## 4

**1** You encourage fishers to catch this snail, using selective gear that does not harm other animals or the seafloor.

**+1** Other sea animals and the seafloor stay safe, while the Rapana venosa population drops.

**+2** Fishers earn money by selling Rapana as a new seafood product.

**–1** Smaller fishers might not afford the special gear needed to join in.

**–** No major impact on health.

**2** You choose not to act, trusting that nature always finds its way.

**–2** The situation worsens, bringing native species such as oysters and mussels to the brink of extinction.

**–2** Fishers lose income as mussels, oysters, and other affected species disappear.

**–1** Coastal communities and small-scale fishers are hit hardest.

**–1** With fewer local seafood options available, people eat less healthy marine food.

**3** You encourage creating new products using the sea snail.

**+1** This helps control the spread of this sea snail and gives native species a chance to recover.

**+2** A new industry grows, and Rapana products can even be exported.

**+1** Local jobs are created by the new businesses.

**+1** The snails are used to create new pharmaceutical products.



## 4

**1** You set strict **biofouling** and ballast water regulations in Arctic waters.

**+2** Strong rules stop harmful species from spreading and protect native wildlife.

**–1** New rules cost more time, staff, and equipment, slowing some economic growth.

**+1** Protects the ways of life for communities that depend on native species for food and culture.

**+1** This lowers the risk of food contamination and diseases that can spread from animals to humans (**zoonosis**).

**2** You let ships continue without extra rules on invasive species.

**–2** More invasive species could damage Arctic wildlife and ecosystems.

**+1** Shipping grows quickly and brings in money, but long-term damage to the fishing industry and ecosystem could cost more later.

**–1** This harms communities that depend on native species for survival and traditions.

**–2** Disease and pollution from invasive species can pose serious health risks, including **zoonosis**.

**3** You make ships clean their hulls before they enter Arctic waters.

**+1** Cleaning ship hulls helps stop invasive species from spreading.

**+1** This option is cheaper than full regulations and lets businesses continue with fewer delays.

**+1** This balances the needs of local communities and the shipping industry.

**+1** This reduces the risk of contamination from animal to human (**zoonosis**) and maintains access to healthy seafood sources.

## 5

**1** You invest in **aquaculture** systems that can handle warmer water.

**+1**

More resilient farming systems help protect wild fish and reduce the impact of escapes from their farm on wildlife.

**+2**

Early investment keeps fish farming profitable and competitive.

**+1**

This supports jobs and communities that depend on fish farming.

**+1**

Healthier farms mean fewer parasites and safer fish to eat.

**2** You slow down **aquaculture** expansion to protect the environment.

**+2**

Slowing growth gives ecosystems a break and helps protect wild species.

**–1**

Less farming means fewer profits and business growth for now.

**–1**

This could lead to job losses in areas that rely on fish farming.

**+1**

Less fishes in the farms mean fewer diseases and less need for antibiotics.

**3** You fund research to monitor climate effects and adjust **aquaculture** practices.

**+1**

Research helps manage farms better in the future.

**+1**

This helps the industry stay strong long-term, even if it costs more now.

**+1**

This gives farmers the tools to keep working as the climate changes.

**+1**

Better information means safer fish and fewer health risks.



## 3

**1** You implement stricter fishing quotas to protect anchovy stocks.

**+1**

Anchovy populations have a chance to recover, which also helps the whole ecosystem.

**–1**

With fewer anchovies to catch, fishers lose an essential source of income in the short term.

**+1**

This protects long-term access to anchovies, especially for small fishers.

**+1**

Lower risk of overfishing and unregulated catches ensures seafood quality and long-term access to anchovies for consumers.

**2** You promote alternative species to reduce reliance on anchovy.

**+1**

Taking pressure off anchovies helps balance the marine food system.

**+1**

New markets for other species open up, offering new business chances.

**–1**

Some traditional anchovy fishers may find it hard to change their habits or equipment.

**+1**

Eating a wider range of seafood can lead to better nutrition.

**3** You invest in **aquaculture** as a complement to fishing.

**+1**

Farming fish helps reduce the pressure on wild anchovy stocks.

**+1**

This creates new jobs and ensures a stable anchovy supply.

**–1**

Transitioning to aquaculture risks leaving small-scale fishers behind.

**–**

No immediate impact.

## 2

**1** You increase enforcement and penalties for illegal fishing.


+2
Stricter controls mean fewer fish are taken unfairly, so species can recover.


−2
Surveillance and patrols are expensive, even if they help protect fish stocks long-term.


+1
Honest fishers are protected from unfair competition.


+1
Better traceability means safer seafood for everyone.

**2** You support legal fishing activities with incentives.


+1
Encouraging sustainable practices helps fish populations grow over time.


−1
Providing subsidies costs money in the short term.


+2
Fishers who follow the rules, especially small-scale ones, get rewarded and supported.


+1
Safer fishing practices help keep seafood clean and traceable.

**3** You collaborate with neighbouring countries to improve control.


+1
As species migrate within the Black Sea, cross-border cooperation helps protect marine animals.


+1
Sharing patrols and information saves money and makes the fishing economy more stable.


+1
Everyone follows the same rules, which feels fair and builds trust.


+1
Better monitoring means safer seafood across the whole region.



# Mediterranean sea

## 1

**1** You launch a campaign to encourage people to eat lionfish.


+1
Eating lionfish helps reduce their numbers and protects native fish.


+1
This opens up new markets for fishers and restaurants, though it takes skill to prepare lionfish safely.


+1
This brings income to small-scale fishers and coastal communities.


+1
Lionfish is low in fat and can be a healthy, affordable food.

**2** You create **citizen science** and diver programs to track and remove lionfish in key areas.


+2
Targeted removals in sensitive areas protect key native species.


−1
Training and organising volunteers costs money without direct profits.


+1
It gets local people involved and raises awareness.


−1
There's a risk of getting stung if people aren't trained properly.

**3** You fund research to see if new predators could help control them.


−1
Introducing new species may harm native species.


−1
Research takes time and doesn't pay off right away.


–
No clear effect for now—any benefits would come later.


–
No big impact on health at this stage.

## 2

**1** You promote blue crab fishing and market it as a local seafood delicacy.

| | |
|---|---|
| +1 | Catching blue crabs helps protect native species and ecosystems. |
| +2 | The demand for blue crabs increases, creating new business for fishers and restaurants. |
| +1 | This brings in jobs and reduces gear damage, though not everyone benefits equally. |
| +1 | This offers a cheap, healthy seafood option high in protein and healthy fats. |

**2** You invest in large-scale removal efforts and tracking programs.

| | |
|---|---|
| +2 | This is the best option for protecting native species and restoring balance. |
| –1 | The remaining jellyfish keep stinging swimmers. |
| +2 | This helps fishers keep on fishing the native species they depend on, and reduces gear loss. |
| – | No immediate health effects. |

**3** You do nothing and hope nature finds its own balance.

| | |
|---|---|
| –2 | Letting the crabs spread makes things worse for native species. |
| –1 | Fishing gear gets damaged, and traditional catches become harder to find. |
| –1 | Small-scale fishers are hit hardest by lost income. |
| –1 | Disrupted supply chains lower seafood quality and food security. |



# Black sea

## 1

**1** You encourage fisheries to use hooks instead of nets in affected regions.

| | |
|---|---|
| –2 | Jellyfish keep on blooming, affecting the reproduction of native species. |
| +1 | Fishing doesn't stop, and fishers keep a revenue, but there are fewer species to catch, so seafood prices go up. |
| –2 | Smaller fishers cannot afford new gears and are disadvantaged. More expensive seafood makes it harder for low-income families to buy fish. |
| –1 | The number of swimmers getting stung by jellyfish keeps rising. |

**2** You develop economic uses for jellyfish, such as food products, pharmaceuticals, or fertilisers.

| | |
|---|---|
| +2 | Jellyfish population decreases, and native species can thrive again. |
| +2 | New jobs and businesses grow from jellyfish products. |
| +2 | Local jobs are created, and fishers can go back to business as usual. |
| +1 | Fewer swimmers get stung. New jellyfish-based pharmaceutical products emerge on the market. |

**3** You implement stricter control of **ballast water** from ships to prevent further introduction of invasive jellyfish.

| | |
|---|---|
| –1 | This slows the problem down, but doesn't fix the jellyfish already there. |
| –2 | Ships and fishers have delays and more rules, while jellyfish still cause problems. Seafood prices go up. |
| –2 | Small-scale fishers struggle the most. Higher seafood prices are tough on low-income families. |
| – | No major direct effect. |

## 5

**1** You increase enforcement and penalties for unreported fishing.


+1 — This protects fish by making sure fewer are caught without being reported.


−1 — Strict rules may make fishing harder at first and cost a lot to enforce.


+1 — Fair for fishers who already follow the rules.


+1 — Better traceability means safer seafood and less chance of eating mislabeled fish (which can be dangerous in case of allergy).

**2** You work with fishers to collect better data and offer rewards for reporting catches.


−1 — If fishers don't all voluntarily follow the plan, it may not work well enough.


+1 — Fishers can keep working and start building better reporting habits.


+1 — This builds trust, shared responsibility and a sense of ownership among coastal communities.


– — No direct impact.

**3** You use technology like cameras and digital logbooks to track what's caught on boats.


+2 — Gives clear, real-time data to protect fish stocks and reduce illegal or harmful fishing.


−1 — Expensive to install and run the systems.


−2 — This raises privacy concerns, with some fishers feeling watched all the time.


– — No direct impact.



## 3

**1** You require DNA testing and digital tracking for all seafood products.


+2 — DNA testing ensures that seafood is correctly identified and helps stop illegal or endangered fish from being sold.


−1 — New technology and testing make things more expensive for sellers.


+2 — This protects honest producers and fishers and helps vulnerable buyers stay safe.


+1 — This reduces allergy risks and makes sure people know what they're eating.

**2** You launch a national campaign to help people identify seasonal, local fish.


+1 — Promoting local and seasonal fish supports responsible fishing and prevents overfishing.


−1 — Big campaigns cost money and don't bring in profits right away.


+1 — This helps small fishers sell their catch and compete with larger sellers.


+1 — This encourages people to make safer, healthier seafood choices.

**3** You create a trusted "Mediterranean Verified" label for traceable seafood.


+1 — The label encourages responsible sourcing and clear labelling, reducing illegal and unsustainable practices.


+1 — This costs a bit to run, but boosts the value of certified seafood.


+1 — The label builds trust and rewards fishers who follow the rules.


+1 — This makes seafood safer to eat by improving traceability and transparency.

4

**1** You enforce strict fishing quotas and seasonal bans.


+2
Seafood stocks recover, helping balance marine ecosystems.


−1
Fishers earn less short term, but can benefit later if stocks return to normal.


−2
Without help, small-scale fishers lose out the most.


–
No immediate health effect.

**2** You promote sustainable **aquaculture** of native species.


+1
Done sustainably, this relieves pressure on wild fish, especially when only native species are farmed.


+2
This boosts local jobs and food production, reducing reliance on imports.


–
New jobs help some, but others, like small fishers, may struggle.


+1
Though nutritional value differs from wild fish, this solution offers food security.

**3** You launch a seafood heritage program to support creativity and sustainability in the culinary sector.


+1
Less demand for overfished species helps protect the sea.


+2
This supports local restaurants and tourism through a fresh culinary identity, attracting international attention.


+1
This celebrates cultural traditions and small catering and tourism businesses, but does not support local fishers.


+1
This encourages diverse, sustainable diets, increasing longevity.



4

**1** You implement stricter fishing rules so fish populations can grow back.


+2
This gives fish stocks and habitats time to recover and grow stronger.


+1
Fishers might earn less for a while, but it helps keep fishing jobs safe in the future.


+1
This supports a better future for fishers by encouraging them to fish more diverse species, and helping smaller fishing businesses.


–
No direct impact.

**2** You launch large-scale habitat restoration projects in key areas.


+2
Helps areas where fish need to breed and grow, helping marine life return.


−1
It's expensive to start and maintain, and it takes time before the results show.


–
Mostly neutral unless local communities are involved or get jobs from the work.


+1
Healthier sea means better quality seafood over time.

**2** You promote **selective fishing gear** that is safer for nature, but still allows fishing.


+1
New gear protects the sea floor and avoids catching species unintentionally.


+1
Fishers can keep working and might catch higher-quality product, but new gear costs money.


−1
Small fishers may not be able to afford the gear or need training to use it.


–
No direct health impact.

## 3

**1** You invest in removing algae and increasing oxygen to prevent dead zones.

**+1**

More oxygen in the water helps fish and sea animals live and grow.

**–1**

These projects cost a lot and don't fix the problem at its source.

**+1**

This helps fishers and coastal communities by bringing fish back and limiting damage from the algae to boats and equipment.

**+1**

Cleaner water means fewer toxins and better seafood and swimming conditions.

**2** You promote sustainable agriculture on land to limit fertiliser runoff.

**+2**

Stopping pollution at the source keeps the sea healthier and protects coastal and marine ecosystems.

**–1**

Farmers need financial support and time to change how they work.

**–1**

Small-scale farmers find it harder to adapt.

**+1**

Healthier water, food, and environment help people feel better and safer.

**3** You support the restoration of coastal wetlands as filters between the land and sea.

**+2**

Wetlands act as natural filters, absorbing excess nutrients, and are also rich habitats for fish, birds, and invertebrates.

**–**

Restoring wetlands costs a lot, but it can also bring new income through nature tourism, for instance.

**+1**

Helps both coastal and inland communities through the wetlands' **ecosystem services**.

**+1**

Less algae means cleaner water and fewer risks to people's health.



## 5

**1** You create marine climate refuges and no-fishing zones.

**+2**

This protects vulnerable species and gives marine life a chance to adapt to warming conditions.

**–1**

Fishers may lose access to some areas at first, but stocks can recover over time.

**–2**

Smaller fishers suffer most unless they get support.

**+1**

Protecting coral, plankton, and mussels helps keep seafood supplies stable and nutritious.

**2** You support research and adaptation for affected fisheries and **aquaculture**.

**+1**

The outcomes of the research reduce pressure on wildlife.

**–1**

Research requires money, but the benefits are not immediate.

**+1**

This gives a chance to small businesses to adapt to climate change.

**–**

No immediate effects on health.

**3** You launch a Mediterranean climate action pact for the sea.

**+2**

International cooperation can help protect species and habitats across the Mediterranean.

**+1**

Shared rules and action plans can support long-term fisheries and tourism.

**+1**

This encourages cooperation between countries and gives smaller communities agency to act.

**+1**

Better regional planning can secure clean, healthy seafood for everyone.

# Baltic sea

## 1

**1** You enforce strict rules to limit runoff from agriculture and cities.


+1
This improves water quality and helps protect marine ecosystems.


−1
This induces higher costs for farmers and cities to improve their systems.


−1
Smaller farms and local governments may find it harder to meet the new rules.


+1
Less toxic pollution in coastal areas lowers the risk of serious health problems, in particular neurological conditions.

**2** You upgrade wastewater treatment plants to reduce discharge.


+1
This reduces one of the main sources of pollution, helping ecosystems recover.


−
This is expensive to start, but it saves money in the long term by preventing health issues and environmental damage.


+1
This provides access to clean water for all and helps protect communities.


+1
Better water quality improves public health, including mental health.

**3** You start an awareness campaign with rewards to get everyone to reduce pollution voluntarily.


−1
Marine life continues to suffer if progress is too slow or uneven


−
No direct impact


+1
This encourages collective action without punishing anyone.


−1
If action is too slow, toxic products stay in the water and keep people at risk.



## 2

**1** You add seasonal or area-based fishing limits in noisy zones.


+1
Herring can rest and reproduce better in quieter areas, helping their numbers grow again.


−
Fishing less in some places will lower short-term revenue, but it helps keep herring available in the future.


+1
This helps protect cultural traditions and ensures long-term access to herring for local fishers and communities.


+1
Less-stressed fish are more nutritious. This also protects this healthy local food source for future generations.

**2** You encourage quieter engines and equipment for fishing and shipping.


+2
With less noise, herring live in a safer, calmer environment and can thrive.


+1
New quiet technologies help modernise the fishing and shipping industries and keep them competitive.


−1
Some small-scale fishers might struggle to afford new quiet boats or equipment.


+1
Healthier herring means they have better nutritional values for the people who eat them.

**3** You encourage people to consume more diverse seafood, so they rely less on herring.


+1
Taking pressure off herring helps protect the balance of marine life, even if noise is still a problem.


+2
More types of seafood mean more business opportunities for fishers, restaurants, and food markets.


+1
Small-scale fishers can diversify their revenue from other species.


+1
A wider variety of seafood can mean better nutrition.