



SAVE THE OCEAN BECOME PLASTIC FREE

NADD
DIVE PASSION

Plastic
is a huge problem
for the ocean.

**We need to do something...
AND DO IT NOW!**

#nadd #plasticfree

naddeurope.com

Plastic is killing marine life and devastating the coral reefs all around the world. A huge problem for the environment, for our health and that of the planet. Every year more than 8 million tons of plastic end up in the oceans. These are mainly disposable objects such as bottles, dishes, straws and bags.

LIMIT THE USE OF DISPOSABLE PLASTIC IS A GLOBAL AND URGENT CHALLENGE THAT REQUIRES THE CONTRIBUTION OF ALL!

JOIN US, WITH THE NADD CAMPAIGN #PLASTICFREE!

The passion of NADD for scuba diving and the marine world translates not only into cutting-edge educational programs, but also in specific activities dedicated to conservation of environmental integrity. One of the primary goals of NADD and its Instructors has always be to train divers to be prepared and sensitive about the conservation of ecosystem of the seabed.



FEW AND SIMPLE RULES CAN SAVE THE OCEAN

Start now to reduce plastic consumption as much as possible! When you can, report the degradation situations to the competent authorities.



**DURING YOUR DIVES,
COLLECT THE PLASTIC YOU FIND
IN THE SEA AND ON THE BEACHES!**

- If is possible, drink tap water and **USE A CANTEEN** to carry it with you
- **ALWAYS AVOID DISPOSABLE OBJECTS** such as plates, cutlery and plastic cups or use them in biodegradable materials
- **STORE FOOD IN REUSABLE CONTAINERS**, avoid the film
- **AT THE OFFICE, USE YOUR CUP AND YOUR GLASS**
- **REMEMBER TO DO GARBAGE COLLECTION**, even when you are out of home
- **USE A REUSABLE BAG FOR YOUR PURCHASES**
- **CHOOSE SOAPS AND DETERGENTS IN RECYCLABLE PACKAGES**
- **CHOOSE NATURAL FIBERS** for your clothes
- **GIVE UP WITH STRAWS**
- **TAKE PART IN CLEANING INITIATIVES OF BEACHES AND SEABEDS**