

SENTINEL OCEAN ALLIANCE 2023 IMPACT REPORT FOREWORD:

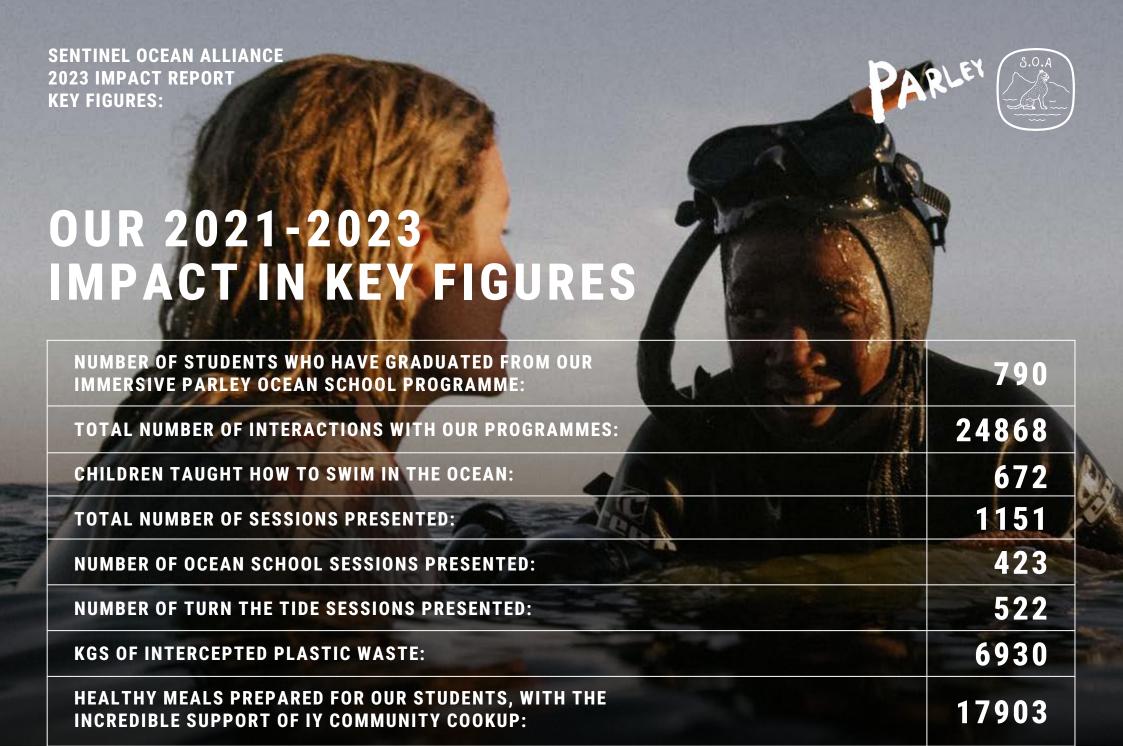


2023 EXPANDING HORIZONS

FRANK SOLOMON
FOUNDER AND DIRECTOR

"Sentinel Ocean Alliance embarks on this year's impact report with immense pride and gratitude, reflecting on a year of remarkable expansion and transformative initiatives. Our journey, rooted in the persistent pursuit of a vision for the youth of Hout Bay and the broader mission of advocating for the fragility of our oceans, has blossomed into a dynamic organisation that has continued to grow and expand. From humble beginnings, we've evolved into a robust force, uniting passionate individuals and forging meaningful partnerships to deliver ocean education, ocean therapy, and unprecedented ocean-based opportunities to the youth of South Africa's coastal communities.

As we unveil our third annual impact report, we extend heartfelt appreciation to our extraordinary partners, with special recognition for Parley For The Oceans, whose steadfast support has been instrumental in propelling our mission forward. We also welcome new partners on board such as Patagonia and the Onda Foundation. The expansion of our initiatives to Mozambique and Panama reflects our commitment to holistic impact, with new programmes designed to amplify our reach and deepen our influence. We express profound gratitude to our dedicated team, the steadfast support of our community, and the unwavering backing of every individual who has contributed to our journey."





SENTINEL OCEAN ALLIANCE 2023 IMPACT REPORT 01: WHO WE ARE

EMPOWERING YOUTH, PRESERVING OCEANS.

"The more clearly we can focus our attention on the wonders and realities of the universe about us, the less taste we shall have for destruction." – Rachel Carson. In order to protect our oceans, we have to involve our local communities, in particular the youth.

At Sentinel Ocean Alliance, we are driven by the belief that a deep connection with the ocean can transform coastal communities. With the support of Parley for the Oceans, we aim to address critical challenges faced by these communities worldwide, emphasising the profound impact of ocean connection and education on well-being and environmental stewardship.

In South Africa, a nation where two-thirds of children confront the harsh realities of multidimensional poverty — a challenging land-scape marked by maltreatment, food insecurity, discrimination, and violence — our mission becomes not just a noble pursuit but a critical necessity. It unfolds as a lifeline extended to the youth in these marginalised communities, aiming to break the cyclical chains of constrained development and limited advancement due to various socio-economic challenges.

In this context, we are faced with another pervasive threat — the modern world's disconnection from nature, a detachment that leads



to pollution and the gradual decay of marine ecosystems. It is within this intricate web of environmental and societal degradation that the significance of our ocean education programme is magnified. It emerges as a pivotal intervention, shedding light on the profound impact of plastic waste on marine ecosystems.

More than an educational initiative, it becomes a beacon for change, advocating the Parley AIR Strategy as a sustainable solution. Our mission, intricately woven with both social and environmental threads, strives to address not just one facet but the interconnected challenges faced by these communities, fostering a holistic transformation towards a sustainable and harmonious future.

"THE OCEAN IS OUR PLANET'S LIFE SUPPORT SYSTEM, AND ITS HEALTH IS DIRECTLY TIED TO OUR OWN. RESTORING OUR CONNECTION TO THE OCEAN IS NOT JUST A CHOICE; IT'S A NECESSITY."

KHOLOFELO SETHEBE EDUCATOR AND MARINE BIOLOGIST PARLEY OCEAN SCHOOL



SENTINEL OCEAN ALLIANCE 2023 IMPACT REPORT 02: MISSION & VISION

THE PROBLEMS WE ADDRESS

OUR DRIVING FORCE IS THE CONVICTION THAT A PROFOUND CONNECTION WITH THE OCEAN HAS THE POWER TO CATALYSE TRANSFORMATIVE CHANGE IN COASTAL COMMUNITIES. THROUGH OUR PARTNERSHIP WITH PARLEY FOR THE OCEANS, WE CONFRONT CRITICAL CHALLENGES, UNDERLINING THE DEEP IMPACT OF OCEAN CONNECTION AND EDUCATION ON THE WELL-BEING AND ENVIRONMENTAL STEWARDSHIP OF THESE COMMUNITIES.

DISCONNECT WITH NATURE:

The modern world has led to a growing disconnect between communities and the ocean, resulting in pollution and deteriorating marine ecosystems. Our programmes aim to rekindle this vital connection, fostering well-being and environmental consciousness.

LIMITED KNOWLEDGE ABOUT OUR OCEAN:

Inadequate ocean knowledge and swimming skills not only put lives at risk but also contribute to the degradation of our oceans. We are committed to providing education that instals a profound sense of responsibility toward our oceans.

LACK OF YOUTH OPPORTUNITIES:

Two-thirds of South Africa's children are living in multidimensional poverty, affected by maltreatment, food insecurity, discrimination and the constant threat of violence at homes, in schools and neighbourhoods. The youth from these communities often miss out on the benefits of ocean-based opportunities, limiting growth potential in body, mind, and spirit.







Our programmes are meticulously structured to provide a holistic learning experience. The 16-week Parley Ocean School programme, the cornerstone of our initiatives, is designed to immerse students in the wonders of the ocean. Each week, a carefully crafted session blends science and storytelling, fostering a love for the ocean. These modules are not only educational but also designed to ignite curiosity and passion.

OCEAN IMMERSION AND OCEAN THERAPY:

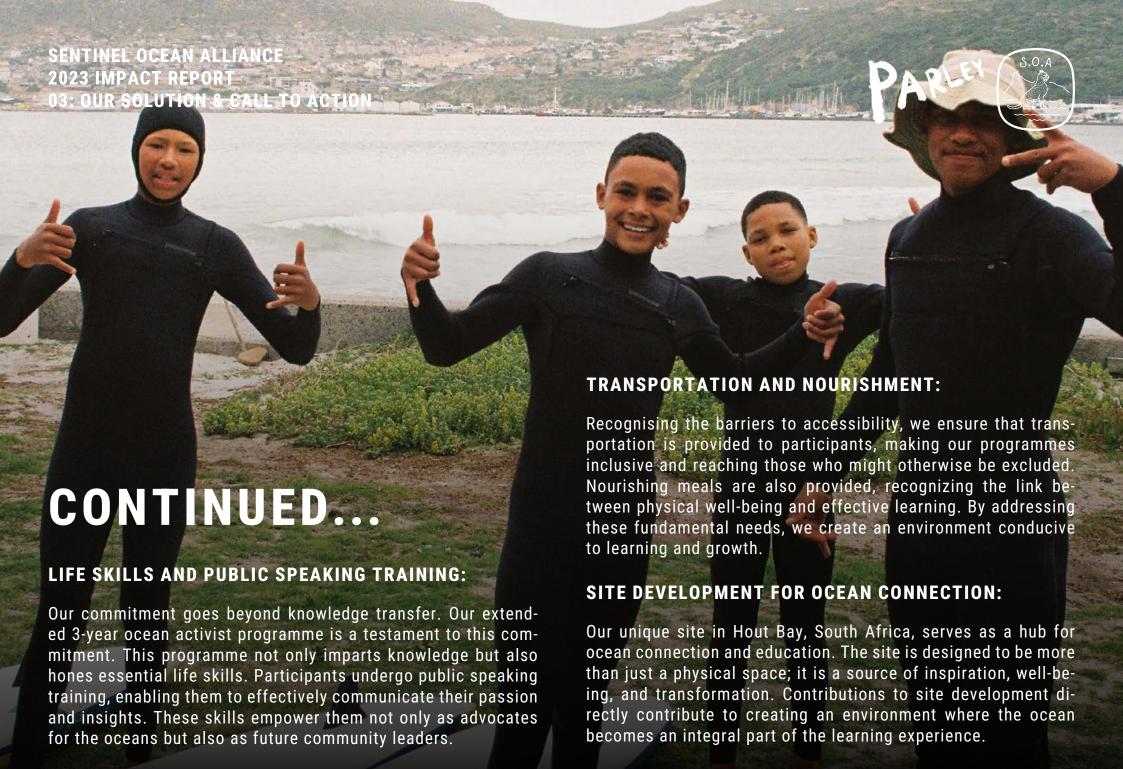
An integral part of our mission is our Turn The Tide Ocean Immersion Program. Teaching ocean safety awareness, mindfulness practices, ocean knowledge and practical swimming skills, this programme aims to reduce the risk of drownings but more importantly, foster a spiritual connection with the ocean. Bringing in oceanography lessons, mindfulness practices, coupled with cultivating a love for the water, contributes to the creation of a generation that not only respects but also understands the ocean.

EXPERT-LED SESSIONS:

We enhance our programme's impact by bringing in expert quest speakers who bring real-world ocean issues to life. These engaging weekly sessions provide students with valuable insights and perspectives, broadening their understanding of the interconnectedness between human activities and marine ecosystems. Inspirational stories from these ocean leaders resonate with participants, inspiring a sense of responsibility and stewardship.

HANDS-ON ACTIVITIES:

Learning by doing is central to our philosophy. Hands-on activities and direct encounters with marine life are integrated into the programme. These experiences are not just educational but serve to create a tangible connection between participants and the ocean. From tide pool explorations to beach clean-ups, every activity is designed to reinforce the importance of environmental responsibility.



SENTINEL OCEAN ALLIANCE 2023 IMPACT REPORT 04: PROGRAMME OUTCOMES PROGRAMME 04 **OUTCOMES**

SENTINEL OCEAN ALLIANCE 2023 IMPACT REPORT 04: PROGRAMME OUTCOMES

"EDUCATION IS THE KEY TO NURTURING A GENERATION THAT WILL PROTECT THE OCEANS. SENTINEL OCEAN ALLIANCE IS A BEACON OF HOPE FOR FOSTERING THIS VITAL CONNECTION."

LOYISO DUNGA MARINE BIOLOGIST & GUEST SPEAKER AT PARLEY OCEAN SCHOOL.





PROGRAMME OUTCOMES.

ENVIRONMENTAL AWARENESS AND ADVOCACY:

The Parley Ocean Schools programme and community talks serve as impactful platforms, educating youth about plastic waste's impact on marine ecosystems. This instils a sense of responsibility, promoting the AIR Strategy as a viable solution.

FUTURE LEADERS FOR OCEAN PRESERVATION:

Our 3-year ocean activist programme equips participants with public speaking skills, empowering them to become advocates for ocean preservation and community leaders. The transformative impact of our programmes extends beyond numbers, catalysing a paradigm shift in coastal communities' perception and interaction with their natural environment. Graduates of the Parley Ocean School programme become ambassadors, actively participating in initiatives to protect and preserve marine ecosystems.

SENTINEL OCEAN ALLIANCE 2023 IMPACT REPORT 04: PROGRAMME OUTCOMES

PARLEY (S.

PROGRAMME OUTCOMES CONTINUED...

HOLISTIC WELL-BEING:

Participants, including children and coaches, experience improved overall well-being through the immersive nature of our programmes, fostering connection and purpose.

RESILIENCE AND STRESS ADAPTATION:

The programme serves as a resilience-building platform, imparting skills for effective stress adaptation, through mindfulness and nature connection, contributing to emotional and mental well-being and fostering healthier communities.

INCREASED OPPORTUNITIES AND ECONOMIC EMPOWERMENT:

Education and skills training create pathways for economic activity and personal growth, breaking chains of limited opportunities that often shackle coastal communities.

ECONOMICALLY ACTIVE YOUTH:

Through initiatives like our coach programme which focuses on continuous life-skills training, and exposure to ocean-based employment opportunities, our coaches become beacons of hope, contributing to an increase in economically active young people.

COMMUNITY ENGAGEMENT AND OWNERSHIP:

Our approach extends beyond education to active community engagement, fostering a sense of belonging and empowerment. This encourages communities to take ownership of their coastal environments, contributing to sustainable practices that safeguard both community well-being and ocean health.

SENTINEL OCEAN ALLIANCE 2023 IMPACT REPORT 04: PROGRAMME OUTCOMES

PARLEY S.O.A

WHAT THE KIDS SAY:)

CHARLES MPHANDE (16): "I love the Parley Ocean School because they teach us a lot about the Ocean, and they teach us how to swim. I feel really happy when I am here because they take really good care of us."

ZOE MUKUNGWA (14): "My favourite thing about Parley is joining a family, and I feel like I have a family in the ocean space to make me feel much safer and to protect the sea life together, and that's why I love Parley Ocean School. They teach us about the AIR Strategy."

SYLVESTER OMABI (16): "I love to be at the Parley Ocean School because they make me happy. When I am at home my mom is disappointed in me, but here they make me happy."

EMMANUEL MAKONI (14): "I love being part of the Ocean Sentinels. At Parley they taught me how to swim, surf, and they taught me about the importance of our Oceans. They taught me how the Ocean Provides us with food to eat and with oxygen. I feel really happy being here."

DENNIS NYABASA (14): "I love being at the Ocean School and being an Ocean Sentinel. I love swimming with my friends when I am here and I love the teachers that teach us. Being here makes me feel really great."

DELIGHT NYARUSANGA: (14): "I love being at the Parley Ocean School because we get the opportunity to learn so many awesome things like protecting our oceans. Parley Ocean School has given us so much knowledge that we can return back home and schools to teach our friends, brothers, sisters and even our teachers."

PRAISE VINTHENGA (14): I love being at the Parley Ocean School because they teach me how to be brave, how to relax in the water and not to be scared of the waves. They teach us how to swim, how to surf, and how to explore the ocean. I'm really excited to come here."

SARA MANDA (14): "I love being at the Parley Ocean School because they teach us how to be brave and how to protect our oceans and the animals found in the ocean."

MISHECK MAPIWA (15): "I love being here because it makes me feel really excited to get into the water and to learn about the sea animals. Thank You!"





"WE WON'T SAVE PLACES WE DON'T LOVE; WE CAN'T LOVE PLACES WE DON'T KNOW; AND WE CAN'T KNOW PLACES WE HAVEN'T LEARNED."

DAVID ATTENBOROUGH

OUR IMPACT.

CULTIVATING OCEAN STEWARDS, PRESERVING OCEANS:

Since our inception in 2021, our impact has been profound, engaging over 15,000 youth in talks, presentations, and workshops, and annually graduating approximately 300 children from our immersive Parley Ocean School programme.

MEASURING SUCCESS THROUGH STORIES:

The success of our programmes is best measured through the stories of transformation we witness. From a child who, initially fearful of the ocean, becomes a confident and passionate advocate for marine conservation, to a coastal community that actively participates in beach clean-ups and conservation initiatives, the impact is profound and far-reaching.





OUR IMPACT CONTINUED...

CONTINUOUS MONITORING AND EVALUATION:

To ensure the efficacy of our programmes, we employ a robust system of monitoring and evaluation. Regular assessments measure not only knowledge retention but also changes in attitudes and behaviors. This data-driven approach allows us to adapt and refine our programmes, ensuring they remain responsive to the evolving needs of the communities we serve.

YOUTH-LED INITIATIVES:

A testament to the success of our programmes is the emergence of youth-led initiatives within communities through our Ocean Uprise Program. Participants, inspired by their newfound knowledge and connection to the ocean, take the lead in organising local events, beach clean-ups, and awareness campaigns. This organic, grassroots movement becomes a powerful force for change within coastal communities.

GLOBAL COLLABORATION FOR IMPACT:

The collaboration between Parley for the Oceans and Sentinel Ocean Alliance extends beyond mere support; it is a testament to the power of global collaboration. By aligning our efforts with a broader movement, we amplify our impact and contribute to a collective endeavour that transcends borders. This collaboration underscores the interconnectedness of ocean health and the shared responsibility we hold toward preserving it.

PARLEY S.O.A

EXPANSION TO DIVERSE COMMUNITIES & OCEAN IMMERSION TRAINING: A GLOBAL IMPACT

The success and impact of our programmes have transcended borders. Through the Turn The Tide Ocean Immersion Training programme, we have expanded our reach to diverse coastal communities, fostering ocean connection and education in Jeffreys Bay, South Africa, Mozambique with Inhaca Ocean Alliance, and Panama with WAVED Panama. This initiative exemplifies our commitment to global collaboration, recognizing that the challenges faced by coastal communities are shared, and the solutions require a united effort.

This global expansion reflects not only the success of our programmes but also the universality of the need for ocean connection and education. The rich tapestry of cultures, ecosystems, and challenges strengthens our resolve to empower coastal communities worldwide. It also reinforces the idea that our collective efforts can create a harmonious future for our oceans, regardless of geographical boundaries.

"THIS IS REALLY A GAME CHANGER FOR US. SENTINEL'S OVERALL STRUCTURE SERVES A GREAT INSPIRATION FOR WAVED'S OVERALL OPERATIONS"

BASTIAN BARNBECK DIRECTOR, WAVED PANAMA OUR 2021 - 2023 IMPACT



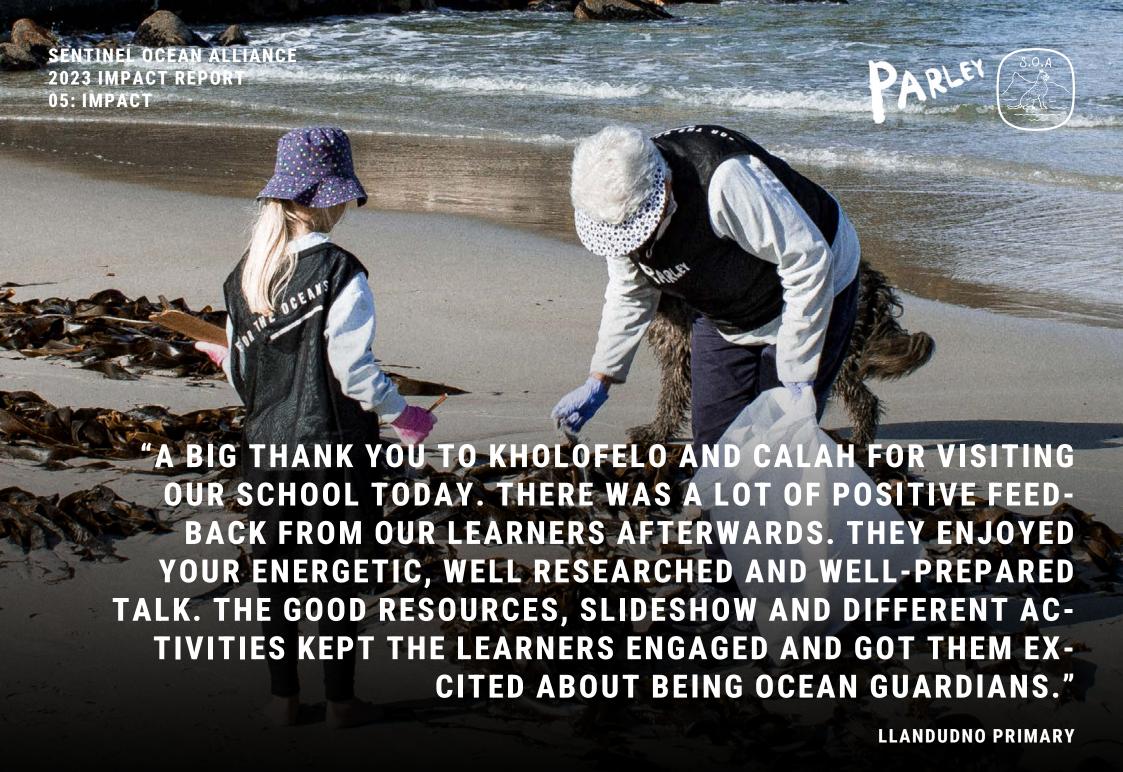


HOUT BAY PRIMARY, SILIKAMVA HIGH, SENTINEL PRIMARY, HANGBERG PRE PRIMARY, DISA PRIMARY, UBUNTU 4 ALL CLUB, RONDEBOTCH PRIMARY, RUSTERNBURG GIRLS, CAMPS BAY PRIMARY, AMBLESIDE PRIMARY, KRONENDAL PRIMARY, HOUT BAY INTERNATIONAL SCHOOL, JAN KRIEL SCHOOL, ASTRA SPECIAL SCHOOL, OCEAN VIEW SPECIAL SCHOOL, ADAM J. LEWIS ACADEMY, CAPE TOWN MONTESSORI SCHOOL, LLANDUDNO PRIMARY SCHOOL, CAMPS BAY PREP SCHOOL, UITSIG SCHOOL, SCHOOL OF RED AND YELLOW, STUDENTS FOR A BETTER FUTURE, HOUT BAY SCOUTS (THE CUBS), MASIPHUMELELE AFTER CARE CENTRE, ESCOLA SECUNDARIA INHACA-SEDE (MOZAMBIQUE), ROTARY CLUB, OCEAN INNOVATION HUB, RUN WEST, FRANK HOLLAND ASSOCIATES, THE TWO OCEANS AQUARIUM (EDUCATION FOUNDATION), SAVE OUR SEAS (SHARK EDUCATION CENTRE), SNEAKER LAB, INHACA OCEAN ALLIANCE, WAVED, J.BAY SURF ALLIANCE, PATAGONIA, SEA WALLS, SOVEREIGN TRUST GROUP, ADIDAS (RUN FOR THE OCEANS), EXPLORE THE SHORE, PEPKOR, UBUNTU CENTRE, WILDERNESS SAFARI GROUP, INSPIRED VENTURES LIMITED, WAVES 4 CHANGE, FREDDY HIRSCH CAPE TOWN.



"Thank you so much for the amazing opportunity that this programme has given our kids! It has been a real treat to work with you each week and our kids always left with big smiles on their faces. The kids generally were very engaged in the lessons - it helped that your teacher was a fun and energetic presenter! They loved watching the movies and listening to the stories that

she shared, but I know that they also really benefited from the practical activities (e.g. games, crafts) and beach time. These kids certainly learned a lot through the "doing" components of the lessons, and not just the "watching" or "listening" parts. Really, this was a very successful programme and we all loved it! We're looking forward to the next one!"



GUEST SPEAKER SERIES

EACH WEEK A NEW GUEST SPEAKER IS INVITED TO PRESENT A TALK OR WORKSHOP TO OUR STUDENTS. TO DATE, WE HAVE PRESENTED 118 GUEST SPEAKER WORKSHOPS. THIS IS A CORE COMPONENT OF OUR PROGRAMMEME AND EXPOSES OUR STUDENTS TO SO MANY DIFFERENT OCEAN-RELATED OPPORTUNITIES, THOUGHTS AND IDEAS. OUR GUEST SPEAKERS INCLUDE:

Zandile Ndlovu (The Black Mermaid), Leigh De Necker (The Shark Lady), Shamier Magmoet Rise from the Cape Flats), Tanika Hoffman (Professional Surfer), Professor Charles Griffiths (Explore the Shore), Mikey February (professional surfer), Koa Smith (Hawaian Professional Surfer), Thato Mabelane (South African rower), Loyiso Dunga (Marine Biologist, Forests of the Sea), Erin Ross March (Sea Search Research and Conservation), Chelsea Yamase (@chelseakauai - freediver and social media influencer) Clarence Daniels (NSRI), Thando Mazomba (Marine Scientist), Daniel Patrick (Surf4Earth), Frankie Chiapparoni (The Last Shark Documentary), Jade Bothma (Oceano Reddentes), Tatiana Piazza (Marine Biologist), Mathabo Malange (Marine Scientist), Lalela (Redesigning Plastic), Brent Thomas (Karbonkelberg Tourism), Mike Baron (Cape RADD Marine Research), Ian Campbell (South African bodyboarder), Greg Bertish (The Little Optimist), The Two Oceans Aquarium, Shane Fourie (Atlantic Surf), Cobus Joubert (WAWA Wooden Surfboards), Pia Truscott (Plastic Art), Matt Bromley (Big Wave Surfer), Naude Dreyer (Ocean Conservation Namibia), Yanga Gceya (Captain Fanplastic), Jasper Eales (CEO of Sealand), Carina Frankal (The Sea Change Project), Taryn van Neel (The Shark Spotters), Zia Suarez (Ocean Travel), Steve Benjamin (Animal Ocean), Lisa Skein (Marine Biologist), Thabo Sebeko (Ocean Educator), Kim Nthuse (Hout Bay Seal Rescue), Adrian Kuttel (Cape 2 Rio solo racer and sailor), Diony Lalieu (Ocean Pledge), Ruby Sampson (Africa Climate Alliance), Brandon Beukes (Save Our Seas), Razaan Keur (Two Oceans Aquarium Turtle Rescue Foundation).





PARLEY GLOBAL CLEANUP NETWORK

SENTINEL OCEAN ALLIANCE IS A PROUD PARTNER OF THE PARLEY GLOBAL CLEANUP NETWORK, WHICH WORKS TO PROTECT MARINE ENVIRONMENTS FROM PLASTIC POLLUTION AND OTHER THREATS. OUR COMMUNITY AND VOLUNTEER CLEANUP COLLABORATIONS REMOVE PLASTIC WASTE FROM BEACHES AND RIVERS, AND INTERCEPT OCEAN-BOUND PLASTICS IN COASTAL COMMUNITIES.

TOTAL WASTE INTERCEPTED: 6930KGS

TOTAL WASTE RECYCLED: 811KGS

TOTAL VOLUNTEER ENGAGEMENT: 1666

TOTAL AREA CLEANED: 1,452.796SGM

TOP 5 COUNTS:

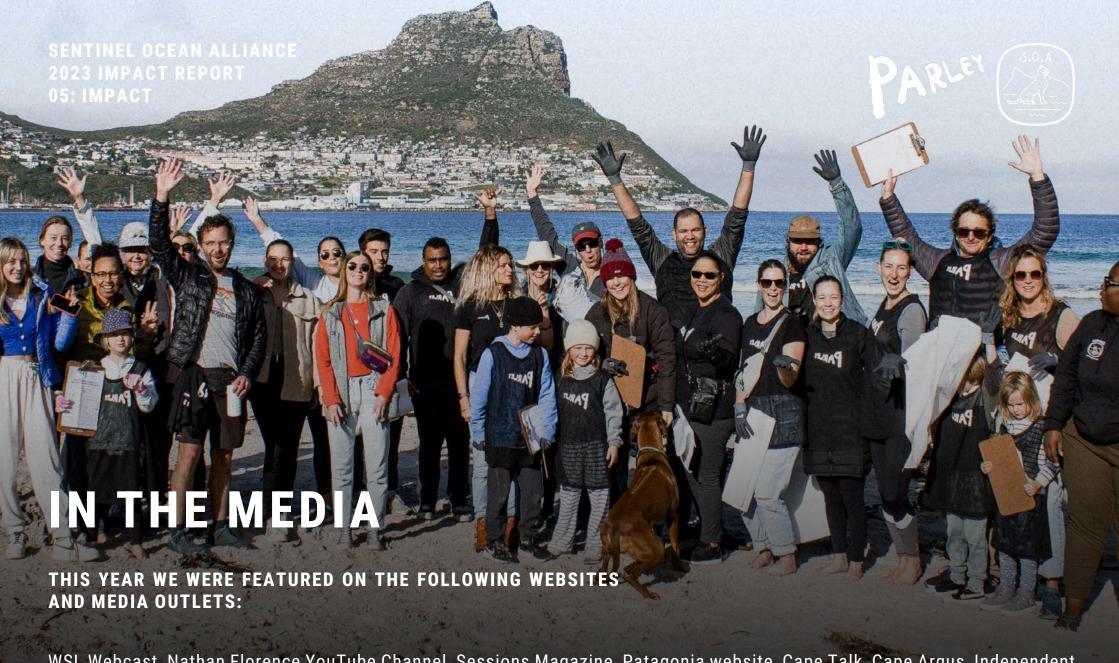
SWEET WRAPPERS: 29434

CHIP PACKETS: 6496

CIGARETTE BUTTS: 5564

LOLLIPOP STICKS: 4135

BOTTLE TOPS: 7455



WSL Webcast, Nathan Florence YouTube Channel, Sessions Magazine, Patagonia website, Cape Talk, Cape Argus, Independent Online, Good Things Guy, South Coast Sun, Sentinel Newspaper, Wavelengths Newsletter, Parley For The Oceans Newsletter, Sealand newsletter and website, Kouga Express, JBay Corona WSL Open Official Magazine, Local Knowledge Travel Website, Road Book City Guide, South Africa Surf Tours website, SneakerLab Website, Chris Bertish Foundation, Wavescape.





adidas Runners, adidas Terrex, adidas ZA, Ackermans ZA, Adventure Ink, Ballo, Belmet Engineering, Blue Bay 2030, Campus Key, Cape Radd, Cape Town Bucket List, Captain Jacks, Community Cleanup, Cteet, Efoil Cape Town, Explore the shore, Eyethu Skate Park, False Bay Trading Recycling, Float Apparel, Friends Of The River Of Hout Bay, Golden Key Honour Society - UCT, Gone Outdoor Supply co, Harvest Youth project, Hout Bay Surf lifesaving club, Hout Bay United Football Club, Hout Bay Yacht Club, Hula, Hydro Flask, I Am Water, Inhaca Ocean Alliance, IY Community Cook Up, Impact Divers, Iy Ukuphila, JBay Surf Alliance, JUJU Surf Club, Jack Black Brewing Company, Laureus Foundation, McPike-Zima Foundation, Meraki Bay, Ocean Pledge, Oceano Reddentes, Oceans Alive, Onda Foundation, Patagonia, Pristine Earth Collective, Protect The West Coast, Rotary Club Hout Bay, Sealand, Sisonke Boxing, Sneakerlab, Soaring Superfoods, Southfields, Stasher Bags, Trail Freedivers, UCT Underwater, Veld and Sea, WAVED Panama, Waves For Change, Wavescape, Wawa Wooden Surfboards, World Surf League, WSL Pure, ZeroPet - Mountain Falls.



SENTINEL OCEAN ALLIANCE 2023 IMPACT REPORT 07: OUR TEAM

THE BACKBONE OF OUR IMPACT

AT SENTINEL OCEAN ALLIANCE, WE BELIEVE THAT PROTECTING THE OCEAN SHOULD BE A FULL-TIME JOB AND PROVIDE OPPORTUNITIES FOR ANYONE WILLING TO MAKE A CAREER IN CONSERVATION AND COMMUNITY UPLIFT-MENT. WE PRIDE OURSELVES ON CREATING EMPLOYMENT AND GIVING OUR TEAM AN OPPORTUNITY TO MAKE THEIR DREAMS COME TRUE. WE HAVE ALSO HAD INCREDIBLE SUPPORT FROM OUR COMMUNITY, VOLUNTEERS AND MANY OTHERS WHO HAVE GUIDED US - A MASSIVE THANK YOU TO YOU ALL!

TEAM MEMBERS WHO CONTRIBUTED TO OUR MISSION IN 2023:

Frank Solomon, Marguerite Hofmeyr, Kholofelo Sethebe, Emlynn Spogter, Calah Couzens, Nyaradzo Purazi, Shaun Fairhurst, Jade Davids, Anthony "Buster" Theunnisen, Siyamcela Melani, Sibabalwe Hloyi, Khusela Makhiwane, Keanan Blouws, Jethro Caleb, Kristen Thompson, Ed Millatt, Micah Sarkas, Brad Armitage, Tim Harris, Bruce Tedder, Loyiso Dunga, Juliette Ball, Thato Mabelane, Mike Long, James Schulte, Antonia Mascarenhas, Lindsay Gordon, Simon Rosenberger, Daniel Patrick, Bianca Tarboton, David Beckett, Marianna Christodolou, Hana Kamhoot, Nonceba Matyityilili, Kim Terri Bergen, Tjarla Norton, Vincent Sodlala, Bothwell Musimwa, Olwethu Maqoko, Siyanda Nohuza, Kim Bergen, Ruben Mphande, Adele Nortje, Frank Kaunda, Luyanda Vava, Malvern Pinkereni, Zilungile Rashula.





SENTINEL OCEAN ALLIANCE 2023 IMPACT REPORT 09: CREATING CONNECTION

PARLEY





CREATING CONNECTION



"Within the boundless realms of human potential and imagination, the determination witnessed in the children of our programmes is what fuels our hope and determination. This rising generation, driven by a newfound understanding of the precarious position we find ourselves in at this time, holds the pen to rewrite our narrative—a story that veers away from exploitation and destruction towards a course of regeneration and renewal. As we stand witness to their unwavering resolve, we glimpse a future shaped not by the errors of the past but by the promise of a harmonious coexistence with the natural world.

Reflecting on the journey of Sentinel Ocean Alliance, we are reminded that our mission is not just about statistics, programmes, or initiatives. It is about the profound impact on lives, the transformative power of education, and the indomitable spirit of the student's in our care. Together, we are cultivating a generation of ocean stewards, empowering youth to preserve our oceans for generations to come."