45 Ways to Celebrate

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❖ Share a favorite recent Facebook post from the SEA Semester or SEA Alumni page with your network.
❖ Add your SEA Semester experience to your professional resume, bio, LinkedIn, or other social media profiles. You’d be amazed what connections you can find!
❖ See what today’s SEA Semester students are doing. Check out the blogs and leave an encouraging comment.

APPRECIATE THE NAUTICAL

❖ Brush up on your knot-tying skills. Grab a line and see how many different types you can master in the next hour.
❖ Share a photo of yourself with your favorite boat (SEA or otherwise), and tell us a little something about it.
❖ Take some time today to enjoy the water: whether it’s boating, sailing, surfing, swimming (in the ocean or otherwise), paddling, gazing at a local water body, or even jumping in some really big puddles.
❖ Let’s get under way! Include a nautical phrase or cliche in at least one conversation with a friend today.
❖ Visit a tall ship or research vessel. If you’re in Woods Hole in late May, get in line to check out the SSV Corwith Cramer!
❖ Design and build your own miniature sailboat (see here for inspirations). Share a photo of your floating masterpiece with us!
❖ Spend an hour tonight stargazing. Try to identify your favorite constellations, or make up a new one. (The name Cramer-opeia has a nice ring to it...)
❖ Box the compass. (Consult your favorite search engine if you’re not familiar with this challenging activity!)
❖ Get up early enough to enjoy the sunrise wherever you currently live. Set some good intentions for the day ahead. Share a photo with us if you feel inspired.

TELL A STORY

❖ Make a quick sketch of one of our ships--or a favorite experience on board--and share it with us. And we mean quick: 15 minutes or less!
❖ Take a picture of yourself wearing SEA Semester gear (class T-shirts included), ideally in a picturesque spot, and share it with us.
❖ Share a favorite recipe that you think SEA Semester stewards should try.
❖ Record a 30-second-or-less video of yourself or a friend/family member saying why you appreciate SEA Semester in its 45th year. Then share it with us.

celebrate45@sea.edu #SEA45things • #SEA45th
Look through photos of your SEA Semester, relive the moments and share any favorites with us.

SEA Students love to Create ocean themed haikus
Share one with us now!

Snap a quick photo of one thing that reminds you of SEA Semester and share it with us.

Reread journal entries (or your sheet anchor) from your SEA Semester and recall fond memories. Share a snippet or two with us if you dare!

**SUPPORT CLEAN OCEANS**

- Spend an hour picking up litter at your favorite local park, beach, or other public space.
- The next time you go to a coffee shop, bring your own reusable cup. (Might we suggest one from the SEA Semester store, or one adorned with a SEA Semester sticker?)
- Bring reusable shopping bags on your next shopping trip--and keep up the habit!
- Pick something sustainably-sourced during your next visit to the seafood counter.
- Reducing your energy use can help ocean health. Replace at least one of this week’s commutes or errand trips with walking, biking, or another people-powered mode.
- Take stock of your cleaning and personal hygiene products. Swap out whatever you can with simple, non-toxic, non-aerosol versions, and avoid anything with plastic microbeads.
- And since you’re already thinking of cleaning- take some time to tidy your living space. Have a “field day” with it!
- Switch to a reusable water bottle, and get three of your friends or family members to do it!
- Go plastic-free for a day, a week, or longer! SEA has a long history of studying plastic debris--what can you do to limit the amount of plastic that goes into our oceans?

- In the spirit of conservation (and shipboard practices), try a shower schedule challenge! Can you go three days without showering? How about a Navy shower?

**ENJOY CULTURE**

- Movie night! Watch your favorite movie related to the ocean. One idea: the documentary Into the Gyre, featuring SEA Semester research. Bonus points if you invite a few friends to join you.
- Book club time! Read a book or article related to the ocean, and share your picks with us.
- Play a favorite song or album that reminds you of the ocean. Bonus points if you dance along with it. Extra bonus points if you take a video of yourself dancing along. Extra extra bonus points if it involves an adorable tot dancing along.
- Recreate the awe of exploring a new city on a port stop. Play tourist for a day in your own town. What things do you observe?
- Sing or share a sea shanty with your friends, family, or colleagues. Bonus points if you record it and share with us!
- Share your favorite quote related to the ocean or sailing with us.

**SHOW YOUR SEA LOVE**

- Refer an adventurous high school or college student in your life to SEA Semester.
- Make a donation to SEA to support the organization and future students.
- Shop on Amazon? Start at smile.amazon.com and select Sea Education Association to donate 0.5% of your purchase value to us!
- Inquire about getting one of our informational posters and hang it up somewhere local so everyone has the chance to learn about SEA.
- Expand the celebration: Share this list with at least two other people!

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