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Our oceans need you—here's how you can help

There are many ways you can help protect the ocean. Whether it's by reducing your ecological footprint, volunteering for a marine conservation group, or learning more about the ocean, you can have a positive impact on ocean health.



Show your ocean love by changing some of your everyday habits or participating in some of these local projects, funded in part by the Government of Canada.

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Celebrating Ocean Week Canada and World Oceans Day

[World Oceans Day](#), June 8, is celebrated globally every year to honour, protect and conserve the world's oceans. Similarly, [Ocean Week Canada](#), held from June 1 to 8, 2025, is a nationwide celebration of the magnificent ocean that surrounds the country.

[The Canadian Ocean Literacy Coalition](#) coordinates hundreds of events, with many event partners, to promote the important role the ocean plays in our everyday lives – no matter where we live in Canada. The week's events are designed to motivate community engagement, connection and action to protect the ocean for future generations.

Send a sighting. Save a whale!

Help the [Ocean Wise Sighting Network](#) gather data on the occurrence and distribution of cetaceans (whales, dolphins and porpoises) and sea turtles. If you see a cetacean or sea turtle in British Columbia waters, use the WhaleReport App available on [iOS](#) and [Android](#) devices to report what you see and directly contribute to important conservation-based research.

When you report sightings of whales in real time, large ships in your area are immediately alerted via the WhaleReport Alert System (WRAS) so they can take measures to avoid a ship strike or disturbance.

Volunteer as a trail steward with the Nature Conservancy of Canada

The Musquash Estuary Nature Reserve surrounds New Brunswick's only Marine Protected Area, the Musquash Estuary MPA. The Estuary is a key migration route for many species of birds. Its forests and undeveloped coastline protect valuable marine habitats and nurseries for both wild and commercial species.

Help protect the [Musquash Estuary Nature Reserve as a volunteer steward](#). Conduct important conservation activities such as:

- land stewardship and monitoring
- coastal trail building and maintenance
- coastal garbage cleanup
- shorebird surveys

Immerse yourself in a unique marine-learning internship

[Clear Seas' Indigenous Internship Program](#) supports Indigenous students in pursuing research on a maritime issue that matters to them and their communities. Whether it is conserving marine life, applying traditional teachings to the health and wellness of communities affected by marine shipping or mitigating the effects of invasive species on traditional food sources, this program provides a unique opportunity for Indigenous-led research to advance, combining mentorship from recognized instructors and counsel from traditional leaders and knowledge keepers.

Explore Canada's marine protected areas on a giant walkable ocean map with augmented reality

Did you know all waterways are connected? Follow the flow yourself by walking across the gigantic *Ocean, Freshwater, and Us* map. The map is 8 meters by 11 meters (full size, or 6m x 8m half size, or 4m x 5m mini size) and highlights the foundational connections between ourselves and the water that surrounds and sustains us. The accompanying augmented reality app includes 360° videos, images, and stories about coastal communities, marine conservation areas, their species, and habitats.

If you're a teacher you can [book the map for your school](#), free of charge. [Download the teacher's guide](#) (PDF, 3.3 MB) to view curricula-linked learning activities on topics such as biodiversity, climate change, marine conservation, and more.

If you're an organization or conference and want to book the map, [fill out this form](#).

You can also experience the map from the comfort of your own home through the augmented reality app. The app allows you to discover Canada's ocean waters and watersheds in a brand new, interactive way! Available on [iOS](#) and [Android](#) devices.

Toolkits to inspire

Whether you are a student, a teacher, or a community organizer, there are a host of free educational toolkits and resources for you! Explore these resources, curated by the Canadian Ocean Literacy Coalition and the Ocean

Week Canada national partner team, to help you and those around you learn more about the ocean and how to help protect it. The toolkits have been targeted to:

- schools
- postsecondary and early career
- museums, science centers and aquariums
- libraries and community groups
- Parks Canada Agency

Find all these toolkits and so much more in the [Ocean Week Canada Blue Learning Lab](#).

Make a difference every day

Be caring and considerate of the environment

- Be considerate when you're [enjoying nature](#), including [marine life and their habitats](#).
- [Participate in shoreline clean-ups](#).
- Learn from [Indigenous Peoples and their knowledge](#) about how to conserve nature.
- Get involved in [conservation](#) and [protection](#) activities.
- [Report](#) marine mammal or sea turtle incident or sighting.

Reduce consumption to prevent unwanted substances from entering waterways and oceans

- Lower your water consumption to reduce [wastewater](#).
- Avoid using toxic chemicals and [dispose](#) of them properly.

- Recycle and avoid single-use plastics that will contribute to plastic pollution.
- Don't dispose of fishing lines, nets or gear in or near water.

Be aware of your ecological footprint – a warmer atmosphere means warmer oceans that negatively impact marine life

- Commute consciously by using bicycles, public transit or carpool to reduce automobile pollution.
- If you must drive, use a fuel-efficient vehicle and practice fuel-efficient driving techniques.
- Use less energy at home and purchase energy efficient products.

Date modified:

2025-06-02

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