What can we do?

People overseas have become very interested in both Shinji-ko and Nakaumi since these lakes became registered wetlands under The Ramsar Convention.
Despite being highly regarded, both lakes are dealing with environmental issues, including poor water quality, algal bloom and red tide. As such, it is important for each individual to play their part in caring for the environment and help to make these lakes become even better wetland areas. What can you do to help?

We need to change our ways!

③ Key Point: Ramsar-Level Check

What are you doing in your everyday life that helps to protect the nature of wetland areas?
Put a TICK in the box for any point that applies to you.

☐ I go birdwatching.

20 January 2015
Fine
Hikawa River
(River Mouth)
8:00am

1500 Greater White-Fronted Geese
500 Tundra Swans

☐ I research about living things and nature.

☐ I go fishing or play by the lakeshore.

☐ I take part in nature watching activities.

☐ I enjoy looking at beautiful landscapes.

☐ I pick up rubbish along the lakeshore.

☐ I use an eco-bag when I go shopping.

☐ I eat all my food (I do not leave food to go to waste).

☐ I do not throw by rubbish into the waterways.

Now think about things that you can do…

☐

☐

☐

Try this! Ramsar Activity Challenge

Think about what you want to try doing in order to protect the natural environment of Shinji-ko and Nakaumi. Think about your goals related to your way of life.

My Ideas

Learn more about The Ramsar Convention, Shinji-ko and Nakaumi!

Visit Shinji-ko and Nakaumi!

Discovery

When?   Date: (   )
Where? (   )
What?

Discovery

When?   Date: (   )
Where? (   )
What?

Find out more!

What I researched:

! What I learned:

? What I didn't understand:

④ Key Point: Use your Five Senses

Scientific facts and figures used by experts to evaluate lake environments can be very hard for the general public to understand.
Shimane Prefecture and Tottori Prefecture worked together to create a simple 'Five Senses Checklist' for the general public.
Anyone can complete this and learn more about the wetland environment.
There are five senses that we have to help us find out more about our environment – sight, sound, smell, taste and touch.
We recommend that you go to either Shinji-ko or Nakaumi and carry out this activity yourself.
It will help you discover more about the actual state of the lake.

Five Senses Checklist

Observation Day   Month   Date   Location   Weather

Five Senses		Observation Contents	Findings (Points)		How is it? (Examples)	Points
	Sight	Is the water clear/clean?	It is very clean and clear.	20 points	It is very clear. I can see the bottom.	Score
			It is a little cloudy.	10 points		
			It is cloudy.	0 points		
		Is there any rubbish?	Almost none.	20 points	Is there rubbish on the lake surface or on the shoreline?	Score
			A little.	10 points		
			A lot.	0 points		
		How is the scenery?	Beautiful, nice view.	10 points	Sunrise, sunset, shijimi clam fishing, mountains, buildings etc.	Score
			Average, same as always.	5 points		
			Not very good, bad view.	0 points		
	Sound	What can you hear?	It is very quiet, I can hear nice sounds.	10 points	Birds, Waves, Temple Bell, Boats, Cars, Construction etc.	Score
			No particular sounds.	5 points		
			It is noisy.	0 points		
	Smell	What can you smell?	Something smells good. I cannot smell anything.	20 points	Water, Trees, Flowers, Fish, Exhaust Gas, Smoke etc.	Score
			The smell doesn't bother me.	10 points		
			Something smells.	0 points		
	Taste	Would you like to catch something and eat it?	Yes – I want to try.	10 points	Would you like to try any fish or shellfish caught in the lake area, such as shijimi (corbicula clam), shirauo (whitebait) or asari (clam)?	Score
			No preference either way.	5 points		
			No – I don't want to try.	0 points		
	Touch	How does the lake water feel?	It feels nice.	10 points	Would you like to touch the water?	Score
			It is average.	5 points		
			It feels bad/I don't want to touch it.	0 points		