

.dive in

**Life On/Under
The Water**



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EDITOR'S NOTE

Get ready to dive into the captivating world of the “Dive In” magazine! As you flip through the pages, you’ll embark on an exciting journey through the vast ocean, uncovering a multitude of fascinating wonders and intriguing mysteries.

We kick off our adventure with the thrill of sailing and surfing. Feel the excitement as you immerse yourself in the vibrant sails of sailboats gracefully moving across the water. Catch a wave and feel the excitement that surfers embrace. These water sports will ignite your sense of adventure and leave you yearning for your own oceanic escapades.

As we venture deeper, prepare to encounter the incredible diversity of sea creatures. Marvel at the vibrant colours and shapes of jellyfish darting through the water. Be captivated by the playful antics of orcas and the mysterious allure of sea stars. Through vivid imagery and engaging descriptions, you’ll gain a deeper appreciation for the diverse collection of animals and plants that live underwater.

But our exploration doesn’t stop there. We’ll delve into the realms of mythical folklore and

modern interpretations that spin captivating tales of enchantment and wonder, including the mythical city of Atlantis and the enigmatic creature of Loch Ness.

As we venture into the depths of the ocean, we’ll confront the awe-inspiring elements that await. However, as we descend further into the ocean’s depths, we confront the challenges and fears that arise. Experience the journey into the dark abyss zone, where strange and elusive creatures lurk in the darkness.

With every turn of the page, the “Dive In” will unveil new layers of the ocean’s secrets, exposing hidden treasures and captivating narratives. Immerse yourself in the breathtaking imagery and absorbing stories that transport you to the heart of these marine realms. Prepare to be inspired, educated, and forever changed by the wonders that lie beneath the surface.

So, don’t hesitate any longer—plunge into the world of the “Dive In” magazine and embark on an unforgettable journey. The ocean awaits, and it’s time to dive in!



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Sailing



**lose sight of
a shore**



A SHORT HISTORY

Sailing seems to have been known to people for hundreds of thousands of years, and the first mention of sailing appears already in the antiquity. However, this form of overcoming sea distances involved transport, so it was not a sport. The history of sport sailing begins in the 19th century. It was then that the classes of yacht racing were first mentioned. However, the influence on the development of this sports

discipline is influenced by the Olympic Games, which began to popularize sailing into a slightly wider discipline. Some people might be a bit surprised by that but sailing is one of the major Olympic sports. For the first time, sailing as an olympic sport was supposed to appear in 1900 in Paris, but then it did not take place due to improper purity. Accordingly, this race was postponed to the next Olympic Games.

Sailing from the beginning of the 20th century, however, was slightly different from what is known today. A breakthrough in the history of Olympic sailing was the 1948 Olympics, when a division into boat classes was finally introduced.



Sailing is a sport discipline, primarily involving those vessels that have a sail. Thanks to it, it is possible to move on water. Most often, a division is made into water, land and ice sailing. This is a classification based on where you sail.

In addition, we can also distinguish sailing in terms of water area (sea and inland), type (tourist and regatta sailing) and type of equipment (boat, board, iceboat). Those who know sailing at least a little say that this sport is a combination of several elements - like controlling wind, water and land. Equally important seems to be the knowledge of the laws of physics and the ability to assess weather conditions regularly.



FROM THE SAILBOAT

Sailing is a sport that has been enjoyed for centuries and is still one of the most popular water sports today. It's an excellent way to experience the beauty of nature, escape from the hustle and bustle of daily life, and connect with the sea. However, it can be a bit daunting for beginners who are unfamiliar with the basic concepts and terminology of sailing.



To get started, it is important to know that sailing is all about harnessing the power of the wind to move the boat. Sails work like wings, catching the wind and using it to propel the boat forward. Sailing is a combination of art and science, and the sailor needs to have a good understanding of the wind and the sails to get the most out of the boat.

The first thing to learn when sailing is the different points of sail. There are four main points of sail that describe the direction the wind is coming from in relation to the boat. These are close-hauled, beam reach, broad reach, and running.

To control the boat's speed and direction, sailors adjust the sails and the boat's steering. Tacking and jibing are two essential maneuvers

used to change direction while sailing.

To make the boat go faster, sailors will adjust the sails to catch more wind. They can do this by trimming the sails, or easing the sails. The sailor also needs to be able to adjust the angle of the sail to the wind.

Safety is an essential aspect of sailing, it is important to stay aware of changing weather conditions and be prepared to take appropriate action if necessary.

Sailing can be a challenging sport, but it's also a lot of fun. It takes time to master the basics, but once you do, you'll be able to enjoy the thrill of sailing and the beauty of the sea. So if you are interested in experiencing the thrill of the open water and exploring the beauty of nature, give sailing a try!

Cherry
Cherry
Cherry

it is almost
a way to fly



A WAY OF LIFE

Surfing has a history that dates back to ancient Polynesia, where it was not only a recreational activity but also an integral part of their culture. In the early 20th century, surfing began to gain popularity in the United States, particularly in Southern California. Surfers, also known as “beach bums,” were initially seen as outsiders, but as the sport grew in popularity, it began to shape a unique lifestyle.

Surfing culture is often associated with a laid-back, carefree attitude and a love for the ocean. The lifestyle involves spending a significant amount of time at the beach, often waking up early to catch the best waves. Surfers also tend to value environmental sustainability and protection of the ocean, as the health of the

ocean is essential to their sport.

The lifestyle has been heavily influenced by music, fashion, and art. Surf music, a subgenre of rock and roll, emerged in the early 1960s and has remained a significant influence on the culture. Surf fashion, characterized by board shorts, t-shirts, and sandals, has also become iconic. The art associated with surfing often includes depictions of waves and the ocean, and is recognized for its unique style.

In conclusion, surfing has become more than just a sport, it has evolved into a distinct lifestyle. With a focus on nature, community, and self-expression, the surfing lifestyle has become a cultural phenomenon that continues to influence art, music, fashion, and more.





RESILIENCE OF A SURFER

Bethany Hamilton was only 13 years old when she was attacked by a shark while surfing off the coast of Kauai, Hawaii. The shark bit off her left arm, and it seemed like her surfing dreams were over for good.

However, Bethany refused to let the incident define her, and she returned to surfing just a month after the attack. She used a special board with a handle to help her paddle and even learned how to duck dive without an arm. Her determination and positive attitude inspired many people around the world.

Bethany's story gained national attention and she was even featured in a documentary called "Soul Surfer" which was released in 2011. In the following years, Bethany became a professional surfer, winning several competitions and becoming a role model for people everywhere.

Despite the odds she faced, she never gave up on her passion for surfing. Her courage and resilience in the face of such a traumatic event became an inspiration to many people, and her story has shown that anything is possible with determination and a positive attitude.

THE RESPECT FOR SHARKS

The fear of sharks is a common concern among surfers and those who engage in water activities. Sharks are known to inhabit many of the same areas where surfers like to catch waves, and they are often seen as a potential threat.

However, it's important to remember that shark attacks on humans are rare, and the likelihood of encountering a shark while surfing is relatively low. In fact, many surfers have come to appreciate the beauty and importance of sharks in the ecosystem.

Despite this, the fear of sharks persists in the surfing community, and many surfers take precautions to reduce their risk of encountering a shark. This may include avoiding surfing during times of high shark activity, such as early morning or late afternoon, or wearing a shark deterrent device.

Additionally, some surfers choose to educate themselves about sharks and their behavior, as well as learning how to identify signs of shark activity in the water. This can help to reduce the fear of the unknown and increase confidence while surfing.

Overall, while the fear of sharks is understandable, it's important to remember that these creatures play an important role in the ocean ecosystem and are not typically a threat to humans. By taking precautions and educating oneself, surfers can enjoy their passion while minimizing their risk of encountering a shark.



SURFER'S ETIQUETTE

Surfer etiquette is a set of unwritten rules that all surfers should follow to ensure everyone's safety and enjoyment while surfing. Here are some of the main guidelines:

1. *Respect the lineup:* When you arrive at a surf spot, observe the other surfers and take note of where they are catching waves. Don't paddle out and immediately start catching waves in the middle of the lineup, disrupting the other surfers' rhythm.
2. *Take turns:* Wait your turn and don't "snake" other surfers, which means paddling around them to steal a wave they are already on. The person who is closest to the peak of the wave has the right of way.
3. *Don't drop in:* Dropping in is when a surfer takes off on a wave that someone else is already riding, causing a collision. Make sure to look both ways before catching a wave to avoid this.
4. *Communicate:* Use hand signals or verbal cues to communicate with other surfers in the lineup. Let them know if you are going left or right, or if you are paddling for a wave but will back off.
5. *Respect the beach and the environment:* Don't leave trash on the beach or in the water, and respect the natural environment around you. Be aware of any marine life or endangered species in the area and give them plenty of space.



A scuba diver explores a vast underwater cave system. The water is a deep, clear blue, and the cave walls are covered in intricate limestone formations like stalactites and stalagmites. Sunlight filters down from the surface, creating bright highlights on the rock surfaces and casting deep shadows in the recesses of the cave. The diver, positioned in the upper right, is silhouetted against the light, wearing a full scuba gear including a tank and fins. The overall atmosphere is mysterious and serene.

Diving

The leap into a different world

Dive in heeft vindt

Diving has a rich and fascinating history that dates back thousands of years. It all started with ancient civilizations like the Greeks, Romans, and Egyptians, who used various methods to explore the underwater world for fishing and gathering food.

Diving remained a perilous activity until the early 20th century when modern diving technology emerged. That's when scuba diving, which stands for self-contained underwater breathing apparatus, came to life, allowing divers to explore deeper and stay longer underwater. Thanks to pioneers like Cousteau and Gagnan, who invented the first modern scuba gear in 1943, diving became more accessible and transformed into a popular recreational activity and competitive sport.

Today, diving is a thrilling adventure that offers a unique experience to witness the wonders of the underwater world. From exploring coral reefs to discovering sunken ships, diving enthusiasts can immerse themselves in a world of marine life and stunning landscapes. And who knows, maybe the next big innovation in diving technology will take us even deeper and open new doors to uncovering the mysteries of the ocean.

Diving can take you to amazing depths and reveal new worlds to explore, but it also requires extensive training, planning, and equipment. Whether you're a recreational diver or an experienced professional, diving always comes with a sense of adventure and a respect for the power and beauty of the ocean.



Diving Techniques

Diving is a thrilling activity that allows you to explore the underwater world and see things that you might never see on land. There are many different techniques that divers use to explore the depths of the ocean, from scuba and free diving to cave and wreck diving.

Each technique requires specialized training and equipment, and offers a unique way to experience the wonders of the underwater world. In this article, we'll take a closer look at some of the most popular diving techniques and what makes them so unique.



Cave diving

Cave diving involves diving in underwater caves or caverns. Cave diving is an advanced technique that requires specialized training and equipment. They must be able to navigate through dark and narrow passages and avoid getting entangled in the vegetation.

Free diving

Free diving involves diving without any breathing apparatus. Free divers hold their breath while diving and must be able to equalize the pressure in their ears and sinuses as they descend. Free diving is a challenging technique that requires a lot of practise.



Night diving

Night diving involves diving after dark. Night diving can be a thrilling experience as divers get to see different marine life that may not be visible during the day. Divers use special equipment, such as underwater flashlights, to see in the dark.



Scuba diving

Scuba diving involves using a self-contained underwater breathing apparatus, or scuba gear, to breathe while diving. Scuba diving allows divers to explore deeper and stay underwater for longer periods of time.

Wreck diving

Wreck diving involves diving to explore sunken ships and other underwater structures. Wreck diving can be dangerous and requires specialized training and equipment. Divers must be able to navigate and avoid getting trapped in the wreckage.



Mysteries
and
mythical beings

hidden
beneath the
waves



ATLANTIS

Atlantis is still just a tale about a lost city. It was the mightiest and most powerful city to ever exist but was lost under the sea many centuries ago. It was a city located on an island and the people living there during the ancient times were rich and powerful. But according to Plato, who was the Greek philosopher who introduced the tale about Atlantis, the city sank to the

bottom of the sea. The city and the people living there were punished by the ancient gods for being too proud-spirited and seeking too much power. For thousands of years, people have searched for Atlantis and its treasures. Stated by Plato, Atlantis was located close to Gibraltar, at least according to some modern interpretations. But people have different opinions on where it might be located.



1

Atlantis: The Lost Empire

Disney movie where you get to follow a crew on an expedition to try and find the lost city of Atlantis.

2

Aquaman

Movie from 2018 depicting Atlantis as a thriving city with humanoids that can breathe underwater.

3

Ice Age 4 - Continental drift

Scrat the Squirrel, always looking for his acorn, finds Atlantis or “which is filled with millions of acorns.

Queen of the Sea

The little mermaids, those who live under the sea. Who are they really and do they even exist? Mermaids are viewed in different ways depending on where in the world they are described. Folklore about mermaids has been around for thousands of years and many people have claimed to see mermaids swimming through oceans or sitting by sea shores. Christopher Columbus claimed to see mermaids whilst sailing on the sea. His sightings cannot be confirmed nor denied however.

The depictions of the creature have looked very different depending on the culture. Some view mermaids as beautiful creatures, closely resembling a female but instead of legs they have a fishtail. Chinese and Korean culture view mermaids as these beautiful creatures that are able to turn their tears into pearls and are a blessing of the sea. Other countries see mermaids as curses of the sea. Japan views mermaids as grotesque beings that cause storms and bad luck, they draw them with scary-looking faces. The British think of them as beautiful creatures, but they use their beauty to lure sailors and drag and drown them under the

sea. African myths also believe that mermaids are diabolical creatures that lure people to their deaths.

The word ‘mermaid’ comes from Old English, “mere” is the Old English word for “sea” and “maid” is another word for a young girl or woman. There is of course also mermen, the male version of the mermaid. These exist in some of the stories and folklore but the mermaid is more common. One example exists in Greek mythology, the god Triton was depicted as a merman. Together, the mermaids and the mermen make up the hypothetical population called merfolk.

There have been many reported sightings of mermaids and stories about when mermaids have been seen. There are recordings and videos circulating on the internet of supposed mermaids caught on camera, however many of them are deemed by experts to be edited. Some scientists and experts believe that the mermaid sightings might actually be sightings of manatees or other Sirenians as they are called. This type of aquatic animal could from a far be mistaken and look similar to a mermaid.

MERMAID

noun

*a mythical sea creature with the head and trunk of a woman
and the tail of a fish.*

**"i don't see
how a world
that makes
such
wonderful
things
could be bad"**

- ARIEL, THE LITTLE MERMAID



LOCH NESS MONSTER

Whatever is the truth, there is no denying that Nessie will continue to intrigue the world for years to come -- Jonathan Bright.

The big, scary, mysterious, monstrous and unsettling Loch Ness Monster may or may not exist in the Loch Ness lake in the Scottish highlands. The nickname given to this creature is Nessie, which sounds like a cute little puppy's name. Maybe the monster isn't very monstrous after all.

The stories about the Loch Ness Monster date back to 500 AD, when a swimmer was allegedly bit. After this, there are only a couple of sightings that are reported, but one picture in particular really sparked an interest in finding out if this mythical

monster actually exists. The legend of the beast began to grow in 1933 when a couple saw a creature that looked like a "dragon or prehistoric monster". This was reported in the newspaper and many people became curious. A short while later, the first hunter went to the area to try and locate Nessie. To no avail, except for some reported sightings of large footprints along the seashore.

The most famous picture, taken by Robert Kenneth Wilson, an English physician, was revealed to be fake 60 years after it was taken.





It was revealed that the picture by Robert Kenneth Wilson was a plastic and wooden head attached to a toy submarine. During the time the picture was released, many speculated that it might be a plesiosaur, a long-necked marine reptile. But this theory was also debunked, since it was a plastic figure.

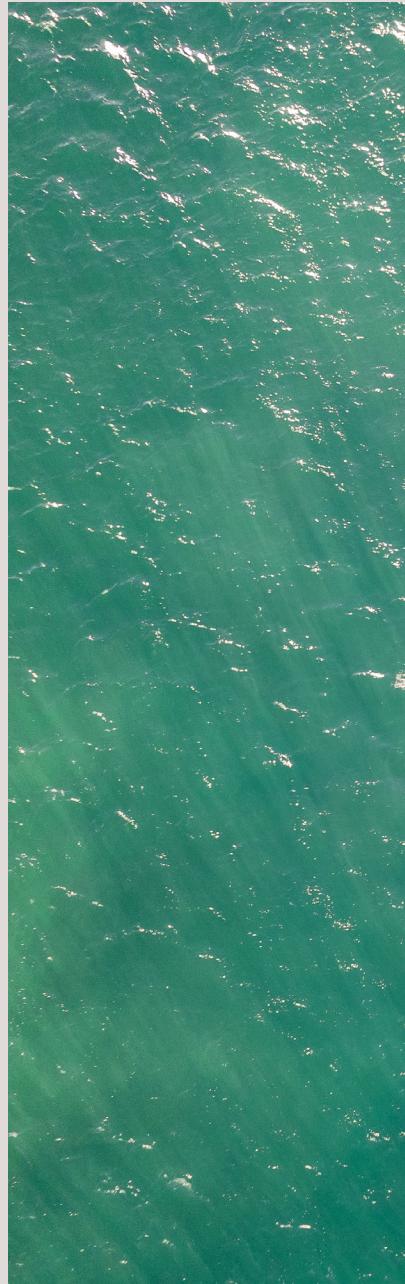
Water/Material
Creatures

The sea is
an underwater
museum

KILLER WHALE

THE SEA IS NOT A PLAYGROUND,
IT IS A BATTLEGROUND

The Killer Whale or also called Orca, the animals that are part of the same species as dolphins. They are by far one of the intelligent animals and are apex predators with no natural predators. With strategic hunts they attack their prey in packs showing they can attack even the largest whales as their prey. They even started to hunt for Great White Sharks but instead of eating it whole, the liver is the only thing they eat. Surplus killing is also known as excessive killing and means that they are kill more prey than they can immediately eat and therefore they abandon the remains. Orcas never go for the killing strike but rather “play” with them. All these strategic movements exhaust the prey losing their lives. Killer Whales are very intelligent, social and playful animals of the sea, but are still very dangerous species.







Irukandji Jellyfish

The Irukandji jellyfish is the smallest jellyfish in the waters. With only growing to 1 cm³ when reaching the adult stadium. You might think that he will not be of any harm but that is where you are wrong. With its super small size and almost see-through skin, this jellyfish can get you admitted into the hospital immediately. By only touching his stingers which are not only located at his tentacles but also at his bell, you will suffer from the Irukandji syndrome. This syndrome

can cause fatal brain hemorrhages therefore hospitalization is necessary. As the venom is spreading though the body, symptoms like muscle cramps, sever pain in the back and kidneys, burning sensation of the skin and fade, nausea and much more can occur. Only after 5 to 120 minutes will you notice the symptoms of the venom, and they pass only after hours or weeks. When his venom is not used to defend himself from us, he will use it to catch his prey.





Box Jellyfish

The Box Jellyfish, as his name already states, his bell is shaped like a box. He is one of the 51 box-jellyfish species that live in the waters. This jellyfish is one of the most venomous and deadliest creatures of the sea. He produces potent venom which is delivered when coming into contact with the tentacles. He mainly uses it for hunting together with his fast speed which is between 1.5 and 2 meters per second but also to defend himself from his predators. When humans encounter this jellyfish, they will suffer severe pain, but it can also lead to death. If they appear near the shore, beaches will be closed as well as signs with warnings are located near the beaches to alert the people.



ZOMBIE SEA STAR



Humanoid zombies are nowadays established deeply in the movie culture, and everyone knows what they are and look like. But have you ever seen a zombie that is not human?

The Sunflower Starfish is the zombie living in the waters. He has many more limbs than a usual starfish. His flexible tube feet allow him to walk around faster than others and eat his meals with ease. Like the other starfish, he sees with his arms which have sensitive eyes at the tip of the limbs. But why is the Sunflower

Starfish called a zombie? This is very simple; he is pulling off his own arms and then they start to float away. It is like the detached limbs have their own life now. There are multiple reasons why he is doing so: Either he uses this to get away from his prey and leave them with his detached arm or to increase the number of his species as they can regenerate from a single arm. Nevertheless, losing a limb is not fatal for the starfish as he can just regrow the limbs he lost and continue his life.



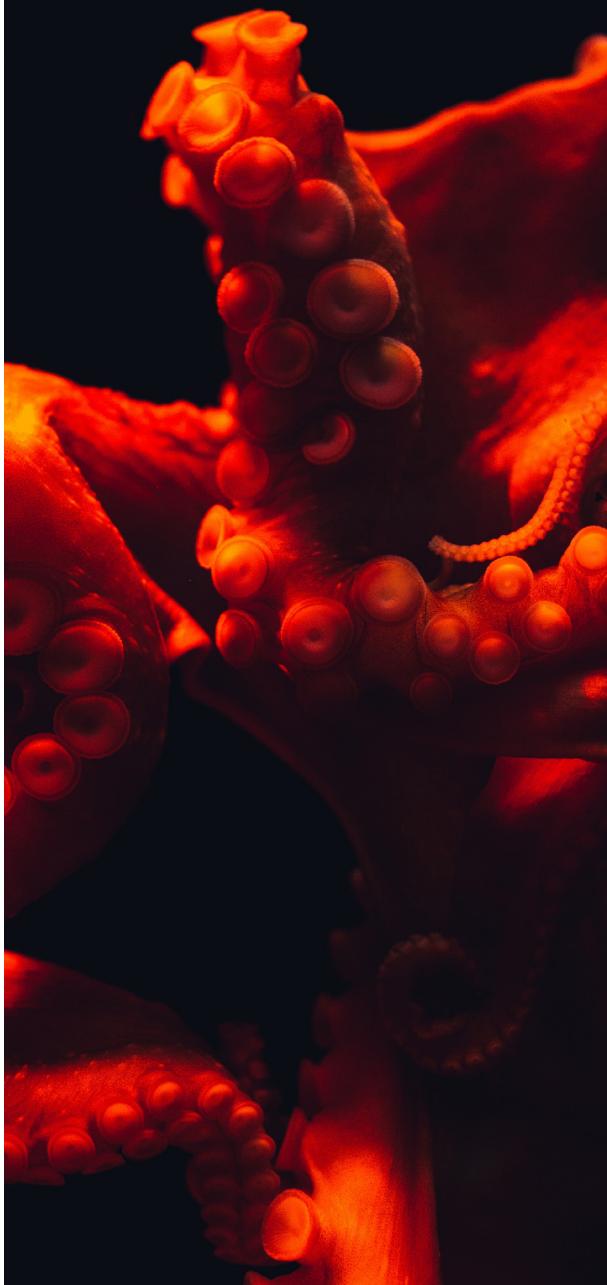
TRAVELING
DEEPER

The Deep Sea

A unique ecosystem

In the deep-sea natural light from the surface is nonexistent. At these depths plants as well as plankton are unable to live and so the species that live at those depths only have three sources of food. Organic material drifting down from above, called “marine snow”, whale carcasses falling to the bottom and chemosynthesis, a process in which carbon dioxide is converted into organic molecules using chemical energy.

By definition the deep-sea starts at a depth of 200 meters when light from the surface begins to fade. Yet, the depth of the ocean consists of different stages, all with their own unique species and characteristics.



Twilight zone - 1000m



Midnight zone - 4000m



Abyss - 6000m



Trenches - 11000m



Exploring the deep

The depths are categorized into 5 sections, called biomes. They are called the epipelagic (sunlight) zone, mesopelagic (twilight) zone, bathypelagic (midnight) zone, Abyssopelagic zone (abyss) and the hadalpelagic zone (trenches). Each depth containing different organisms who have evolved to adapt to that specific environment.

The ocean life that lives in the midnight zone and below have evolved to survive long periods of time without eating due to the scarcity of food. The abundance of light also mean that some species develop Bioluminescence, a popular example of this is the angler fish that uses a fishing rod on the forehead with a light at the end to attract prey.

Below the midnight zone is the abyss, a flat and empty surface mostly populated by starfish, sea cucumbers and tube worms as well as ancient species dating back to the dinosaurs. A common trait at

these depths is gigantism, this is due to having a slower metabolism and living in lower temperatures, so the organisms live longer and can grow larger. The larger size has advantages in regulating their body temperature.

Some of the more well known species at these depths include the cusk eel and the giant squid.

The deepest trech discovered is the Mariana trench which has a depth around 11000 meters, if earth's tallest mountain, mount everest, were to start at the bottom of the Mariana trench it would an extra 2000 meters to reach the surface.

The trenches are mostly inhabited by deep sea amoebas, shrimp adjacent creatures and sea cucumbers. The deepest living fish discovered by humans is the mariana snailfish. Humans have successfully made it to the bottom of the Mariana trench twice, once in 1960 and once again in 2012.

Thallassophobia.

Fear of the unknown

Thallassophobia is described as the persistent fear of vast, deep and often dark bodies of water. It is the constant feeling of being in danger due to the fear of not knowing what is in the water below their feet. A person with thallassophobia may be afraid of a variety of different aspects, some closely related phobias that have overlapping symptoms include: aquaphobia (the fear of water), bathophobia (the fear of depths), megahydrothalassophobia (the fear of large underwater objects), cymophobia (the fear of waves), nyctophobia (the fear of the dark) and more.

Phobias are not inherently created only from experiences, most of the time it is something we're born with. It is relatively normal to have a "healthy fear" of the ocean, but for a person with thallassophobia it can trigger panic attacks and anxiety in some instances, depending on what specific aspect they fear most.

71% of the Earth's surface is water. Yet over 80% of the ocean has never been explored, mapped, or even seen by humans, scientists have speculated that 91% of ocean species have yet to be classified.

With the large number of undiscovered deep-sea organisms along with the characteristics of the deep, the fear of something big and ancient lurking in the dark may hold more weight than most people imagine.

**“in one drop of water are
found all the secrets of all
the oceans.”**

~ Kahlil Gibran