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Uniform image texts on the Wadden Sea:

The Wadden Sea Agenda project community has developed seven thematic texts on the Wadden Sea in different lengths and in several languages (German, Dutch and English). Country-specific characteristics with regard to tourism and nature conservation are also taken into account. In the future, the texts can be used for editorial contributions, information on websites, social media postings etc. by service providers and stakeholders in the project area. In addition to making work easier for service providers, this will also ensure uniform communication of content relevant to the Wadden Sea.



Darkness – short

The beautiful face of the night

Do you have any idea just how breathtaking the darkness can be? When you see the Waddenzee by night, you are in for one of the most fascinating natural phenomena ever: an inky dark sky and a sea of thousands of twinkling stars. And the stars become brighter as the night turns darker! There are many places in the Wadden Sea area where the nights are dark enough to discern the light of the Milky Way band in the starry sky; a very special sight, because there are only a few places in the world with this kind of unobstructed view of the night sky.

Darkness – long

The beautiful face of the night

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Throw on some warm clothes and bring a warm blanket and thermos filled with hot tea before you set out into the night to experience the darkness of the Wadden Sea area. Look up to the sky through your binoculars to count the moon craters. Hold your breath and listen carefully to discern the smallest of nocturnal animals. Hear the flats rustling, the sea murmuring, the wigeons passing in the air and the curlew whistling in the distance. Experience the mysterious sounds of night in this special place, in the deep darkness of the Wadden Sea area. Feel the magical attraction of the world between land and sea from an entirely new perspective. Do you see, or rather, hear it? In the Wadden Sea area, even the night shows itself in the best light.



Did you know that one of the darkest nights ever above Germany was measured on the German Frisian island of Spiekeroog? The idea is to have Spiekeroog acknowledged as an island of stars, comparable to the Dark Sky Parks in the Netherlands, where various guided nightly excursions are held on various trails. Come visit and experience the magic of darkness.

This project is financially supported by the European Union and the INTERREG European Union and the INTERREG partners.



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[UNESCO – short](#)

UNESCO Waddenzee World Heritage site – different every day

The beautiful and unparalleled UNESCO Waddenzee World Heritage site that extends along the Dutch, German and Danish coast is the largest unbroken sand and mudflat area in the world. This is where the landscape, with its creeks, salt marshes, dunes and mud flats, is constantly changing. See how the tides alternate every six hours and leave magical shapes and structures on the seabed. During high tide, the creeks fill with water until the flat seabed disappears entirely to majestically reappear during the next low tide – not a single day is the same as before here.

[UNESCO – long](#)

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Experience the Waddenzee from up close and join in on a guided walk across the mudflats. Walk the seabed and learn all about the flora and fauna of this beautiful scenic area – a really unforgettable experience! Don't be deceived into thinking that the mud here is poor and infertile; it is actually teeming with life. The Wadden soil is a true microcosm in its own, where you can find countless tiny worms, crabs, snails and mussels on one single square metre. Millions of algae release oxygen and colour the seabed green, yellow, gold and violet. Thousands and thousands of small creatures provide food for birds and fish. There is a reason why the Waddenzee is referred to as the nursery of North Sea fish. Larger animal species here include seals, grey seals and porpoises. With a little luck, you might just spot them during a cruise.

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Giant flocks of birds demonstrate their impressive flight manoeuvres during seasonal migrations. In autumn and spring in particular, millions of birds venture out into the Waddengebied looking for food. Each year, in October, various interesting events with the topic of international bird migration are held in the region.



Culinary – short

Taste the Waddenzee

The nearby North Sea, the salty country air and the fertile salt marshes together form the perfect conditions for the successful development of regional produce. It may come as no surprise that the Waddenzee area features plenty of culinary *tours de force*, both from the land and the sea. Enjoy fresh crab and delicious fish, such as North Sea plaice and herring; ham; fresh milk and dairy or dike lamb; all are typical of the region. Oh, and be sure to enjoy the Ostfriesentee in one of the many tearooms that dot the area.

Culinary – long

Taste the Waddenzee

The nearby North Sea, the salty country air and the fertile salt marshes together form the perfect conditions for the successful development of regional produce. It may come as no surprise that the Waddenzee area features plenty of culinary *tours de force*, both from the land and the sea. This is where you can find everything you need to prepare the very best dishes, all fresh.

Find a quiet place at the harbour to enjoy a fish roll and the colourful liveliness in the historic cutter harbour for that true maritime feel. Enjoy fresh crab and delicious fish, such as North Sea plaice and herring; ham; fresh milk and dairy or dike lamb; all are typical of the region. Glasswort – also referred to as asparagus of the sea – is a speciality and delicious ingredient for a salad or spring vegetables served with lamb and dark soil potatoes. Many restaurateurs in the region buy their produce from local farmers, some of whom also run a farm shop and cheese dairy. If you prefer to hold sway over your own kitchen, head out to one of the many weekly markets in the region to stock up on regional and seasonal ingredients.



Regional dishes may be interpreted traditionally in some cases, and modern in others. Classic dishes you really should try include curly kale, labskaus or the highly popular snirtjebraten, an East-Frisian meat dish. In this area, substantial food is commonly served with good locally-produced fresh draught beer. And talking about drinks: you really should try a cup of East Frisian tea during a traditional tea ceremony in one of the many tearooms. Pause time and enjoy some peace and quiet. Be sure to bring some sea buckthorn berries as a souvenir.



The power of the water – short

Read the landscape

Sea dikes, artificial dwelling hills, locks, discharging sluices, lock gates, channels and canals – all of them are distinctive elements in the Waddenzee area man-made landscape. Centuries ago, this is where people erected large dikes by the Waddenzee to protect the land from flooding. The discharging sluices in the vast and flat countryside bring the water through the dikes and to the North Sea. The lock gates prevent the sea water from going inland. Don't forget to peek behind the dike. During your exploratory expedition, you will encounter beautiful castles, old mansions, attractive churches, monasteries and convents, some located in picturesque circular villages. Also note the characteristic and beautiful windmills and lighthouses in the countryside.

The power of the water – long

Read the landscape

Sea dikes, artificial dwelling hills, locks, discharging sluices, lock gates, channels and canals – all of them are distinctive elements in the Waddenzee area man-made landscape. The distinctive history of development of this region is clearly seen all around. Centuries ago, this is where people erected large dikes by the Waddenzee to protect the land from flooding. The discharging sluices in the vast and flat countryside bring the water through the dikes and to the North Sea. The lock gates prevent the sea water from going inland. Some parts of this land are below sea level, making drainage of crucial importance.

Small, charming villages and harbours developed around the discharging sluices that still adorn the German Wadden coast today. Find a place on the embankment to eat your fish roll and take in the colourful liveliness of the fishermen and their cutters. Go for a lovely walk bicycle ride or simply enjoy the water, the wind and space.



Don't forget to peek behind the dike. Explore the inland and look for those thick brick walls standing in the countryside as silent witnesses of the history. During your exploratory expedition, you will encounter beautiful castles, old mansions, attractive churches, monasteries and convents, some located in picturesque circular villages. Many of the characteristic and beautiful windmills you see here are open to visitors; some of them even feature a small café to enjoy a drink and bite to eat. The lighthouses form a special feature in the countryside. Go all the way up to take in the infinite view of the vast countryside and feel the freedom – an unforgettable experience!



Culture – short

The inhabitants – a freedom-loving people

The inhabitants of this region are kind-hearted with their feet firmly on the ground. A brisk wind or thundering sea – none of these are things to unnerve locals. These inhabitants of the coast are rather pragmatic, yet retain their good sense of humour. It is sometimes said that landscapes leave their mark on the people living there, and this certainly applies to the Waddenzee area. The rough North Sea, the boundless vastness, the brisk wind and infinite blue skies characterise their craving for freedom. Living in harmony with nature has always been their motto. This is where you find special people with their very own and individual customs and traditions, such as the Low German many people here still speak.

Culture – long

The inhabitants – a freedom-loving people

The inhabitants of this region are kind-hearted with their feet firmly on the ground. A brisk wind or thundering sea – none of these are things to unnerve locals. These inhabitants of the coast are rather pragmatic, yet retain their good sense of humour. It is sometimes said that landscapes leave their mark on the people living there, and this certainly applies to the Waddenzee area. The rough North Sea, the boundless vastness, the brisk wind and infinite blue skies characterise the craving for freedom. Living in harmony with nature has always been their motto.



The taste for freedom is also connected to a turbulent history. *Eala frya Fresena* – Hail, free Frisians: the salutation of the proud Frisians in the Middle Ages. This ‘Frisian Freedom’ is still a special trait today. In the Middle Ages, it was a counterpart of the feudal social structure throughout the rest of Europe. The rural communities developed strategies to defend Frisian freedom and established their very own legal system. The *Opstalsboom* at Aurich was the place where the envoys from all Frisian regions – the seven Frisian coastal republics – came to meet. This makes the *Opstalsboom* the very symbol of Frisian freedom. A time followed in which influential chiefs ruled the region. Go on an exciting exploratory expedition in one of their well-maintained castles.

Today, this is where you find special people with their very own customs and traditions. Many inhabitants speak Low German, a native language spoken in the region in daily as well as professional life. Just listen when walking past the harbour or through a fishing village.



Relaxation – short

Empty your head and find your inner self

Enjoy the view of the endless vastness of the region, breathe the fresh and healthy sea air, listen to the silence and let the wind blow away all your worries. The Waddenzee area is first and foremost a place to empty your head and find your inner self. Let your thoughts go and go down a gear. Whether during a long walk across the dike, a yoga session on the beach, setting out on the Waddenzee route or a bicycle trip – there is really no better place to empty your head than beside or on the Waddenzee.

Relaxation – long

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Spend an adventurous night in a sleeper beach basket or in a Gulfhof, a listed farmhouse. Set out into the beautiful countryside and enjoy its splendour. Go on a night excursion and immerse yourself in the fascinating darkness. On clear nights, you can even see the Milky Way band in the starry sky. Enjoy a relaxing sleep in utter silence and start the day fresh with a breakfast of local and seasonal specialities.

Continue by taking a long walk across the dike or enjoy a yoga session on the beach. Hikers can cross the German-Dutch border on the Waddenroute. If you'd rather take your bike, enjoy a relaxed trip via a network of bicycle paths. In short: the Waddenzee is the perfect place to clear your head.



Explore – short

Explore the Waddenzee at your leisure

Hike, cycle, sail, swim or relax on the beach and explore the Waddenzee at your leisure. Take long, long walks on endless sandy beaches, get on your bike and get those wheels turning across dikes, or canoe through the canals of dreamlike small villages. Real daredevils live it up in the North Sea breakers, even when it's cold. Breathe deeply and become one with nature.

Explore – long

Explore the Waddenzee at your leisure

Hike, cycle, sail, swim or relax on the beach and explore the Waddenzee at your leisure. There's just so much to do and explore! Take long, long walks on endless sandy beaches, get on your bike and get those wheels turning across dikes or canoe through the canals of dreamlike small villages. Real daredevils live it up in the North Sea breakers, even when it's cold. Step on board a sailing ship and explore one of the most beautiful and versatile sailing areas in the world during a North Sea trip. The dynamics of the tides, the currents, the scenic areas and rapid changes in weather ensure exciting challenges.

Set out on a hike and enjoy the infinite vastness of the Wadden Sea area. One of the absolute classics – no surprises there – is a walk across the mudflats; something everyone should do at least once in their lifetime. An expert guide can lead you across the mud flats during low tide both in the Netherlands or Germany – a great experience in any season. Take it up a notch and join in on a trip from the mainland to one of the islands and explore the special scenic area with all its fascinating flora and fauna.



If you are up for some peace and tranquillity big time, hire a canoe and take in the countryside from an entirely different angle. Bird-lovers will love this salt marsh area that features redshank, oystercatcher, black-tailed godwitt, shelduck and even the majestic white-tailed eagle. The annual migratory bird days on the West Low German Waddensee in October are highly recommended. Learn all kinds of interesting information about nature along the numerous nature paths in the region or during a visit to the houses in the national park or the environment. Watching birds, swimming in the breakers, cycling or crossing the mud flats: whatever you decide to do, this is where you can take a deep breath and become one with nature.

For more information on the INTERREG V A project Wadden Agenda 2.0, click here: www.watten-agenda.de

Pictures: Janis Meyer (P. 1-5,12), Achim Meurer (P. 8-9,13-14)