

for the ocean tour 2026

26-28 june 2026
ombak resort, coral bay,
perhentian island

-REPORT-

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Foreword

For the 5th year, our annual flagship program “For the Ocean Tour” is hosted at Ombak Resort, Coral Bay, Pulau Perhentian for 3 days and 2 nights on June 26-28. We were delighted to be joined by 19 incredible participants from diverse backgrounds and nationalities, all coming together to learn about ocean conservation, connect with nature, and take action to protect our beautiful and vital ocean.

Throughout the event, we witnessed the passion and drive of youths eager to make a difference in the face of the climate crisis. We’re proud to provide a platform and safe space for them to explore, experience, and take meaningful steps forward despite the downspiralling of the situation of the world today.

We extend our heartfelt gratitude to our sponsors and supporters for making this event possible, our dedicated volunteers for bringing it to life, and every participant for joining us and believing in our mission. We could not have been able to continue our journey without all of your warm support.

Thank you!

**Founders of ProjekWaste,
Zen & Marcus**



Introduction

Established in 2020, ProjekWaste is a volunteer-led community based in Long Beach, Pulau Perhentian, Malaysia, with a core mission to raise awareness and amplify environmental sustainability efforts. Our primary objectives revolve around protecting and sustaining marine ecosystems through nature conservation, waste reduction, and environmental education.

ProjekWaste's journey began with beach cleanups in Malaysia, but our commitment extends beyond the shores in Malaysia to locations where marine debris is a critical issue. Over time, we've evolved from simple cleanups to organizing diverse events, programs, and establishing extensive partnerships and collaborations. In 2022, we initiated our first on-ground flagship event in Long Beach, Perhentian Island, empowering 20 individuals and collecting 90 kg of trash, both on land and underwater.

The impact of ProjekWaste is a testament to our dedication. Over the course of 5 years, we have empowered and led 1438 individuals, completed 30 projects, collaborated with 104 sponsors and partners, and collected a total of 2040 kg of trash. Our outreach extends beyond Malaysia, with 85 cleanups conducted, encompassing 67 beach cleanups and 8 underwater cleanups. With the hashtag #ProjekWasteBEYOND, we strive to guide and inspire society, fostering a collective sense of responsibility towards preserving our planet Earth.

Building on the success of last year's For The Ocean Tour (FTOT), this report uncovers the the detailed outcomes and impact gained from our 2026 flagship event, as we continue to work towards a cleaner, more sustainable future for our oceans.

Executive Summary

The Ocean Tour 2026 took place from 26th to 28th June at Ombak Resort, Perhentian, Malaysia. The event welcomed 19 participants, with four members from ProjekWaste present on-site to support its execution. Over the three days, 12 impactful activities were carried out, including beach cleanups, Ocean-themed Linoprinting Postcard Making Workshop, Ocean Conservation Workshop at Perhentian Marine Research Station, Snorkelling Trip/ Underwater clean up dive, documentary screening, among others. These activities were made even more meaningful with the generous support from our partners and sponsors (*see page 31*), whose contributions greatly enhanced the overall impact of the event.

**26th-28th
June 2026**

**Ombak
Resort
Perhentian
Island**

**19
Participants**

**4
ProjekWaste
members on-
site**

**12 impactful
activities**

**6 partners &
sponsors**

Activities

DAY 1 (26th June 2026)

The 2026 For The Ocean Tour officially kicked off at Ombak Dive Resort, Pulau Perhentian, where participants received a warm welcome from the ProjekWaste committee. The opening ceremony was hosted by emcee Uzma Said, followed by inspiring remarks from ProjekWaste co-founder Zen and an introduction to the resort and its sustainability initiatives by the owner of Ombak Dive Resort. Participants were also welcomed with thoughtfully curated sustainable doorgifts contributed by generous sponsors including Acaya, Bathing Tapir, and Lips Carpenter, setting the tone for an environmentally conscious weekend. An ice-breaking session then brought participants together, fostering new friendships and a shared passion for ocean conservation. The day's learning continued with an engaging Ocean-themed Linoprinting Postcard Making Workshop, led by the talented Diana, where participants explored marine conservation through creativity and art. Wrapping up the first day on a meaningful note, the group headed to Coral Bay Beach for a beach cleanup, successfully removing 629 pieces of marine litter weighing 24.63kg. The activity highlighted the collective impact of community action while reinforcing the importance of protecting Malaysia's coastal ecosystems. Day 1 concluded with participants feeling inspired, connected, and motivated for the conservation activities ahead.



Activities

DAY 2 (27th June 2026)

Day 2 began with a hearty breakfast by the beach before participants embarked on an insightful visit to the Perhentian Marine Research Station for an Ocean Conservation Workshop. The session provided a deeper understanding of the ongoing marine conservation initiatives in the Perhentian Islands and the vital role that local communities and researchers play in protecting these fragile ecosystems. Participants also had the opportunity to contribute firsthand by taking part in a hands-on coral block building activity, gaining valuable appreciation for coral restoration efforts. After a well-deserved lunch at Kampung Nelayan, participants split into two groups for the afternoon's adventure. The diver team carried out an underwater cleanup, successfully removing 3kg of marine debris from the seabed, while the snorkeling team enjoyed an unforgettable experience swimming alongside vibrant reef fish and encountering majestic marine wildlife, including sea turtles and blacktip reef sharks in their natural habitat. The conservation efforts continued with a beach cleanup around Ombak Dive Resort, where participants collected 980 pieces of litter, comprising 4.8kg of recyclable waste and 7kg of general waste. The day concluded with a communal dinner followed by a screening of an inspiring documentary by the legendary Sir David Attenborough, leaving participants with a renewed sense of responsibility and motivation to continue protecting our oceans.



Activities

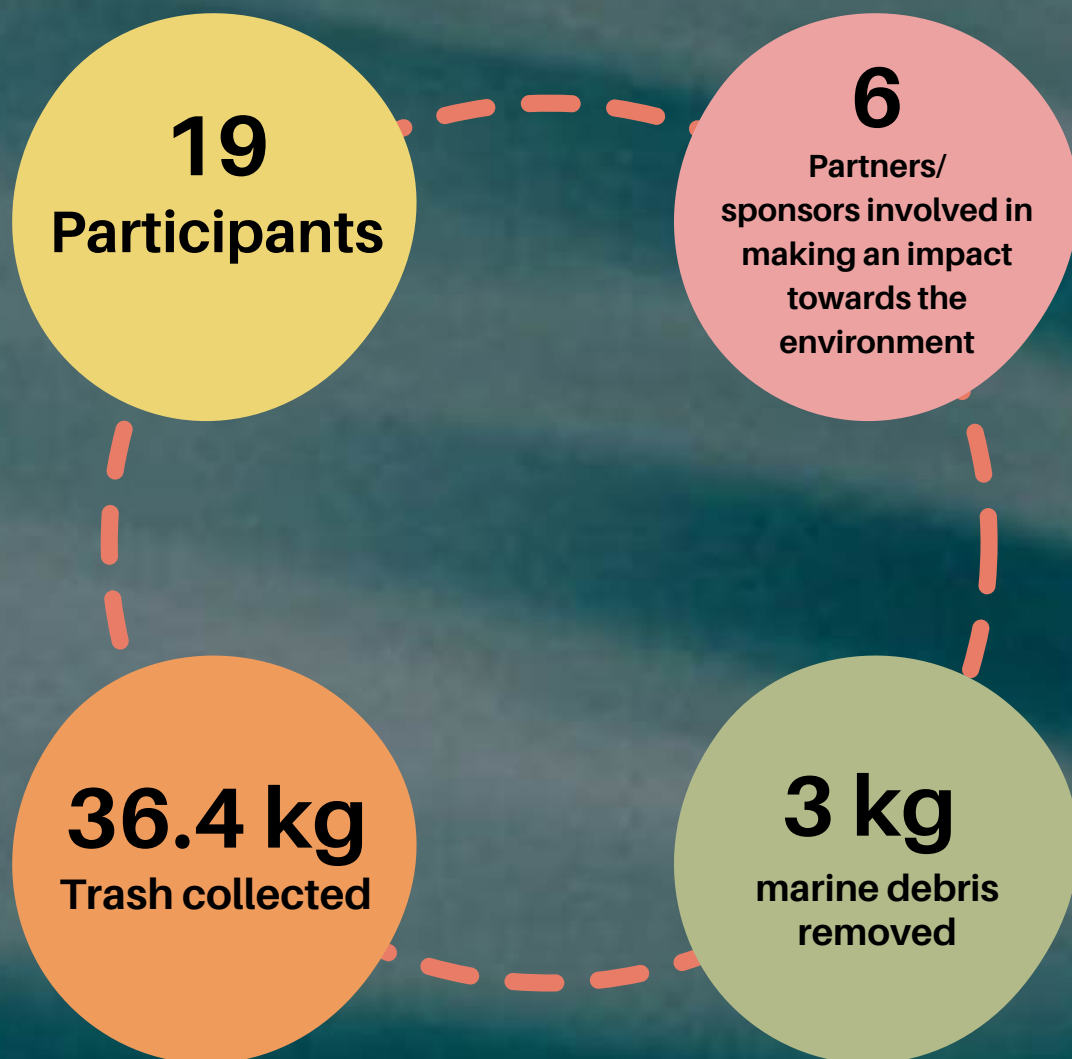
DAY 3 (9th May 2025)

Day 3 marked the final chapter of the For The Ocean Tour 2026 - a day of heartfelt goodbyes, meaningful reflections, and transforming the weekend's experiences into lasting inspiration. The morning began with a refreshing Sunrise Flow Pilates session led by committee member and certified instructor Uzma Said, followed by a calming meditation session facilitated by ProjekWaste co-founder Zen. Against the tranquil backdrop of Pulau Perhentian, participants embraced the opportunity to reconnect with both nature and themselves before gathering for one final breakfast together. The tour concluded with the Climate Café, an open and engaging discussion where participants reflected on the lessons, experiences, and emotions they had gathered throughout the three-day journey. From marine conservation and responsible tourism to the power of collective community action, everyone was encouraged to share their perspectives, exchange ideas, and explore ways to continue making a positive impact beyond the event. More than just a closing session, the Climate Café served as a reminder that meaningful change begins with individual action and grows through collective effort. While the weekend officially came to an end, it also marked the beginning of many participants' ongoing commitment to protecting our oceans and advocating for a more sustainable future.



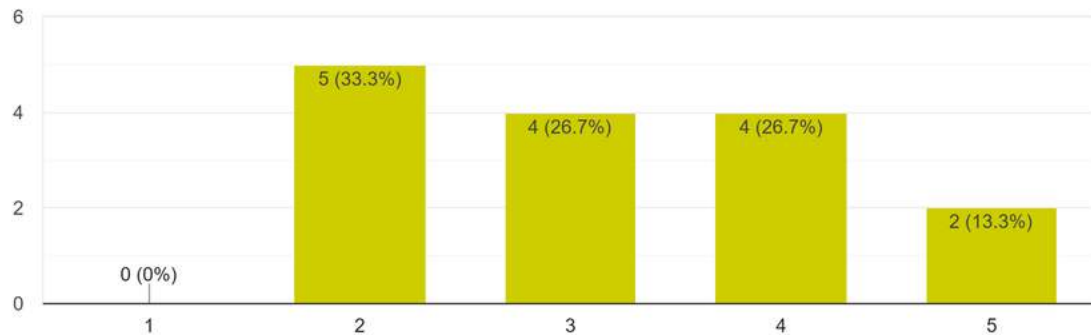
Impact Measurement

A summary of the impact made from For The Ocean Tour 2025 is presented as below:



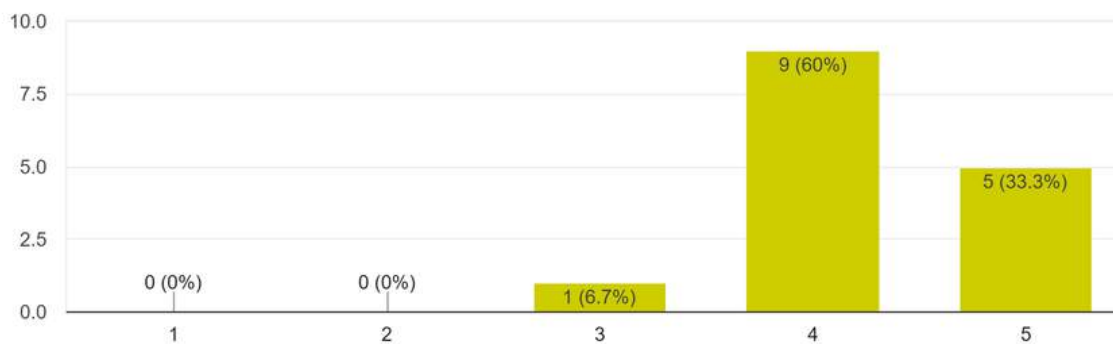
On a scale of 1 to 5, what is your level of knowledge/awareness on ocean pollution, waste footprint, biodiversity conservation, and the climate crisis before attending this event?

15 responses



On a scale of 1 to 5, what is your level of knowledge/awareness on ocean pollution, waste footprint, biodiversity conservation, and the climate crisis after attending this event?

15 responses

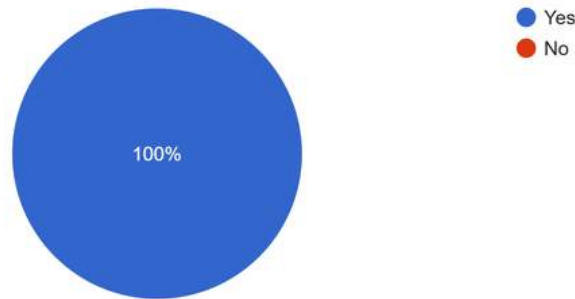


The event had a significant positive impact on participants' knowledge and awareness of environmental issues.

Prior to the event, respondents showed moderate awareness levels, with the majority rating their awareness at Level 2 (33.3%), and only 13.3% rating themselves at the highest level (5). After attending the event, 93.3% of participants rated their awareness at Levels 4 (60.0%) or 5 (33.3%), demonstrating a clear improvement in understanding of topics such as ocean pollution, waste footprint, biodiversity conservation, and the climate crisis.

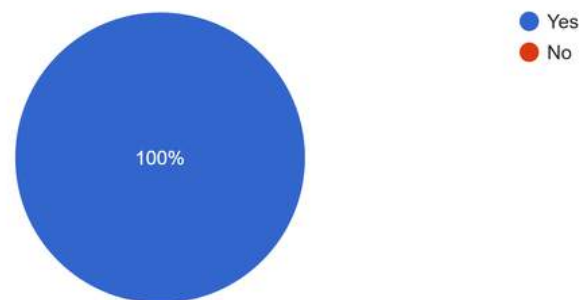
In a way, did this event helped you learn to become a more responsible and environmentally-conscious person?

15 responses



Would you recommend For The Ocean Tour to your friends or family in the future?

15 responses

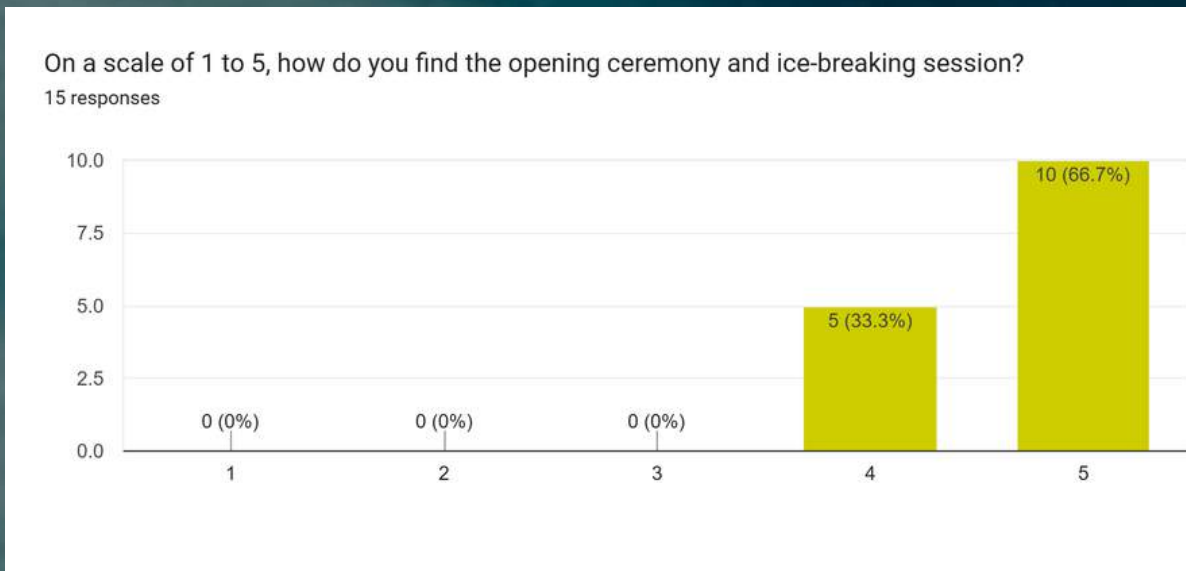


The feedback indicates a unanimous positive response regarding the event's influence on personal growth. All participants (100%) agreed that the event helped them learn to become more responsible and environmentally-conscious individuals. This suggests that the content and delivery of the session successfully resonated with attendees, fostering a stronger sense of environmental responsibility and awareness in their daily lives.

Additionally, every participant (100%) expressed that they would recommend the experience to others, a strong testament to the event's overall value and impact.

Post-programme Feedback

Opening Ceremony & Ice Breaking



Majority of the participants (66.7%) shared that the ice breaking and opening ceremony was good.

I think the ice breaking session achieved exactly what it intended to. I'm very introverted so it felt like a lovely, low stakes way to warm everyone up. Not too in your face or awkward. Kudos, hahaha

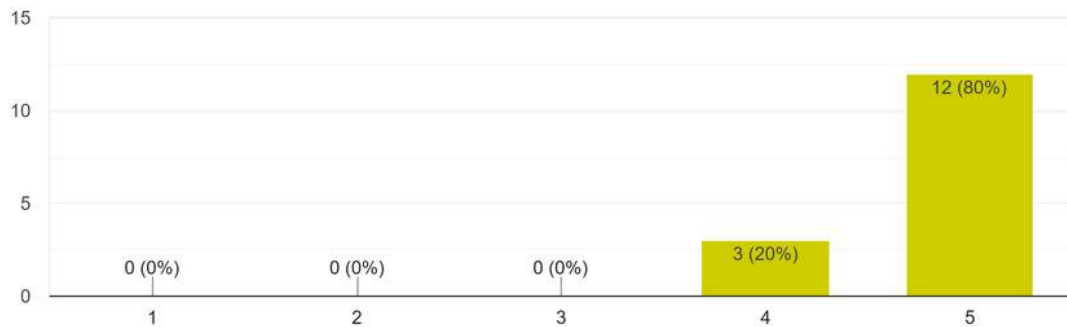
The ice breaking session was fun and engaging. Created a comfortable environment (game session) for newbies (participants) to get to know each other without feeling pressured.

Was informative and meaningful. It helped to understand the foundation of Projek Waste, how it was formed, its purpose and impact has created over the years.

Beach Cleanup

On a scale of 1 to 5, how do you find the beach clean up?

15 responses



80% of participants rated the Beach Cleanup a 5. The activity was well-received and effectively contributed to both environmental impact and community engagement.

24kg of trashes just in one clean up. Small action but indeed big impact.

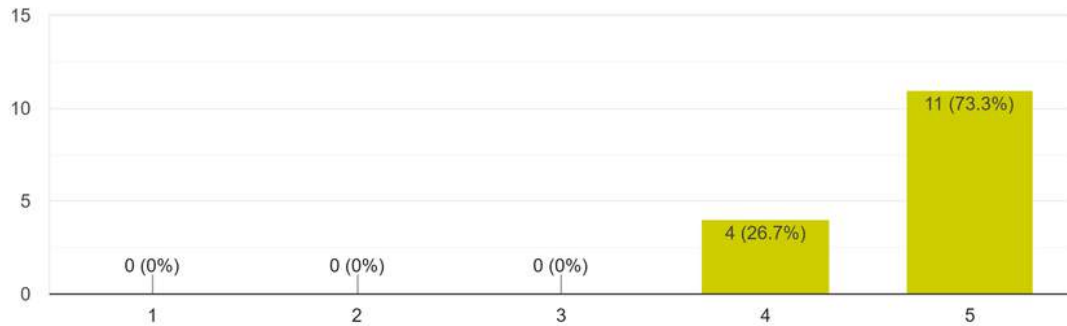
The most impactful part was contributing directly to protecting the environment. It was one of the main reasons I signed up for this volunteering programme, and it was fulfilling to be part of the effort.

We raise awareness when people witness us cleaning up, reminding all of us that we share this environment.

Linoprinting Workshop

On a scale of 1 to 5, how do you find the DIY Ocean-themed Linoprinting Postcard Making Workshop?

15 responses



73.3% of participants rated the Lino Printing session a 5. The activity fostered creativity, mindfulness, and meaningful engagement through hands-on artistic expression.

The Linoprinting session was fun! First time knowing linoprinting with those creative underwater creatures.

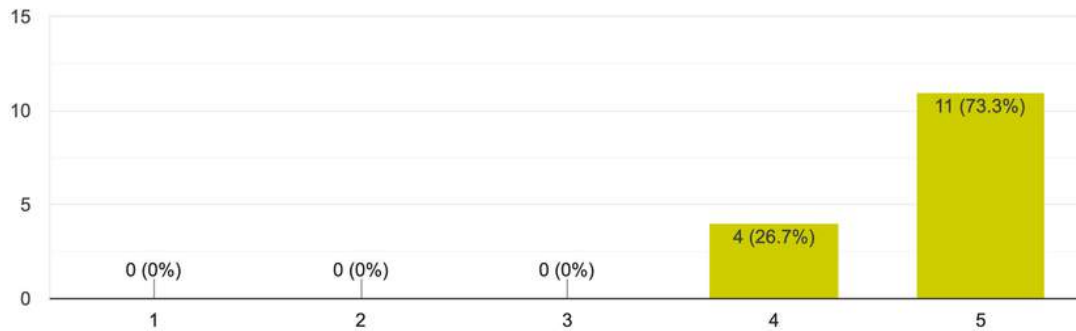
It was a fun and memorable experience. I had never heard of linoprinting before, so it was a unique opportunity to learn something new while being creative.

It is very new to me and glad that I get a chance to experience it.

Ocean Conservation Workshop

On a scale of 1 to 5, how do you find the Ocean Conservation Workshop at Perhentian Marine Research Station?

15 responses



73.3% of participants rated the Ocean Conservation Workshop a 5. The workshop promoted ocean conservation awareness through an educational talk and hands-on bottle reef activity, encouraging creativity and meaningful engagement.

Interesting section as I gained a lot of knowledge on marine life and the conservatory work done by the team.

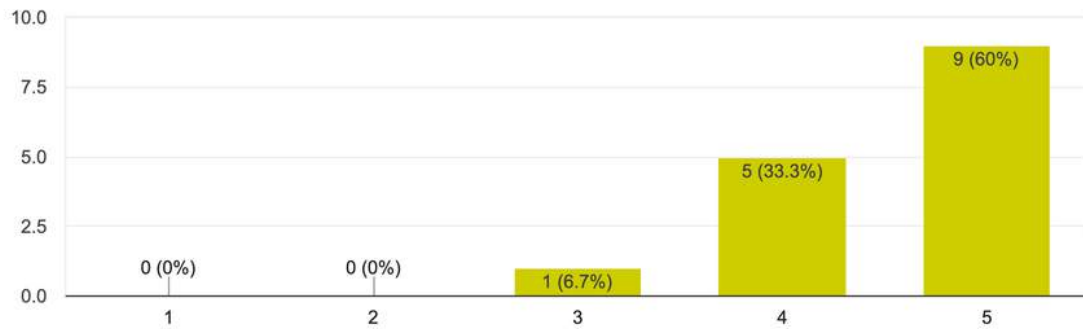
The visit to Kampung Nelayan was a meaningful opportunity to learn about the lives of the anak pulau and their challenges and connection to the sea.

Carmen's talk on coral reef preservation was informative and introduced me to something new. I also enjoyed making the bottles for reef restoration, as it was a fun and meaningful hands-on activity.

“Ocean” Documentary Screening

On a scale of 1 to 5, how would you rate your experience watching the documentary “Ocean” by David Attenborough?

15 responses



60% of participants rated the Ocean Documentary Screening a 5. The screening promoted awareness of ocean conservation through impactful storytelling and increased understanding of marine ecosystems.

Caring the oceans is a shared responsibility

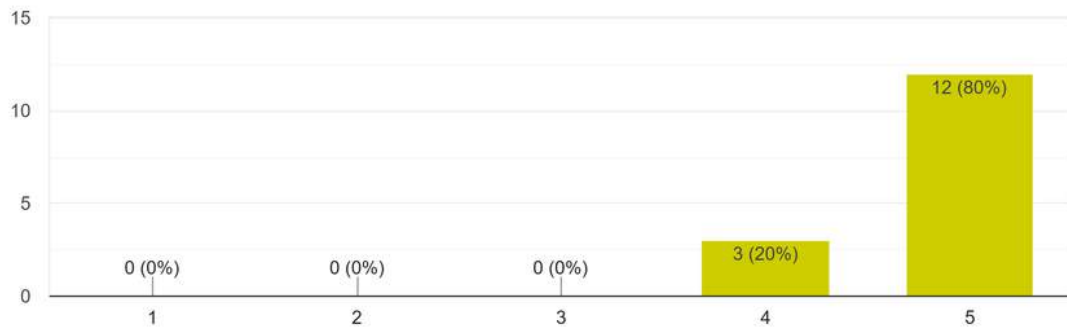
I feel heartbreaking when i watched it, but i still feel hopeful about lots of enthusiastic people are doing a lot for our planet, and not being selfish

Simultaneously heartbroken and heartened. Has definitely sparked curiosity to learn more and stay updated on the collective pledge to protect the ocean

Flow & Meditation

On a scale of 1 to 5, how do you find the morning stretch and meditation?

15 responses



80% of participants rated the Flow & Meditation session a 5. The session created a positive space for relaxation, mindfulness, and connection through guided movement and meditation.

Comforting to exercise and meditate to the sounds of waves and wind !

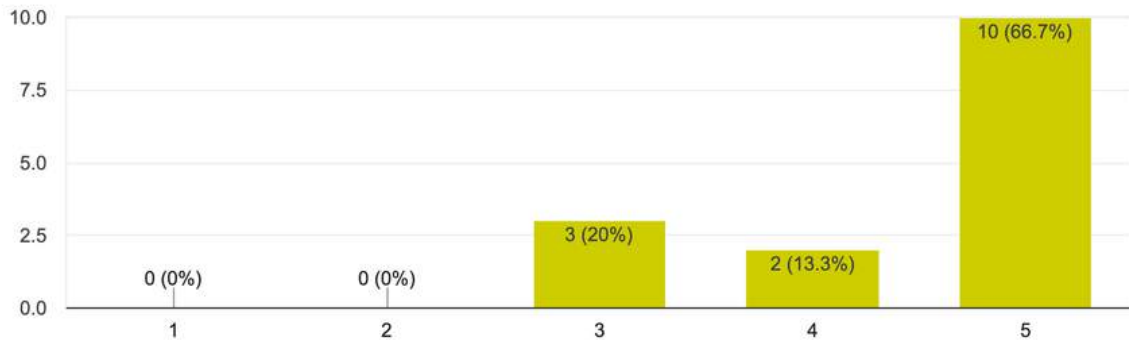
Feel relieve and peace.

It was nice to end the trip with the morning stretch and meditation, especially since we are doing it by the beach too. I felt very relaxed and truly enjoyed the session.

Climate Cafe & Closing Ceremony

On a scale of 1 to 5, how would you rate your experience at the Climate Cafe and closing ceremony?

15 responses



66.7% of participants rated the Climate Café and Closing Ceremony a 5. The session encouraged meaningful discussions on climate action while providing an opportunity for reflection, connection, and programme closure.

I love listening to other's thoughts and find it meaningful

It was a great way to end the event. Sharing our thoughts on the documentary and reflecting on our volunteering experiences was meaningful and enjoyable.

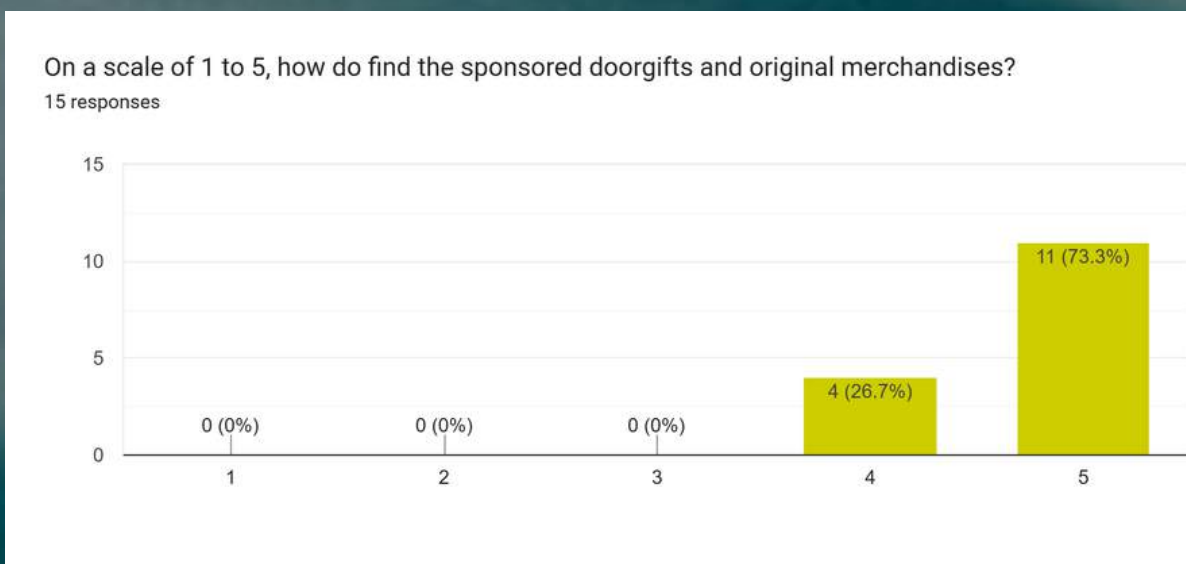
Opinion exchange indeed help me to connect like-minded people.

Accommodation



46.7% of participants rated the accommodation a 5, and 33.3% rated it a 4. The accommodation provided a comfortable and satisfactory experience for participants.

Sponsored Door Gifts & Merch



73.3% of participants rated the Sponsored Door Gifts & Merch a 5, and 26.7% rated it a 4. The sustainable merchandise added value to the experience while encouraging awareness of eco-friendly choices.

Sustainable Development Goals

The activities conducted throughout this event are aligned with the following Sustainable Development Goals (SDG) as set by the United Nations:



Partners and Sponsors

LIPS CARPENTER

acaya

The Art of Oral Care, *refined*



Qmbak



Door Gift Sponsorship

We would like to thank our generous doorgift sponsors, Lips Carpenter, Bathing Tapir, and Acaya for supporting this event. Their care and commitment played a crucial role in making this event possible. Thanks to their contributions, we were able to create an impactful experience that inspired participants to become more responsible and environmentally conscious through daily use products.



Conclusion

We had 19 passionate participants dive into marine conservation through 12 engaging activities, all while reconnecting with nature. With the incredible support of our 6 partners and sponsors, we were able to raise awareness and inspire a renewed commitment in protecting our planet's most precious resource.

Attendees didn't just show up, they actively embraced environmentally responsible practices and rediscovered the vital importance of caring for our oceans. The best part about connecting with people who care about the environment is that we can be more hopeful in our conservation works.

In the end, the true success isn't just in the numbers, but in the lasting habits and heightened awareness participants take with them.

We look forward to welcoming our next batch of participants next year!

