

**Instructions for conducting the research as part of a citizen science project  
(mesoplastic on the Polish coast):**

1. Take with you:
  - a. Phone with camera or smartphone,
  - b. Fine mesh kitchen strainer (mesh diameter: 1mm)
  - c. A ruler or other object that will allow you to measure 20 cm (e.g. a piece of paper or a ruler on the phone),
  - d. Something of a contrasting color: eg a plate, a sheet of paper, a litter box.
2. Go to any beach.
3. Make a note of the date, time and geographic coordinates. If you don't know the coordinates, you can check them on your phone. As a last resort, you can enter the location: city and beach entrance number.
4. Find the wrack line: this is the line in the sand parallel to the water line where the waves have reached farthest. You will recognize it by the fact that it has a lot of sticks, algae, shells, pebbles, etc.
5. Select the site you want to explore. Stand facing the sea. Take a picture to the left of you and to the right of you (so scientists can see what the conditions were like that day, what kind of beach it is, etc.).
6. Draw a square on the sand on the wrack line with sides 20x20 cm.
7. Take a picture of the drawn square.
8. Gradually, portion by portion, sift all the sand that is inside the square you drew to a depth of 5 cm.
9. Fine sand will pass through the strainer. Larger items will remain in the strainer. Put them on a contrasting background (plate, sheet of paper, etc.) - regardless of whether there is plastic or natural elements such as sticks.
10. After sifting the whole square, take a picture of the elements you collected from the strainer.
11. Describe what you found, eg one piece of polystyrene, a plastic drink cap, two shells, a piece of stick.
12. Send the results to: [m.trzeciak@experyment.gdynia.pl](mailto:m.trzeciak@experyment.gdynia.pl)