

# My Sea, My Time



# COLOURING BOOK

ILLUSTRATED BY GIBRAEL CAROCHO



FOR THE CHILDREN OF TIMOR-LESTE,  
FOR WHOM MARITIME BOUNDARIES ARE FOUGHT  
- THE KEEPERS OF OUR SEA.

*My Sea, My Timor*  
**COLOURING  
BOOK**

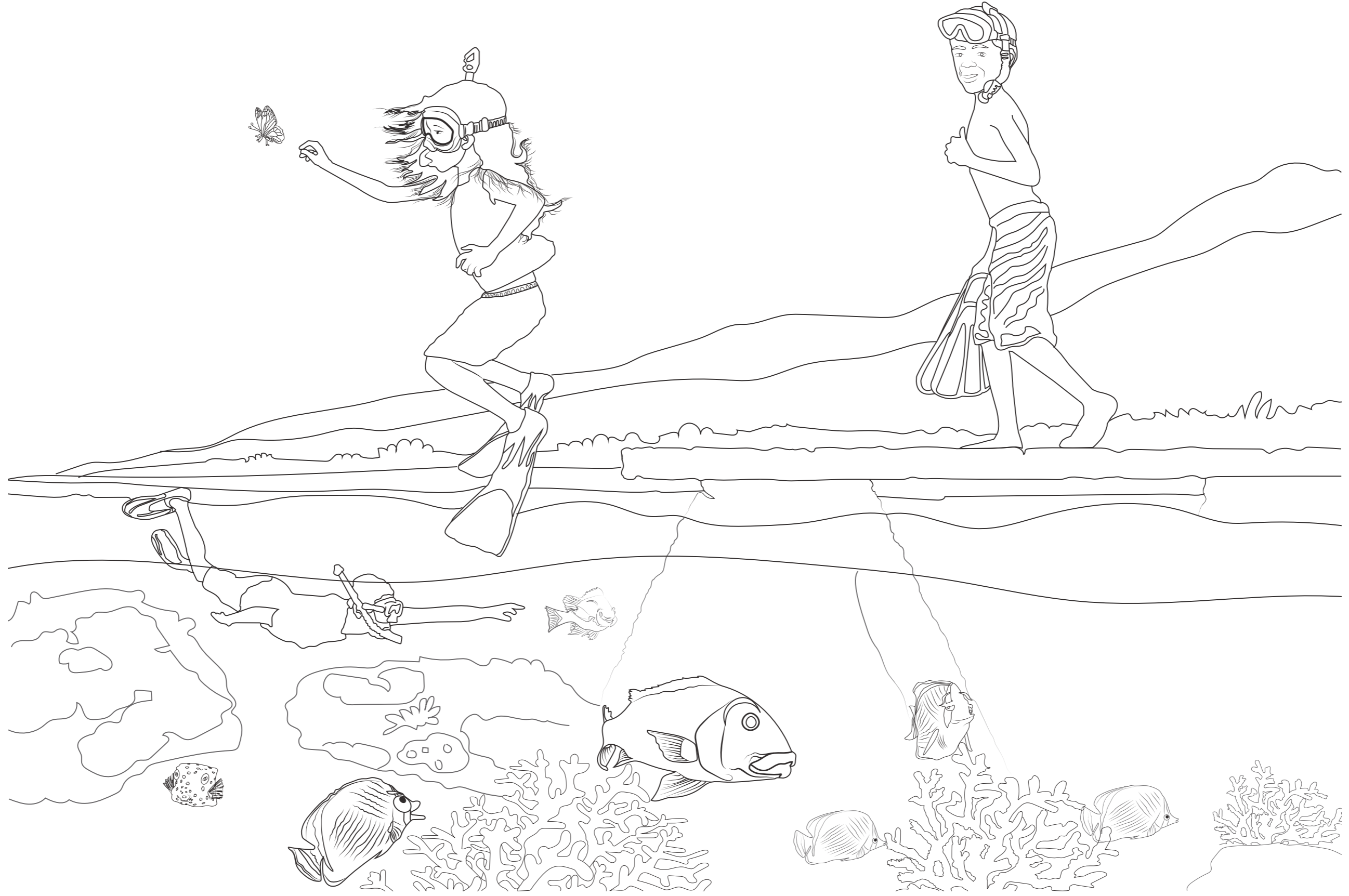
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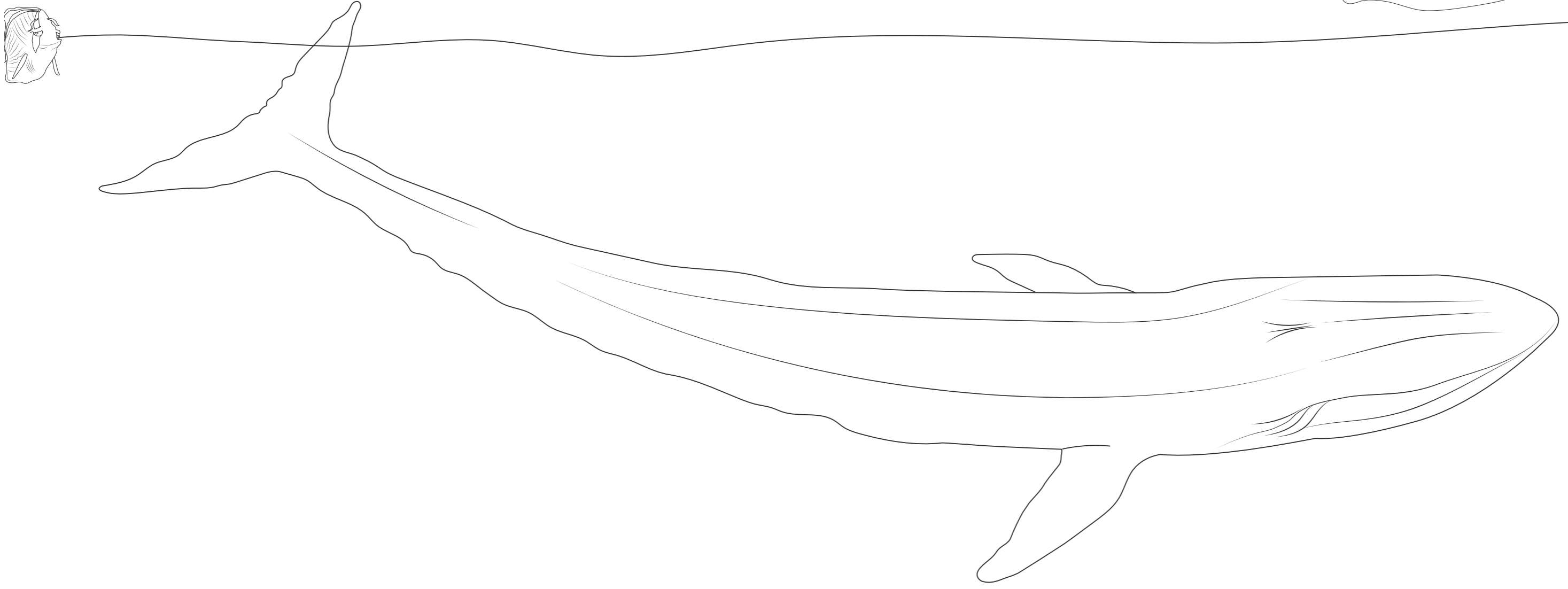
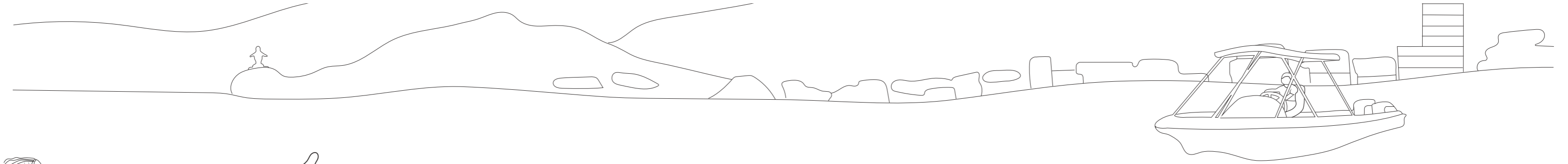
The Land and Maritime Boundary Office (LMBO) acknowledges the wonderful collaboration that went into bringing this book “My Sea, My Timor” to life. This is a children’s book that much like Timor-Leste’s creation story, explores the wonderful relationship that exists between Timorese children and their sea, with all its creatures, large and small, and ecosystems, that the Timorese must protect for future generations to enjoy. The author, Kim Kane, pays a triumphant tribute to the poetry of Kay Rala Xanana Gusmão. The illustrator, Gibrael Caroch, brings to life all the different characters of the book with vibrant illustrations that will enchant and captivate generations of Timorese children. Together, we have created a book that celebrates the beauty of the Timor-Leste’s seas and fosters a love and respect for marine life and biodiversity in the hearts of our young readers. ©LMBO 2024

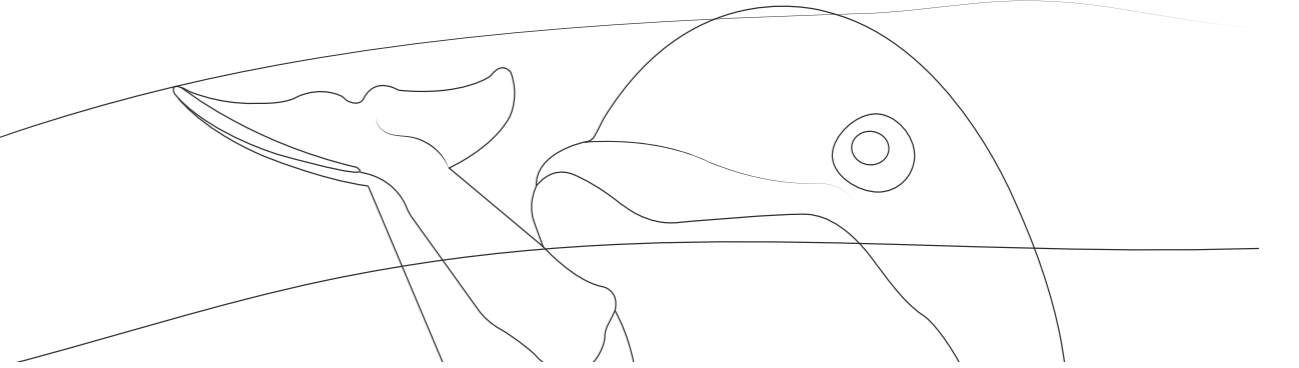
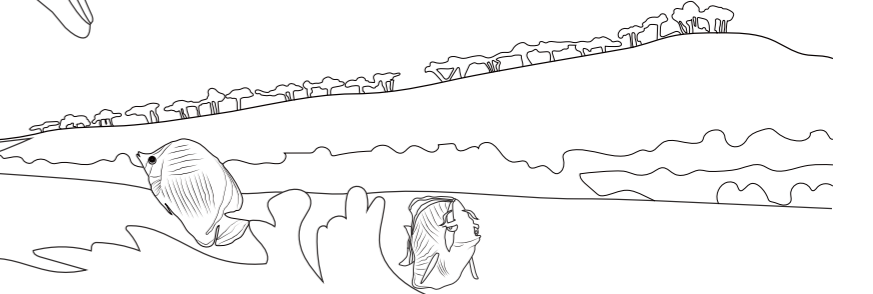
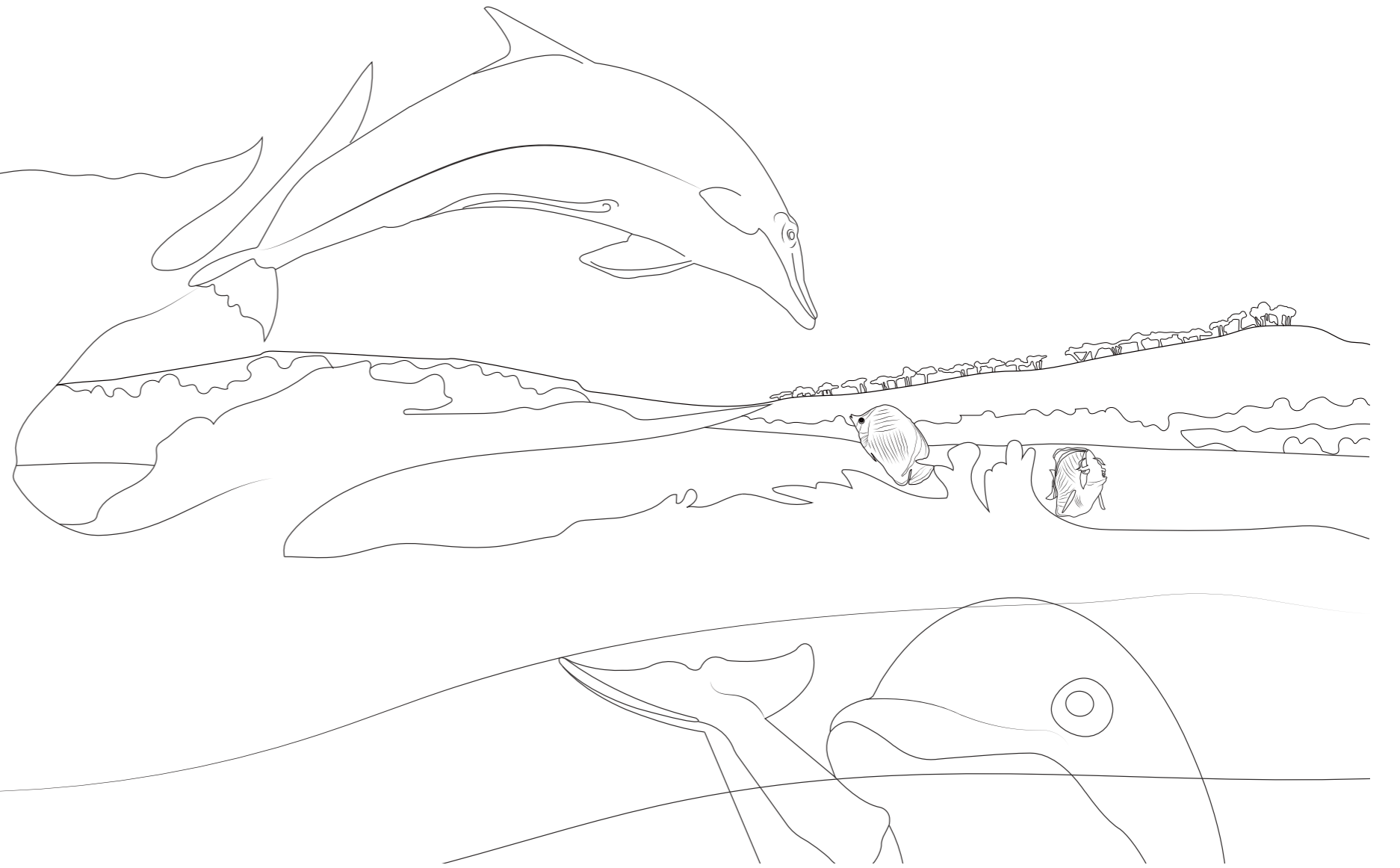
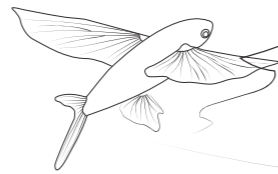
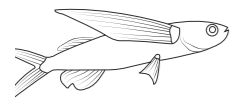


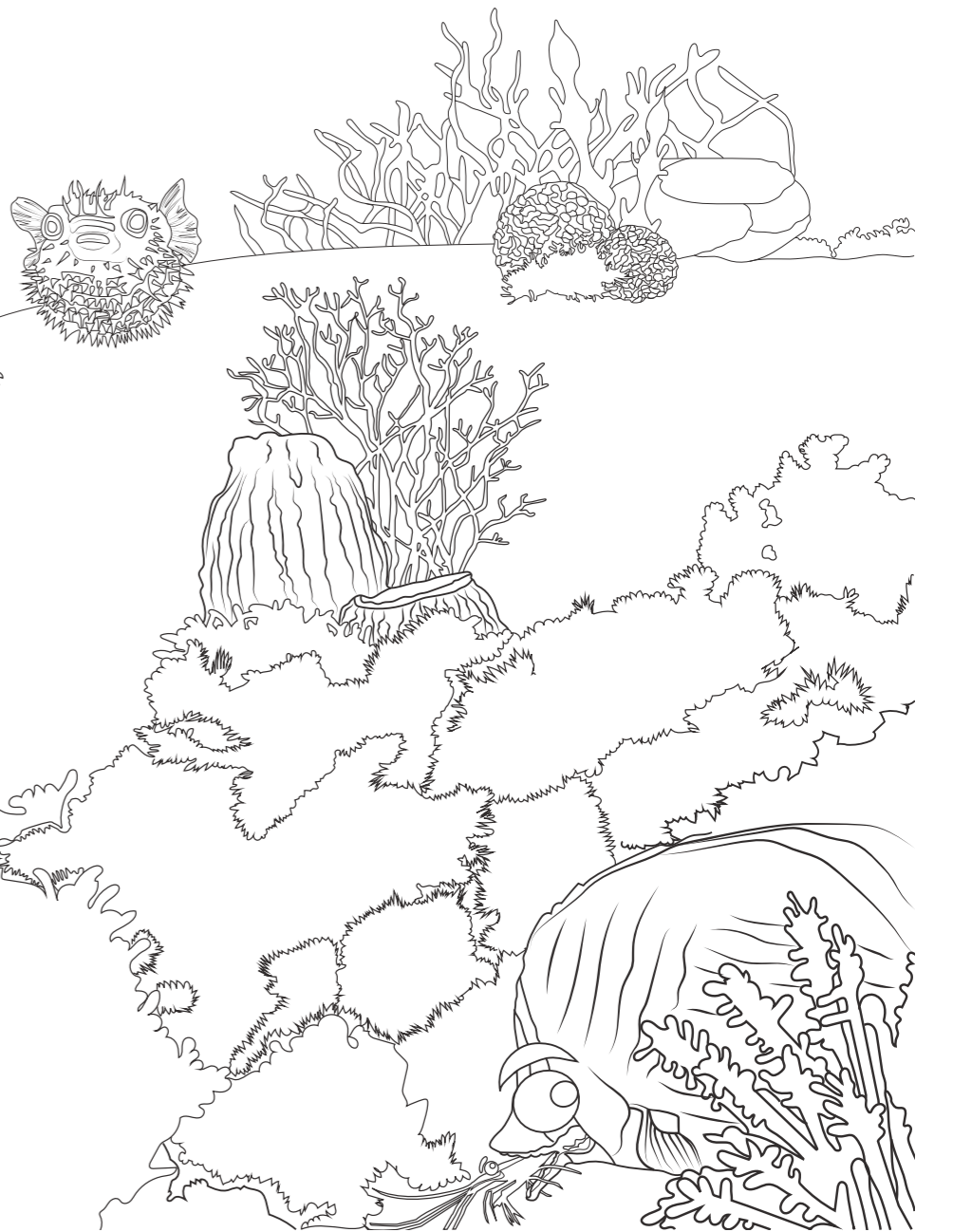
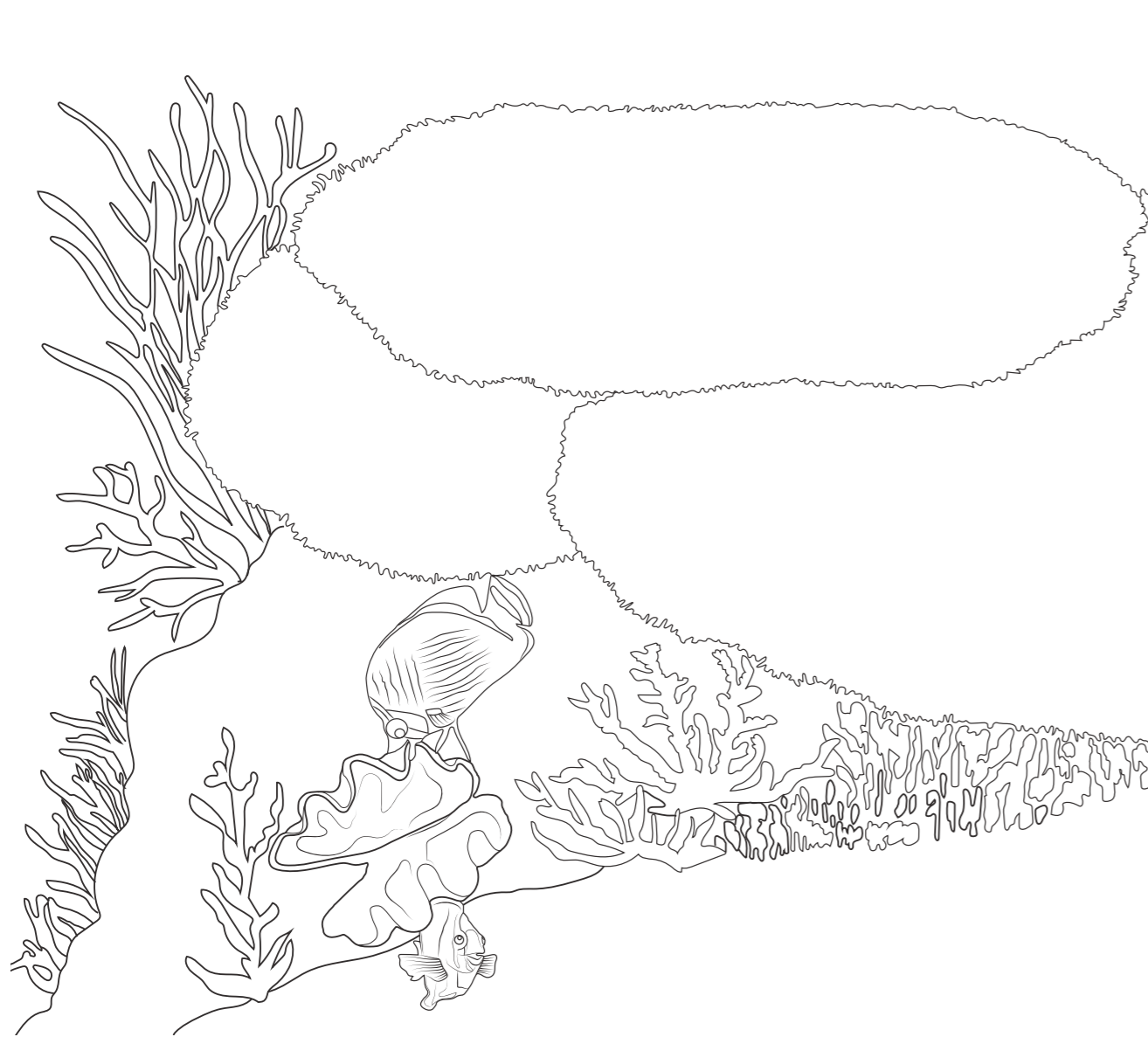
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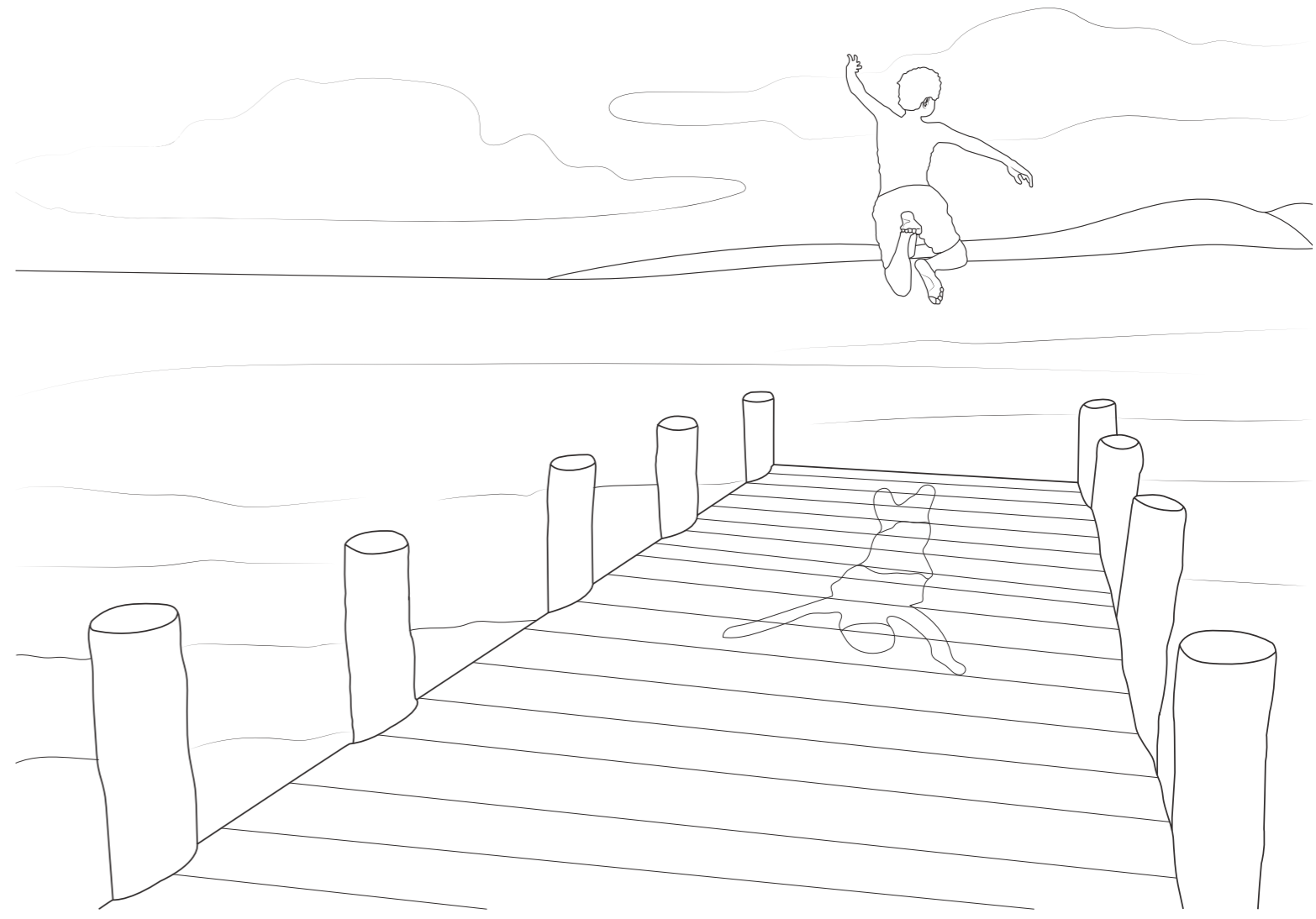
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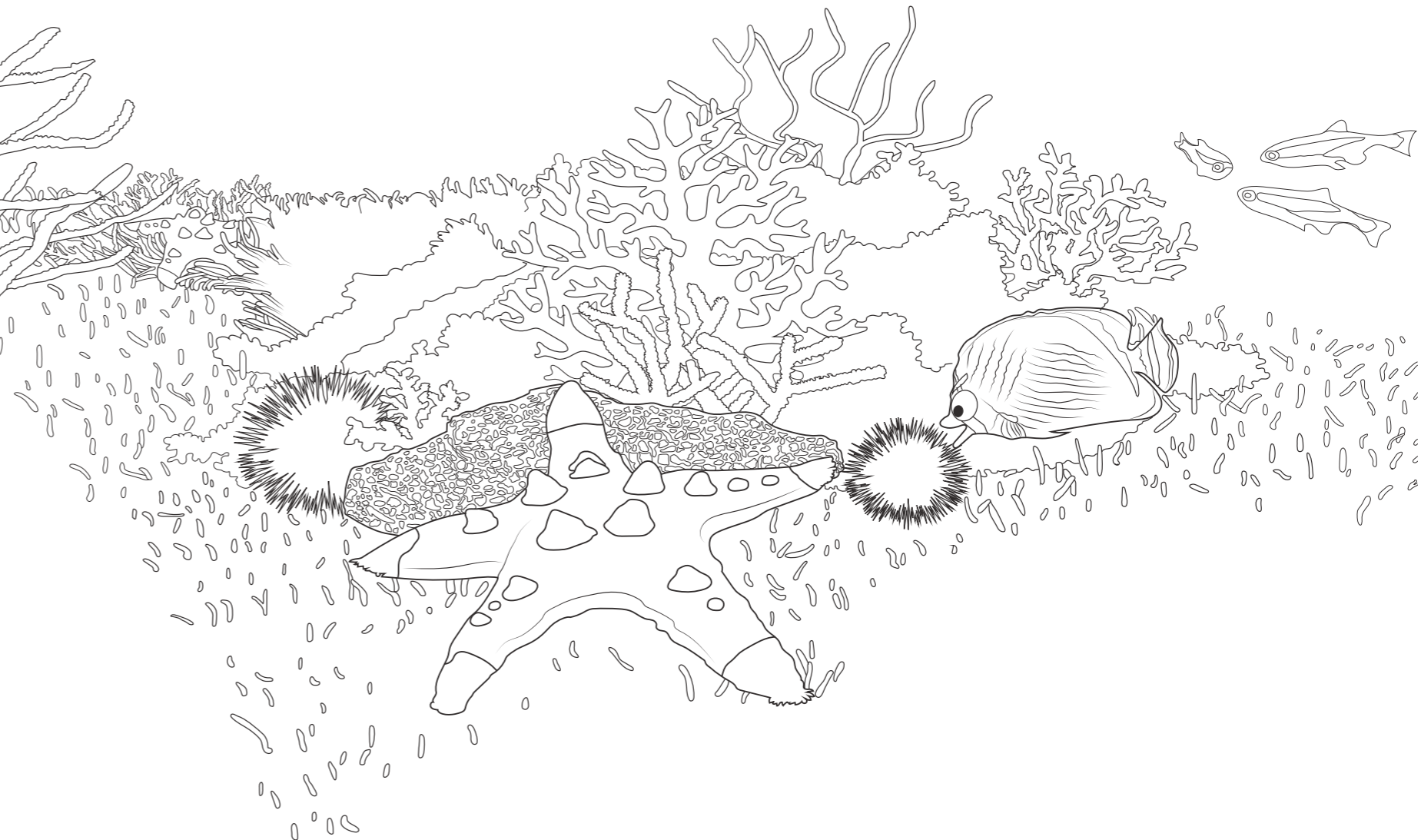


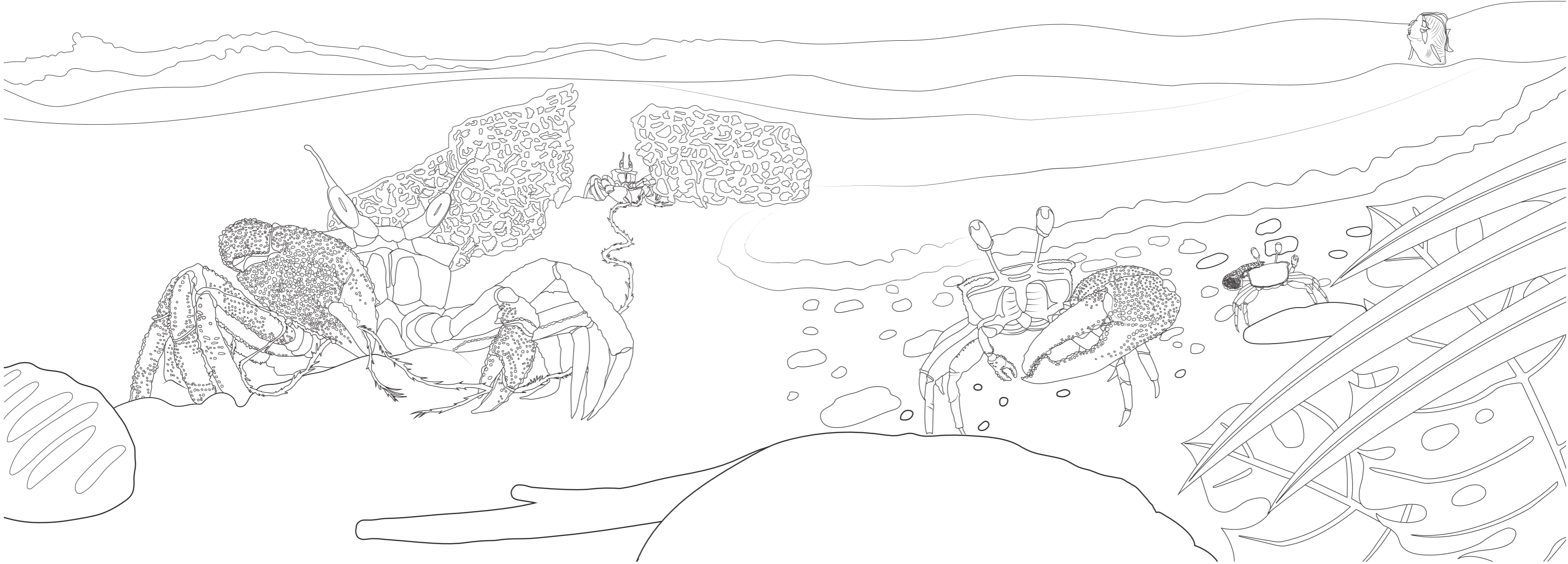




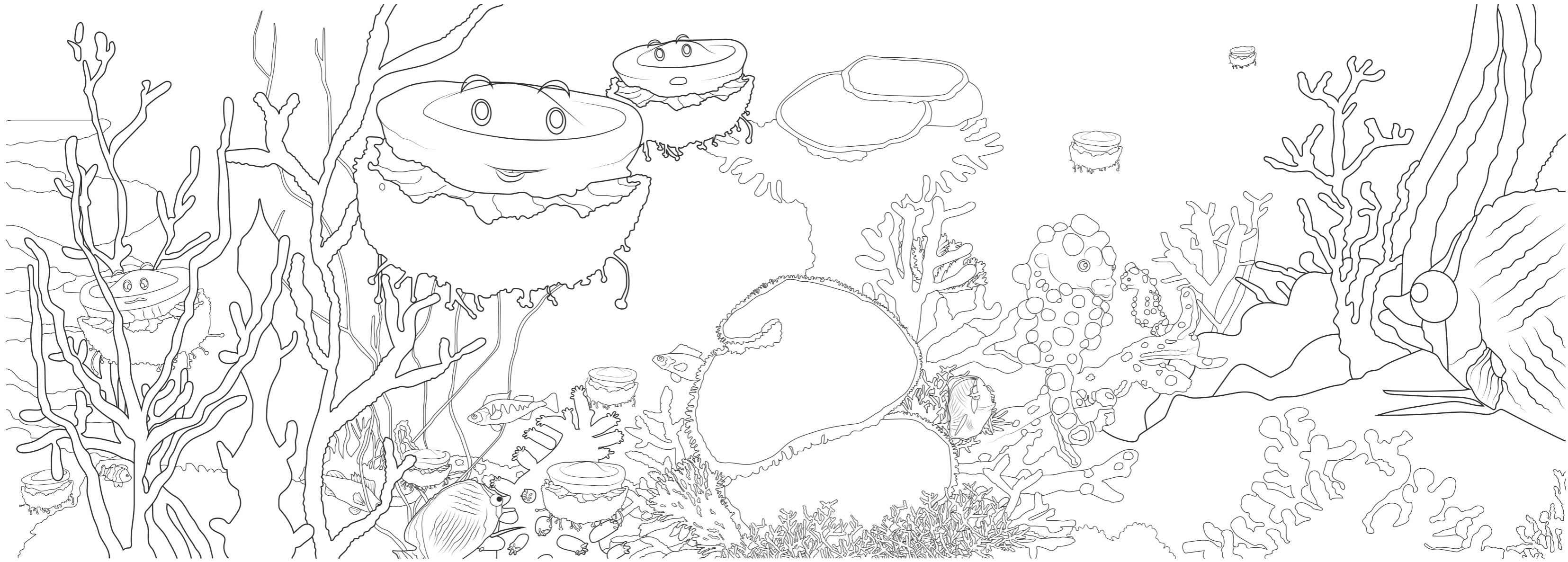


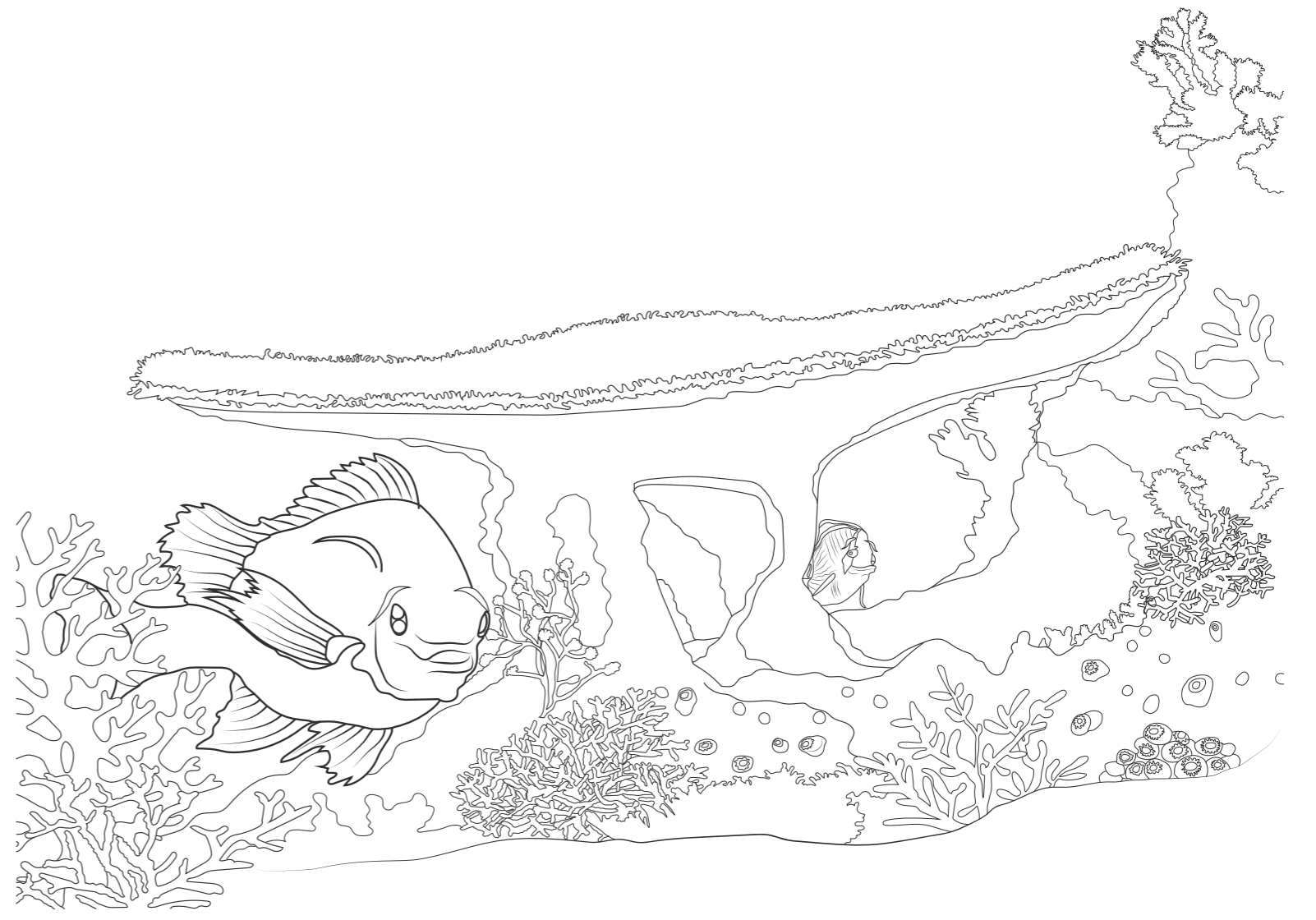
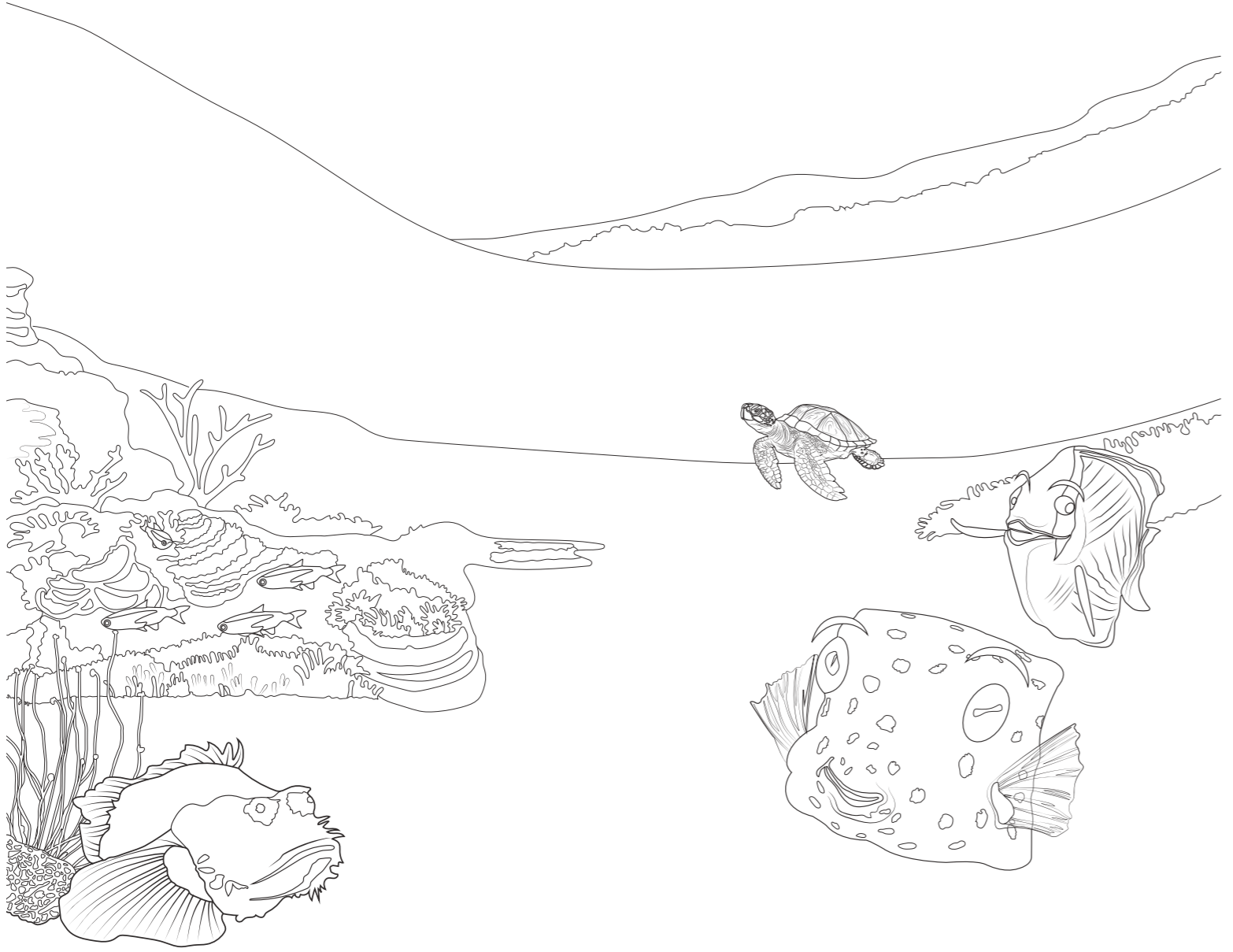




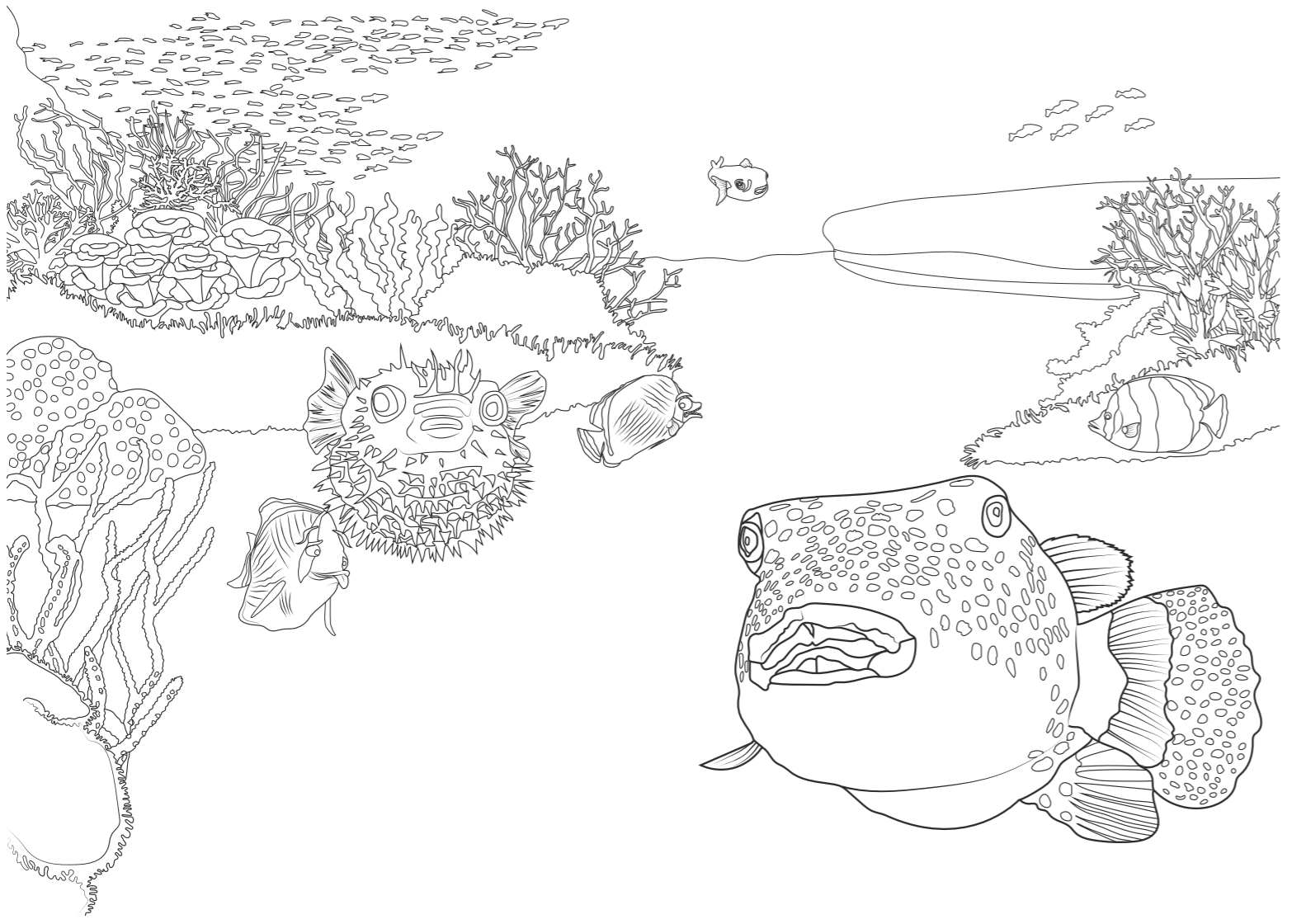


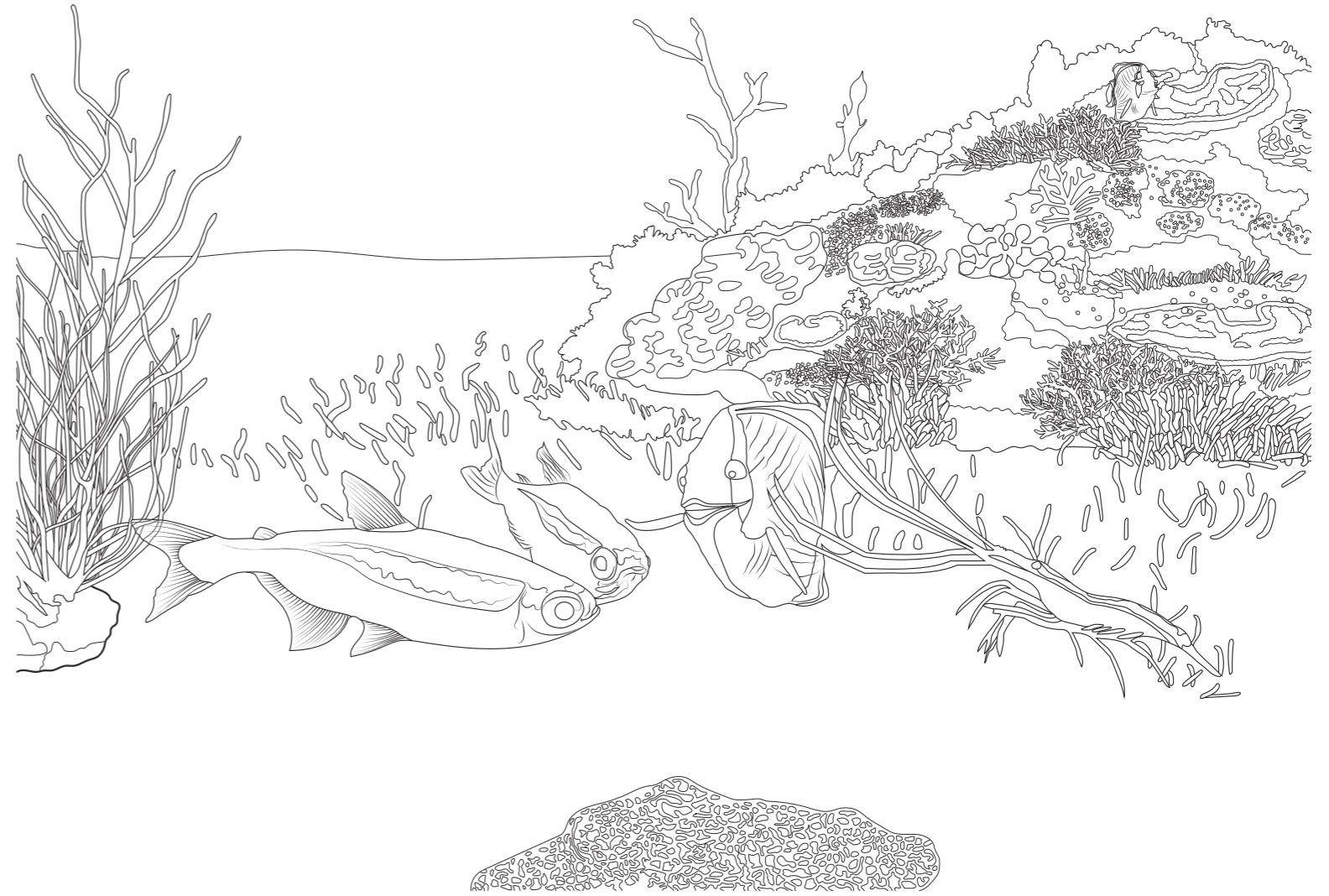
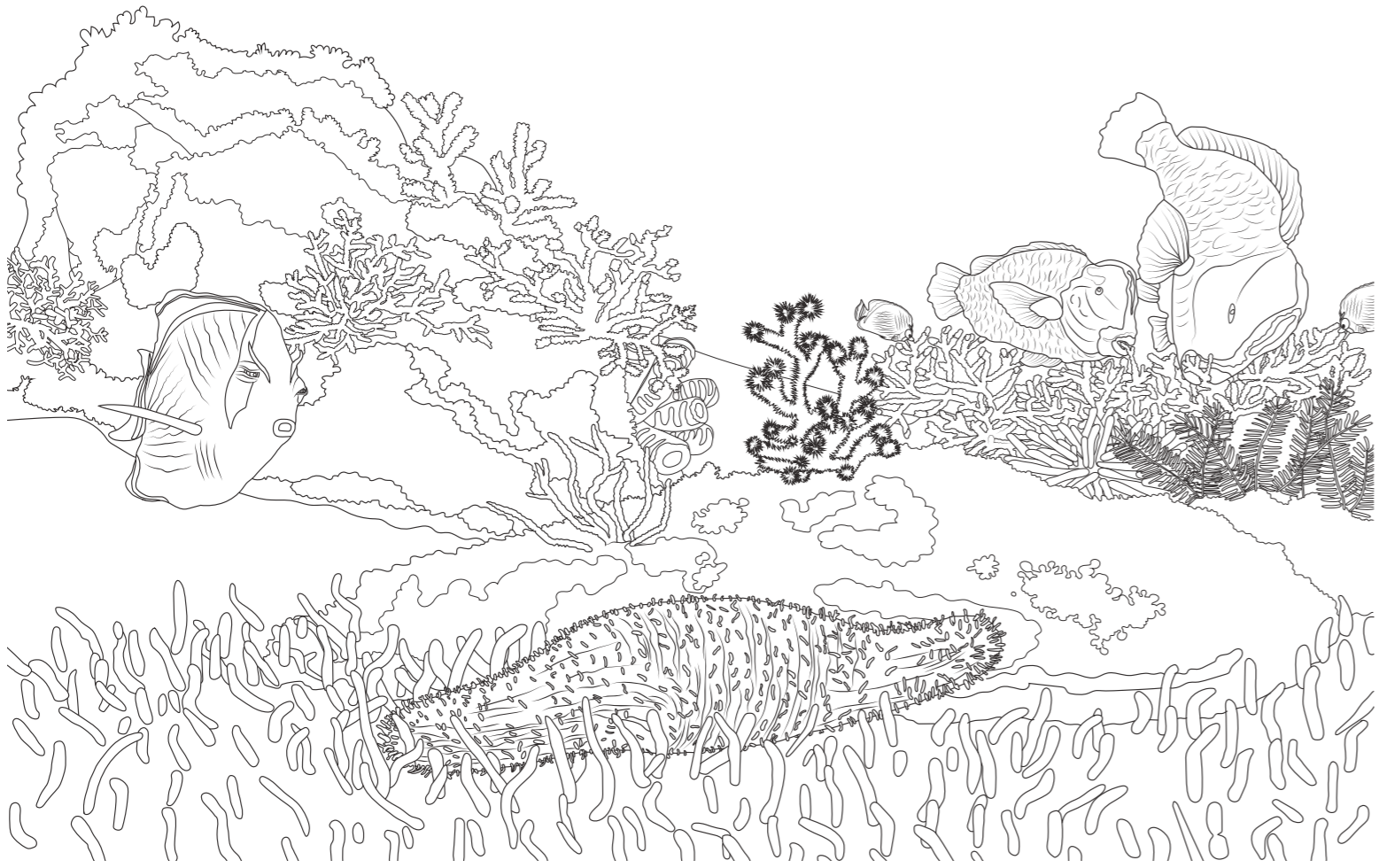




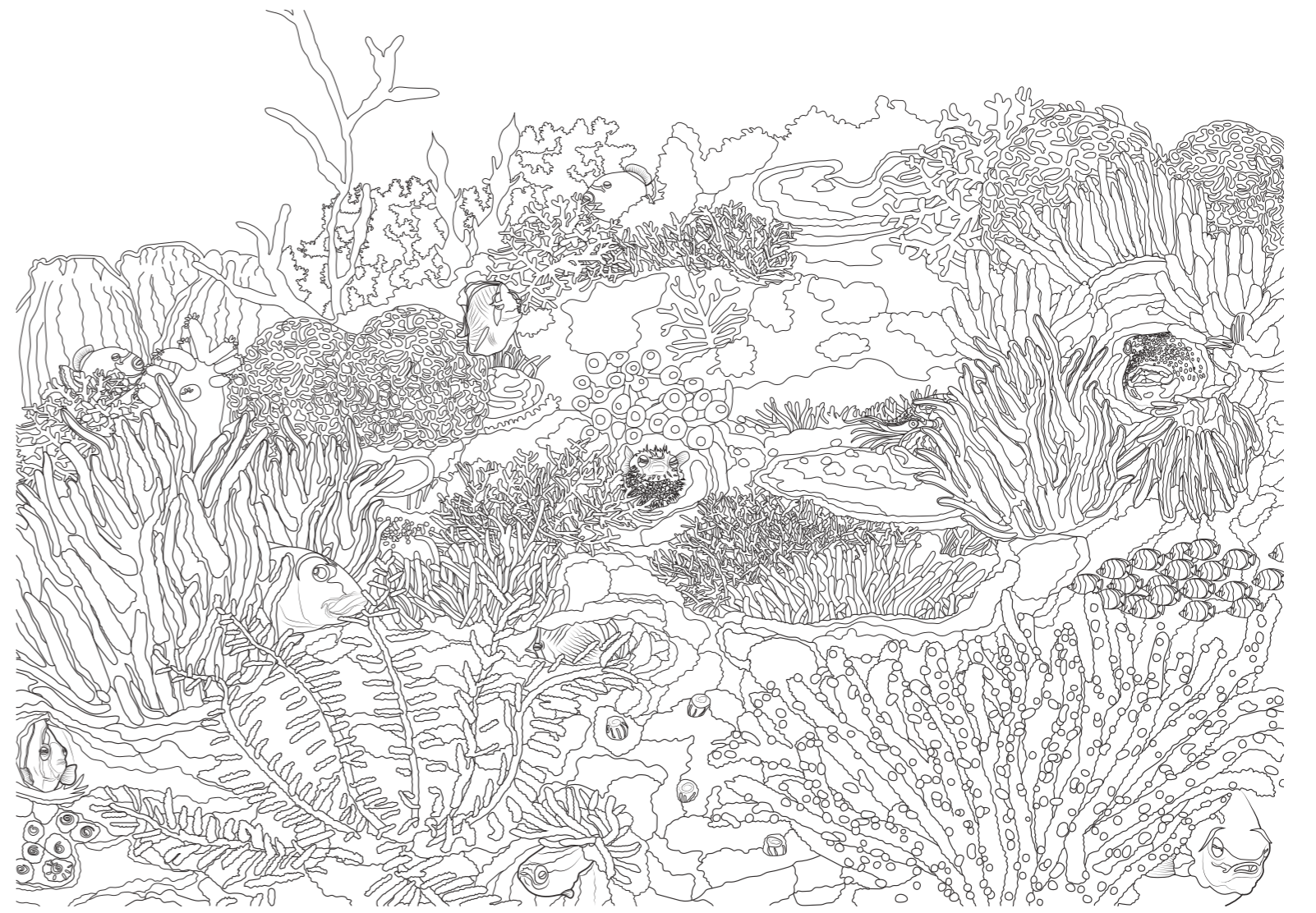


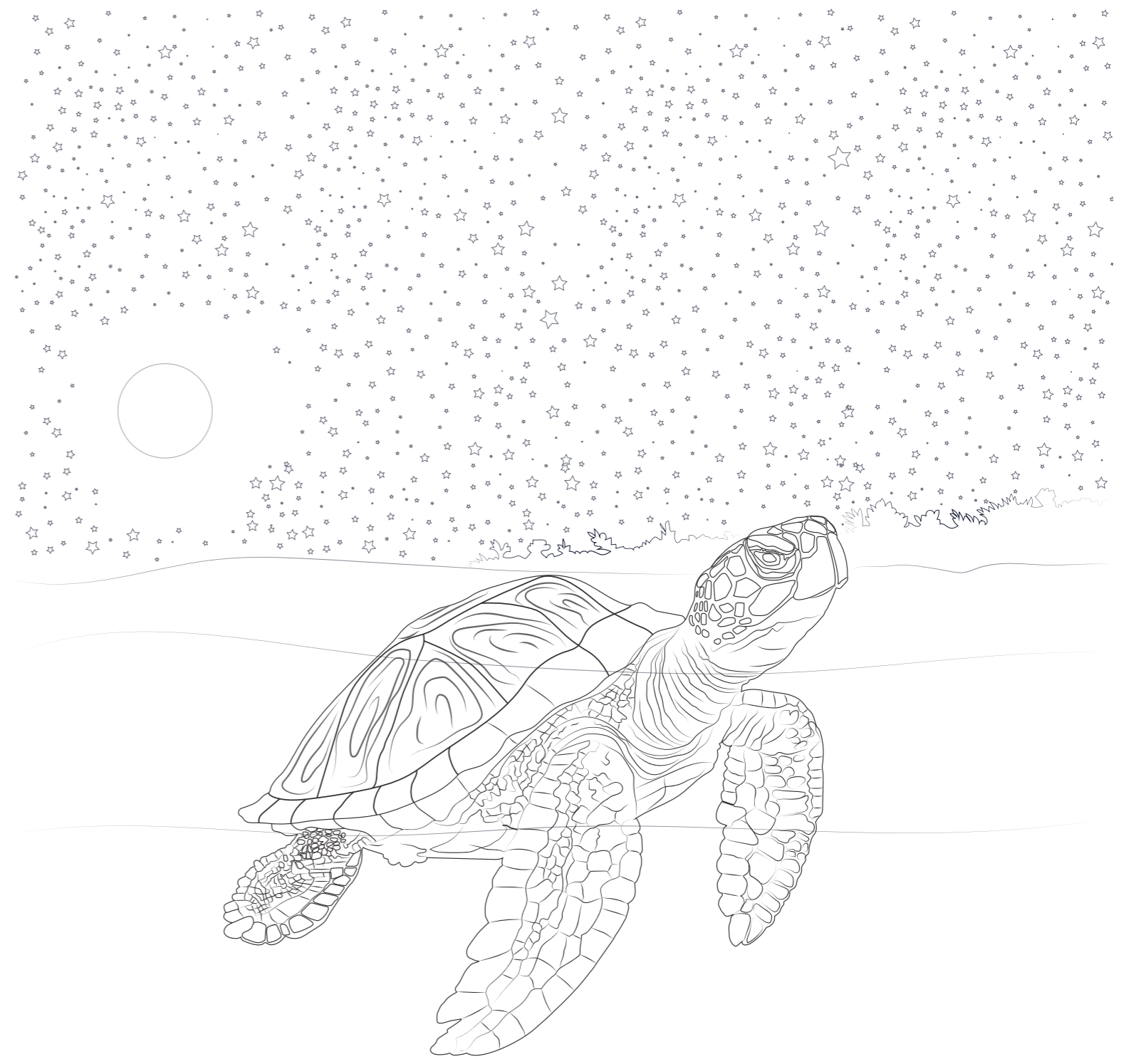
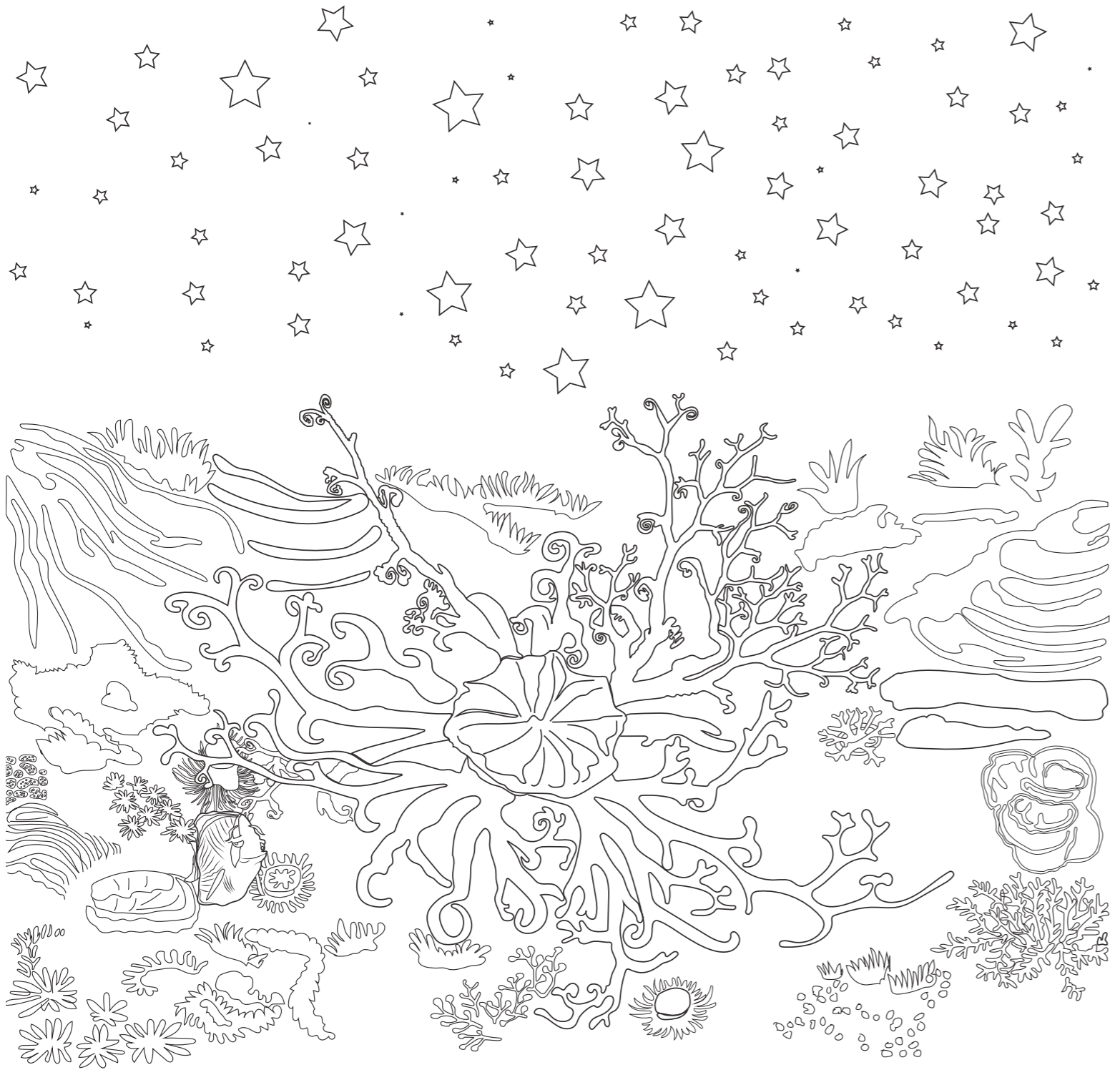








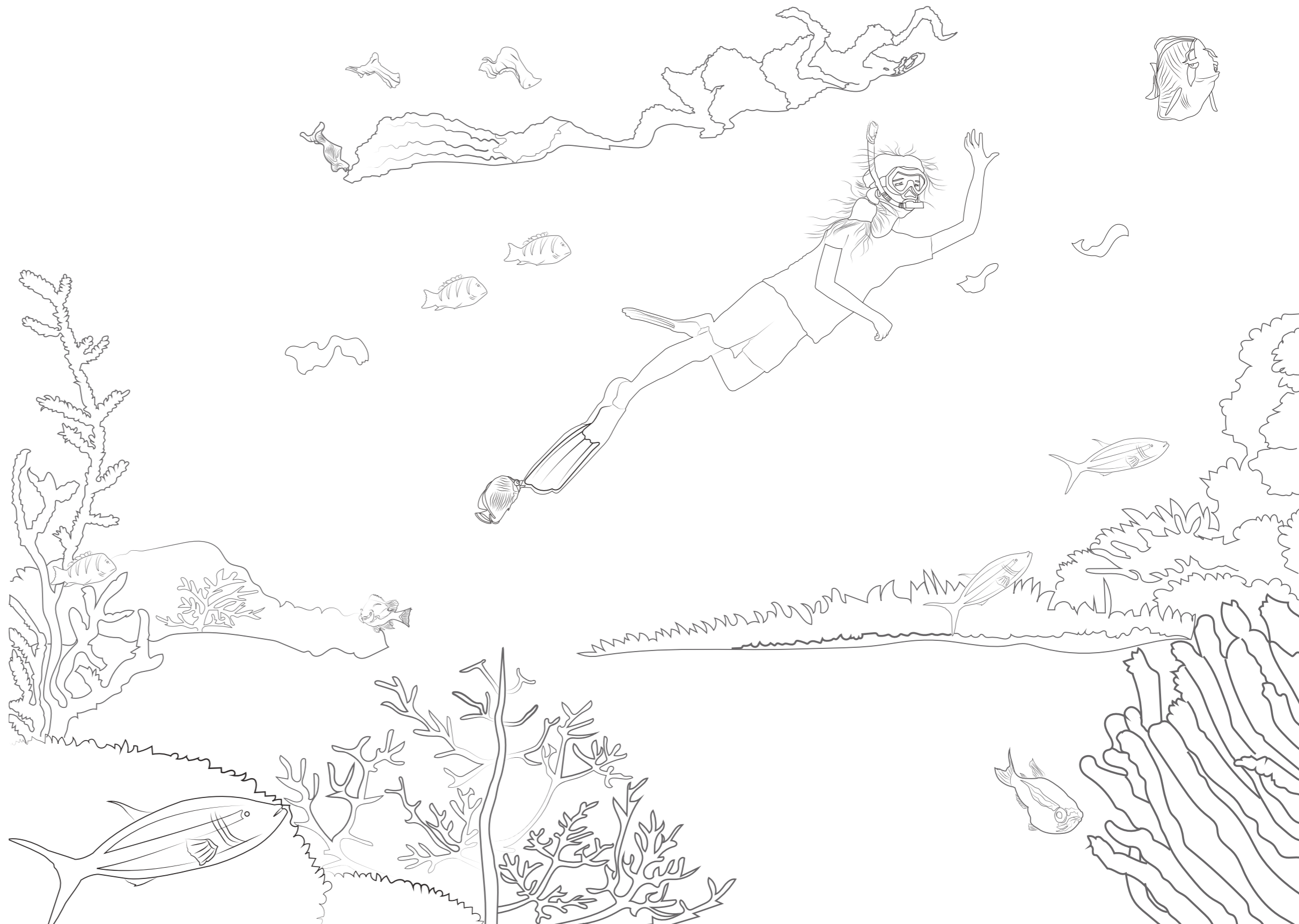




My sea is a treasure chest with  
so many things I can hardly hold  
them all in my head.  
But on a clear, still day,  
I gaze up at the silver ceiling...  
and I see me in

# My Sea, My Timor

WHAT CAN YOU SEE  
IN OUR SEA?



## TEACHERS' NOTES

The Timor-Leste reef is a critical part of the world's Coral Triangle. Because the reef has been protected, our reef is the most biodiverse in the whole world. We have the potential to engage in carefully managed tourism on the reef and show the rest of the world what a beautiful and precious place it is. Managed carefully, tourism will provide jobs for the families of Timor-Leste now and in the future.

The following are some instructions for school teachers to guide the students to have fun colouring the "My Sea, My Timor" Children's Book:

- This colouring book should be distributed to the school children along with the "My Sea, My Timor" children's book.
- Students should be familiar with the "My Sea, My Timor" children's book and get inspiration from the book before colouring.
- Teachers help each student to select the colour and colouring utensils. Crayons and water-based markers are both great for students.
- Students can either colour the book to match the colour of the "My Sea, My Timor" children's book or use their own creativity to colour the book.

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## MEET APEU

**CAN YOU FIND APEU, THE ANGEL FISH?!**  
Cheeky Apeu, our Angel Fish is everywhere. Sometimes he is with friends and sometimes he is alone. Sometimes he is quite visible and sometimes he is hiding. Can you find Apeu?!



## SEA CUCUMBERS

Did you know that Sea Cucumbers are the secret heroes of our reef? It is important to leave them in the water as they purify the water and their poo fertilises the seabed. Before we had regulations, the Sea Cucumber were removed from the reef in Timor-Leste and the reef became filled with Crown of Thorns starfish. Luckily, regulations were introduced and the Sea Cucumbers were no longer harvested which helped maintain water purity levels. This helped prevent Crown of Thorns starfish larvae from blooming, and their numbers dwindled. It is our responsibility to keep the reef healthy and alive by not over-fishing this precious resource.

## MANGROVES

Sea cucumbers are not the only cleaners in the sea. Mangroves play a critical role to protect the sea and the shore. The Mangroves filter the water and the salty air. Their huge roots prevent erosion and provide protection for fish to breed. We must do our best to protect Mangroves so they can protect us!

## PLASTIC POLLUTION

Plastics are terrible for the marine environment. Plastic rings can choke birds and fishing line has been found around all sorts of animals including sharks and turtles. Fish can also swallow micro plastics or tiny plastic beads found in our waterways. Here are some handy tips for keeping our marine park clean:

- Try to avoid using or buying products wrapped in unnecessary plastic, and find alternatives to single use plastics. It is always better to take a reusable bag shopping!
- Don't put plastics down the drain including soaps with microplastics in them. Remember anything in a gutter or a drain eventually makes its way to the sea!
- Always cut plastic rings before you put them in the bin as they can end up around seabirds' necks.
- Always pick up any rubbish you see in the water or along the shore and place it in the bin.

### MORE INFORMATION :

Land and Maritime Boundary Office: Palácio do Governo, West Wing Building Dili, Timor-Leste  
+670 7742 5544 • info@gftm.gov.tl • www.gftm.gov.tl

## FUN FACTS

- All of the corals and all of the fish in this book are found in the waters of Timor-Leste along with thousands more.
- There are more than 400 types of coral in the Timor-Leste reef.
- There are over 1,200 species of fish.
- Timor-Leste is the best place in the world to catch a glimpse of elusive Pygmy Blue Whales. The whales migrate between the Banda Sea and Australia every year between October and November. In addition to Pygmy Blue Whales, you can also find Sperm Whales, Melon Heads, Pilot Whales, False Killer Whales and several species of dolphins. This group of mammals are called cetaceans and Timor has lots of them. In fact, one third of all known species of whales and dolphins in the world can be found in Timor-Leste's waters!

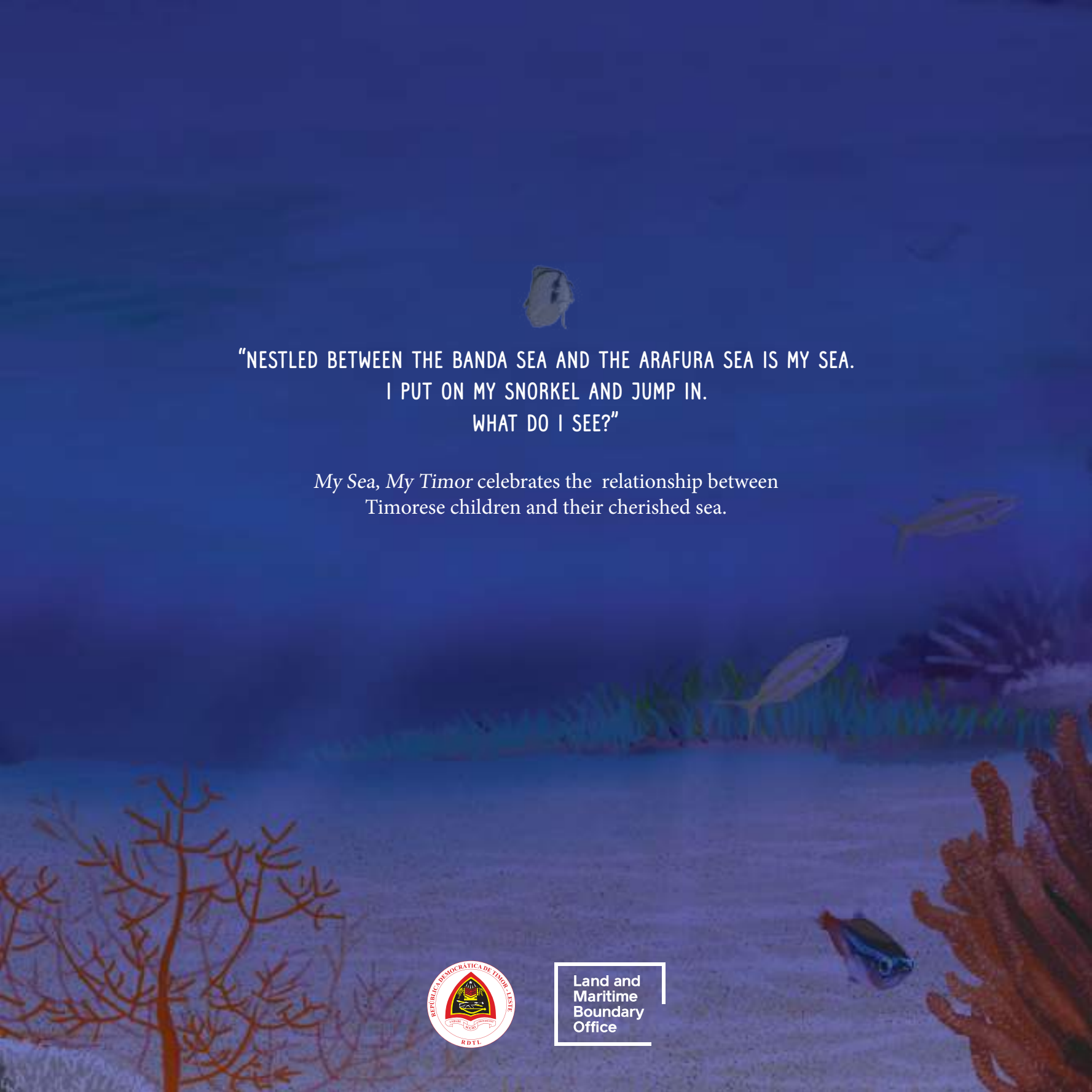
## MY SEA, MY TIMOR

The title of this picture book, 'My Sea, My Timor,' comes from the LMBO campaign "Ha'u-nia Tasi, Ha'u-nia Timor". This campaign for the ocean and the blue economy was in turn inspired by a wonderful poem, "My Sea" written by Kay Rala Xanana Gusmão. The poem is beautiful but it is also important as it shows that the sea, our sea, belongs to Timor-Leste. We have worked hard to protect it for you and for your children and we believe the sea is Timor's greatest asset. Let's look after it!

- \* Uma Lulik = Timorese sacred house
- \* Ai Manas = Timorese chilli
- \* Inan - Aman = Parents

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An underwater scene with a blue background. In the center, a small, light-colored fish is swimming. Below it, the text "NESTLED BETWEEN THE BANDA SEA AND THE ARAFURA SEA IS MY SEA. I PUT ON MY SNORKEL AND JUMP IN. WHAT DO I SEE?" is displayed in white. Further down, another line of text reads "My Sea, My Timor celebrates the relationship between Timorese children and their cherished sea." The bottom of the image shows a sandy seabed with various coral structures and several other fish swimming. In the bottom left corner, there is a circular logo for the Republic of Timor-Leste, and in the bottom right corner, there is a white-bordered box containing the text "Land and Maritime Boundary Office".

“NESTLED BETWEEN THE BANDA SEA AND THE ARAFURA SEA IS MY SEA.  
I PUT ON MY SNORKEL AND JUMP IN.  
WHAT DO I SEE?”

*My Sea, My Timor* celebrates the relationship between  
Timorese children and their cherished sea.



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