

Abstract

Fatigue on board is a subject that is attracting increasing attention in the maritime sector due to the many accidents on board, collisions, groundings, or pollutants caused by human error: fatigue has been proven as a major cause. This research attempts to establish preventive measures against this fatigue, aimed at aspiring seafarer students at a maritime academy in Belgium (AMA, Antwerp Maritime Academy). This research proposes to study the effects of this prevention on a group of students during an internship at sea. It consists of a workshop that furthers the knowledge learned during the student's studies, such as the benefits and harmful effects due to lack of sleep. The workshop also gives them advice on how to improve the quality and quantity of their sleep. Originally, this study was going to take place during the internship of the first-year students of the school, on the *Dar Młodzieży*. The collection of information was planned through journals and questionnaires. However, due to the current health crisis, the experiment could not be carried out. However, the initial workshop took place and a modified questionnaire was sent to volunteer participants to collect information. The results, although minimal, give hope and suggest a reuse of the same prevention measures would be beneficial.