**Ocean and Society   
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Article

**Title of the Manuscript in Title Case With a Maximum of 14 Words**

**Abstract**

This is the abstract section of the manuscript. One paragraph only, giving a pertinent overview of the work, with a maximum of 250 words.

**Keywords**

keyword1; keyword2; keyword3; keyword4 (4 to 10 keywords in sentence case, alphabetically ordered, and separated by semi colons)

**1. Introduction**

The first heading is usually “1. Introduction” and the last one “#. Conclusion”. Headings are numbered, in title case, and in the following format:

**1. This Is a Heading (Boldface)**

*1.1. This Is a Sub-Heading (Italics)*

1.1.1. This Is a Second Sub-Heading (Regular)

**2. Relevant Notes on Content and Structure**

Articles must be submitted using our in-house reference style (derived from APA, 7th ed.). A comprehensive style guide can be found [on our website](https://www.cogitatiopress.com/oceanandsociety/pages/view/forauthors).

Any English spelling is accepted if it is used consistently throughout the text. The published article will contain serial commas (Oxford comma) between elements in a series of three or more items.

Epigraphs, endnotes, and footnotes are not allowed.

Quotations of 40 words or more shall be structured as block quotes. This is an example:

Orem ipsum dolor sit amet, consectetur adipiscing elit….Aliquam quis dui ac metus egestas molestie. Pellentesque pharetra diam et enim mattis, et malesuada mauris scelerisque. Nam in…lacus ante. Curabitur lacinia nisl ut vehicula ornare. Maecenas et nunc ac odio efficitur consequat. Vestibulum aliquam sit amet neque in rhoncus. (Smith, 2013, p. 3)

**3. Relevant Notes on Tables and Figures**

Tables and figures can be included in the main text but are limited to a combined total of 10.

Tables and figures must be numbered, an explanatory title must be added, and each element must be mentioned at least once in the text.

Each Figure should be supplied in a suitable size for printing. Tables should be inserted using the **Insert Table** function provided by the author’s editing software.

Attention: Always confirm that there are no typos in the images and that the language is consistent with the rest of the manuscript.

*3.1. Examples*

**Table 1.** Title of the table in sentence case.

|  |  |  |
| --- | --- | --- |
| **Example** | **Example1** | **Example2** |
| 1 | Example1 | Example2 |
| 2 | Example2 | Example2 |

Notes: Add any notes under the table.

**Figure 1.** Title of the figure here in sentence case. Notes: Include only if necessary. Source: Always include the source if retrieved from another work and guarantee that you have permission to reuse the figure.

**4. Conclusion**

This is the section that concludes the manuscript.

**Acknowledgments**

Add here.

**References**

Articles shall be submitted using the provided reference style.

Organize the references in alphabetical order.

**Your text should not exceed the 8,500 word-limit up until this point**. An additional fee of 0,50 cents/word will be charged if the accepted manuscript exceeds this established limit. The following sections are not included in the word-count and will be removed for peer-review. Please complete them as well.

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