

**2020 NF-POGO Visiting Fellowship for  
Ship-board Training**

**Fellowship Report**

**Name of Trainee: Phyllis Akua Amamoo**

**Name of Supervisor (Parent Institution): Dr Benjamin Botwe**

**Supervisor (Host Institution): Dr Nubi Olubunmi Ayoola**

**Dates of Training: 13<sup>th</sup> December 2020 – 13<sup>th</sup> February 2021**

**Section A**

**(To be completed by the fellow)**

*It is the responsibility of the trainee to forward this form to the host and parent supervisor, and to submit a fully completed version to the POGO Secretariat. Please note that the complete report will be made public on the OTP website; Private comments should be included in the separate confidential form.*

**1) Please provide a brief description of activities during the training period:**

Prior to the RV Bayagbona cruise, I received a one-month intensive training on the physical, biological and chemical aspects of oceanography. This included theoretical concepts and hands-on training in the techniques and strategies of sampling sediment cores, surface sediments, and water at different water depths using various sampling tools and equipment. I also received training in security awareness, personal survival technique, fire prevention and firefighting, elementary first aid and personal safety and social responsibility of the International Convention on Standards of Training, Certification and Watchkeeping for Seafarers, STCW 1978 as amended in 2010.

For the shipboard training, sediment cores were sampled using sediment corers, surface sediments were collected using sediment grabs, water samples at predetermined water depths were collected using Niskin bottles, while phytoplankton was sampled using a plankton net. I also received training in sample handling, preservation, storage, preparation and analysis for the determination of various physical, chemical and biological parameters including dissolved oxygen, nutrients, chlorophyll, biological oxygen demand, persistent organic pollutants and microbials.

At the end of the training, I was awarded a certificate for a successful completion of my training. Through this shipboard training, I have acquired new knowledge about oceanographic sampling and analysis to contribute to ocean observation and measurements. It was also an opportunity for me to meet a number of research scientists, which was great to build a new network for future potential collaborations.

**2) What applications of the training received do you envision at your parent institution?**

The University of Ghana, through its Department of Marine and Fisheries Sciences, is concerned with contributing to our understanding of the functioning of marine ecosystems. Current research areas of faculty encompass many of the training areas. I am currently pursuing a PhD in the Marine and Fisheries Sciences. My study focus is characterization of phytoplankton in Ghanaian coastal waters and will include setting up in-situ experiments to study changes in phytoplankton communities over time. Thus, I envision applying my training in phytoplankton sampling, sample handling, preservation, storage, preparation and analysis as well as for the determination of various physical, chemical and biological parameters including dissolved oxygen, nutrients, chlorophyll and biological oxygen demand at the Department of Marine and Fisheries Sciences, University.

**3) Please provide your comments on the Fellowship Programme.**

Overall, the fellowship programme was a success, despite the recent global pandemic. In my view, the training objectives were achieved to a large extent. This was made possible by the excellent leadership of Dr. Nubi and his team. Dr. Nubi was very patient and updated us on any adjustments. I appreciate his enthusiasm and love for teaching and the way he patiently answered questions put to him. He contributed a lot in making this trip worthwhile. Notwithstanding, the periods before and after the cruise were very important for the practical and operational training. The RV Bayagbona was my first scientific cruise I have participated in. The rapport between the scientists and the crew was incredible, as well as amongst scientists, and everybody was very cooperative. Currently, I am a first year PhD students and hoping to expand my knowledge and skills in oceanography through such opportunities as this. I am also in search of a lab where I will be trained on molecular analysis and interpretation of oceanographic data for a period of about six months (maximum). This fellowship was a very important experience for me as it brought me into contact with experts in my field of study. The scientists I met during this fellowship programme added a lot in my life in terms of making an impact and adding up to science, how to form teams through networking and the essence of collaborations. This was a great opening I had to start my career as a marine scientist, and I am excited to have been part of this journey! Thank you POGO and NIOMR.

**PRINT NAME**

**Phyllis Akua Amamoo**

---

**Date: 27<sup>th</sup> February, 2021**

**Section B**

**(To be completed by the host supervisor and returned to the trainee)**

*Please note that the complete report will be made public on the OTP website; Private comments should be included in the separate confidential form.*

**1) Please provide your comments on the performance of the trainee.**

**PHYLLIS AKUA AMAMOO** has proved herself to be a diligent scientist, hardworking, and always willing to take on extra responsibilities. She possesses excellent human relations with her colleagues from other institutions / countries and staff of the host institution. Throughout the training period she displayed great commitment in her duties and she was willing to take on new challenges. She has also proved herself to be very dependable, bright and outstanding trainee. During the laboratory / field work and departmental seminars, she participated in all the stages, and she often makes critical points that demonstrated her outstanding ability to read critically and successfully analyze difficult materials. While her selection for the NF-POGO Shipboard Training was not in any way regretted, her participation fulfilled in all ramifications the mandate of NF-POGO in ensuring global and regional capacity building in the field of Ocean sciences.

**2) Is this exchange likely to lead to future collaboration with the trainee's parent institution? If so please give example(s) of how this collaboration may be pursued.**

**YES.**

Each participating institution has shown through this shipboard training their areas of strength and strong focus. However, capacities in these areas might be lacking in other institutions. Making more institutional exchanges (research / students) would likely lead to future collaboration with the trainee's parent institution and also strengthens the existing ones.

**3) Please provide your comments on the Fellowship Programme.**

In line with its mission to promote regional capacity building through academic/ research institutions and shipboard training, NF-POGO Shipboard Fellowship Programme has provided a great opportunity for early career scientists to develop themselves in the field of Ocean sciences. This continuous commitment of NF-POGO has again produced a crop of outstanding scientists whose injection into the field of Ocean sciences would make global and regional impacts.

**Nubi Olubunmi Ayoola (PhD)**

**Date: 02 / 03 / 2021**

**SECTION C**

**(To be completed by the parent supervisor and returned to the trainee)**

*Please note that the complete report will be made public on the OTP website; Private comments should be included in the separate confidential form.*

**1) Do you agree with the above comments and do you have any additional feedback you wish to provide?**

I agree with the comments provided by the trainee. Thanks to POGO and The NIPPON Foundation for the opportunity accorded the trainees to build capacity in ocean data acquisition, analysis and management to support oceanographic studies the Gulf of Guinea region. We look forward to a successful implementation of the remaining aspects of the project.

**PRINT NAME**

**BENJAMIN OSEI BOTWE (PHD)**

---

**Date: 06 March 2021**