



When did you start to participate in LDAC meetings? What is your motivation for participating in them?

I participated in the planning and pre-creation of LDAC in 2006, which ultimately led to its official founding in March 2007. At that time I was part of one of the associations (FEOPE) that helped to create LDAC in Spain and I was doing the secretariat work at the beginning.

As CEPESCA has a long distance fleet of different modalities, it seems essential that we are a member of the LDAC in order to defend the interests of our fleet with the aim of achieving a balance between the conservation of biodiversity, the sustainable use of fishery resources and food security.

What are in your view the three main priorities/current challenges for achieving sustainable fisheries?

- 1.Level Playing Field: it is imperative that all operators around the world have the same rules of the game.
- 2. Science: we need to continue to improve scientific knowledge of the oceans and fish stocks in order to be able to adopt the best fisheries management measures, using an ecosystem approach.
- 3. Socio-economic aspects of sustainability must be taken into account, not only the biological ones.

Can you name an inspiring figure in your field of expertise?

My father, Juan Garat Ojeda, who in 1979 took the difficult decision to leave Sanlúcar de Barrameda (Cádiz) with my mother, my six siblings and me for Madrid to create, together with Iñaki Lachaga and others, the Albacora Group, of which he was the Managing Director until his retirement. He was an example of honesty, rectitude, good work and common sense, which he applied to his decision making process in the company and which he passed on to each of his children, giving us the opportunity to receive an education and instilling in us such values as: integrity, loyalty, discipline, responsibility, a sense of duty, honour, courage and companionship, which have enabled each of us to be where we are today.



Which book, radio show, TV series or film related to the sea would you recommend?

The book 'Blue protein: why you shouldn't stop eating fish', by Ernesto Penas Lado.

What is your favourite fish dish and why?

In Spain, it is difficult to choose just one, considering the great variety of species we have and the extraordinary gastronomy. But being from Sanlúcar de Barrameda, I would say it is the wedge sole, both fried and grilled.