SEAL is a large scale research project of the Hermann von Helmholtz Association of German Research Centres (HGF) focussing on an integrated strategy for quantifying sea level changes on various space and time scales. The project uses the interdisciplinary expertise of the cooperating HGF Research Centres Alfred Wegener Institute for Polar and Marine Research (AWI), GeoForschungsZentrum Potsdam (GFZ) and GKSS Research Centre Geesthacht (GKSS). Its major tasks are (A) sea level observation (B) ice mass transfer (C) ocean modelling and (D) glacial isostasy.