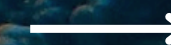# Valadares and Aguda

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Start here ⟶

What Sustainabillity means?

Sustainability is the ability to meet the needs of the present without compromising future generations, ensuring a balance between mental, social and economic dimensions.

esaG

Why marine ecosystems are so important?

Ecosystems are important because they regulate the global climate by producing more than 50% of oxygen and absorbing carbon dioxide.

![esag logo]

Lavadores

Lavadores is a coastal area in Vila Nova De Gaia (Porto, Portugal)
It features Lavadores Beach, with sand rocks, good infrastructure,
and a Blue flag.
It is also know for the pink granite of Lavadores.

Aguda

Estação litoral da Aguda

Praia da Aguda

Aguda, in Vila Nova de Gaia, is a fishing village that has also become
a tourist destination, it is know for its clean, long beach small, tradicional fishing port, and the Aguda Aquarium, wich celebrates the sea and wildlife.

What Can We Do?

Clean beaches, and forests-collect trash and keep spaces clean

Use less energy- turn off lights and appliances when not in use

Environmental education- raise awareness in the communities and schools abou the biodiversity