

## **ENVIRONMENTAL VOLUNTARY ACTIONS**'2023

## OXIGÉNIO ACTION Sintra-Cascais Natural Park

These are actions for the recovery and conservation of nature that take place throughout the year, mostly in the Sintra-Cascais Natural Park. These actions include recovering a forest, cleaning and requalifying streams and ponds, maintaining trails, capturing butterflies, building insect shelters, and building nest boxes.

July: 15, 29 August: 26 September: 9

## AÇÃO BANCO GENÉTICO VEGETAL AUTÓCTONE Plant Nursery

In the local plant nursery, volunteers get involved in cleaning seed, sowing, and staking.

July: 22 August: 19 September: 30

## AÇÃO + MAR Coastline

These initiatives consist of actions to clean the coastline. Waste deposited outside the appropriate places easily reaches the coastline, through the action of wind, rain, and streams. It is intended to eliminate these residues, to prevent them from reaching the sea, where they cause impacts on biodiversity and water quality.

September: 16





