

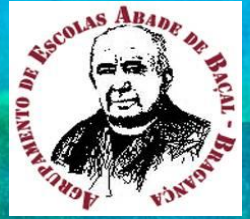
Let's Use Energy Usefully

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Unsustainable Consumption & Threats

What is sustainable consumption?

In the last decades standards of extraction, production, commercialization, etc., that are not sustainable have been adopted. Sustainable consumption is based on the idea that current habits are obsolete and that these habits should be changed with the adoption of new practices.



Environmental Problems

Unfortunately our planet is affected by several environmental problems caused by the little human consciousness of consuming exaggeratedly.

- Air pollution is generated mainly by the burning of fossil fuels (coal, petrol and diesel) and industries which produce polluting gases;



Environmental Problems

-Pollution of rivers, lakes, seas and oceans is caused by sewage and garbage disposal or environmental accidents (oil spill);



-Pollution of soil is caused by contamination (pesticides, fertilizers and chemicals) and incorrect waste disposal;

Environmental Problems

- Burning forests is a way to expand areas for pasture or agriculture;
- Deforestation with illegal cutting of trees for commercialization of wood;



Environmental Problems

- Decrease and extinction of animal species are caused by predatory hunting and destruction of ecosystems;
- Global warming is caused by the large amount of greenhouse gas emissions;



Measures to be applied

And the importance of
their implementation
in Portugal.



Ecological Life

- An ecological life aims to improve the living conditions of individuals, while preserving the surrounding environment in the short, medium and, especially, long term.



Ecological Life

- It also aims to follow the 4R's of sustainability Reduce, Reuse, Recycle and Recover;
- Eating less meat and use natural ingredients when cooking;
- Avoid introducing exotic species into nature;
- Reduce water consumption and avoid high temperatures when using heating.



In our Region

We must:

- Avoid the unregulated exploitation of the forest, the destructive action of grazing and fire (as in the Natural Park of Montesinho).
- The native forest has been overexploited, often without an adequate utilization and profitability and without regarding its integrity, regeneration and perpetuation.

In our Region

- A life that disrespects and pollutes the environment originates endangered species like:
 - The imperial eagle



In our Region

- The black stork and the Iberian lynx



In our Region

- But there are species and habitats that are being bogged down in: like the *Juniperus oxycedrus* and the *Quercus suber*.



Transfrontier Biosphere Reserve Iberian Plateau

Given that the Northeast region of Trás-os-Montes and Castile and Leon (Zamora and Salamanca) constitute a unique reality of natural beauty and environmental preservation it has recently received the distinction of the "Iberian Border Meseta Biosphere Reserve", as well as the emphasis given to the destination by various specialists in nature tourism.



Transfrontier Biosphere Reserve Iberian Plateau

The Iberian Meseta Transboundary Biosphere Reserve is a modern proposal for a pilot region for sustainable development, with actions focused on adaptation to climate change and biodiversity conservation, taking advantage of its natural and socio-economic characteristics, pre-existing initiatives and trends of the time we lived on national, Iberian, European and global levels.



The Montesinho Natural Park

- The Montesinho Natural Park was created in August 1979 and has as its main objective to safeguard unique values found in its territory. Resulting from the alternation of relatively humanized areas with spaces of high naturalness and complexity as well as the characteristics of the soil, geomorphological variations, climatic variations and its geographic positioning have created the conditions for one of the highest rates of biological diversity.



The Montesinho Natural Park

- The Natural Park of Montesinho also has a rich socio-cultural heritage with daily practices coming from ancestral customs. The parties are an example of this.
- Also noteworthy are the examples of popular architecture that, using the characteristic materials of the region, adapted itself to the environment.



End

Thank you for your attention

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