



This year MEDSEA celebrates Coast Day with you with a virtual choral message for future generations! From 9 am on 25/09/2020 until midnight on 29/09/2020 you can share photos or videos of your most special moments on the coasts of our beloved Sardinia on Instagram feed and / or Twitter. If you want, add a message dedicated to the sea and its protection.

Participating is simple! Share a photo and video with the hashtag #CoastDayInSardinia, tagging @Medsea\_f on Twitter or @medsea\_foundation on Instagram. No limits to the number of posts, the characters you want to submit, as well as your imagination!

A jury of sea and nature specialists will choose the most effective and interesting contribution from the point of view of communication and the author will receive a gopro hero7 silver 10mp ultra hd 4k camera for free. His contribution will then be relaunched on the social channels and in MEDSEA communication! [Read more](#)

In addition, a Coasts expert, Giancarlo Gusmaroli, who has just completed the circumnavigation of the island by kayak, will inform us about the state of health of the coasts of Sardinia. Are you curious to know how they are doing? Follow the live on Zoom with him on 25/09/2020 at 15.00 from the following link **<https://bit.ly/CoastDayInSardinia>** or directly in streaming from the MEDSEA Facebook profile.

