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Unravelling foreshore ecosystem dynamics

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Propositions

1. Salt marshes are effective in reducing wave run-up independently of the season and the vegetation type (Chapter 2)
2. Silty marshes are more reliable for coastal protection than sandy marshes, especially in a situation of a dike breach (Chapter 3 and 4)
3. We should be cautious in using cattle grazing for improving the protective value of salt marshes, by considering the reduction in soil elevation (Chapter 6)
4. In addition to cattle, small herbivores like hare and geese can also play a role reducing marsh soil erodibility by preventing the dominance of vegetation like sea couch (*Elytrigia atherica*) with low root density (Chapter 6)
5. Nature-based coastal protection should try to make use of connectivity between neighbouring ecosystems occurring at different elevations along the tidal range (Chapters 2, 5 and 7)
6. There is no one-size-fits-all solutions for ecosystem based coastal defence
7. Sharing knowledge on both failure and success is the best way to advance in ecosystem restoration and conservation without reinventing the wheel (inspired by Laura Govers and Eduardo Infantes)
8. The only sustainable growth is de-growth
9. Carbon footprint labels may be effective to become more conscious about the environmental impact of our purchases, but these labels should be well regulated and standardized to not become just a commercial trend
10. If the current academic system, where job insecurity is the rule and pressure for producing and achieving more in short amounts of time doesn't change, resistance and resilience may become the main factor to continue in academia
11. Don't worry about the things you can't control (my mother)