

PROJECT GREEN CHALLENGE DAY 2: FOOTPRINT (greener)

Name: Nurul Farhana binti Nazry

Username: Farhana385

Instagram username: frhn_air

School: University of Malaya (UM)

Challenge:

How 2022's Earth Overshoot Day was determined:

Earth Overshoot Day is the day of the year where it is expected that humanity's demand on nature and its resources will exceed the Earth's biological capacity to regenerate every year. The calculation was done by taking into accounts the data of biophysical balance sheets that compare the demand on nature of each countries. These datas also tells on the challenges faced by every country in terms of sustainability including climate change, and resource constraints.

Then, it takes into account the country's material demands or also known as footprint. Hence, when the data shows that the footprint is higher than the biological capacity to regenerate, the Earth Overshoot Day would go down, lower and lower.

This year, the Earth Overshoot Day falls on July 28, in which the humanity is expected to use the entire source generated by nature from January 1st 2022, to July 28 2022.

Steps I would take to push back my personal overshoot date:

1. Commuting by public transport more frequently to reduce usage of fossil fuel and the release of dangerous gas. Using public transport is more energy-efficient, cost-efficient, and a much healthier choice.
2. If I am required to drive, I should regularly service my car to ensure the system is working well and ensure the gases being properly filtered before being released to the atmosphere.
3. Reuse my items, instead of buying new one including clothes, furnitures and household appliances. Throwing out items will fill the landfills more, and processing the items will use more and more energy. Hence, reusing the items as much as I can, will help saving the energy.
4. Reducing paper usage, both in payment method and writing or taking notes. Moving to paperless method can reduce the amount of tree being cut down, and help persevere the nature and its resources.

Steps to reduce my footprint at home:

1. Eating less meat especially red meat as the production and processing of red meat requires a lot more energy, land and cost. Instead, I will try to opt for vegan diets in two out of my three meals.

- Timing my air-conditioner usage. Instead of letting the air-condition works all night, I should time the operation by only few hours and let it switch off automatically so save energy and electricity.
- Using LED lights instead of incandescent lights as it uses less energy but can still work as good and as efficient.

Infographic of my pledge:

#MOVETHEDATE
Earth Overshoot Day marks the date when humanity's demand for ecological resources and services in a given year exceeds what Earth can regenerate in that year

MY PLEDGE

USE PUBLIC TRANSPORT INSTEAD OF OWN VEHICLES
GOING CARLESS FOR A YEAR --> SAVE 2.6 TONNES OF CO2 FROM RELEASE

GO CASHLESS WITH TRANSPORTATION CARD
COST EFFICIENT WITH STUDENT DISCOUNT
REDUCE PAPER USE
ENERGY EFFICIENT

BUY LOCALLY GROWN PRODUCTS
LOCALLY GROWN PRODUCTS USE LESS ENERGY AND SAVE GREENHOUSE GASES
HEALTHIER LIFESTYLE
SUPPORTING LOCAL BUSINESS
ENERGY EFFICIENT

EAT LESS MEATS
OPT FOR VEGAN DIETS
PRODUCTION AND PROCESSING OF RED MEATS REQUIRES MORE ENERGY, WATER AND LAND.

REDUCE USAGE OF ELECTRICAL APPLIANCES AT HOME
CHOOSE RENEWABLE ENERGY SUPPLIER, AND USE ENERGY EFFICIENT APPLIANCES

RECYCLE WASTE AND REUSE ITEMS
A PROPER WASTE MANAGEMENT HELPS REDUCE THE NUMBER OF WASTE BEING COLLECTED IN THE LANDFILLS
REDUCE THE USE OF PLASTIC OR OTHER WASTE
GLASS
PAPER
PLASTIC
BOTTLES

@TurningGreenOrg

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#PGC2022
#MoveTheDate
@GlobalFootprintnetwork

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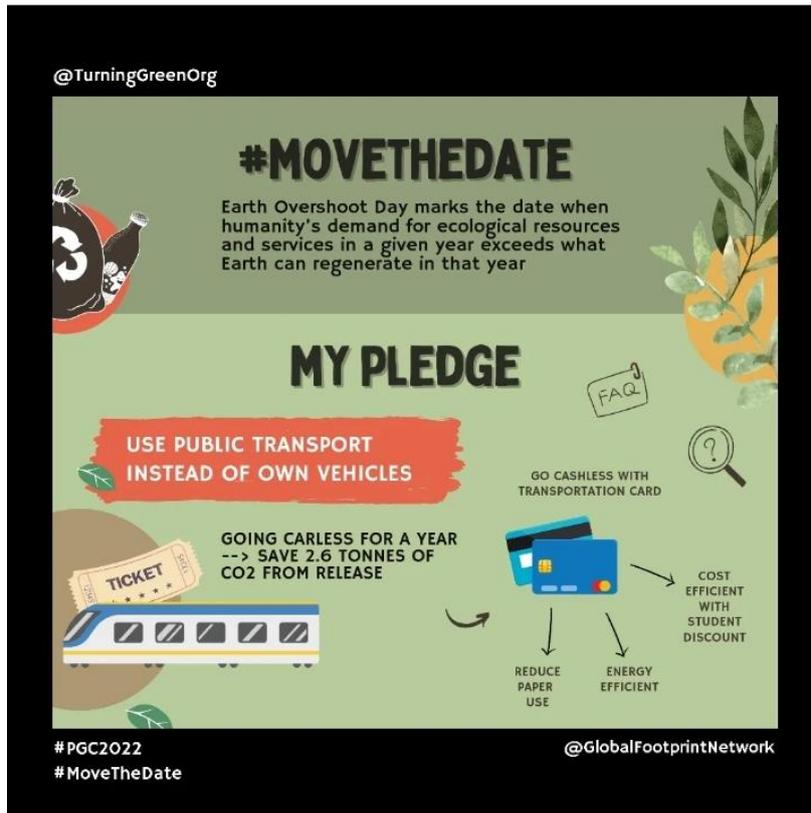
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Instagram post:



frhn_air



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frhn_air I'm sharing my pledge today to #MoveTheDate for #PGC2022 with @turninggreenorg and @globalfootprintnetwork ! These are the small steps I promise myself to start, to help change the Earth overshoot day.

We can all play our part starting from today!

40 minutes ago