



- Learn how 2022's Earth Overshoot Day was determined

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. To determine the date of Earth Overshoot Day, Global Footprint Network calculates the number of days that Earth's biocapacity can provide for humanity's Ecological Footprint, as explained on this page. The methodology relies on the latest edition of the National Footprint and Biocapacity Accounts, which unavoidably presents a "time gap" with the present time due to United Nations' reporting procedures.

To address this "gap" and determine Earth Overshoot Day for the current year, Global Footprint Network establishes trendlines from the National Footprint and Biocapacity Accounts data and extends those trendlines to the present year. Where possible, more recent data from reputable sources (Global Carbon Project, International Energy Agency (IEA), etc.) are incorporated to strengthen the assessment for the "gap" years. The downloadable research report documents these datasets and methodology.

(Earth's Biocapacity / Humanity's Ecological Footprint) x 365 = Earth Overshoot Day

The result of all data extrapolations and analyzed factors concluded that Earth Overshoot Day 2022 lands on July 28.

- Choose one of Global Footprint Network's steps (or make your own) to help #MoveTheDate. Answer the following questions to see how your personal footprint contributes to "global overshoot:"
- Which steps can you take to push back your personal overshoot date?
- Dive into data
 - Join the #movethedate movement
 - Take on food waste
 - Streamline my wardrobe
 - I nurture nature
- What changes can you make (alongside those you live with) to reduce your footprint at home?
1. First of all inform myself about the problem we are in.
 2. Investigate about ways me as a student and civilian can do in the place I live in
 3. Take all this knowledge and take it into action
 4. You can also start using your social media to inform others, use the camera or share posts
 5. Motivate people around you friends, family that all these little changes are not hard to do and that bring change to the world.



Anáhuac
Mayab

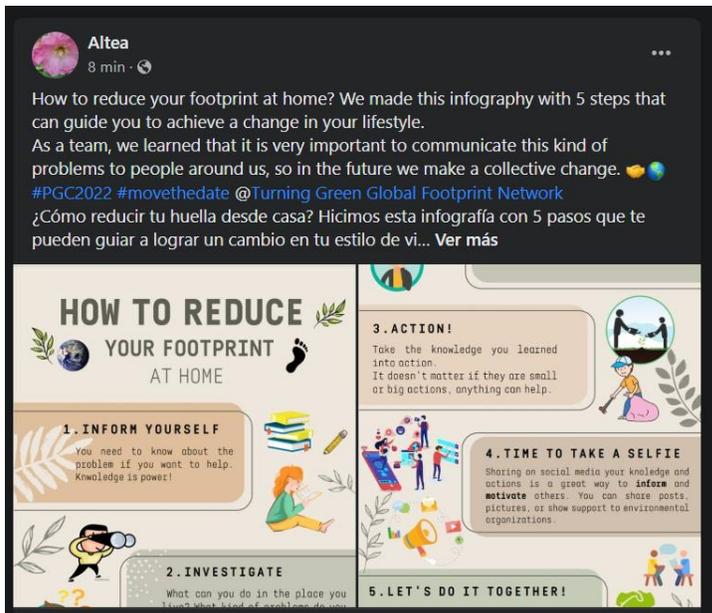
Team: Altea
Username: Valentin_altea
School: Universidad Anáhuac Mayab
Social media: Ig: AlteaPGC Fb: Altea



ScreenShot of Instagram:



Screenshot of Facebook:





HOW TO REDUCE YOUR FOOTPRINT AT HOME

- ### 1. INFORM YOURSELF

You need to know about the problem if you want to help. Knowledge is power!



- ### 2. INVESTIGATE

What can you do in the place you live? What kind of problems do you see in your environment?


- ### 3. ACTION!

Take the knowledge you learned into action. It doesn't matter if they are small or big actions, anything can help.


- ### 4. TIME TO TAKE A SELFIE

Sharing on social media your knowledge and actions is a great way to **inform** and **motivate** others. You can share posts, pictures, or show support to environmental organizations.


- ### 5. LET'S DO IT TOGETHER!

Motivate people around you [friends, family, classmates, neighbors, etc.]. Convince them to make a change, and that is not as hard as it seems.

