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## Reflection

How is the earth overshoot date calculated?

It is calculated by the Global Footprint network. The earth overshoot date is calculated by dividing the amount of ecological sources the earth are able to regenerate each year by humanity's ecological footprint, and then multiplying the result by 365.

When is the earth overshoot date in 2025?

July 24th is the overshoot date. March 13 is the USA overshoot date.

Source:

Earth Overshoot date website

<https://overshoot.footprintnetwork.org/>

<https://explore.panda.org/climate/how-to-reduce-your-carbon-footprint>

# PUSH BACK EARTH OVERSHOOT DATE

Earth overshoot date: The date when humanity's demand for ecological resources exceed what earth can provide

## 01 Encourage Renewable Energy

Try to use renewable energy sources instead of fossil fuels energy in your house. If it is hard to change energy suppliers, install solar panels, buy a solar water heater or use any solar technology as much as you can. Choose energy-efficient technologies such as LED lights.

## 02 Change your diet

Try to reduce global meat consumption by eating more vegetables and fruits. Only buy meat from sustainable sources and avoid any food waste. A healthy and sustainable diet can move the planet overshoot date by 17 days.

## 03 Pay attention to transportation

Use public transportation or walk and bike whenever possible. If we reduce driving by 50% in the world, we can move back earth overshoot day by 13 days. If either of them is hard, try to use car pooling as much as possible

## 04 Planting trees

Participating in some meaningful organizations to plant trees in the community is beneficial for nature as well as our mental&physical health. Reforesting 350 millions of forests can move back earth overshoot day by 8 days.

## 05 Educate future generations

It is important that the school include the curriculums related to environmental protection. Educating children about ecological footprint and earth overshoot date help more and more people join this movement.

