



22 Actions for Biodiversity

During the 2022 [Biodiversity Day](#) campaign, lists of 22 actions for biodiversity will be released gradually for various audiences to inspire action for nature. The actions are aligned with the post-2020 [global biodiversity framework](#). The public is called to:

- Adopt any of the 22 actions or propose their own actions or lists
- Share photos/videos of their action(s) on social media with the hashtag #BiodiversityDay ([available in other languages](#))
- In the run-up to 22 May, the campaign will showcase these actions taking place around the world.

Given the ongoing COVID-19 pandemic, Biodiversity Day 2022 is commemorated mainly through online campaigns to ensure safety of all participants. You are in the best position to know what awareness-raising campaigns and calls to action are feasible at your national level considering local conditions, the COVID context and related restrictions.

The lists of 22 actions for biodiversity are not exhaustive. Examples are given for online and in-person actions. We acknowledge that some actions may not be feasible in certain countries or communities. The actions suggested in the lists are meant to mobilize action for biodiversity and to create engagement and participation in the [Biodiversity Day](#) campaign. They are by no means exhaustive or fully representative of all the possible actions that can be taken around the globe. We apologize for any inconvenience or misunderstanding this could cause. We look forward to your feedback. Please [contact us](#) for any comments and suggestions to rectify any inconsistencies. More importantly, we invite you to create your own lists of 22 actions for biodiversity, which will be more representative of your work and adapted to your field of interest.

21 of the actions are aligned (but not identical) with the post-2020 [global biodiversity framework](#) to be adopted at the [United Nations Biodiversity Conference \(COP15\)](#). Through these actions, every person can play a role in achieving the targets set in the framework. The 22nd action is to celebrate [Biodiversity Day](#).

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22 Actions for Biodiversity

Actions by athletes

Courtesy of Jadir Taekwondo Association – ajtkd.org

1. Admire biodiversity


Looking at nature when we exercise is so exciting! Sometimes we feel tempted to take a piece of it with us because we want to treasure its beauty. However, taking elements from nature could harm the biodiversity of a place. When in nature, admire it! Don't take it. If you see something beautiful in nature, take a picture, make a drawing or be happy that you were there to experience it. You can also look at pictures of the biodiversity of other places around the globe so you can admire the beauty from afar.

2. Get protein from plants

As athletes we must get the right food that will give us the nutrients we need to keep practicing sports. Specially proteins for our muscles. We have been taught to get our proteins from other animals, but did you know we can also get them from plants? Search for plant protein rich meals and share them with your friends and family to inspire them. Try to have at least one day in the week to get your proteins from plants instead of meat.

3. Consume consciously

The way we consume affects the environment too. If we consume too much, that means more resources need to be extracted from nature. That extraction affects ecosystems, whether by taking elements from nature or by the impacts the processes have like pollution from transport or habitat depletion. We can become conscious consumers by thinking

A decorative border surrounds the central text area, featuring various nature-themed icons in a collage style. These include a blue bird in flight, a green tree, a yellow sun, a blue mountain, a green frog, a blue butterfly, a yellow flower, a green leaf, a blue water drop, and a yellow bird. The icons are set against a dark blue background with green and yellow accents.

if we really need what we are purchasing. Buy products that are locally sourced and buy only what you know will use. Avoid impulse online shopping!

4. Choose for reusable items

As athletes we must make sure we are well-hydrated and well-fed throughout the day. That means drinking and eating outside of our home. When you must do so, choose for reusable items! Having to wash our containers is just a small disadvantage compared to the impact we can have by using them. Ask businesses in advance if you can use your own utensils/containers to package the food they give you. Make sure to take your containers with you everywhere you go.

5. Clean up the area where you exercise

Outdoors exercising is wonderful! Sadly, sometimes we can encounter trash left behind by others. This trash is harmful for the biodiversity. Animals can get trapped in plastic bags or confuse the trash for food. Trash can also attract other species to the area which could pose a threat to the native species. Ask your local authorities for a garbage bin for the area you regularly exercise in. With gloves and a bag, pick up the trash you see around you. You can also ask help from your teammates or friends!

6. Stop smoking

Smoking is not only damaging for your health but also for the environment. Smoking directly affects your lungs, causing an undesirable decrease in your performance. And cigarette butts pose a big threat for animals, especially birds. Remember that a healthy environment requires healthy people. Create a network of friends to support each other in the process of pursuing a healthier lifestyle. This can be done through social media! You can also ask your general practitioner for help. There are multiple solutions that can help you stop smoking.

7. Use energy responsibly

We all have the power to control our energy use! Whenever possible, choose for providers who produce energy from renewable resources.

- Use natural light as much as possible and unplug unnecessary appliances when not in use. Switching to energy-efficient appliances can also go a long way in saving our planet.

8. Plant local native plant species

Do you have a garden? A balcony? A window where you can place a pot in your training hall? Then you can plant local native plant species for pollinators! Pollinators, like bees, play a very important role in the biodiversity of an ecosystem. Because of the growing urban development, sometimes they must fly for longer periods of time before they can eat or rest. Growing native plants will help the environment and make your home look more alive!

9. Reduce sports waste

Buying new items is always tempting when something we own starts losing its shine. If the ball, uniform, kneepads, or whatever sport item you own is not looking pretty but still does its job, don't throw it away! Think about repairing it or modifying it to meet your own style.

10. Learn about the biodiversity of the place you are in

Educating yourself is one of the most important actions you can do. It will give you the basis to understand why biodiversity is so important for the planet and the place you are in. Sports competitions can take us all over the world with different ecosystems, meaning that our actions can have different impacts. There are open government and non-government agencies whose sites can be very informative. Knowing the nature that surrounds you can also be interesting and fun!

11. Support biodiversity associations

We don't always have to do direct action. Helping others can also be a way to help biodiversity. You can make a donation to an association or institution that is working towards biodiversity protection.

12. Be a tree-hugger for a day

Although it may feel weird at the beginning, hugging a tree can be a stress-releasing experience. On a more conscious level, it will let you appreciate nature for just existing and having the opportunity to share this planet with all living beings.

13. Organize environmentally friendly events

With the help of your teammates or training group you can organize sports events that highlight the importance of biodiversity and promote the protection of the environment. In the event you can raise funds for a specific biodiversity project in your area and commit to being a zero-emission happening.

14. Participate in volunteer monitoring activities

More and more scientists and governmental organizations are asking for help to create new knowledge on the environment. A good place to start is to participate in citizen science. It helps to support understanding about the biodiversity around you and creates the opportunity to learn from each other.

15. Respect and appreciate the knowledge of the First peoples

First peoples have ancestral knowledge, and it should be valued. Comprising less than 5% of the world's population, First peoples protect 80% of global biodiversity. Engage with the First peoples of your country, listen to them and learn from them. They may have a different perspective than you do about biodiversity and talking to them will enrich your perspective on biodiversity and what you can do to protect it.

16. Ride a bike

Riding a bike is not only a great way to improve your physical and mental health, but also the health of the planet. By not using any gas, bikes don't release harmful emissions that pollute the atmosphere, nor any carbon dioxide that contributes to climate change.

17. Reconnect with nature

Our daily life can leave us with a feeling that nature is separate from us. That is not true! We are part of nature as well. And just like we need nature, nature needs us too. Activate all of your senses when you are outside exercising: listen to the birds, feel the breeze, smell the flowers, observe the tiny bugs. You will get to know your surroundings better and appreciate nature as it is.

18. Support companies committed to ethical standards

Whenever possible, get your necessary items from companies that have biodiversity-friendly practices and stay away from companies that are harming nature. As consumers we have some power to change the way our items are produced.

19. Volunteer with a biodiversity association

Online or in-person, support NGOs and other organizations that work to conserve the environment. Support can look like sharing their actions on social media or helping in the organization of an event. You can also become active by offering a light training for the staff of the associations, so they feel better about the job they do.

20. Share the message

Spread the word! Use social media, talks with friends, classes, make posters, create presentations, however you wish to do it. Join the efforts of millions of persons around the planet and start to create a big impact together!

21. Empower other athletes

Helping biodiversity also means helping other humans in their pursuit of a healthier, more environmentally friendly life. Being each other's cheer leaders in sports and in life will create stronger communities to protect the biodiversity around you.

22. Celebrate Biodiversity Day

22 May is Biodiversity Day! Participate in celebrations that are happening in your country or organize an activity to get others involved. Find out more at www.cbd.int/biodiversity-day. [Anyone can organize activities!](#)

[Propose your own list of 22 actions for biodiversity \(guidelines\) >](#)

[#BiodiversityDay](#)

[#COP15](#)

[#ForNature](#)