



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 will be commemorated mainly through online campaigns to ensure safety of all participants.

The list of actions below is not exhaustive. Examples are given for online and in-person actions. 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. We acknowledge that some actions may not be feasible in certain countries or communities. The public is invited to submit their own actions or lists of actions, whether they be general or for specialized sectors.

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](#).

[#BiodiversityDay](#)

[#COP15](#)

[#ForNature](#)



22 Actions for Biodiversity

Actions by every person around the globe

Courtesy of [WWF Germany](#)

1. Be a green commuter

What's better than walking and biking to work or outings to immerse yourself in nature? 🚶 🚲 🚲 Plus point, you get to exercise! 😊 Otherwise, just skip the car ride by using public transportation or carpooling with your family and friends!

2. Go paperless

Let's use tech for good! 📱 Switch to paperless tickets and statements if possible, and print less in the office! You can also purchase sustainably-sourced recycled paper if you have to, and be mindful each time you use a piece of paper 📄

3. Ditch disposable, choose reusable

Join the mission to reduce plastic use (because they just end up in landfills 😞) by simply ditching disposable items! 💡 Here are some ideas to get you started:

- 👉 Invest in reusable coffee cups, bottles and cutleries
- 👉 Use a canvas bag for groceries
- 👉 Use cloth instead of paper to clean your kitchen

4. Reduce food waste

Here's some food 🤔 for thought 🤔... An average of 1/3 of all the food we buy is thrown away! 🗑️ 😞 Don't buy more food than you need, and

don't make more than you can finish! 🗑️ Why not start meal-planning a week in advance? If you have waste or food scraps, why not try composting it? A small step can go a long way.

5. Shop for sustainably sourced palm oil products

Palm oil has various negative impacts on the environment 😞 😟 Try and shop for sustainably sourced palm oil products with brands and companies who put planet before profit! 💚

6. Wash on full loads

Dirty laundry doesn't have to be done in a dirty way! Running larger, fuller loads 🧺 instead of many small loads can help to save a lot of water 💧 and energy, hence saving you money! 💰

7. Learn to refuse

Learn to refuse items you don't need ✖ like free pens and notepads from conferences, and plastic bags from supermarkets — people tend to forget them anyway and they eventually end up in landfills. A little step goes a long way.

8. Source sustainable produce

Spread the word! 📌 Use the hashtag [#Connect2Earth](#) [#EarthDayToBiodiversityDay](#) to join the conversation and take a small step to create a big impact together 💚 🌍 Let's be part of the solution and not just the pollution! 🗣️

9. Travel sustainably

A lower carbon footprint doesn't mean you can't travel! 🌐 If you're planning a holiday, spend some time searching for lower-impact transport options 🚆 and hotels 🏨 and businesses 🏢 that have eco-friendly practices 🌱 💚

10. Use less water

Simple choices in your daily routine can help save a lot of water — more than you think you know! These choices may happen subconsciously as you form your habits, so why not start being conscious of them now as you [#Connect2Earth](#)? Here are some tips:

- 💧 Taking shorter showers
- 💧 Limiting the number of times you run a full bath 🚿
- 💧 Turning off the tap when you brush your teeth
- 💧 Switching to a low-flow shower head
- 💧 Test your toilet for leaks, at least once a year

11. Reconnect with nature

🏠 City life can often leave us feeling disconnected from nature. Listen to the breath of the Earth 🌿 🧘 and re-connect to your deeper self by practicing yoga 🧘 or exercising outdoors 🌲 🏃 🌲 Bring the outdoors in by building your own terrarium and nurturing house plants by your window sill!

12. Reuse and upcycle

Instead of purchasing new items, why not start reusing and upcycling your old items? ♻️ You can easily upcycle and reimagine your clothes, plastic bottles and furniture! Take small steps to [#Connect2Earth](#) [#EarthDayToBiodiversityDay](#) and save our planet 🌍

13. Spread the word

Spread the word! 📣 Use the hashtags [#Connect2Earth](#) [#BiodiversityDay](#) to join the conversation and take a small step to create a big impact together ❤️ 🌍 Let's be part of the solution and not just the pollution! 🗣️

14. Take action against plastic pollution

It's disheartening to hear that 8 million tonnes of plastic 🗑️ 📦 are dumped in our oceans every year 💔 Cut down on single-use plastics by bringing reusable mugs when ordering your coffee in the morning and saying no to plastic cutlery when ordering in. It's the little things that make a difference! 🗣️ [#EarthDay](#) [#Connect2Earth](#).

15. Don't litter

Litter in public spaces can harm wildlife and pollute landscapes 🗑️ Bin it, or take it home with you 🗑️ Once in a while pick up litter, and let's keep our spaces green 🌲 ❤️

16. Conserve energy

Turn off the lights! 💡 We all have the power! 🌞 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 money 💰 and saving our planet 🌍

17. Stay informed

There is no action without awareness — so one of the most important things you can do is to keep up-to-date with the state of our world and the environmental issues we face. The world's latest efforts, discoveries, and innovations to overcome these issues are also constantly changing! So, do stay informed to see where you can come in to help and #Connect2Earth 😊🌐

18. Volunteer with a charity

Our busy lives can be overwhelming at times... Why not take a break and use this time to try something new like volunteering! It might help you de-stress and connect with your local community! 😊🤝👥 Imagine the difference a beach clean or tree planting drive could make to our planet 🌱🌍

19. Recycle whenever possible

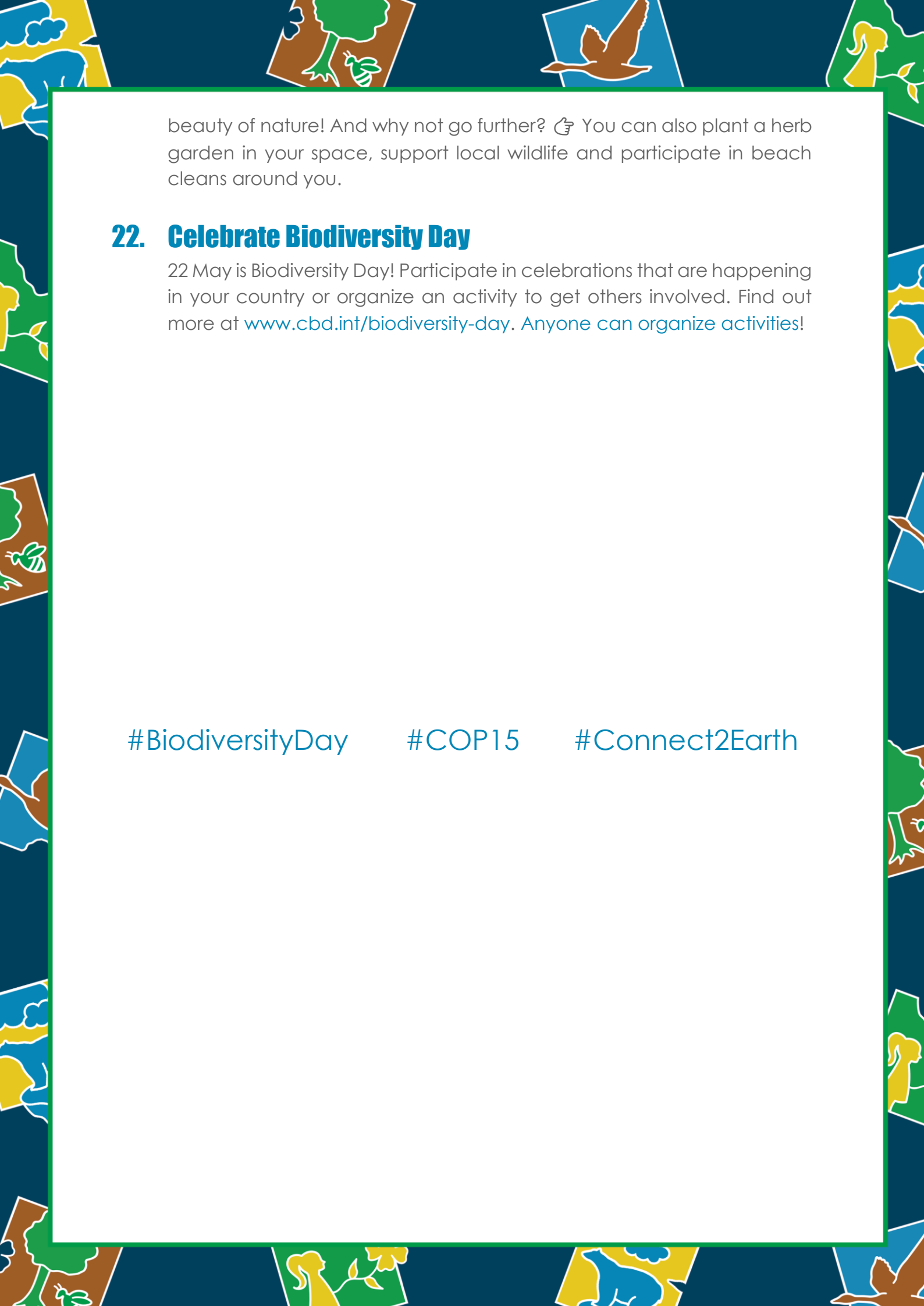
Recycle whenever possible at your nearest collection point! 🗑️♻️ Newspapers, glass bottles, tin cans and more — they can ALL be recycled! Another tip 📖 Look out for labels like 'recycled' and 'FSC' when buying paper products. Take small steps to #Connect2Earth and save our planet 🌱🌍

20. Embrace minimalism

To avoid feeling the need to buy all-new pieces every season, stick with one classic! Beyond just buying less, you should buy smarter! 😊😊 One concrete way to do this is to keep in mind that it's not just better for the environment 🌱 but it will also save you money in the long run! 💰

21. Restore nature & biodiversity

We all need a little greenery in our daily lives 🌱🏡 Add a touch of green by buying a plant for your home, and let it serve as a reminder of the

A decorative border surrounds the central text area, featuring various nature-related icons such as a tree, a bird, a bee, a butterfly, a fish, and a person, all rendered in a stylized, colorful manner.

beauty of nature! And why not go further? 🌱 You can also plant a herb garden in your space, support local wildlife and participate in beach cleans 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!

#BiodiversityDay

#COP15

#Connect2Earth