



# GIVE AN HOUR FOR EARTH

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Earth Hour unites individuals, communities, businesses, organisations, and governments in over 190 countries and territories around the world, bringing them together for our planet. On 22 March, Hong Kong will celebrate its 17<sup>th</sup> Earth Hour with a theme “Give an Hour for Earth”. Your participation will help make it the Biggest Hour for Earth!

## SUPPORT EARTH HOUR BY

- Signing the Earth Hour petition
- Switching off non-essential lights at 8:30pm on 22 March for one hour

## THEN, GO BEYOND THE HOUR

Let's go beyond the hour and support Earth Hour year-round! There is so much more you can do to save our planet and its incredible natural habitats. Select one or more activities that you want to start doing from today!

### LIFESTYLE INTEREST

### ACTIONS



#### FOOD

- Cook a planet-friendly meal.
- Green Monday – Encourage your colleagues and partners to eat only vegetarian meals on Mondays.



#### OUTDOOR

- Volunteer at a local environmental organisation or community garden.
- Organise a beach or trail clean-up and get your colleagues and partners involved.
- Join the Earth Hour activities and Ceremony.



#### FITNESS & WELLNESS

- Connect with nature: Embrace our natural world by encouraging or organising your colleagues and partners to participate in outdoor events like hiking, camping, cycling, and more.



#### ARTS & CREATIVITY

- Encourage your colleagues and partners to grow their own decorative plants and use them to add a green touch to their workstations or personal spaces.



#### ENTERTAINMENT

- Group-watch a nature-themed movie or documentary.
- Encourage your colleagues and partners to join a sustainability conference or exhibition, or take part in an activity that teaches you about nature.



#### SUSTAINABILITY

- Turn off the lights during your lunch hour for a month and save energy.
- Cherish water resources: In 2025, the annual World Water Day (March 22) falls on the same day as Earth Hour! With the theme “Glacier Preservation”, let's take the opportunity to learn further on the reason behind and act now to cherish our water resources! Here is what you could do:
  - Learn further: about 70% of Earth freshwater exists as snow or ice, so preserving glaciers is a survival strategy.
  - Use water saving devices e.g. water efficient showerhead/tap.
  - Display water saving notices to remind staff/customers about water conservation, and provide appropriate training.
  - Educate employees/customers to enhance their awareness on water conservation.
- Waste Reduction Takeaway Month: Encourage everyone in your community to bring their own reusable containers when ordering takeaway meals for a month.  
(If you would like to support us, you can purchase reusable containers from WWF-Hong Kong)
- Find five items at home that you can swap out with sustainable alternatives.
- Paperless Meetings Month: Switch to digital documents instead of printouts for all your meetings for a month.
- Set up at least one company recycling station.
- Spread the word to encourage your community to change their profile pictures on social media, and like-and-share Earth Hour contents.
- Use the public accessible Earth Hour Assets incorporating with your activities to promote Earth Hour.



WWF-Hong Kong



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