



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 17th 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

- Offer vegetarian lunch boxes or options with less meat in schools.
- Sell vegetarian snacks in the school tuck shop.



OUTDOOR

- Invite students and teachers to take a walk in the school garden or a nearby park.
- Join the Earth Hour activities and Ceremony.



FITNESS & WELLNESS

- Exercise in nature: Host or gather students, parents and teachers and get together for outdoor events like hiking, camping, cycling, and more.
- Connect with nature: Embrace our natural world by organising a school picnic in a natural spot.



ARTS & CREATIVITY

- Decorative plants: Encourage your community to grow their own plants and use them to decorate their workstations or personal spaces.
- Design nature-themed crafting activities during art and design-related classes.



ENTERTAINMENT

- Watch a nature-themed movie or documentary.
(For example: Our Planet: https://www.youtube.com/watch?v=GfO-3Oir-qM&list=PLydZ2Hrp_gPS1DRwFcowNTRNR1B9QbPm3)
- Conduct a nature-themed storytelling, drama or role-play session.



SUSTAINABILITY

- Enact an energy saving policy during lunchtime breaks.
- 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 students/community members about water conservation, and provide appropriate training.
 - Educate students/teachers/community members to enhance their awareness on water conservation.
- Waste Reduction Takeaway Month: Encourage students and teachers 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)
- Set up a second-hand clothing or daily necessities exchange corner somewhere in the school.
- Try to use recycled or FSC-certified paper for worksheets and document printing for students.
- Set up recycling stations around the school and in the school office.
- Spread the word to encourage your community to change their profile pictures on social media, and like-and-share Earth Hour contents.
- Establish a Sustainability Sharing Week at school for a month, sharing social issues related with Sustainability such as climate change, sustainable seafood, planet-based diet etc.



WWF-Hong Kong



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