



# 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 28 March, Hong Kong will celebrate its 18<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 28 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

- **Support International Day of Zero Waste (30 March)**  
The waste pollution crisis demands a shift to sustainable consumption. Observed annually on 30 March, the International Day of Zero Waste highlights the urgency of global waste management.  
The 2026 theme focuses on **Food Waste**—one of the most effective and achievable climate solutions. By prioritizing prevention and resource efficiency, we can tackle this environmental threat and safeguard our future.
- **Give an Hour to Tackle Food Waste (Zero Waste Priority)**
  - **Support Local Farming:**  
Encourage the use of local organic produce in office pantries to support local farm produce and reduce logistical waste.
  - **Green Monday:**  
Encourage your colleagues and partners to eat only vegetarian meals on Mondays.
  - **Choose sustainable seafood:**  
Use sustainable or local food sources as much as possible to minimize waste and your carbon footprint.



#### 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.
- **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)
- Paperless Meetings Month: Switch to digital documents instead of printouts for all your meetings for a month.
- Spread the word to encourage your community to like-and-share Earth Hour contents.
- Use the public accessible Earth Hour Assets incorporating with your activities to promote Earth Hour.