

## PRESS RELEASE

23 August 2017 *To be communicated immediately.*

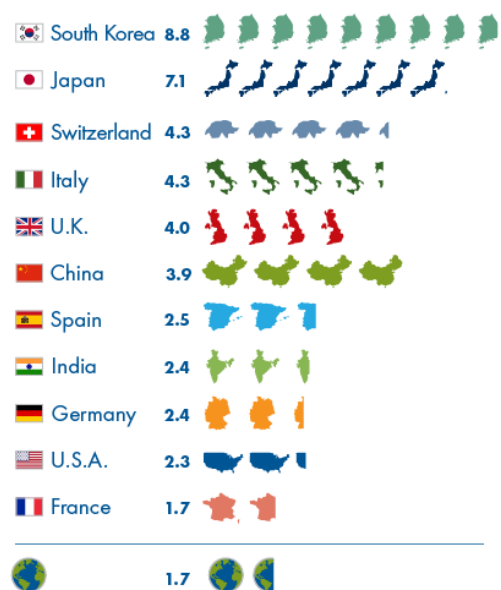
### What are you doing to reduce your ecological footprint and move the date of the National Overshoot Day in Hungary?

This year the Earth Overshoot Day, the day we used this year's natural resources that can be produced in a sustainable way, fell on 2 August. That is, **five months before the end of the year!** Unsurprisingly, since the [1970s, when humanity first began over-consuming](#), this date is the earliest of all the calculations so far.

It is also interesting to see when the Overshoot Day would be if **everyone in the world lived on the average Hungarian footprint**: sooner or later than the global day? Unfortunately, in Hungary we have a footprint that is somewhat larger than the world average; so this day fell on [10 July](#) this year.

Secondly, we also found out when **the national ecological deficit day in Hungary, that is, our National Overshoot Day**. The day when the country's biocapacity is used up, i.e. those living in Hungary exhaust the amount of resources produced sustainably by the ecosystems in the country this year (such as wood, food and water) and deplete our ecosystem services (for example carbon sequestration, water filtration and regulation or nutrient cycling). We create an ecological deficit, for example by over-exploiting our resources: overfishing our rivers, depleting the soil, cutting down forests without reforestation, releasing more carbon than Hungarian ecosystems can absorb and importing more products than we export. Overshoot Days are calculated each year by the Global Footprint Network on the basis of the most recent available UN statistics (this year from 2013). Based on this, **the Hungarian National Overshoot Day will be on 22 September, 2017: that is to say, in a period of less than nine months, we will use up what ecosystems could sustainably provide us with within the borders of Hungary for the entire year.**

#### How many countries are required to meet the demand of its citizens...



Source: Global Footprint Network National Footprint Accounts 2017

In order to push this date later as much as possible, we all have a lot to do; every small and large step counts! **Thus GreenDependent Association and CEEweb for Biodiversity are launching a joint campaign: we ask for personal pledges to help move the date of the Hungarian National Overshoot Day!** A lot can be done: some examples have been collected (see below), of which everyone can choose whatever suits his or her life and

**Every week we have a couple of car-free days** - we make the shorter trips by bicycle or go on foot, and for the longer trips we use public transport.

lifestyle. And you can go from the easier pledges and changes to the more challenging and demanding ones!

**Those who make a pledge during the next three weeks until 17 September, start the implementation and make a photo of it, have a chance to win one of the four “green vouchers” worth 5000 HUF each!**

GreenDependent and CEEweb will jointly select the winners. Please send the pledge and the photo to [info@kislabnyom.hu](mailto:info@kislabnyom.hu). We especially appreciate if the pledges and the photos are shared in comments under the relevant posts of our [Kislábnyom](#) and [CEEweb](#) social media pages. You can also join the campaign with the [#movethedate](#) hashtag.

**I check out our national footprint  
and enter the [GreenGo](#) Film Making  
Competition to let others know!**

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The GreenDependent Association and CEEweb for Biodiversity **joined** the [Global Footprint Network](#) "[Earth Overshoot Day](#)" [#movethedate](#) campaign:



The campaign is organised jointly by Greendependent and CEEweb for Biodiversity. CEEweb's work is realized with the financial assistance of the EU. The donors are not responsible for the content of the campaign.



## STEPS TOWARDS A SMALLER FOOTPRINT LIFESTYLE

<b>I start to have a meat-free day once week</b> and try some <u>new vegetarian recipes</u> .	<b><u>I switch to super energy efficient LED lightbulbs.</u></b>	<b><u>I ride social</u></b> – I prefer public transport to using my solo car.	I have at least one <b>candlelit, no-cook dinner a week</b> (salads, raw meals, no-bake cakes)
<b>I switch off/unplug</b> machines in standby mode (TV, PC, laptop etc.) and mobile phone rechargers not in use.	<b>I do not use the microwave, sandwich maker and coffee-maker once a week</b> (note for coffee lovers: make a big portion of coffee and keep it in a thermos)	I prefer buying <b>locally grown / seasonal/ organic food</b> .	<b>I learn more about small footprint lifestyle</b> and I complete a <u>DIY household energy audit about my household</u> .
<b><u>I take on food waste.</u></b>	<b>I take on one or two car-free days;</b> I take a walk/bicycle on shorter trips and use public transport when travelling farther.	<b><u>I reach out to my city leaders and/or join a local action</u></b> (community garden, green club, energyneighbourhood, etc.)	I have a <b>gadget-free weekend</b> once a month, setting aside consumer electronics, including mobile phones.
<b>I take a shower for three minutes only.</b> Extra pledge: I reuse bath water (e.g. for mopping)	<b>I do not use TV/computer/tablet/mobile phone 2-3 times a week after school/work.</b> Instead, I read, play outdoors or boardgames, etc.	<b>I monitor my energy consumption</b> by regularly reading meters.	<b>I check out and undertake an energy efficiency investment,</b> e.g. DIY insulation for doors and windows, solar collectors, solar cells, insulation etc.
<b><u>I check out our national footprint</u></b> and sign up for the <u>Green-go short film contest</u> to inform others as well.	If in need of inspiration I read about successful <b><u>community projects</u></b> .	<b><u>I calculate my own Earth Overshoot Day</u></b> and become a <u>Footprint Champion</u> .	<b>I find new pledges and tips for living a smaller footprint lifestyle.</b>