

O C N A M I B I A . O R G





MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
			Happy New Year!		Pick up three pieces of litter on your walk.	
5	6	7	8	9	10	11
National Bird Day	Refuse single- use cutlery if ordering takeout.		Collect rainwater to water your garden.	Refuse single- use cutlery if ordering takeout.	Save The Eagles Day	15
12	13	Switch to biodegradabl e household products	15	16	Compost kitchen waste to reduce landfill contributions.	18
19	Penguin Awareness Day	21	22	23	24	25
26 Int Environment al Awareness Day	27 Set your thermostat lower in winter and dress warmly.	28	29	Replace one lightbulb with an LED to save energy.	31	

The ocean is the heart of our planet. Take care of it, and it will take care of you.

	MON	TUE	WED	THU	FRI	SAT	SUN
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C	2	3	4	5	6	7	8
	World Wetlands Day	Switch off the lights when leaving a room.			Choose public transport, bike, or walk instead of driving.		1
	9	10	11	12	13	14	15
RUARY			Air dry your clothes instead of using a dryer.		World Whale Day		Use a rechargeable battery for electronics.
	16	17	18	19	20	21	22
8				Say no to plastic straws at restaurants.			
EB	23	24	25	26	27	28	
Ш		Use a reusable coffee cup today if you're buying coffee.			International Polar Bear Day	Go for a day without any single-use plastic.	
		buying corree.				piastic.	



MON	TUE	WED	THU	FRI	SAI	SUN
						1
2	3 World Wildlife Day	4	Collect rainwater to water your garden.	6	7	8
9 Buy local produce	10	11	12	13	14 International Day of Action for Rivers	15
16	Unplug electronics that aren't in use	18	19	20 World Sparrow Day	21 International Day of Forests	22 World Water Day
23 World Meteorological Day	24	25 Choose a paperless option for your bills.	26	27	28	29
30 Every	31	to reduce n	lactic use ma	akec a waye (of difference	

Every small action to reduce plastic use makes a wave of difference.

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MON	TUE	WED	THU	FRI	SAT	SU
		1	Support eco- friendly brands that prioritize sustainability.	3	4 Refuse single- use cutlery if ordering takeout.	5
6	7	8	9	10 Turn off the tap while brushing your teeth.	11	1:
13 Buy in bulk to reduce packaging waste.	14 National Dolphin Day	15	16	17	18 Compost kitchen waste to reduce landfill contributions.	19
20 Switch off the lights when leaving a room.	21	22 Earth Day	23 World Laboratory Animal Day	24	25 World Penguin Day	20

Stop Food Waste Day

Repurpose glass jars for storage.





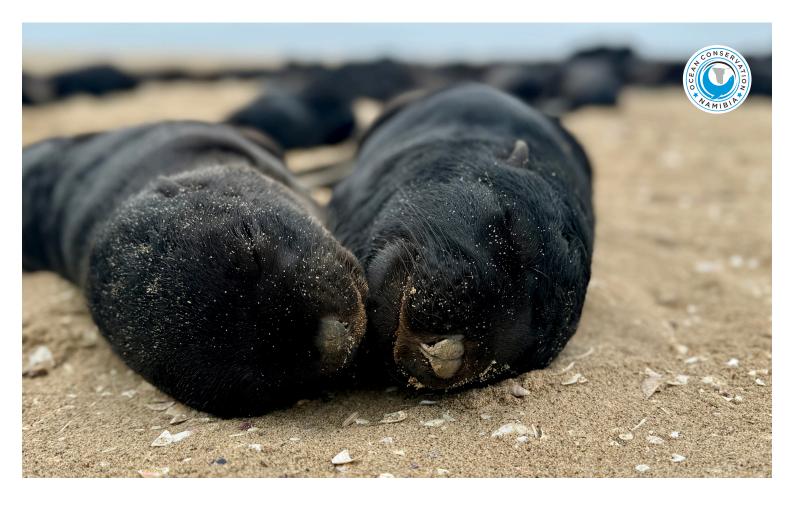
MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6 Be vegan for a day to reduce your environment al footprint.	7	8	9 World Migratory Bird Day	10
11	12	Reduce screen brightness to save battery and energy.	14	15 Endangered Species Day	16	17
18	19	20 World Bee Day	21	22 International Day for Biological Diversity	23 World Turtle Day	24
25 Take a reusable container when ordering takeout or leftovers.	26	27	28 Use a reusable shopping bag today and avoid plastic.	29	30	31 Turn leftovers into a new meal to reduce waste.

Saving our oceans is not just an environmental issue—it's a humanitarian one.



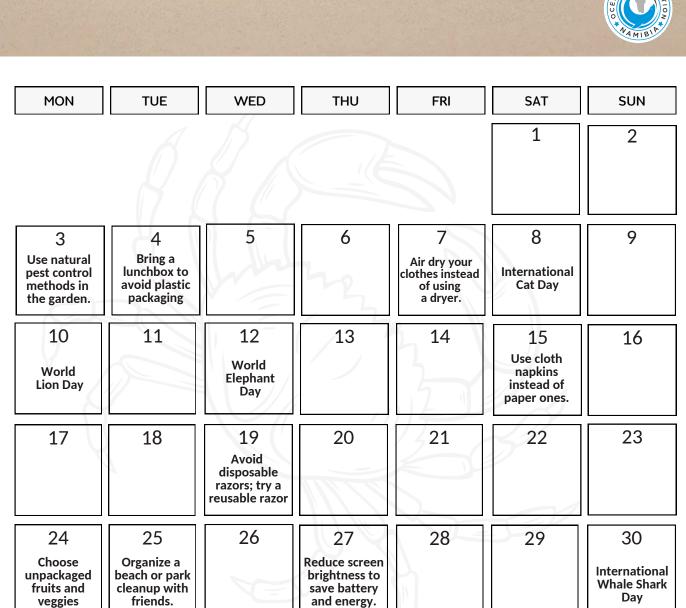
MON	TUE	WED	THU	FRI	SAT	SUN
1 World Reef Awareness Day	2	Unplug electronics that aren't in use to save energy.	4	5 World Environment Day	6	7
8 World Oceans Day	Choose bamboo or reusable utensils over plastic.	10	11	Pick eco- friendly, cruelty-free products when possible.	13	Take a shorter shower to save water.
15 Plan a carfree day to lower emissions.	16 World Sea Turtle Day	17 World Day to Combat Desertification and Drought	18	19	20	21 World Giraffe Day
22 World Rainforest Day	23	24	25 Repurpose glass jars for storage.	26	27	28 Say no to plastic straws at restaurants.





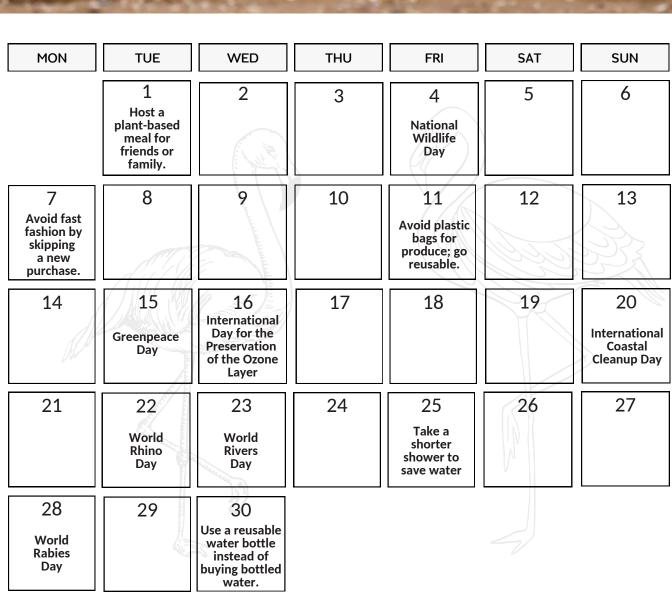
MON	TUE	WED	THU	FRI	SAT	SUN
		Recycle paper, glass, and plastic in your household.	0 0	3 Plastic Bag Free Day	4	5 Cook a meal with leftovers to reduce food waste.
6	Plant a tree or a small plant to absorb CO ₂ .	8	9,00	Buy local produce to support local and reduce emissions.	11	12
Use reusable coffee cups if you're buying coffee.	14 Shark Awareness Day	15	16	17 Bring reusable produce bags for fruits and veggies.	18	19
20	Carry a reusable water bottle instead of buying bottled water.	22	23	24	Donate old clothes instead of throwing them away.	26 International Day for the Conservation of the Mangrove Ecosystem
27	28 Turn off the tap while brushing your teeth.	29	30	31 Buy in bulk to reduce packaging waste.		

Plastic never goes away; it just breaks down into smaller pieces called microplastics.



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Together, we can turn the tide on ocean pollution, one choice at a time.

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	MON	TUE	WED	THU	FRI	SAT	SUN
026				1 World Vegetarian Day	2	3	4 World Animal Day
ER 2	5	6 World Habitat Day	7	8	9	World Migratory Bird Day	11
BE	12 Turn leftovers into a new meal to reduce waste.	13	14	Reduce microplastics by choosing natural fibers	16	17 International Sawfish Day	18
P	19	20 Choose public transport, bike, or walk instead of driving.	21	22	23	24 Plant a tree or a small plant to absorb CO₂.	25
	26	27	28 Read up on sustainable fishing before buying seafood.	29	30	Choose unpackaged fruits and veggies when shopping	



MON	TUE	WED	THU	FRI	SAT	SUN
						1 World Vegan Day
2	3 Make a DIY cleaning product from natural ingredients.	4	5	Switch to a plant-based milk	7	Check your tire pressure to improve fuel efficiency.
9	10	11	12 Recycle paper, glass, and plastic in your household.	13	14	15
16	Host a zero- waste day challenge with friends.	18	19	20 Switch to digital receipts instead of printed ones	21	22
Bring a lunchbox to avoid plastic packaging at lunch.	24	25 Skip meat at dinner for a plant-based meal.	26	27	28	29
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MON	TUE	WED	THU	FRI	SAT	SUN
	Avoid fast fashion today by skipping a new purchase.	2	3	4 World Wildlife Conservation Day	5	6
7	8	9	10	11 Support eco- friendly brands that prioritize sustainability.	12	Share an environmental tip on social media.
14	15 Use a reusable shopping bag today and avoid plastic.	16	17	Use eco-friendly gift wrapping	19	20
21 Recycle electronics responsibly.	22	23 Host a plant- based meal for friends or family.	24	25	26 Cook a meal with leftovers to reduce food waste.	27
28	29	30 Donate old clothes instead of throwing them away.	31			

You cannot protect the ocean without eliminating single-use plastics.