



Earth Overshoot Day 2026:

Every Decision Counts—Shaping Change Together

Sustainability | Nature and Environmental Protection | Responsible Travel

Every year, Earth Overshoot Day highlights just how heavily we are straining our planet's natural resources. As of this day, humanity has, in mathematical terms, consumed more resources than the Earth can regenerate within a year. In 2026, it falls on July 30—an occasion to focus on how even small actions and decisions can contribute to positive change, and an invitation to explore new paths together.

17 Goals for a Better Future

Naturefriends International (NFI) has been committed for many years to bringing sustainable development to life and promoting responsible behaviour in everyday life as well as while travelling. At the heart of this effort are the United Nations' 17 Sustainable Development Goals (SDGs). They illustrate how climate and environmental protection, social justice, education, and sustainable economic practices are interconnected—and how each of us can contribute.

Experience More in a Sustainable Way

Tourism, in particular, holds great potential for positive change. Sustainable travel means treating nature and culture with respect, strengthening local economic activity, conserving resources, and traveling in the most climate-friendly way possible. Those who travel mindfully contribute to protecting the environment and ensuring regions remain liveable. This benefits both the local population at the destinations and the travellers themselves, who are rewarded with authentic experiences. For example, by using public transportation or staying in small, privately run accommodations, you can easily connect with the local community, you can consciously enjoy the beauty of the region you're visiting when you take your time rather than rushing from one "Instagram spot" to the next, and you can discover new dishes at locally owned restaurants that emphasize regional cuisine.

Enabling Positive Change Together

"Earth Overshoot Day reminds us that we must take our planet's limits seriously. At the same time, we see in our projects just how great the willingness is to take responsibility. It's not about being perfect, but about working together, step by step, to make positive change possible," says Andrea Lichteneker, Executive Director of the NFI. "We invite everyone to use Earth Overshoot Day as a catalyst: for making conscious choices in everyday life, for behaving responsibly while travelling or experiencing nature, and for political engagement."

Through information, education, and concrete opportunities to get involved, NFI demonstrates that sustainability does not mean sacrifice, but rather offers the chance to actively and positively shape our future. For example, an interactive quiz on the SDGs invites participants to test their knowledge and discover how sustainable development is connected to our daily lives and leisure activities.

Further information:

SDGs in Motion and SDG Quiz: nf-int.org/en/themen/we-live-sdgs/aktivitaeten/sdgs-motion

Earth Overshoot Day: overshoot.footprintnetwork.org

Contact:

Naturefriends International
Agnes Strasser
1150 Vienna, Viktoriagasse 6/1
Mobile: +43 677 619 529 88
agnes.strasser@nf-int.org
www.nf-int.org

The work of Naturefriends International to promote sustainable tourism and raise awareness of the SDGs is supported by the Austrian Development Agency as part of the "Travel with Respect" project.

