

**Comments on Q5 (Your thoughts and actions to reduce environmental impact in your daily life)**

No.	Name	Region	Country	Affiliation	Age	Q5
R087	OUATTARA IBRAHIMA	Africa	BURKINA FASO	NGO/NPO	40s	It's better for everybody to take action against environment crisis. For what it my concern, I use bicycle in lieu of car some time to time. At the raining season I also plant tree or seed on our family orchard.
R601	[ - ]	Africa	BURUNDI	University or research institution	30s	To reduce my environmental impact,I embrace a minimalist lifestyle, using reusable items and recycling diligently. I prioritize local and organic foods, incorporate more plant-based meals, and use energy-efficient appliances. I opt for public transit, biking, and carpooling to reduce emissions. To conserve water, I take shorter showers and use water-saving fixtures. I support sustainable brands, buy second-hand, and advocate for environmental awareness among friends and family, while also supporting environmental organizations through donations and volunteering. These combined efforts contribute to a collective movement towards sustainability.
F013	Nyonti Merveil Cabrel	Africa	CAMEROON	University or research institution	20s	I am environmentally friendly through my cleaning activities. I regularly volunteer for environmental NGOs and I raise awareness throughout myself about the need to protect the environment and reduce its consumption of fossil fuels.
R350	SOLOMON MENGISTU	Africa	ETHIOPIA	University or research institution	40s	Awareness creation needs continuous push and commitment at local level to government officials and police makers. It is not one time work rather it is daily activity that can bring change through practical implementation that rewards the community.
R600	Abdulai Sulemana	Africa	GHANA	NGO/NPO	30s	I am actively promoting the adoption of bamboo agroforestry among smallholder farmers. Bamboo has a huge potential to sequester carbon dioxide and mitigate the effects of climate change, in addition to improving the economic standards of farmers.
R440	Sébastien Regnaut	Africa	GUINEA	Corporation	50s	Individual impacts are minor compared to that of production and transport of goods, travels, we way we feed livestock. The global governance systems are all geared to transfer public and common wealth to private interests. the only movements going the other way are either 1- some protests and opposition coined as "extremists" or even "evironment terrorists" by the powers and the media 2- capitalism pretending to reform itself with Nature Based Solution, Bio agro, green finance but this is just a facade to create more of financial growth, uprooted from the actual sources of weatlh and natural resources, that will just cause more of the damages it pretends it is trying to address.
R291	[ - ]	Africa	KENYA	Other	60s	Our family tries to minimise the use of plastics and non biodegradable products. We recycle all our organic waste to produce freshly grown fruits and vegetables and chickens.
R665	[ - ]	Africa	KENYA	Central government	30s	I strongly believe Africans have not contributed in any meaningful way to the destruction of the planet. For example, their carbon footprint and waste per capita are not near-global averages. So, any lifestyle change to Africans is negligible. What we are doing is pressuring the polluters to do their part to ensure we live in a planet that can sustain us all.
R556	Richard A Nisbett	Africa	LIBERIA	University or research institution	70s and above	I reduce carbon emissions in any way possible. I drive fewer than 4000 miles per year, I have stopped flying, I recycle, compost, forego expenditures on most consumer items, I write letters to elected officials, I volunteer time on ecological restoration, I conduct webinars and live sessions on public awareness, I give presentations at sustainability conferences, I donate to a dozen environmental groups. That said, I believe we are beyond the point where individual actions can make a difference. At this juncture we need governments and corporations to step up.
F014	KONATE OUSMANE BIRAMA	Africa	MALI	Other	20s	I work to raise awareness in my community about environmental and climate issues. I also lead advocacy actions with my colleagues to take into account the needs of children, young people and women in policies and strategies to combat climate change. We also organize sessions for the media on climate-sensitive animation and communication techniques.
R422	[ - ]	Africa	MAURITIUS	NGO/NPO	40s	Being a consumerist society the companies responsible for selling their products, they should provide recycle services ae well.
R195	[ - ]	Africa	MOZAMBIQUE	Corporation	60s	I am a vegan and I think the food systems need to change completely to reduce loss of Biodiversity, loss of Water, carbon emissions, land degradation. I am doing a small part, there must be a more plant based diet comsumption.
R267	Chris Brown	Africa	NAMIBIA	NGO/NPO	60s	Developing low impact housing with solar panels, wind turbines and battery storage, rain water collection, water recycling, peri-urban vegetable gardens for own use and sale. Incentivising the use of indigenous, climate adapted wildlife for food, tourism and trophy hunting.
F041	[ - ]	Africa	NIGER	NGO/NPO	50s	Aware that change begins with oneself, one's family and one's community, and in view of the observation made regarding the poor management of waste in our environment, I have, in order to push my colleagues to a change of behavior, initiated the use of trash cans in vehicles during missions. Also, in order to restore degraded land and promote carbon sequestration, our NGO carries out a tree planting operation every year.

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No.	Name	Region	Country	Affiliation	Age	Q5
R591	Longkat Joel Jwalshik	Africa	NIGERIA	Central government	30s	Reducing environmental impact is increasingly important, and I strive to incorporate eco-friendly practices into my daily life. One key area is reducing waste. I prioritize recycling and composting, ensuring that I separate my waste correctly and compost organic materials to reduce landfill contribution. Additionally, I've minimized single-use plastics by opting for reusable bags, bottles, and containers.
F018	Rokhaya DIEDHIOU	Africa	SENEGAL	Local government	40s	Individual actions undertaken for environmental challenges include - reducing electricity bills by turning off unused appliances, - carrying out reforestation activities - awareness communication
R295	Greg Martindale	Africa	SOUTH AFRICA	NGO/NPO	50s	I am in the process of taking my home off of the electricity grid and generating all of my electricity needs through photovoltaics. I recycle, have an indigenous garden and manage my property to maximise biodiversity value.
R598	[ - ]	Africa	SOUTH AFRICA	University or research institution	20s	I subscribe to the same school of thought that there is need for awareness. This is why I also share about environmental awareness on my social media pages. In my personal life, I ensure to reduce impulse buying, dispose refuse properly, think of how to reuse things etc. I also ensure to carry my family along in this. Recently, I worked with other youths to adapt a book on sustainability for the African youth.
R346	Emmanuel KILELI OLE	Africa	TANZANIA	NGO/NPO	40s	Yes, I believe that environmental issues require a holistic approach to address. That is multiple stakeholders need to be involved in order to achieve the desired goal. But more importantly, behavior change of individual members of society is crucial. Personally, I took steps to use clean energy at home (i.e., solar system), but also use technology to reduce energy use (i.e., smart house). Also, I reduced unnecessary travel and walk by foot when I am not in a hurry. I believe that small actions matter.
F046	KOMLAN EDEM AMESSINOU	Africa	TOGO	NGO/NPO	30s	Solving environmental problems requires the participation of the public and private sectors, non-governmental organizations and civil society, as well as national efforts. The participation of stakeholders through concerted actions and the commitment of all in an awareness model helps to awaken our communities to information related to climate change. We most often support our communities in becoming aware of the scourges that in the days to come will be fatal to all of us. So awareness is a powerful tool that we use for environmental education in schools because these students will be the relays of information to families which will also change the perception of the communities
R637	[ - ]	Africa	UGANDA	NGO/NPO	50s	The is need for midset change in the following:- 1- Use of non degradation packing materials that is a major sources of pollution for land and water resources 2- Reduce tree cutting and deforestation by engaging in afforestation and seeking alternatives of fuelwood enery and building materials. 3- Engage in climate smart agriculture that has minimal impact of the local ecosystem
R593	Collins Sakajila	Africa	ZAMBIA	Other	60s	I educate all individuals who attend our training on simple actions that they can take to contribute to solving environmental challenges such as careful use of water, not cutting down trees but planting a tree better still a fruit tree at least once a month, avoiding the use of plastics and walk for short distances.
R296	[ - ]	Africa	ZIMBABWE	NGO/NPO	40s	My line of work involve public awareness to communities and marginalized populations within Africa. I have activley participated in conducting workshops, meetings, and seminars to raise awareness on climate changes and possible mitigation and adaptation strategies. I have also developed few handouts (internally) for use during such activities and this positively contribute to the well being of populations. For instance, climate smart agriculture as a way to address climate change impacts.
R402	[ - ]	Asia	CAMBODIA	Central government	30s	I separate garbage for recycling, composting and reusing. I try to avoid of using plastic bag.
R312	[ - ]	Asia	CHINA	Central government	40s	I think we need to enhance our awareness of environmental protection. This means that we need to have a better understanding of the severity of environmental issues and how our daily behavior affects the environment. By reading books, watching documentaries, or attending environmental lectures, we can gain a deeper understanding of the root causes of environmental problems and realize that each of us can contribute to protecting the environment.
C019	[ - ]	Asia	CHINA	University or research institution	20s	For everyday activities like attending classes or going out, I choose to walk, ride a bicycle, or take public transportation.
C021	[ - ]	Asia	CHINA	Corporation	30s	Strictly enforce waste sorting and extend it to every city, big or small. Implement a household points system linked to school admissions, civil service exams, and other important opportunities.

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No.	Name	Region	Country	Affiliation	Age	Q5
C045	[ - ]	Asia	CHINA	Corporation	20s	I believe that instead of focusing on individual changes, it would be more effective to push for changes among the wealthy. The amount of water used by someone like the Kardashians on a golf course in a year could far outweigh the savings of countless individuals.
C063	[ - ]	Asia	CHINA	Corporation	30s	Not driving a fuel-powered car and opting for a new energy vehicle is a way to protect the environment. Avoiding littering and protecting the environment starts with me.
C073	[ - ]	Asia	CHINA	Corporation	30s	Turn off the tap while brushing your teeth, shorten shower time, choose to walk, cycle, or use public transportation to reduce the use of private cars. When shopping, opt for products with simple, recyclable, or eco-friendly packaging, and practice waste sorting.
C080	[ - ]	Asia	CHINA	Corporation	30s	In my daily life, I make an effort to conserve water and electricity, sort waste, reduce the use of disposable items, and take other actions to protect the environment.
C124	[ - ]	Asia	CHINA	Corporation	40s	Reduce the use of single-use plastic products, choose green and low-carbon transportation, and actively participate in waste sorting.
C137	Xiong Min	Asia	CHINA	Corporation	20s	Implement waste sorting, reduce carbon emissions, use public transportation, advocate for a low-carbon diet and lifestyle, actively participate in environmental organizations and activities, and promote the development of renewable energy.
C141	[ - ]	Asia	CHINA	Corporation	30s	1. I bought a new energy vehicle, which is powered by electricity, reducing the consumption of petroleum. 2. I conserve water by reusing laundry water for mopping and flushing the toilet, and by using vegetable-washing water for flushing as well. 3. I've downgraded my lifestyle consumption, cutting back on unnecessary purchases to reduce waste and pollution. 4. I regularly participate in activities at work and my child's school to protect the planet, actively contributing to these efforts.
C185	[ - ]	Asia	CHINA	University or research institution	20s	Participating in environmental forums, forming an environmental volunteer team, and actively engaging in related volunteer activities.
C213	[ - ]	Asia	CHINA	Corporation	40s	From a personal perspective: practice waste sorting, reuse plastic bags, reduce plastic usage, and minimize energy waste.
C225	[ - ]	Asia	CHINA	Corporation	30s	Basic waste sorting, reducing the use of disposable products, and using clean energy.
C277	[ - ]	Asia	CHINA	Corporation	20s	Waste sorting, proper disposal of hazardous waste, conserving water and electricity, opting for green transportation, and reducing carbon emissions.
C290	[ - ]	Asia	CHINA	Corporation	30s	Conserve electricity, water resources, and paper. Specific practices include turning off lights when not in use, using energy-efficient light bulbs and appliances; reusing water, such as using rice-washing water for washing dishes or watering plants; recycling paper to produce recycled paper, and reducing unnecessary energy consumption, such as choosing low-energy appliances, turning off power when not needed, and taking the stairs instead of the elevator.
C308	[ - ]	Asia	CHINA	Corporation	30s	For short-distance travel, walk whenever possible, choose green transportation options, reduce or avoid using plastic products, use clean and green home energy, and conserve water and electricity.
C366	[ - ]	Asia	CHINA	Corporation	20s	This is reflected in small everyday actions, such as turning off lights when not in use and using less water to flush toilets.
C376	[ - ]	Asia	CHINA	Corporation	20s	I use public transportation for all non-essential trips and actively participate in waste sorting.
C383	[ - ]	Asia	CHINA	Corporation	30s	Start with small actions: conserve water and electricity, choose public transportation or green travel options, reduce food waste, and actively participate in waste sorting and recycling.
C387	[ - ]	Asia	CHINA	University or research institution	20s	Strictly implement waste sorting, use green and low-carbon transportation, utilize energy-efficient appliances, turn off lights and water when not in use, buy products made from renewable materials, and purchase electric vehicles.
C410	[ - ]	Asia	CHINA	Corporation	30s	Walk when possible instead of using public transportation or the subway, reduce the use of plastic products, and try to use recyclable products.
C449	[ - ]	Asia	CHINA	Corporation	30s	Purchase electric vehicles, aim for low-carbon transportation, and practice thorough waste sorting.
C454	[ - ]	Asia	CHINA	Corporation	30s	Practice waste sorting, carry reusable shopping bags, conserve water, buy food in appropriate quantities, adjust air conditioning temperatures, and take children tree planting on Arbor Day each year.
R369	Joe Cheung	Asia	HONG KONG	NGO/NPO	40s	Yes! I am running campaigns myself on awareness and actions. We need to inspire and motivate behavioural changes and convince people that these changes are good for themselves.

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No.	Name	Region	Country	Affiliation	Age	Q5
R111	Deepa Gavali	Asia	INDIA	NGO/NPO	50s	Mass awareness on environmental issues is required. Right now only 1% of the population is sensitised to the Environemtal issue and therefore the targets achieved is low. To escalate the participation of every citizen in the programme there is need to bring in more efforts on awareness and people's involvement in the Environemtal issues.
R116	Shahadev Rabha	Asia	INDIA	University or research institution	30s	Fix leaks, take shorter showers, install water-saving devices like low-flow showerheads and faucets, and avoid wasting water; Opt for walking, cycling, carpooling, or public transportation whenever possible; Consider the environmental impact of products before making purchasing decisions.
R294	[ - ]	Asia	INDIA	Other	40s	As mentioned above controlling of world's human population is the only key and hope of survival for all living things on this planet. Otherwise, we should be ready to explore some other planet. COVID-19 has proven that Nature does not need any human intervention for its sustenance.
R484	Anshuman Tripathi	Asia	INDIA	Corporation	50s	Solving environmental issues requires changes in individual awareness and actions. A aware population if transform themselves in caring for earth and environment and start action on responsible consumption many problems shall start getting a solution. Sustainable utilization of natural resources and conservation of prime biodiversity can pave the way for the solution to environmental crisis.
R614	Sundara Narayana Patro	Asia	INDIA	NGO/NPO	70s and above	The right kind of awareness and individual efforts play a pivotal role in achieving succuses towards climate change abatement and SDGs. So far as I am concerned at my individual level, at the level of Orissa Environmental Society and at the level of the communities with whom I am associated things are being done in this regards passionately.
R693	[ - ]	Asia	INDIA	University or research institution	40s	As a practicing conservation biologist, an educator and researcher, we have been actively working on biological conservation of threatened and endemic organisms in India with an emphasis on science based policies.
R394	John Dominggus Kalor	Asia	INDONESIA	University or research institution	40s	The Kids' education systems play a crucial role in raising awareness about environmental issues a sense of responsibility toward our planet. Some ways to prepare this program to develop better education system, (1) Curriculum integration, (2) Environmental literacy, (3) Technology integration, including AI, (4) Community engagement. Children are not Heirs of the Earth but as Guardians of the Earth.
R502	Diky Dwiyanto	Asia	INDONESIA	University or research institution	30s	I have been working with conservation in my home in Sulawesi since 2019. As a local researcher, I have a responsibility to protect the biodiversity to ensure that they still exist for many generations to benefit for human. I am trying to build local community awareness and working directly with local NGO
W263	Prabir Patra	Asia	Japan	University or research institution	50s	I tried to avoid over consumption, within my financial capacity, for food and other luxury such as private transport, air conditioning at home/office. I try to tell people not to indulge in to over-consumption.
W005	Hidehiko Kishi	Asia	JAPAN	Corporation	50s	Unfortunately, very little has been achieved.
W014	[ - ]	Asia	JAPAN	University or research institution	50s	Energy conservation, Water conservation, Installation of solar power, Proper waste orting,, Avoiding food wastage
W017	Kazuo Matsushita	Asia	JAPAN	University or research institution	70s and above	Avoid using cars as much as possible, Install a solar power system on the roof of the house, Reduce meat consumption, especially beef, Introduce a home fuel cell, Use LED lighting throughout the home, Do not own a car
W029	[ - ]	Asia	JAPAN	other	70s and above	Avoid food waste, Reduce car usage.
W039	[ - ]	Asia	JAPAN	University or research institution	50s	Avoid unnecessary purchases. Prioritize walking or cycling for transportation.
W049	Atsushi Fukuda	Asia	JAPAN	University or research institution	60s	Replaced my personal vehicle with an EV, Promoted recycling through thorough waste sorting, Use carbon offsets when flying.
W054	[ - ]	Asia	JAPAN	University or research institution	60s	I have taken on the role of an environmental education advisor in Kamakura City. I provide lectures on SDGs and climate crisis to elementary and junior high school students, and I am committed to raising awareness among the general public, including children.
W062	Yumi Fukushima	Asia	JAPAN	other	60s	Avoid purchasing plastic products as much as possible, Do not buy disposable items, Choose large bags of snacks instead of individually wrapped ones, Support garden and farm projects.
W070	[ - ]	Asia	JAPAN	University or research institution	50s	As an academic researcher at a university, I am actively sharing information to raise awareness among as many people as possible.
W079	[ - ]	Asia	JAPAN	University or research institution	40s	Use stairs as much as possible, Be mindful of water conservation, Use minimal fertilizer for home gardening.
W085	Akio Yanai	Asia	JAPAN	University or research institution	70s and above	I try to avoid consuming plastic containers and packaging as much as possible. I limit unnecessary long-distance travel by car. I aim to reduce meat consumption in my diet.

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No.	Name	Region	Country	Affiliation	Age	Q5
W111	[ - ]	Asia	JAPAN	University or research institution	60s	While the actions I can take individually may be small, it is important to continuously make an effort to conserve resources as a habit. I believe that changing my daily habits is a way to tackle larger societal challenges, and I practice this with that belief in mind.
W118	[ - ]	Asia	JAPAN	University or research institution	60s	I strive to live a low-environmental-impact lifestyle, focusing particularly on energy conservation, zero food waste, and mindful product choices.
W130	Akira Tsubouchi	Asia	JAPAN	University or research institution	70s and above	Through my university lectures and speaking engagements, I aim to raise awareness about environmental crises among many people.
W133	[ - ]	Asia	JAPAN	University or research institution	60s	Through my classes, I provide opportunities for young generations to take concrete actions.
W135	Junichi Takeda	Asia	JAPAN	University or research institution	60s	To reduce electricity, gas, and water consumption, I am taking measures such as installing internal windows, using a wood stove, and ensuring fuel supply through satoyama conservation for climate change mitigation. Additionally, in terms of energy, I use a hybrid car. In food production, I am committed to food self-sufficiency by cultivating fields using natural farming methods without chemical fertilizers.
W143	Eitaro Wada	Asia	JAPAN	University or research institution	70s and above	I believe that individual actions alone are not sufficient to address the issues at hand. Even if we make efforts, they often remain within the realm of personal satisfaction without achieving significant impact.
W153	Tadahiro Mitsuhashi	Asia	JAPAN	University or research institution	70s and above	Limiting the use of disposable containers, paying membership fees to about ten environmental NGOs, and conserving energy by reducing air conditioning usage.
W163	[ - ]	Asia	JAPAN	other	70s and above	Due to aging, health issues have become more apparent, and I apologize that these circumstances sometimes prevent me from fully implementing energy-saving measures. However, I am making every effort to improve my living environment, such as by installing double-glazed windows and other equipment upgrades.
W171	Shuuzou Nishioka	Asia	JAPAN	University or research institution	70s and above	Switching to clean energy for electricity, enhancing home insulation, using public transportation, giving up personal cars, and preventing food waste.
W186	Yumi Nakayama	Asia	JAPAN	Media	50s	I am committed to energy and water conservation, walking instead of driving when possible, reducing waste and recycling. I am also involved in awareness-raising activities about global environmental issues.
W191	[ - ]	Asia	JAPAN	Corporation	50s	Improvements in daily life may be less visible, but as a company, we have set goals and are actively pursuing them, including providing structured education to our employees.
W197	Akira Ogasawara	Asia	JAPAN	University or research institution	50s	Implementing the 3Rs (Reduce, Reuse, Recycle). Choosing products with a long life cycle. Reducing food waste. Providing support.
W208	[ - ]	Asia	JAPAN	Media	50s	Comparing the environmental policies of candidates during elections. Considering the product lifecycle when purchasing and disposing of products.
W228	Teppei Douke	Asia	JAPAN	NGO/NPO	40s	The five action goals listed in the "My Biodiversity Action Pledge." In my professional role, I am involved in nature conservation activities, focusing on raising awareness about critical situations and training personnel.
W232	[ - ]	Asia	JAPAN	University or research institution	40s	Vote and convey your political intentions.
W236	Hiroki Kuroda	Asia	JAPAN	University or research institution	50s	To protect the environment, I choose low-carbon modes of transportation such as public transit, bicycles, and walking whenever possible. I also support tree-planting activities and participate in local clean-up efforts.
W245	[ - ]	Asia	JAPAN	University or research institution	60s	I have switched to an electric vehicle (EV) and try to use public transportation as much as possible.
W275	Naoki Adachi	Asia	JAPAN	Corporation	50s	I strive to live a zero-waste lifestyle by avoiding items that would become waste. I make an effort to use things carefully and choose companies and products that are environmentally friendly.
W278	[ - ]	Asia	JAPAN	University or research institution	50s	Since my work involves environmental research and education, I generally do not engage in activities outside of my professional scope.
W294	Toshihiko Goto	Asia	JAPAN	NGO/NPO	70s and above	As an individual, I have installed solar panels, bring my own shopping bags, and try to minimize food waste, among other actions. However, without a car, daily life would be challenging, and there are limitations to what can be achieved individually.
W310	Hidetoshi Ohta	Asia	JAPAN	University or research institution	60s	Strict waste separation, zero food waste, removal of oil from kitchen drainage, and thorough scrutiny of the origin of purchased ingredients.
W318	[ - ]	Asia	JAPAN	University or research institution	50s	In lectures and research seminars, I focus on educating future engineers to appropriately consider environmental issues and make informed judgments and choices.
W330	[ - ]	Asia	JAPAN	University or research institution	70s and above	I post lecture materials as electronic files on the system and do not distribute them in paper form. I also use the system for students to submit assignments and reports, minimizing the use of paper.

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W340	[ - ]	Asia	JAPAN	University or research institution	50s	In my classes, lectures, and research presentations, I emphasize the importance of each individual understanding the situation, changing their behavior, and expanding their circle to form a larger group. I particularly stress the need for increased political awareness and the importance of addressing climate change, environmental issues, and gender equality with politicians. I convey that overcoming Japan's delays in these areas is crucial to preventing further decline, regardless of ideology.
W353	[ - ]	Asia	JAPAN	NGO/NPO	60s	I make every effort to reduce food waste and to recycle bottles, cans, PET bottles, and clothing as much as possible. Additionally, when purchasing daily necessities and food, I try to choose products from companies that are actively engaged in environmental initiatives.
W374	[ - ]	Asia	JAPAN	University or research institution	60s	I prioritize purchasing ethical products, such as coffee, food items, and clothing. I avoid staying up late, align my activities with sunlight, and minimize unnecessary electricity use. At home, I use solar power, have installed double-glazed windows, and rely solely on underfloor heating.
W379	[ - ]	Asia	JAPAN	Central government	50s	In addition to choosing energy-efficient and environmentally friendly products, I also occasionally conduct classes at schools. This allows me to focus on raising awareness and nurturing the next generation.
W401	[ - ]	Asia	JAPAN	other	70s and above	Personally, I am working on the following initiatives: 1. Installing solar power generation and charging equipment, 2. Installing interior windows, 3. Implementing energy and water conservation practices in daily life, 4. Using a compost system for kitchen waste.
002	[ - ]	Asia	JAPAN	University or research institution	50s	I incorporate energy-saving practices into my lifestyle. In other words, I adopt some aspects of a more traditional way of living within my capacity. For example, I walk to the train station, avoid using elevators, and make effective use of newspaper.
007	Hiroyuki Hayakawa	Asia	JAPAN	University or research institution	60s	Reducing waste.
009	[ - ]	Asia	JAPAN	Media	50s	Waste separation.
013	Makoto Saito	Asia	JAPAN	other	70s and above	Make the most efficient use of rooftop solar power.
022	Harutoshi Yamamoto	Asia	JAPAN	other	70s and above	I strive to recycle resources. I work to reduce food waste.
027	[ - ]	Asia	JAPAN	University or research institution	70s and above	I avoid unnecessary goods and services. Additionally, I aim for societal transformation and systemic change rather than just individual actions, particularly in the realm of politics. To that end, I express my intentions through voting in elections.
032	Susumu Machata	Asia	JAPAN	Corporation	70s and above	Don't strive to live a life better than others.
053	Kentaro Murano	Asia	JAPAN	other	70s and above	Use public transportation, walk, or bike. Avoid driving and taking taxis. Be mindful of food waste and avoid buying unnecessary items.
R074	[ - ]	Asia	KOREA	University or research institution	50s	Save energy Buy local produce Use public transportation Support climate activist groups Divest from fossil-fuel in investment portfolio
K002	[ - ]	Asia	KOREA	NGO/NPO	30s	Avoid ordering delivery.
K014	[ - ]	Asia	KOREA	NGO/NPO	40s	Attach a notice board with correct separation and disposal methods in the apartment, inform people around about the seriousness of the climate crisis, use personal water bottles.
K027	[ - ]	Asia	KOREA	NGO/NPO	30s	Practicing easy actions in daily life such as using a tumbler, handkerchief, avoiding disposable products, saving energy and water, using public transportation, proper separation and disposal, not wasting food, and consuming eco-friendly products.
K031	[ - ]	Asia	KOREA	NGO/NPO	30s	Aim for a vegan lifestyles considering the carbon emissions and ecological destruction from the current food system, avoid consuming items that can become waste such as clothing, use public transportation without purchasing a personal car, support environmental organizations, etc.
K047	[ - ]	Asia	KOREA	University or research institution	30s	Use reusable containers for packaging, use public transportation, walk more than 10,000 steps.
K056	[ - ]	Asia	KOREA	Other	30s	The crisis clock is ticking, so it is important to create environmental awareness around us by promoting the use of tumblers and saving electrical energy.
K071	[ - ]	Asia	KOREA	Other	30s	Try to reduce the use of disposable products and personally save resources such as water, soil, and electricity, and practice carbon neutrality. Engage in activities like plogging and spread awareness. Interested in animal welfare and advocate for population decline.

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K076	[ - ]	Asia	KOREA	Other	50s	Practice reducing carbon emissions immediately by stopping meat consumption and using public transportation, refuse to buy disposable products. Support related policies if any, and support them as much as possible.
K093	[ - ]	Asia	KOREA	Corporation	40s	Reduce food waste that individuals can practice (do not leave food, purchase discounted products), carry a tumbler, buy minimal clothing, leave feedback on company websites if you have opinions (e.g., please pack artificial tears in a box only), purchase household products in refill form.
K098	[ - ]	Asia	KOREA	NGO/NPO	30s	Use a tumbler, reduce the use of disposable products, use eco-friendly detergents, use public transportation.
K109	[ - ]	Asia	KOREA	Corporation	30s	Use reusable products, use items for a long time, do not buy unnecessary items, consume seasonal agricultural and marine products.
K120	[ - ]	Asia	KOREA	NGO/NPO	40s	Avoid using disposable containers, thoroughly separate waste, save electricity, gas, and water, use public transportation or bicycle.
K127	[ - ]	Asia	KOREA	University or research institution	20s	Save electricity, reduce unnecessary energy use, pay attention to separation and disposal, manage mailboxes, etc.
K130	[ - ]	Asia	KOREA	Corporation	40s	My impact as an individual may be minimal, but I try to avoid using disposable products as much as possible.
K148	[ - ]	Asia	KOREA	Corporation	40s	Plastic bags are as problematic as plastic. In particular, supermarkets nationwide, where plastic bag use is high, are implementing various systems such as renting shopping bags to reduce plastic bag use. Even without such systems, using an eco-bag instead of a plastic bag can be a simple way to reduce disposable products in daily life.
K159	[ - ]	Asia	KOREA	University or research institution	30s	I use a tumbler. I try to avoid using straws as much as possible. When buying eggs, even if it's a bit expensive, I try to reduce the amount I consume and buy those with the number 1 on them. I look at materials to wear favorite clothes for a long time to avoid fast fashion.
K177	[ - ]	Asia	KOREA	NGO/NPO	20s	Participate in biodiversity conservation campaigns, citizen monitoring for endangered wildlife protection, maintain interest in climate inequality and climate injustice issues.
K201	[ - ]	Asia	KOREA	University or research institution	20s	Properly recycle, turn off gas valves when going out to reduce electricity, water, and gas usage, and unplug or turn off unused outlets.
K213	[ - ]	Asia	KOREA	Corporation	40s	For our environment and a healthy Earth, I do plogging with my club members once a week. Through this plogging, we can protect our environment and our precious resources. It's great to see our surroundings become clean through plogging. We have agreed to do this every week with our club members.
R153	[ - ]	Asia	MALAYSIA	NGO/NPO	40s	I am conscious and engaged in numerous activities/actions to reduce my environment impact, but I also acknowledge that as an individual, I am only one person. One may argue that there are billions of people in the world, and that we are #strongertogether, which I agree. But also, for short-term changes, it is wiser to focus on what corporations are and aren't doing. Seriously.
R503	[ - ]	Asia	MALAYSIA	University or research institution	50s	There are existing policies dealing with environmental issues. However, the implementation and enforcement are low.
R492	[ - ]	Asia	MONGOLIA	NGO/NPO	60s	1. excess consumption in food, water, energy is checked 2. try to produce less trash (reuse packaging and repurpose anything useful etc.) 3. not follow hot fashion anymore (not only cloth but also home furnishing etc.) 4. carpooling and more walking or use public transport 5. local buying 6. planting trees 7. looking to learn home gardening 8. educate others about different lifestyle 9. volunteering and community work to share
R230	Roshani Giri	Asia	NEPAL	NGO/NPO	30s	I am very conscious of my environmental footprints so I don't use single-use plastic bags, bottles and so forth. I wash my clothes only when required, dispose waste properly, use washable clothes to wipe kitchen instead of paper towels, add more greenery to my house and bee friendly flowers, grow my own vegetables, not use pesticides in the garden
R378	Ubaid Ullah	Asia	PAKISTAN	Central government	30s	Awareness and environmental education in the region where I am living is crucially needed for minimizing these issues. I am taking sessions in the educational institutes related to environmental and wildlife awareness. Importance of sustainable utilization of biological resources.
R421	[ - ]	Asia	PHILIPPINES	NGO/NPO	50s	Renovations to my house to increase ventilation and thus provide a comfortable living environment without the use of air-conditioning. Acquisition of used furniture to lessen the environmental impact. Avoiding purchasing food with unnecessary packaging.

### Comments on Q5 (Your thoughts and actions to reduce environmental impact in your daily life)

No.	Name	Region	Country	Affiliation	Age	Q5
R496	[ - ]	Asia	SINGAPORE	Other	30s	Individual awareness and actions can only solve environmental issues up to a certain point. At a systemic level, government and industry play a much larger role i.e. investing in and building green infrastructure, policies and laws to protect natural areas and enforcement of illegal wildlife/biodiversity poaching. Personally, I reduce my environmental impact by being vegetarian, taking public transport whenever possible, reducing my consumption, recycle appropriately and participate in civic activities for environmental conservation.
R457	Sudath Abeysinghe	Asia	SRI LANKA	NGO/NPO	40s	I prioritize energy efficiency in my daily tasks to minimize energy consumption and reduce my carbon footprint. Additionally, I provide information and guidance on environmentally friendly practices such as recycling, composting, energy conservation, and the use of eco-friendly products. Through digital communication, I contribute to reducing paper waste, thereby conserving trees. Furthermore, I actively promote sustainable habits like reducing single-use plastics, conserving water, and supporting renewable energy initiatives among users.
R002	JEFFREY A. McNEELY	Asia	THAILAND	Media	70s and above	I recognize that my environmental footprint should be reduced. I have installed solar power for my house, I have substantially reduced by consumption of red meat, I minimize my driving of my energy-efficient Toyota, I support biodiversity conservation by visiting national parks and writing about them to build public interest in the country's biodiversity (genes, species, and ecosystems), and I minimize my use of electricity.
R559	Van The Pham	Asia	VIETNAM	University or research institution	40s	As a dedicated plant conservationist, I am actively engaged in the preservation of flora. My efforts have been shared through numerous posts on social media platforms and articles in official government publications. I advocate for the protection of natural forests, particularly in the face of proposals by some regional authorities to clear these vital ecosystems for dam construction projects.
R339	[ - ]	Eastern Europe & former Soviet Union	ALBANIA	University or research institution	50s	I measure ecological footprint of my consumption. I prefer walking going to a place than using vehicles. When I use vehicles, I strongly prefer electric cars. There are abundant examples and readings about reducing human ecological footprints. Incremental lifestyle changes that are made for good by individuals, do matter.
R298	[ - ]	Eastern Europe & former Soviet Union	CZECH	University or research institution	60s	Individual action is important but more for one's own sake then contributing to solutions. It is institutions, policy, economics and society at large that need to change their attitudes. Education is one of the most important keys.
R576	[ - ]	Eastern Europe & former Soviet Union	ESTONIA	University or research institution	60s	Buying nonfood as less as possible, sorting wastes, heating stoves with firewood from the local environment.
R682	Monika Reti	Eastern Europe & former Soviet Union	HUNGARY	Central government	50s	I am aware of my personal responsibility, but also of the relevance of transdisciplinary and transnational collaboration. So my greatest individual mission is that I am trying to collaborate with my fellow people and make pressure together so that global changes start. Without global collaborative efforts, the most precious individual efforts fail. Nevertheless, I try my best to be environmentally conscious: favouring local products, seasonal foods, minimal consumption, no car, small travels and so on.
R584	Zima Yuliya	Eastern Europe & former Soviet Union	KAZAKHSTAN	Other	40s	The first priority should be to increase public literacy and citizens' awareness of why it is important to protect the environment. my contribution to ecosystem conservation is to study the ecological characteristics of reptiles in the region and inform the local population.
R599	[ - ]	Eastern Europe & former Soviet Union	RUSSIA	Central government	50s	- I sort the garbage - I try to use reusable containers - I am engaged in extracurricular environmental education for youth - I am Secretary (volunteer) in Menzbir Ornithological Society
R666	EUGENE A. SILOW	Eastern Europe & former Soviet Union	RUSSIA	University or research institution	60s	It is rather simple to consume only necessary for life amount of resources and help to surroundeng people in their reasonable wishes.
R310	Pavel Povinec	Eastern Europe & former Soviet Union	SLOVAKIA	University or research institution	70s and above	Not actually, personal engagement is a very small part of these actions - everything is in hand of governments and global firms...
R638	[ - ]	Eastern Europe & former Soviet Union	SLOVENIA	Other	20s	I don't eat red meat, I almost never eat other sorts of meat. I use public transport as much as possible, I try to buy local or organic food. I try to reduce my consumption patterns.
R590	[ - ]	Eastern Europe & former Soviet Union	UZBEKISTAN	University or research institution	30s	I try to throw as little waste into nature as possible. I use as few plastic bags as possible when shopping at the store. I also try to save water for my personal needs.
R281	Ronit Amit	Mexico, Central America & the Caribbean	COSTA RICA	University or research institution	40s	Those many know little about conservation psychology ( <a href="https://ssir.org/articles/entry/stop_raising_awareness_already">https://ssir.org/articles/entry/stop_raising_awareness_already</a> ). Awareness Is unrelated to conservation behavior. The word awareness should be better removed from policy, It diludes impact. Millions of people are aware... They would not act on that awareness or knowledge.



**Comments on Q5 (Your thoughts and actions to reduce environmental impact in your daily life)**

No.	Name	Region	Country	Affiliation	Age	Q5
S036	[ - ]	Mexico, Central America & the Caribbean	COSTA RICA	University or research institution	30s	The aforementioned is an important step, in the area of waste management and responsible consumption is where I think some progress has been made in the region, but an adequate context is required for more people to do so, for example, adequate infrastructure and education.
S085	[ - ]	Mexico, Central America & the Caribbean	COSTA RICA	Other	40s	I follow the policy of reducing and correcting my consumption. I also recycle organic matter, generating less garbage.
R611	Patricia Torres-Pineda	Mexico, Central America & the Caribbean	DOMINICAN REPUBLIC	Local government	30s	I agree with the idea that people cannot/will not protect or advocate for things they do not understand and appreciate, therefore I actively participate in events and actions that promote public awareness and appreciation of science and biodiversity such as bioblitzes, biodiversity spotlights, natural history museum public exhibitions, share biodiversity facts through social media and in TV and Radio.
S002	[ - ]	Mexico, Central America & the Caribbean	DOMINICAN REPUBLIC	NGO/NPO	50s	We work on restoration of coastal wetland ecosystems and the protection of beaches, seagrass beds and corals. Although it is a struggle to find stable and sustainable funding for these activities, it would be helpful if local governments and educational organizations had resources and responsibilities for managing these ecosystems and areas at the local level.
R475	Silvio J Crespin	Mexico, Central America & the Caribbean	EL SALVADOR	University or research institution	30s	Use public transportation as much as possible and decrease population growth. At the moment, no impact is greater than increasing the number of humans (I hope this changes in the future).
R516	[ - ]	Mexico, Central America & the Caribbean	GUATEMALA	NGO/NPO	50s	My professional work is focus on solving environmental issues; now trying to link sustainable production with forest restoration and biodiversity conservation. I don't agree that individual awareness and actions are enough to solve the problem, due to not all individuals have the same influence.
S014	[ - ]	Mexico, Central America & the Caribbean	GUATEMALA	Local government	40s	I reduce the use of plastics, better nutrition and minimize waste, reduce water and energy use, encourage my neighbors not to burn yard waste, provide environmental education in rural areas.
S087	Carlos Melgar	Mexico, Central America & the Caribbean	HONDURAS	NGO/NPO	40s	I believe that education is the basis for change and that work with preschool and school children should receive special attention. At home and at work, I try to save water and energy, recycle and reuse materials, classify and properly manage the waste generated and generate an impact on people.
R105	[ - ]	Mexico, Central America & the Caribbean	MEXICO	NGO/NPO	50s	No plastic bags at supermarket. Consume only what is necessary, and reuse plastic bags and containers. Have a compost system for pets' poops. Not more than 2 kids. Do not consume beef or any part of cattle. I do not agree with the idea of saving the environment through individual awareness. Yes, people should put pressure on politicians, but big changes will be from limiting human population growth and environmental policies.
R476	Alejandro Molina-Garcia	Mexico, Central America & the Caribbean	MEXICO	University or research institution	60s	Reducing my carbon, water and garbage printing. Walking and reduce my vehicle mobilization into Zero. Do not produce garbage, Zero trash. Do not pollute water. These are my best ways to reduce an individual impact to the planet.
S012	[ - ]	Mexico, Central America & the Caribbean	MEXICO	University or research institution	40s	It is true that they require a change of consciousness. Of course I take action on an individual level, I compost my organic waste, I consume local products that are in accordance with my ideals of environmentally and socially responsible production, I do outreach when I can, I participate in applied ecology projects focused on solving environmental problems and with conservation objectives, that is why I studied biology and have a PhD in conservation biology and resource management, but I believe that it is not a matter of individual actions but of public policies that direct these actions to the bulk of society and we are falling short in that.
S016	[ - ]	Mexico, Central America & the Caribbean	MEXICO	NGO/NPO	40s	It is necessary to reduce consumerism in several points, for example the technology of daily personal use such as electronics, these, show new features every year and our consumerism, forces us to continue consuming such products, which makes a very big impact on the environment by obtaining natural resources. The same with vehicles that come out with new models every year.

**Comments on Q5 (Your thoughts and actions to reduce environmental impact in your daily life)**

No.	Name	Region	Country	Affiliation	Age	Q5
S051	[ - ]	Mexico, Central America & the Caribbean	MEXICO	University or research institution	30s	I consume the least amount of products available in electronics (I keep my electronic equipment for as long as possible, even looking for repairs avoiding their disposal). I have a garden of a considerable area, in addition to conserving native species of my region (trees and cacti mainly). When washing clothes or dishes I use the water to wash the yard or for my toilet. I produce vermicompost with the organic waste from my daily diet. I consume in local markets and not in big monopolies, supporting local and small-scale production to a greater extent. I own a solar heater for my bathroom, which reduces gas consumption to a minimum. I use public transportation to a greater extent despite owning my own car (I only use it for emergencies).
S054	[ - ]	Mexico, Central America & the Caribbean	MEXICO	Central government	30s	Use of public transportation, responsible and local consumption, creation of pollinator refuges in urban areas, raising awareness in my close circle, publishing infographics, scientific notes, field guides and scientific articles, saving energy, saving water and joining conservation volunteers.
S074	Luz María Crystell ROSAS CRUZ	Mexico, Central America & the Caribbean	MEXICO	University or research institution	40s	I work on issues of biodiversity conservation, water saving, and I try to use sustainable food and products as much as possible.
R585	[ - ]	Mexico, Central America & the Caribbean	SAINT LUCIA	Corporation	30s	I agree that the individual needs to make the necessary changes to reduce the environmental impact to create a greater difference. However, much needs to be done on the governmental and private sector level to enforce those changes, as some persons do not act unless there are consequences, linked directly to them Many people think climate change is no fault of then
R572	Attish Kanhai	Mexico, Central America & the Caribbean	TRINIDAD AND TOBAGO	University or research institution	40s	Daily life I choose to limit my use of single use plastics, dispose of garbage properly and do not litter, try to engage with others on how their own actions affect the environment.
R351	ABDULKARIM H. RASHED	Middle East	BAHRAIN	University or research institution	50s	Need to improve the curriculum at all levels, involve the private sector, and enhance awareness.
R675	[ - ]	Middle East	CYPRUS	University or research institution	40s	The involvement of state actors, academic institutions and NGOs/CSOs is needed to increase awareness and change of behaviour.
R568	[ - ]	Middle East	ISRAEL	University or research institution	60s	No individual awareness or actions will solve global environmental issues Everything is around money (business) The solutions are innovative technologies like clean energy using tokamaks and replacement of agriculture by food from stem cells Cheaper and more efficient products will be purchased by the public and make the needed changes
R204	Mohammed AbuDayyeh Matouq	Middle East	JORDAN	University or research institution	50s	It is better to introduce environmental consciousness at the education level in childhood and so on promote innovative ideas to improve environmental quality at the country level enforcement of laws and legalisations.
R652	[ - ]	Middle East	KUWAIT	University or research institution	50s	Promoting environmental awareness in the work place, and among students at University in relation to courses I teach. Reducing ecological footprint by reducing water consumption and travel/trips to reduce petrol consumption.
R241	[ - ]	Middle East	LEBANON	University or research institution	50s	I believe the best way to tackle environmental issues is to keep development, urbanization, money, and even science away from the indigenous people and their natural resources. They have conserved nature for 100s of years and if left alone they will conserve it for the future.
R029	[ - ]	Middle East	PALESTINE	Other	50s	Saving water; by rational consumption; reducing food losses. Conserving biodiversity at household level. Applying 4Rs principals wherever possible.
R418	Carlos Garcia-Saez	Middle East	SAUDI ARABIA	Central government	60s	I have alway follow the dictum of act locally think globally, try to do as much as possible
R701	Esra Per	Middle East	TURKEY	University or research institution	40s	Individual awareness and actions play a crucial role in addressing environmental issues. In my daily life, I take steps such as conserving energy, using water efficiently, reducing waste, and recycling. Additionally, I opt for sustainable transportation methods. These small but effective actions help reduce our carbon footprint, combat climate change, and protect natural resources. If everyone takes similar steps, it can make a significant difference in enhancing environmental sustainability. As an academic, I also conduct citizen science-based research to raise public awareness.
R008	[ - ]	Oceania	AUSTRALIA	University or research institution	50s	I do everything I can to reduce my personal environmental impact in my daily life. I also do everything to educate and encourage my students, colleagues, family and friends (and employer) to do everything they can to reduce environmental impacts as well.

**Comments on Q5 (Your thoughts and actions to reduce environmental impact in your daily life)**

No.	Name	Region	Country	Affiliation	Age	Q5
R129	Linda See	Oceania	AUSTRALIA	University or research institution	50s	We have solar panels, an electric vehicle, an air source heat pump, burn our own wood (with tree replacement), largely vegan but otherwise vegetarian diet, try not to fly much or take alternatives, have no children, reuse and recycle everything possible, not hugely consumerist or if buying thing, try to buy second hand or refurbished
R179	[ - ]	Oceania	AUSTRALIA	Corporation	20s	I agree that individual actions are crucial to solving environmental issues because they are non-superfluous. I only invest in sustainable and ethical organisations. I re-use as much as possible. I have lowered my meat consumption. I share my knowledge with my friends, colleagues and peers.
R344	Peter Clark	Oceania	AUSTRALIA	NGO/NPO	70s and above	Ensuring all new developments at our business consider and enact some level of inclusion of sustainable/renewable energy generation. That waste is minimised and separated. That we continue to stop the purchase of throw away plastics in our business operation (e.g. no plastic straws, no plastic coffee cup lids etc).
R640	Raymond Thomas Wills	Oceania	AUSTRALIA	Corporation	60s	Electrifying everything is the strongest path to deliver low emissions energy through renewable sources, and I am adopting this approach in my individual actions, and encouraging family and friends to do the same.
R090	[ - ]	Oceania	NEW CALEDONIA	University or research institution	50s	We are all waiting for any government strong decision and action to reduce greenhouse emissions. People will follow and change their daily life when followed by examples and sustain.
R353	[ - ]	Oceania	NEW ZEALAND	Central government	50s	Yes I work in this field so am active every day, through work and as a citizen. Personal actions include: limiting consumption in general, zero food waste in the household, eating vegetarian 95% of the time, using public transport, implementing energy efficiency measures in my house, etc.
R478	[ - ]	Oceania	SOLOMON	NGO/NPO	40s	Yes, we should reduce deforestation by providing alternative and innovative green economy initiatives.
R213	[ - ]	Oceania	VANUATU	Other	60s	The problem and therefore awareness are fractal. There has to be a realisation at all levels from individuals to global organisations. But the awareness needs to come from appreciating the environment that supports us and good information on what is needed to keep ecosystems and resources healthy. Right now there are a lot of useless activities going on. The point is not to "reduce your environmental impact" because that does not have outcome goals one can work with - what impact am I reducing and how much do I have to do, and what should it look like if I am successful? Instead we need to be able to see changes, identify their causes and adaptively manage our use of the environment.
S032	Monica V. PIA	South America	ARGENTINA	University or research institution	40s	I raise awareness among young people about how to care for and protect the planet, our only home. Personally, I make rational use of energy and water. I compost organic matter. I have a vegetable garden. I contribute my knowledge to science and governmental entities.
S056	[ - ]	South America	ARGENTINA	University or research institution	60s	I have been composting waste for more than 30 years and those that cannot be composted I take to recycling cooperatives. I do not use plastic bags and minimize purchases that are neither necessary nor sustainable.
R452	Alicia Bustillos Ardaya	South America	BOLIVIA	NGO/NPO	30s	After more than 20 years without a car, no-meat diet, second-hand clothes, and other extreme measures of reduction of consumption, I'm convinced that policies are essential for collective action. Individual awareness needs to be accelerated in meaningful ways.
R370	[ - ]	South America	BRAZIL	Central government	40s	Please allow me to disagree on that belief. I believe tha individual actions only can be effective if it that actions are to be organized collectively to change policies, to put pressure on government or institutions to improve environmental and social policies, and so on.
R539	[ - ]	South America	BRAZIL	University or research institution	50s	We are involved in forage breeding and seed conservation. More productive forages will minimize the impact on the ecosystem and free some deforested areas to crops, implying diminishing the forest logging. Seed conservation is necessary to restore populations as soon as human action can lessen their impact on their habitats.
R669	[ - ]	South America	BRAZIL	Corporation	20s	Some of the actions that I do in my daily life to reduce my environmental impact are recycling, reducing water and energy consumption.
R689	Juliana Gatti Pereira Rodrigues	South America	BRAZIL	NGO/NPO	40s	I work and dedicate my life everyday to create projects that bring more awarness to society, most of the time in a voluntary way, specially focusing children and adolescents needs and rights for a healthy, clean and sustainable environment. I dedicate myself to public and city councils and initiatives. I reduce my consumption in every aspect and choose better from the companies I buy.

**Comments on Q5 (Your thoughts and actions to reduce environmental impact in your daily life)**

No.	Name	Region	Country	Affiliation	Age	Q5
S067	simone Fraga Tenorio Pereira Linares	South America	BRAZIL	NGO/NPO	50s	I work in a research and biodiversity conservation institution. I am involved in many projects carrying out important actions to achieve 7 SDG targets. We work in 4 Brazilian biomes with many partnerships, national and international universities. We train many students in our master's degree, we also develop sustainability projects with companies. We have some Climate Schools for high school students. We develop research with 6 endangered species in Brazil and we restore vegetation cover in the Atlantic Forest biome. In the Amazon, we work with protected areas, indigenous people and people who live in a traditional way.
R285	[ - ]	South America	CHILE	Other	40s	Reduce the level of consumption and be more informed and responsible when choosing products. Reduce-reuse and recycle.
S008	Mauricio Lima	South America	CHILE	University or research institution	60s	I do not believe that individual actions are key (they are necessary but not sufficient), it is necessary to dismantle the unsustainability loop unleashed since the agricultural revolution, population, energy and economic growth.
R136	Brigitte Baptiste	South America	COLOMBIA	University or research institution	60s	I've bought a piece of land to compensate my CO2 footprint and regenerate biodiversity, also to crate places for discussion and innovation
R336	[ - ]	South America	COLOMBIA	NGO/NPO	40s	Individual acyion are important to add to goverment and companies impact, I have compost in my house despite of not having a big backyard. Use public transport and walk as much as possible and don't have cars. Save water and electricity, collect rain water for my garden. Every year, I plant at least 5 fruit trees. Give environmental education workshop for kids. Work with cattle ranchers to find environmental- friendly practices.
S071	[ - ]	South America	COLOMBIA	University or research institution	30s	Separate garbage, clean material that could be potentially recyclable, reuse water and be conscious of water use and waste. Use means of transportation that reduce my carbon footprint, do not have children.
R451	Hugo ECHEVERRÍA	South America	ECUADOR	Other	40s	To reduce the use of plastic is an important way to solve environmental issues from an individual perspective. To reduce the use of fossil fuels as well.
R658	Marco Antonio Encalada	South America	ECUADOR	NGO/NPO	70s and above	Iside my own small practices to reduce my carbon footprint at home, I am in the process of developing a specialized electronic platform to freely deliver any kind of technologies of small and pretty small size useful to help people, homes, small farmers and businesses, enterprises, and communities to adapt to climate change while at the same time taking some actions to cooperate with mitigation of greenhouse emissions.
R607	[ - ]	South America	GUYANA	Central government	30s	Reduction in use of paper and plastics. Carpooling where possible Use of energy saving lights Try to use less water where possible such as taking shorter showers Rain water harvesting
R554	[ - ]	South America	PERU	University or research institution	20s	In my personal opinion, combating climate change begins with each of us, through conscious actions and avoiding consumerism. In Peru, many people often discard trash on the streets, leading to cleanliness issues in both residential areas and tourist locations. Therefore, I believe the primary factor that needs to be addressed is education.
S041	[ - ]	South America	PERU	NGO/NPO	60s	I don't use plastic, I walk more, I recycle, as a consumer I don't buy from companies that are socially and environmentally irresponsible, I don't consume unnecessary products.
S075	Marco Antonio Alcalde Cunningham	South America	PERU	Corporation	50s	I am currently supporting plastic waste recycling programs in the city of Lima, in the district of La Molina, Peru. I also participate in training on circular economy management and policy improvement in local governments in the highlands and jungle areas of Peru.
R347	[ - ]	South America	SURINAME	NGO/NPO	30s	I help to raise awareness in the community regarding environmental pressures. Own actions I take is not to litter and no excessive use of water and electricity.
S027	[ - ]	South America	VENEZUELA	NGO/NPO	50s	I agree. Among the things I do are: reduce the consumption of plastics, take to recycling all those items that are accepted by the few recycling companies, reduce the consumption of products that are not recyclable. Encourage the planting of local plant species, in that sense to guide when I am asked about it, favor the protection of wildlife. Use biodegradable products, as far as their availability and costs allow it, prefer to go to places with clear recycling policies, efficient use of energy, etc.
R067	[ - ]	USA & Canada	CANADA	Other	70s and above	I have invested in significantly reducing my carbon footprint through improvements in home heating and other energy use. I also avoid buying/using products that come from questionable sources (e.g. unsustainable use, slave labour).

**Comments on Q5 (Your thoughts and actions to reduce environmental impact in your daily life)**

No.	Name	Region	Country	Affiliation	Age	Q5
R096	Jon Cooksey	USA & Canada	CANADA	Media	60s	We're growing some of our own food and building out our food forest, we have solar panels and batteries, a well with filtration, we drive very little, fly very little, buy used clothing, try to minimize consumption, compost on-site, recycle everything possible. But most of these are the province of the privileged, or insignificant in comparison to the scale of the problem, and don't take account of the embedded carbon and resource footprint in just being part of industrialized society.
R189	[ - ]	USA & Canada	CANADA	Central government	60s	Buy organic foods whenever possible. Use public transport. Fly less and less often. Protect green space, plant only native plants. Buy second hand clothes and furniture and other products whenever possible. Minimize my consumption of everything. Vote progressively. Bike to work.
R260	Steven J. Cooke	USA & Canada	CANADA	University or research institution	40s	Little things add up. Just like we can suffer from death by 1000 cuts we can also make progress with 1000 bandaids (human actions). BUT - awareness doesn't always lead to action so need to use behavioural psychology and science to guide such efforts.
R384	[ - ]	USA & Canada	CANADA	NGO/NPO	40s	I consider individual actions are important for change. Each individual has accountability of what they decide to do with the planet. Furthermore, big industries answer to the demand of the public. If we demand for sustainable materials and resources, it will be easier to move to a more sustainable environment and economy. For that reason, I recycle, avoid using one-use plastics, and avoid over-consumption.
R639	Hans Tammemagi	USA & Canada	CANADA	Media	70s and above	My wife and I have only one car, we recycle a lot, we try to fix and re-use items and much more. Sadly, many don't. We do take these actions not because we're poor, but because we care. Sadly, many dont, and their numbers are increasing.
R688	[ - ]	USA & Canada	CANADA	other	60s	Purchasing electric/gas hybrid vehicle. Continuing to recycle. Trying to source products with as little packaging as possible (nearly impossible). Walk more, drive less.
R010	Matthew J. Campen, PhD, MSPH	USA & Canada	USA	University or research institution	50s	I don't believe we make a dent in any global problems by guiltng affluent individuals into behaving slightly better. Government-level initiatives need to be carried out.
R042	[ - ]	USA & Canada	USA	University or research institution	70s and above	I believe that deterioration in the physical and social environment is encouraged by the dominant western economic system, which puts short term profit ahead of all other goals. Only when people understand that well they begin to become effective in changing the political system.
R058	[ - ]	USA & Canada	USA	University or research institution	70s and above	Society behaves through its action in wanting technological changes that reduce environmental impacts but do not tackle behacioral changes.
R062	[ - ]	USA & Canada	USA	Local government	30s	I work in the conservation and environmental fields, so my family and I implement numerous actions in our lives, including general reduction in use and purchases, focusing on reuse and sustainability, providing habitat to our native species, making purchases that promote more sustainable options, reduced travel, etc.
R085	Roger A Powell	USA & Canada	USA	University or research institution	70s and above	I live in an off-grid house. I generate little waste and recycle most of it. I consume little; for example, I bought a new pair of pants this year for the first time in 15 years. I do not commute by auto.
R145	[ - ]	USA & Canada	USA	Local government	40s	Individual choices do make a difference but Government policies regulating actions are more vital. Some individual policy options include lowering consumption, use of alternative transportation, electrification of homes.
R186	Daniel Geiger	USA & Canada	USA	University or research institution	50s	I do not have children. That alone reduces environmental impact the most, much more than any other thing I could possibly do.
R196	[ - ]	USA & Canada	USA	Central government	40s	Recycling options are few where I live. I make the effort to recycle as much as I can and keep that process as clean as possible (i.e. don't throw in plastic bags into recycling as our area can't handle that). Another individual impact I perform is only buying what's necessary instead of every fancy toy that's advertised.
R209	[ - ]	USA & Canada	USA	Local government	30s	I totally agree with the statement and at least, I wanted to start from myself to have less ecological footprint by eating less meat, less plastic usage, less travels and try to recycle as much as I can.
R311	[ - ]	USA & Canada	USA	University or research institution	60s	I DISAGREE that individual actions are sufficient to make a meaningful change. We need government and business to change the entrenched protection of the status quo and focus on profits as the key goal.
R372	[ - ]	USA & Canada	USA	University or research institution	70s and above	I work and vote to focus on collective, system-wide changes. I cannot provide a new energy source or develop more responsible land use as an individual. It must be done society-wide. It is a scam to put it all on the individual actions to achieve change.
R462	[ - ]	USA & Canada	USA	University or research institution	60s	I have solar panels on my roof and use electricity produced by my solar panels for heating and cooling. I do not drive a car unless necessary, I walk and ride my bike for all basic necessities. I eat sustainable foods, especially animal proteins, which are primarily sardines, and lots of organically raised produce that is grown locally.

### Comments on Q5 (Your thoughts and actions to reduce environmental impact in your daily life)

No.	Name	Region	Country	Affiliation	Age	Q5
R468	Albert Bates	USA & Canada	USA	NGO/NPO	70s and above	I have lived for more than 50 years in an ecovillage. In each succeeding generation, everything is done with a view towards all dimensions of regenerative, fair, healthy, and generous living. Striving towards best practices has become normal and without notice. One can choose to place this into a religious or cultural framework but it is only surprising that it is not encompassed in the usual definition of civilization and that living apart from this framework is not considered primitive or barbaric.
R512	[ - ]	USA & Canada	USA	Media	60s	Individual awareness and actions are the only things preventing the world from slipping into oblivion. I see some worker bees in government agencies making some progress despite rhetoric from officials who publicly question climate change and support economy based on fossil fuels.
R543	Joshua D Sarnoff	USA & Canada	USA	University or research institution	60s	Many would be wrong who believe that. We need to compel private actions, not allow bad choices (based on bad values) to continue to be made. For only one example, reliance on private automobiles will continue unabated unless and until we change the way that cities are organized - and that is beyond any individual choice. For intercity travel, we need much more significant and rapid electric rail systems, which require investments. Otherwise people will continue to choose to drive or fly.
R592	Jill Wagner	USA & Canada	USA	Other	50s	People are working on large scale ecosystem restoration which includes several SDG's, but the largest tree planting organizations in the world are planting a handful of species. How does this help regional biodiversity and resilience? There is little attention or effort for seed collection; native species and agricultural crops. There needs to be much more regional seed collection. Seeds are the mother of time. They represent cyclical time; planting, growing, flowering seeding, collecting.
R664	[ - ]	USA & Canada	USA	University or research institution	40s	I teach sustainability at a public university and I speak globally about issues facing freshwater resources. I compost, recycle, drive a hybrid car, raise my own chickens for eggs, eat organic, conserve energy and water, buy sustainably made products whenever possible, among other things.
R690	[ - ]	USA & Canada	USA	other	60s	I mostly work at the advisory level to government and industry. On a local level I live in an apartment in an urban area so there is little I can do. I cannot have an electric vehicle because I cannot charge it. Recycling requires me to drive recyclables to a distant recycling center.
R333	[ - ]	Western Europe	AUSTRIA	Central government	40s	I have stopped eating meat purely for environmental reasons. I have also reduced my business travelling, while trying my best to reduce the climate impact of my private travelling/holidays. I have isolated my summer-house's roof.
R275	Iuc Janssens de Bisthoven	Western Europe	BELGIUM	Central government	50s	I do not buy plastic bottles of water. I sort the waste. I use public transport as much as I can. I am quasi vegetarian.
R180	Anders S. Barfod	Western Europe	DENMARK	University or research institution	60s	Thd implementation gap is the biggest challenge, because the average citizens are geneally alienated towards nature. We need need an age of green enlightenment to create the necessary momentum.
R257	[ - ]	Western Europe	FRANCE	Central government	40s	Standard stuff: I only take the plane if unavoidable, I've reduced my consumption of red meat, I recycle and compost, I avoid buying what can be fixed or I keep using objects even if they are no longer performing at their best (phone, computer), I often work from home among other reasons so as not to use the car, I resist marketing that encourages consumption, etc.
F002	Joel Guiot	Western Europe	FRANCE	University or research institution	70s and above	The individual is part of the solution, but nothing will happen without a change in the economic system and a strong will from institutions.
F032	KREITER Serge	Western Europe	FRANCE	University or research institution	60s	I make compost, I sort my waste, I collect rainwater, I don't use any pesticides, I don't use any dangerous products, I eat organic, I don't overconsume, I travel as much as possible on foot and by bike, I no longer take the plane, I protect birds and other animals at home, I am a naturalist and I know the survival methods... but as I feel very alone, as politicians have requirements but don't apply them, as they do NOTHING or almost NOTHING, I doubt the effectiveness of what is asked of individuals...
R080	[ - ]	Western Europe	GERMANY	University or research institution	70s and above	Action must be communicated in a rational way. Not via alarmism. People have to follow the goals deliberately.
R397	[ - ]	Western Europe	GERMANY	University or research institution	60s	here in Germany it is next to impossible to live sustainably - public transport is poor, and it takes a lot of effort to do the daily shopping without plastic envelopes and agrochemicals.
R460	Simon Bruslund	Western Europe	GERMANY	NGO/NPO	40s	I have adopted my personal choices regarding sustainable diet and travel and, I have made personal investments in land areas which are now allowed to re-develop natural processes.
002	UDO E SIMONIS	Western Europe	GERMANY	University or research institution	70s and above	Individual awareness and actions are needed, but public policies must go with and accompany them !

**Comments on Q5 (Your thoughts and actions to reduce environmental impact in your daily life)**

No.	Name	Region	Country	Affiliation	Age	Q5
R178	Petros Lymberakis	Western Europe	GREECE	University or research institution	50s	I am deeply engaged. Nevertheless, the many that believe individual awareness changes will solve the issues are wrong. We do not lack individual awareness. We need decisive institutional policies against all inequalities manifestations, e.g. rendering multinational companies accountable and fair taxation of the rich.
R055	Narissa Bax	Western Europe	GREENLAND	University or research institution	30s	I focus my attention on research at the poles and in the deep sea, as conservation of these places will have the greatest impact globally. These areas are also under treaties for humanity, so there is a social responsibility that I hold and that hopefully more and more people are engaging in.
R258	[ - ]	Western Europe	IRELAND	Central government	60s	I will buy the minimum number of new clothes until I die. I have bought an electric car. I promote technology to treat and conserve top soil using steam and no chemicals.I promote research into geoengineering .
R119	Stefano Passerini	Western Europe	ITALY	University or research institution	60s	I am targeting the least energy consumption via installation of PV and use of an hybrid car. Also, we try to minimise waste
R220	Ant Türkmen	Western Europe	ITALY	Other	50s	Population growth should be stopped and consumption habits should change. I don't make children, I don't drive car, I don't change my clothes every year and the only present I buy for everybody is a book.
R320	Marco Casazza	Western Europe	ITALY	University or research institution	40s	I think that a higher implementtion of the scientific experimental and theoretical modelling of human multiple interactions with our planet should complement the pace of technological improvements. In parallel to human understanding, motivations and proactive behaviours toward more sustainable lifestyles should be encouraged.
R303	[ - ]	Western Europe	NORWAY	University or research institution	40s	I believe that individual actions have limtied impact on solving environmental issues. Individual awareness is important, but primarily to inform how to vote in political elections as government legislation and regulation is much more important in solving environmental issues. However, there is somewhat of a change happening, with businessen getting more involved in solving these proglems due to customer demand. Thus, I try to make informed choises as a consumer, but it is very difficult to do so.
R321	Pedro GP Casimiro	Western Europe	PORTUGAL	Local government	50s	Food and consumption are, in my opinion, the main driver for reducing environmental impact. In this line of thoughts, I am involved in the promotion of ecological practices in farming and marketing of food, namely through organic farming development. I have also become a parttime organic farmer, marketing my products in local market.
R039	[ - ]	Western Europe	SPAIN	Other	50s	I am a conscious and engaged citizen. Trying to make responsible-affordable choices in my daily life to protect the environment. However, my area of influence is limited. We need bold and structural changes from governments and business that can be complemented with the efforts of citizenry
R597	[ - ]	Western Europe	SPAIN	University or research institution	30s	Being vegetarian, cutting down on unnecessary travel (especially flights), buying less or shopping second-hand where possible, recycling
S044	Maria Inmaculada Romero Bujan	Western Europe	SPAIN	University or research institution	60s	I certainly consume responsibly, recycle and try to transmit these values to my students.
R705	[ - ]	Western Europe	SWEDEN	University or research institution	40s	I am trying to adopt my lifestyle everyday to do my part of the global goals. Unfortunately, lack of political and economic structure are hampering the possibilities.
R025	Anthony Patt	Western Europe	SWITZERLAND	University or research institution	50s	I have eliminated all personal Scope I and Scope II emissions, with the exception of a limited amount of airplane travel. The three major changes are now only using electric ground transportation (e.g. electric cars, electric trains), heating my house with a heat pump, and generating more PV electricity from my house' roof than I use. I do still fly, but have a personal rule that I Don't Fly for Fun, i.e. holiday or tourism, only for important work or social obligations (e.g. attending weddings and funerals).
R054	Arthur Lyon Dahl	Western Europe	SWITZERLAND	NGO/NPO	70s and above	I have tried for many years to minimize my environmental impact, avoiding a consumer lifestyle, living and eating simply, recycling, but also working for system change.
R328	[ - ]	Western Europe	SWITZERLAND	NGO/NPO	50s	I've changed my consumption patterns in terms of food, transportation, reducing food waste to a minimum and water consumption. I'm promoting better behaviours to my family and friends.
R561	[ - ]	Western Europe	SWITZERLAND	NGO/NPO	50s	I introduced a few climate improving actions, which don't have a big impact on my lifestyle like using public transport or bike to work, reduce flights for leisure/ Holidays or reduced meat consumption. I invested in a electric car and in a PV installation for the house I live
R631	[ - ]	Western Europe	SWITZERLAND	University or research institution	50s	As of this year, thanks to various energy savings measures, our house produces more energy than it consumes per year.

**Comments on Q5 (Your thoughts and actions to reduce environmental impact in your daily life)**

No.	Name	Region	Country	Affiliation	Age	Q5
F008	Denis VALLAN	Western Europe	SWITZERLAND	Other	50s	I am aware that I have a great influence on the 17 points mentioned. That is why I do not own a car, I rarely fly and I eat little meat. And I am committed to the environment.
R246	[ - ]	Western Europe	THE NETHERLANDS	NGO/NPO	50s	I believe that government action makes more impact than believing that individual awareness and actions solve environmental issues. Through government policies, tax incentives, subsidies and direct financial support, the whole society is part of the solutions for environmental issues.
R395	[ - ]	Western Europe	THE NETHERLANDS	Other	20s	Individual awareness and actions are necessary to reduce our environmental impact but I believe it to be minuscule compared to what large companies and governments can do. We keep on consuming and polluting mainly because the industry keeps on producing. We need a shift in attitude and relation to what we consume. This has to be done on a global level and is the responsibility of government. Most people can't afford to be environmentally conscious.
R033	[ - ]	Western Europe	UK	Corporation	50s	There is a limit to how much one individual can do. When faced with cheap consumerism, most people will go with the flow. Poverty means cheap purchases so as poverty continues and even rises in places such as the UK, people will spend on cheap rubbish to survive as the environmentally sustainable options are out of their price range.
R237	Patricia Howard	Western Europe	UK	University or research institution	70s and above	For most people, this is a) excessively expensive and b) the infrastructure to support change is unavailable or barely available. I have implemented green energy and biodiversity conservation on my own property, but at great expense and effort, and have created only a sustainable tiny 'island' in the area where I live.
R274	[ - ]	Western Europe	UK	NGO/NPO	40s	I do not agree with this statement - the biggest lever we need to pull in order to create the systems change required is at the governmental level. As workers/voters/consumers the best thing we can do is (a) lobby politicians and apply relevant pressure for them to stay accountable to what they have promised to deliver, and (b) we can influence corporates' behaviour through our purchasing power.
R334	[ - ]	Western Europe	UK	Other	60s	I champion nature recovery in our local UNESCO Biosphere Reserve through an agreed Nature Recovery Plan.I am a trustee of out local Wildlife Trust. I support nature recovery on our farm.
R573	[ - ]	Western Europe	UK	University or research institution	50s	I'm more worried about awareness and actions among the majority of the population, not the sorts of people who get sent these surveys.. ;-) So while I am engaged in my own individual actions, I feel that the biggest impact I can have is trying to make others aware. Which in the current political and social environment often seems impossible.
R668	[ - ]	Western Europe	UK	Other	50s	I 'champion' these issues with every breath I take. I am additionally planning on writing another book - antithesis.earth - which encapsulates my current thinking but the publishing industry has let me down, sadly.