



Can I Borrow some life?

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Type of activity

The exercise presents three related activities that may be used in economics classes, as well as in any class where students' critical thinking is to be encouraged.

Target educational level

It can be addressed to last courses of High School students and to any university student.

Information entry

The Earth Overshoot Day marks the moment when the planet has used up all the resources it can produce. At our rate of life, we need about 1.7 planets to meet our needs. At this rate of consumption, it is estimated that by 2050 we will need about 3 planets to meet our needs. From then on we will be living on borrowed time. The alarming thing is that this date has been moving rapidly over the last few decades.

Source

Source:

<https://sharing.org/information-centre/news/earth-overshoot-day-comes-earlier-every-year>

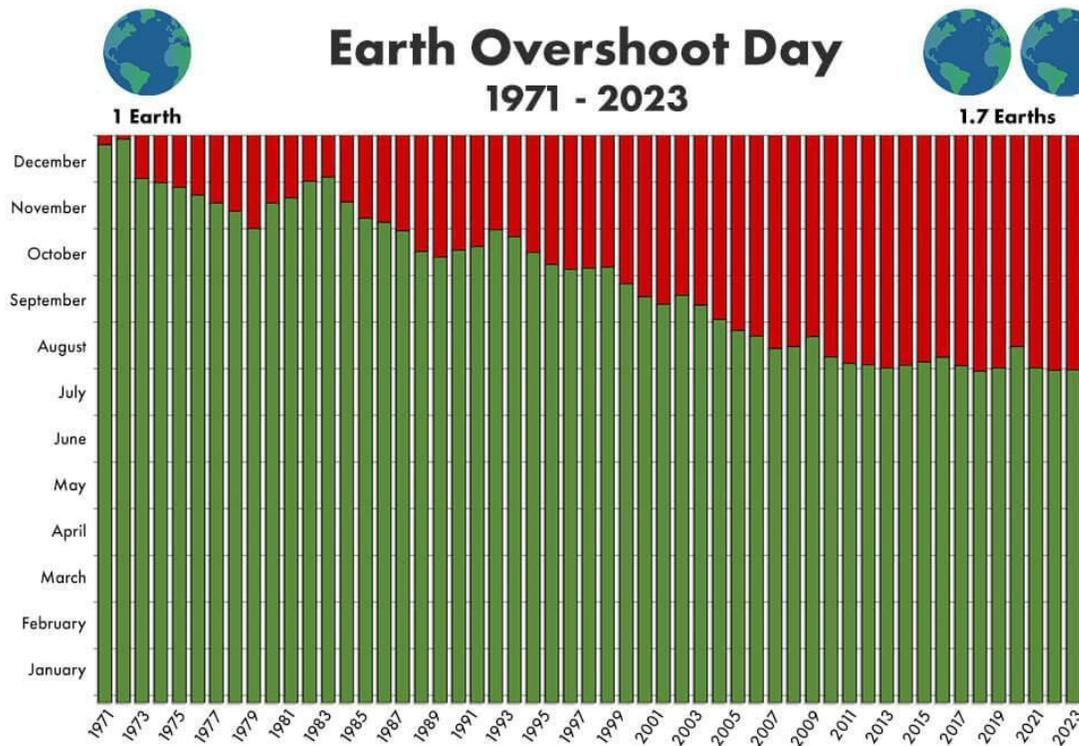
[https://overshoot.footprintnetwork.org/newsroom/country-overshoot-days/#:~:text=The%20133rd%20day%20of%202023,per%20person%20\(1.6%20gha\).](https://overshoot.footprintnetwork.org/newsroom/country-overshoot-days/#:~:text=The%20133rd%20day%20of%202023,per%20person%20(1.6%20gha).)

Problem statement

Activity 1:



Considering the graph below, students should reflect and comment on the issues that stand out for them.



Source: National Footprint and Biocapacity Accounts 2023 Edition
data.footprintnetwork.org

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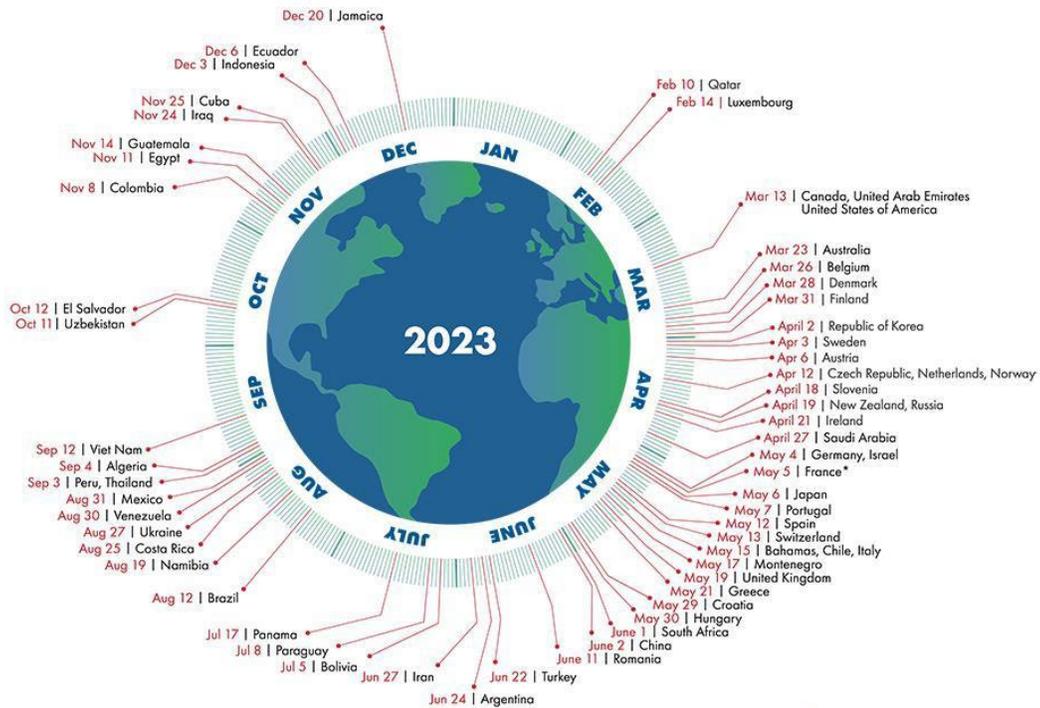
Activity 2:

To make students aware that not all countries have the same impact on the Earth's resources, they will reflect on some questions based on the following graph.

What are the characteristics of countries that reach Overshoot Day earlier?
Given the data in the graph, what influences the date of depletion?

Country Overshoot Days 2023

When would Earth Overshoot Day land if the world's population lived like...



For a full list of countries, visit overshootday.org/country-overshoot-days.
 *French Overshoot Day based on nowcasted data. See overshootday.org/france.
 Source: National Footprint and Biocapacity Accounts, 2022 Edition
data.footprintnetwork.org



Source: <https://wwfes.awsassets.panda.org/img/original/country-overshoot-days-2023-sm.jpg>

Activity 3:

Reducing our ecological footprint, the negative impact of our lifestyles on the environment, can be achieved through small daily actions, some of which are very simple and easy to implement.



A Whatsapp message emits 0.2 grams of CO₂. How many unnecessary messages do we send when we could avoid the negative impact they cause? Students estimate how many 'unnecessary' messages they have sent in a Whatsapp group during the day and calculate how much they could have saved in grams of emissions for the whole class.

Solution

Activity 1:

The graph allows students to reflect on how economic development and the level of consumption in recent decades have had a major impact on the overexploitation of the Earth, bringing forward the date of overexploitation by about 4 months. It also allows students to reflect on the impact that COVID-19 has had on reducing the consumption of the planet's resources and increasing the date of depletion.

Activity 2

The countries that reach Earth Overshoot Day earlier are the most economically developed countries, mainly the United States, Canada and European countries. These are countries with a high GDP per capita, while the poorest countries have dates in the last months of the year. The Earth Overshoot date is directly linked to the consumption capacity of countries and their level of consumption. It is also observed that countries with weak and uncommitted environmental regulations also reach their Earth Overshoot date much earlier.

Activity 3:

This activity does not have a specific solution since it is aimed at encouraging self-reflection and self-criticism in individual behavior.