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#### A PLASTIC WORLD

Plastics have brought great convenience but also problems when disposed carelessly.



The worldwide total volume of plastic has reached *8.3 billion metric tons*, the equivalent of more than *800,000 Eiffel Towers* or *a billion parades of elephants*. Of this enormous amount, *6.3 billion metric tons* have been disposed as waste. Every year, *8 million tons* of plastic reaches the oceans, which is equivalent to a full garbage truck of trash washing into our oceans every minute. At current rates, by *2030*, it will be *two trucks* per minute. It is also predicted that there will be *more plastic than fish* in the sea within 30 years.

The biggest problem is that plastic does not biodegrade easily. It stays around for thousands of years. Plastic slowly breaks up into tiny pieces and also leaks chemical substances that are *harmful* to the environment, animals and people.

Plastic *kills* more than *1.1 million* seabirds and animals *every year*.

73% of beach litter worldwide is plastic (e.g. bottles, food wrappers, and polystyrene containers).



A Pilot Whale was found **dead** in Thailand with **80 pieces of plastic** in its stomach.



Sea turtles and other marine creatures *mistake* plastics as food (e.g. jellyfish) and ingest it, causing blockages within their digestive system and eventual *death*.

Studies have found that *half* of the sea turtles around the world have *ingested* plastic.



The debris uses oxygen as it degrades, resulting in low level of oxygen in the waters. As oxygen levels go down, it badly affects the survival of marine animals including whales, dolphins and penguins.

## MAKE A SMALL CHANGE BUT BIG DIFFERENCE TODAY



Use your own container for take-away food

Bring your own shopping bag

Say 'NO' to *single-use* plastic that you do not need (e.g. straw, plastic bags)





#### HORSESHOE CRAB RESCUE & RESEARCH PROGRAMME

When: Sunday, 21 July, 7:30am - 10:00am

Where: Kranji Mudflats

Cost: Free (registration required)



Horseshoe Crabs (HSC) are in decline globally due to habitat loss, poaching and overfishing. Nature Society (Singapore) aims to continually monitor our local HSC population to ensure that they stay around for generations to come.

Register at: https://tinyurl.com/nsshorseshoecrab.



### LIVING WELL: CULTIVATING COMMUNITY, NURTURING

When: Friday, 19 July, 6:00pm - 8:30pm Where: Singapore Sustainability Academy

Cost: Free

Come and hear from the team behind Uthai Forest, a non-profit project that aims to reforest 23 hectares of land in Thailand, and 3 founders of nature and community-based initiatives in Singapore. They will speak about their action-based work that's bringing people closer to the Earth and each other. Learn about their work and motivations, and how YOU can be a part of these growing communities that aim to heal the planet and our fractured societies.

#### NPARKS INTERTIDAL GUIDED WALKS

When: Sunday, 21 July, 8:30am - 11:30am

Where: Sisters' Islands Marine Park

Cost: Free



The intertidal area at Sisters' Islands Marine Park is most suitable for visiting during low tides of 0.4 metres and below. This is when you will be able to see the shore teeming with marine life as the area will be submerged under water at higher tides.

Nature guides will be on hand to bring you on a tour to experience the Marine Park's amazing biodiversity.