

PLASTIC OVER SHOOT DAY

This is the day when the generation of plastic waste exceeds the capacity of waste management, leading to environmental pollution.

**Countries
dates 2025**

At EA Earth Action, our work on plastics focuses on shedding light on the critical issue of plastic pollution. We achieve this by leveraging scientific research to quantify the magnitude of the problem, and by empowering individuals and organizations to find solutions.

The aim of this document is to provide data on the Plastic Overshoot Day of each country, derived from its Mismanaged Waste Index (MWI). The MWI is a metric used to quantify the amount of plastic waste that is not properly managed and therefore ends up in the environment.



Plastic overshoot day, by country, in alphabetical order:

Country	2021	2022	2023	2024	2025
A					
Afghanistan	19/02	19/02	19/02	19/02	19/02
Albania	16/05	20/05	30/05	02/06	03/06
Algeria	18/09	29/09	03/10	28/09	01/10
American Samoa	25/07	05/08	11/07	08/08	12/08
Andorra	13/08	13/08	14/08	14/08	14/08
Angola	31/01	11/02	07/02	06/02	06/02
Antigua and Barbuda	21/12	21/12	21/12	20/12	21/12
Argentina	30/07	10/08	13/08	10/08	11/08
Armenia	25/01	05/02	08/02	12/02	12/02
Aruba	05/03	05/03	05/03	04/03	05/03
Australia	08/12	08/12	08/12	07/12	08/12
Austria	09/12	09/12	09/12	08/12	09/12
Azerbaijan	25/01	05/02	09/02	12/02	12/02
B					
Bahamas	26/09	07/10	11/10	12/10	14/10
Bahrain	07/04	07/04	07/04	06/04	07/04
Bangladesh	20/02	23/02	22/02	26/02	01/03
Barbados	26/10	06/11	10/11	13/11	14/11
Belarus	17/09	22/09	19/09	24/09	28/09
Belgium	09/12	09/12	09/12	08/12	09/12
Belize	16/05	27/05	30/05	27/05	31/05
Benin	17/02	17/02	19/02	20/02	21/02
Bermuda	26/12	26/12	26/12	25/12	26/12
Bhutan	20/03	20/03	20/03	19/03	20/03
Bolivia	05/05	09/05	10/05	10/05	13/05
Bosnia and Herzegovina	07/05	10/05	20/05	18/05	23/05
Botswana	14/01	20/01	16/01	21/01	24/01
Brazil	25/07	05/08	09/08	06/08	07/08
British Virgin Islands	07/10	07/10	07/10	06/10	07/10
Brunei	25/09	06/10	03/10	05/10	09/10
Bulgaria	05/08	13/08	19/08	22/08	23/08

Burkina Faso	02/02	02/02	03/02	03/02	04/02
Burundi	02/02	02/02	01/02	02/02	02/02
C					
Cabo Verde	02/03	06/03	13/03	09/03	11/03
Cambodia	03/03	05/03	07/03	08/03	10/03
Cameroon	19/02	19/02	21/02	22/02	23/02
Canada	11/12	11/12	11/12	10/12	11/12
Cayman Islands	04/04	04/04	04/04	03/04	04/04
Central African Republic	15/01	14/01	15/01	15/01	15/01
Chad	03/02	04/02	05/02	04/02	05/02
Channel Islands	14/12	14/12	14/12	13/12	14/12
Chile	24/08	18/08	01/09	29/08	03/09
China	12/09	12/09	12/09	21/09	28/09
Colombia	08/09	14/09	18/09	14/09	16/09
Comoros	26/01	25/01	27/01	27/01	28/01
Congo	23/02	25/02	24/02	25/02	26/02
Congo Dem. Rep	21/01	23/01	23/01	23/01	24/01
Costa Rica	08/08	15/08	22/08	25/08	26/08
Côte d'Ivoire	13/01	11/01	15/01	17/01	18/01
Croatia	03/12	03/12	03/12	02/12	03/12
Cuba	20/04	20/04	20/04	19/04	20/04
Curacao	07/01	17/01	21/01	17/01	17/01
Cyprus	17/10	20/10	01/11	02/11	05/11
Czech Republic	03/12	03/12	03/12	02/12	03/12
D					
Denmark	13/12	13/12	13/12	12/12	13/12
Djibouti	16/02	19/02	24/02	23/02	26/02
Dominica	14/08	22/08	29/08	23/08	25/08
Dominican Republic	08/02	19/02	23/02	27/02	27/02
Ecuador	22/06	28/06	30/06	28/06	30/06
Egypt	11/02	17/02	08/02	14/02	16/02
El Salvador	02/08	07/08	11/08	09/08	12/08
Equatorial Guinea	04/05	14/05	05/05	03/05	04/05
Eritrea	09/01	09/01	09/01	09/01	09/01
Estonia	31/10	04/11	12/11	15/11	18/11
Eswatini	11/02	10/02	08/02	11/02	12/02

Ethiopia	15/01	16/01	21/01	20/01	21/01
F					
Faeroe Islands	21/08	21/08	21/08	20/08	21/08
Fiji	20/06	28/06	04/07	28/06	29/06
Finland	20/12	20/12	20/12	19/12	20/12
France	10/12	10/12	10/12	09/12	10/12
French Polynesia	24/04	16/04	09/04	25/04	27/04
G					
Gabon	14/02	18/02	13/02	20/02	23/02
Gambia	05/02	06/02	07/02	07/02	08/02
Georgia	01/03	12/03	16/03	19/03	20/03
Germany	09/11	09/11	09/11	08/11	09/11
Ghana	15/02	13/02	14/02	17/02	18/02
Gibraltar	21/10	21/10	21/10	20/10	21/10
Greece	21/07	21/07	04/08	29/07	01/08
Greenland	12/12	12/12	12/12	11/12	12/12
Grenada	14/09	23/09	29/09	26/09	29/09
Guam	27/10	27/10	27/10	26/10	27/10
Guatemala	13/04	19/04	25/04	23/04	28/04
Guinea	28/01	31/01	02/02	02/02	04/02
Guinea-Bissau	14/01	14/01	15/01	16/01	16/01
Guyana	04/06	15/06	18/06	21/06	22/06
H					
Haiti	19/02	18/02	17/02	19/02	19/02
Honduras	02/05	06/05	10/05	07/05	10/05
Hong Kong SAR, China	30/11	30/11	30/11	29/11	30/11
Hungary	07/12	07/12	07/12	06/12	07/12
I					
Iceland	21/12	21/12	21/12	20/12	21/12
India	14/04	16/04	18/04	18/04	20/04
Indonesia	06/07	12/07	15/07	15/07	18/07
Iran	01/03	03/03	04/03	24/02	22/02
Iraq	04/02	15/02	16/02	21/02	23/02
Ireland	24/11	24/11	24/11	23/11	24/11
Isle of Man	16/12	16/12	16/12	15/12	16/12
Israel	23/09	23/09	23/09	22/09	23/09

Italy	20/10	17/10	24/10	21/10	24/10
J					
Jamaica	05/04	15/04	20/04	17/04	20/04
Japan	17/12	17/12	17/12	16/12	17/12
Jordan	07/05	09/05	12/05	11/05	14/05
K					
Kazakhstan	03/02	14/02	17/02	21/02	21/02
Kenya	11/02	12/02	10/02	14/02	15/02
Kiribati	13/06	11/06	12/06	12/06	14/06
Korea	21/12	21/12	21/12	20/12	21/12
Kosovo	16/02	15/02	23/02	24/02	27/02
Kuwait	23/01	23/01	23/01	23/01	23/01
Kyrgyz Republic	03/03	09/03	13/03	10/03	13/03
L					
Lao PDR	11/04	05/04	06/04	08/04	10/04
Latvia	20/09	20/09	04/10	05/10	09/10
Lebanon	14/06	14/06	14/06	13/06	14/06
Lesotho	24/01	24/01	23/01	23/01	23/01
Liberia	22/01	24/01	24/01	24/01	24/01
Libya	28/04	09/05	12/05	10/05	07/05
Liechtenstein	23/08	23/08	23/08	22/08	23/08
Lithuania	22/11	30/11	07/12	09/12	10/12
Luxembourg	14/12	14/12	14/12	13/12	14/12
M					
Macao SAR, China	14/03	14/03	14/03	13/03	14/03
Macedonia	27/08	27/08	05/09	04/09	09/09
Madagascar	20/01	21/01	21/01	21/01	21/01
Malawi	15/01	15/01	15/01	16/01	16/01
Malaysia	07/09	17/09	15/09	19/09	23/09
Maldives	30/01	10/02	14/02	17/02	17/02
Mali	19/01	19/01	20/01	21/01	21/01
Malta	01/12	01/12	01/12	30/11	01/12
Marshall Islands	28/04	27/04	28/04	02/05	06/05
Mauritania	09/02	10/02	13/02	13/02	15/02
Mauritius	19/06	30/06	04/07	04/07	05/07
Mexico	09/08	20/08	23/08	26/08	27/08

Micronesia	05/03	10/03	13/03	12/03	15/03
Moldova	10/03	13/03	21/03	21/03	26/03
Monaco	25/11	25/11	25/11	24/11	25/11
Mongolia	21/03	27/03	04/04	03/04	07/04
Montenegro	19/02	25/02	06/03	08/03	09/03
Morocco	18/05	15/05	19/05	19/05	21/05
Mozambique	15/01	16/01	17/01	17/01	17/01
Myanmar	01/03	28/02	01/03	01/03	02/03
N					
Namibia	20/01	21/01	20/01	21/01	21/01
Nauru	27/06	16/06	12/06	27/06	05/07
Nepal	19/02	21/02	21/02	22/02	23/02
Netherlands	11/11	11/11	11/11	10/11	11/11
New Caledonia	24/08	20/08	10/08	25/08	27/08
New Zealand	19/12	19/12	19/12	18/12	19/12
Nicaragua	28/03	30/03	04/04	31/03	02/04
Niger	23/01	24/01	24/01	25/01	25/01
Nigeria	10/02	12/02	05/02	08/02	08/02
Northern Mariana Islands	05/05	05/05	05/05	04/05	05/05
Norway	14/12	14/12	14/12	13/12	14/12
O					
Oman	12/02	12/02	12/02	12/02	12/02
P					
Pakistan	12/02	14/02	12/02	13/02	13/02
Palau	17/08	17/08	17/08	16/08	17/08
Panama	01/06	12/06	16/06	18/06	19/06
Papua New Guinea	31/05	07/06	06/06	06/06	08/06
Paraguay	07/05	11/05	13/05	11/05	13/05
Peru	26/06	03/07	10/07	07/07	10/07
Philippines	04/06	05/06	09/06	08/06	11/06
Poland	05/12	05/12	05/12	04/12	05/12
Portugal	27/11	27/11	27/11	26/11	27/11
Puerto Rico	07/10	13/10	17/10	13/10	15/10
Q					
Qatar	12/04	12/04	12/04	11/04	12/04
R					

Romania	14/07	19/07	29/07	01/08	02/08
Russian Federation	10/04	21/04	21/04	27/04	28/04
Rwanda	18/01	21/01	21/01	21/01	22/01
S					
Samoa	30/08	29/08	04/09	01/09	02/09
San Marino	20/07	20/07	20/07	19/07	20/07
São Tomé and Príncipe	16/02	17/02	25/02	24/02	27/02
Saudi Arabia	05/06	16/06	19/06	22/06	23/06
Senegal	25/01	25/01	28/01	28/01	30/01
Serbia	19/07	19/07	02/08	05/08	06/08
Seychelles	08/09	19/09	22/09	25/09	26/09
Sierra Leone	21/01	21/01	19/01	20/01	20/01
Singapore	20/12	20/12	20/12	19/12	20/12
Sint Maarten (Dutch part)	06/10	17/10	21/10	16/10	18/10
Slovak Republic	07/11	01/11	20/11	18/11	24/11
Slovenia	16/11	12/11	29/11	27/11	03/12
Solomon Islands	09/02	10/02	11/02	12/02	13/02
Somalia	02/02	02/02	03/02	03/02	04/02
South Africa	28/05	26/05	21/05	25/05	28/05
South Sudan	04/02	04/02	04/02	04/02	04/02
Spain	18/11	17/11	29/11	25/11	29/11
Sri Lanka	20/02	12/02	18/02	16/02	15/02
St. Kitts and Nevis	09/12	09/12	09/12	08/12	09/12
St. Lucia	13/09	24/09	28/09	30/09	01/10
St. Martin (French part)	14/10	14/10	14/10	13/10	14/10
St. Vincent and the Grenadines	28/08	06/09	11/09	11/09	15/09
Sudan	09/03	14/03	23/03	18/03	20/03
Suriname	09/02	20/02	16/02	09/02	06/02
Sweden	09/12	09/12	09/12	08/12	09/12
Switzerland	11/12	11/12	11/12	10/12	11/12
Syrian Arab Republic	23/02	23/02	23/02	23/02	23/02
T					
Taiwan	14/12	14/12	14/12	13/12	14/12
Tajikistan	10/02	13/02	15/02	13/02	14/02
Tanzania	31/01	01/02	02/02	02/02	03/02
Thailand	18/07	16/07	19/07	24/07	27/07

Timor-Leste	04/03	28/02	18/02	27/02	01/03
Togo	12/02	12/02	13/02	14/02	14/02
Tonga	29/04	29/04	29/04	28/04	29/04
Trinidad and Tobago	04/03	15/03	18/03	13/03	16/03
Tunisia	27/06	25/06	29/06	25/06	27/06
Turkey	02/06	13/06	17/06	15/06	18/06
Turkmenistan	31/07	11/08	14/08	17/08	18/08
Turks and Caicos Islands	05/10	16/10	19/10	22/10	23/10
Tuvalu	19/03	17/03	21/03	24/03	29/03
U					
Uganda	26/01	27/01	28/01	28/01	29/01
Ukraine	22/06	11/06	16/06	22/06	27/06
United Arab Emirates	05/03	05/03	05/03	04/03	05/03
United Kingdom	09/12	09/12	09/12	08/12	09/12
United States	12/12	12/12	12/12	11/12	12/12
Uruguay	19/03	30/03	03/04	05/04	06/04
Uzbekistan	16/01	21/01	25/01	19/01	20/01
V					
Vanuatu	24/04	27/04	01/05	30/04	03/05
Venezuela	23/06	23/06	23/06	22/06	23/06
Vietnam	05/06	10/06	13/06	14/06	18/06
Virgin Islands (U.S.)	14/10	14/10	14/10	13/10	14/10
West Bank and Gaza	25/02	28/02	24/02	27/02	01/03
Y					
Yemen	02/02	02/02	02/02	02/02	02/02
Z					
Zambia	26/01	31/01	30/01	29/01	30/01
Zimbabwe	12/02	17/02	19/02	18/02	18/02

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