

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, ordered by date:

Country	2021	2022	2023	2024	2025
January					
Eritrea	09/01	09/01	09/01	09/01	09/01
Central African Republic	15/01	14/01	15/01	15/01	15/01
Guinea-Bissau	14/01	14/01	15/01	16/01	16/01
Malawi	15/01	15/01	15/01	16/01	16/01
Curacao	07/01	17/01	21/01	17/01	17/01
Mozambique	15/01	16/01	17/01	17/01	17/01
Côte d'Ivoire	13/01	11/01	15/01	17/01	18/01
Sierra Leone	21/01	21/01	19/01	20/01	20/01
Uzbekistan	16/01	21/01	25/01	19/01	20/01
Ethiopia	15/01	16/01	21/01	20/01	21/01
Madagascar	20/01	21/01	21/01	21/01	21/01
Mali	19/01	19/01	20/01	21/01	21/01
Namibia	20/01	21/01	20/01	21/01	21/01
Rwanda	18/01	21/01	21/01	21/01	22/01
Kuwait	23/01	23/01	23/01	23/01	23/01
Lesotho	24/01	24/01	23/01	23/01	23/01
Botswana	14/01	20/01	16/01	21/01	24/01
Congo Dem. Rep	21/01	23/01	23/01	23/01	24/01
Liberia	22/01	24/01	24/01	24/01	24/01
Niger	23/01	24/01	24/01	25/01	25/01
Comoros	26/01	25/01	27/01	27/01	28/01
Uganda	26/01	27/01	28/01	28/01	29/01
Senegal	25/01	25/01	28/01	28/01	30/01
Zambia	26/01	31/01	30/01	29/01	30/01
February					
Burundi	02/02	02/02	01/02	02/02	02/02
Yemen	02/02	02/02	02/02	02/02	02/02
Tanzania	31/01	01/02	02/02	02/02	03/02
Burkina Faso	02/02	02/02	03/02	03/02	04/02
Guinea	28/01	31/01	02/02	02/02	04/02
Somalia	02/02	02/02	03/02	03/02	04/02
South Sudan	04/02	04/02	04/02	04/02	04/02

Chad	03/02	04/02	05/02	04/02	05/02
Angola	31/01	11/02	07/02	06/02	06/02
Suriname	09/02	20/02	16/02	09/02	06/02
Gambia	05/02	06/02	07/02	07/02	08/02
Nigeria	10/02	12/02	05/02	08/02	08/02
Armenia	25/01	05/02	08/02	12/02	12/02
Azerbaijan	25/01	05/02	09/02	12/02	12/02
Eswatini	11/02	10/02	08/02	11/02	12/02
Oman	12/02	12/02	12/02	12/02	12/02
Pakistan	12/02	14/02	12/02	13/02	13/02
Solomon Islands	09/02	10/02	11/02	12/02	13/02
Tajikistan	10/02	13/02	15/02	13/02	14/02
Togo	12/02	12/02	13/02	14/02	14/02
Kenya	11/02	12/02	10/02	14/02	15/02
Mauritania	09/02	10/02	13/02	13/02	15/02
Sri Lanka	20/02	12/02	18/02	16/02	15/02
Egypt	11/02	17/02	08/02	14/02	16/02
Maldives	30/01	10/02	14/02	17/02	17/02
Ghana	15/02	13/02	14/02	17/02	18/02
Zimbabwe	12/02	17/02	19/02	18/02	18/02
Afghanistan	19/02	19/02	19/02	19/02	19/02
Haiti	19/02	18/02	17/02	19/02	19/02
Benin	17/02	17/02	19/02	20/02	21/02
Kazakhstan	03/02	14/02	17/02	21/02	21/02
Iran	01/03	03/03	04/03	24/02	22/02
Cameroon	19/02	19/02	21/02	22/02	23/02
Gabon	14/02	18/02	13/02	20/02	23/02
Iraq	04/02	15/02	16/02	21/02	23/02
Nepal	19/02	21/02	21/02	22/02	23/02
Syrian Arab Republic	23/02	23/02	23/02	23/02	23/02
Congo	23/02	25/02	24/02	25/02	26/02
Djibouti	16/02	19/02	24/02	23/02	26/02
Dominican Republic	08/02	19/02	23/02	27/02	27/02
Kosovo	16/02	15/02	23/02	24/02	27/02
São Tomé and Príncipe	16/02	17/02	25/02	24/02	27/02
March					

Bangladesh	20/02	23/02	22/02	26/02	01/03
Timor-Leste	04/03	28/02	18/02	27/02	01/03
West Bank and Gaza	25/02	28/02	24/02	27/02	01/03
Myanmar	01/03	28/02	01/03	01/03	02/03
Aruba	05/03	05/03	05/03	04/03	05/03
United Arab Emirates	05/03	05/03	05/03	04/03	05/03
Montenegro	19/02	25/02	06/03	08/03	09/03
Cambodia	03/03	05/03	07/03	08/03	10/03
Cabo Verde	02/03	06/03	13/03	09/03	11/03
Kyrgyz Republic	03/03	09/03	13/03	10/03	13/03
Macao SAR, China	14/03	14/03	14/03	13/03	14/03
Micronesia	05/03	10/03	13/03	12/03	15/03
Trinidad and Tobago	04/03	15/03	18/03	13/03	16/03
Bhutan	20/03	20/03	20/03	19/03	20/03
Georgia	01/03	12/03	16/03	19/03	20/03
Sudan	09/03	14/03	23/03	18/03	20/03
Moldova	10/03	13/03	21/03	21/03	26/03
Tuvalu	19/03	17/03	21/03	24/03	29/03
April					
Nicaragua	28/03	30/03	04/04	31/03	02/04
Cayman Islands	04/04	04/04	04/04	03/04	04/04
Uruguay	19/03	30/03	03/04	05/04	06/04
Bahrain	07/04	07/04	07/04	06/04	07/04
Mongolia	21/03	27/03	04/04	03/04	07/04
Lao PDR	11/04	05/04	06/04	08/04	10/04
Qatar	12/04	12/04	12/04	11/04	12/04
Cuba	20/04	20/04	20/04	19/04	20/04
India	14/04	16/04	18/04	18/04	20/04
Jamaica	05/04	15/04	20/04	17/04	20/04
French Polynesia	24/04	16/04	09/04	25/04	27/04
Guatemala	13/04	19/04	25/04	23/04	28/04
Russian Federation	10/04	21/04	21/04	27/04	28/04
Tonga	29/04	29/04	29/04	28/04	29/04
May					
Vanuatu	24/04	27/04	01/05	30/04	03/05
Equatorial Guinea	04/05	14/05	05/05	03/05	04/05

Northern Mariana Islands	05/05	05/05	05/05	04/05	05/05
Marshall Islands	28/04	27/04	28/04	02/05	06/05
Libya	28/04	09/05	12/05	10/05	07/05
Honduras	02/05	06/05	10/05	07/05	10/05
Bolivia	05/05	09/05	10/05	10/05	13/05
Paraguay	07/05	11/05	13/05	11/05	13/05
Jordan	07/05	09/05	12/05	11/05	14/05
Morocco	18/05	15/05	19/05	19/05	21/05
Bosnia and Herzegovina	07/05	10/05	20/05	18/05	23/05
South Africa	28/05	26/05	21/05	25/05	28/05
Belize	16/05	27/05	30/05	27/05	31/05
June					
Albania	16/05	20/05	30/05	02/06	03/06
Papua New Guinea	31/05	07/06	06/06	06/06	08/06
Philippines	04/06	05/06	09/06	08/06	11/06
Kiribati	13/06	11/06	12/06	12/06	14/06
Lebanon	14/06	14/06	14/06	13/06	14/06
Turkey	02/06	13/06	17/06	15/06	18/06
Vietnam	05/06	10/06	13/06	14/06	18/06
Panama	01/06	12/06	16/06	18/06	19/06
Guyana	04/06	15/06	18/06	21/06	22/06
Saudi Arabia	05/06	16/06	19/06	22/06	23/06
Venezuela	23/06	23/06	23/06	22/06	23/06
Tunisia	27/06	25/06	29/06	25/06	27/06
Ukraine	22/06	11/06	16/06	22/06	27/06
Fiji	20/06	28/06	04/07	28/06	29/06
Ecuador	22/06	28/06	30/06	28/06	30/06
July					
Mauritius	19/06	30/06	04/07	04/07	05/07
Nauru	27/06	16/06	12/06	27/06	05/07
Peru	26/06	03/07	10/07	07/07	10/07
Indonesia	06/07	12/07	15/07	15/07	18/07
San Marino	20/07	20/07	20/07	19/07	20/07
Thailand	18/07	16/07	19/07	24/07	27/07
August					
Greece	21/07	21/07	04/08	29/07	01/08

Romania	14/07	19/07	29/07	01/08	02/08
Serbia	19/07	19/07	02/08	05/08	06/08
Brazil	25/07	05/08	09/08	06/08	07/08
Argentina	30/07	10/08	13/08	10/08	11/08
American Samoa	25/07	05/08	11/07	08/08	12/08
El Salvador	02/08	07/08	11/08	09/08	12/08
Andorra	13/08	13/08	14/08	14/08	14/08
Palau	17/08	17/08	17/08	16/08	17/08
Turkmenistan	31/07	11/08	14/08	17/08	18/08
Faeroe Islands	21/08	21/08	21/08	20/08	21/08
Bulgaria	05/08	13/08	19/08	22/08	23/08
Liechtenstein	23/08	23/08	23/08	22/08	23/08
Dominica	14/08	22/08	29/08	23/08	25/08
Costa Rica	08/08	15/08	22/08	25/08	26/08
Mexico	09/08	20/08	23/08	26/08	27/08
New Caledonia	24/08	20/08	10/08	25/08	27/08
September					
Samoa	30/08	29/08	04/09	01/09	02/09
Chile	24/08	18/08	01/09	29/08	03/09
Macedonia	27/08	27/08	05/09	04/09	09/09
St. Vincent and the Grenadines	28/08	06/09	11/09	11/09	15/09
Colombia	08/09	14/09	18/09	14/09	16/09
Israel	23/09	23/09	23/09	22/09	23/09
Malaysia	07/09	17/09	15/09	19/09	23/09
Seychelles	08/09	19/09	22/09	25/09	26/09
Belarus	17/09	22/09	19/09	24/09	28/09
China	12/09	12/09	12/09	21/09	28/09
Grenada	14/09	23/09	29/09	26/09	29/09
October					
Algeria	18/09	29/09	03/10	28/09	01/10
St. Lucia	13/09	24/09	28/09	30/09	01/10
British Virgin Islands	07/10	07/10	07/10	06/10	07/10
Brunei	25/09	06/10	03/10	05/10	09/10
Latvia	20/09	20/09	04/10	05/10	09/10
Bahamas	26/09	07/10	11/10	12/10	14/10
St. Martin (French part)	14/10	14/10	14/10	13/10	14/10

Virgin Islands (U.S.)	14/10	14/10	14/10	13/10	14/10
Puerto Rico	07/10	13/10	17/10	13/10	15/10
Sint Maarten (Dutch part)	06/10	17/10	21/10	16/10	18/10
Gibraltar	21/10	21/10	21/10	20/10	21/10
Turks and Caicos Islands	05/10	16/10	19/10	22/10	23/10
Italy	20/10	17/10	24/10	21/10	24/10
Guam	27/10	27/10	27/10	26/10	27/10
November					
Cyprus	17/10	20/10	01/11	02/11	05/11
Germany	09/11	09/11	09/11	08/11	09/11
Netherlands	11/11	11/11	11/11	10/11	11/11
Barbados	26/10	06/11	10/11	13/11	14/11
Estonia	31/10	04/11	12/11	15/11	18/11
Ireland	24/11	24/11	24/11	23/11	24/11
Slovak Republic	07/11	01/11	20/11	18/11	24/11
Monaco	25/11	25/11	25/11	24/11	25/11
Portugal	27/11	27/11	27/11	26/11	27/11
Spain	18/11	17/11	29/11	25/11	29/11
Hong Kong SAR, China	30/11	30/11	30/11	29/11	30/11
December					
Malta	01/12	01/12	01/12	30/11	01/12
Croatia	03/12	03/12	03/12	02/12	03/12
Czech Republic	03/12	03/12	03/12	02/12	03/12
Slovenia	16/11	12/11	29/11	27/11	03/12
Poland	05/12	05/12	05/12	04/12	05/12
Hungary	07/12	07/12	07/12	06/12	07/12
Australia	08/12	08/12	08/12	07/12	08/12
Austria	09/12	09/12	09/12	08/12	09/12
Belgium	09/12	09/12	09/12	08/12	09/12
St. Kitts and Nevis	09/12	09/12	09/12	08/12	09/12
Sweden	09/12	09/12	09/12	08/12	09/12
United Kingdom	09/12	09/12	09/12	08/12	09/12
France	10/12	10/12	10/12	09/12	10/12
Lithuania	22/11	30/11	07/12	09/12	10/12
Canada	11/12	11/12	11/12	10/12	11/12
Switzerland	11/12	11/12	11/12	10/12	11/12

Greenland	12/12	12/12	12/12	11/12	12/12
United States	12/12	12/12	12/12	11/12	12/12
Denmark	13/12	13/12	13/12	12/12	13/12
Channel Islands	14/12	14/12	14/12	13/12	14/12
Luxembourg	14/12	14/12	14/12	13/12	14/12
Norway	14/12	14/12	14/12	13/12	14/12
Taiwan	14/12	14/12	14/12	13/12	14/12
Isle of Man	16/12	16/12	16/12	15/12	16/12
Japan	17/12	17/12	17/12	16/12	17/12
New Zealand	19/12	19/12	19/12	18/12	19/12
Finland	20/12	20/12	20/12	19/12	20/12
Singapore	20/12	20/12	20/12	19/12	20/12
Antigua and Barbuda	21/12	21/12	21/12	20/12	21/12
Iceland	21/12	21/12	21/12	20/12	21/12
Korea	21/12	21/12	21/12	20/12	21/12
Bermuda	26/12	26/12	26/12	25/12	26/12

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