

Examples of behaviors for the participants to the Nudge Challenge on Biodiversity



This list of behaviors was created by the Office français de la Biodiversité to help participants come up with ideas for the Nudge Challenge on Biodiversity. Corresponding nudges can be implemented by protected area managers, cities, hotels or shops to their clients, companies to their employees, at home by family members, ...

In your garden or on your balcony

- Develop **ponds, hedges, permeable fences, unmowed wild areas**,... and build **natural shelters** for wildlife (piles of wood, leaves, dirt, rocks,...).
- Don't use any **pesticides, weed killers or insecticides**, even « natural » ones. This means accepting wild animal and plant species in your garden, such as spiders.
- When purchasing a plant :
 - Give preference to **local species**
 - Avoid **invasive species** like bamboo, or plant them in a tub
 - Choose **honey plants**
- For garden maintenance :
 - **Mow** less often and less area
 - Do not **prune** your hedges and shrubs from March 15 to July 31 to favor nesting
 - Water plants with **rainwater** and **rinse water**
- Do not **light** your garden at night and direct your lights to the ground to reduce light pollution.

In your neighborhood

- Accept and protect **grass in paved areas**, such as at the foot of a building.
- Create or maintain a **shared garden**.
- Have your **cat** sterilized, because cats have an impact on wildlife (passerines, chiropterans and other micro-mammals, reptiles).

In daily life

- Use less drinking **water**.
- Use less **electricity**.
- **Sort** your waste and **compost** organic waste.
- Use **natural cleaners** to protect aquatic wildlife.
- Use **food containers, gourds**, and buy **bulk products** to avoid disposable plastic.
- Eat **organic, seasonal and local** products.
- Buy and sell **second hand products** to limit destruction of environment for the exploitation of natural resources.
- Delete unnecessary mails and type the site address directly into the search bar to limit pollution due to **digital uses**.
- Avoid taking the car and prefer **soft transport** (bus, bike, walking,...)

Out and about

- Do not make too much **noise** within a natural area as this can disturb or scare animals and disrupt their breeding cycle. In particular, do not use connected speakers that play music or other noisy equipment.
- Do not use any **lighted devices**, especially at night, as this can disturb or scare animals and disrupt their breeding cycle.
- For all activities and movements in natural areas (motorized vehicles, hiking, trail, mountain biking, bivouac, caravanning,...), stay on the **authorized areas and trails** to avoid trampling or destroying the environment.
- Touch with your eyes: do not take minerals or pick species.
- Do not **feed** the animals encountered in natural areas or the herds in the mountain pastures.
- Do not **approach** animals :
 - at sea, respect the authorized approach distances for seals and other marine mammals
 - on land, do not approach herds and wild animals

- with a drone, respect the regulations of the Protected Natural Area to avoid injuring or disturbing an animal.

- During outdoor activities in protected areas, do not bring a **dog** when its presence is prohibited or keep it on a leash when its presence is authorized to avoid it approaching animals and scaring them, interacting with the dogs protecting the herds (Patous), or destroying nests or eggs.
- To avoid fires, do not make **campfires** or **barbecues** in natural areas and do not throw **cigarette** butts into the wild, including through the window of your car.
- Do not leave **trash** in the wild. Always keep your trash with you, in a pocket or backpack. Provide a small transportable trash bag for picnic waste and toilet paper.
- In a protected natural area, use a **dummy geolocation** when posting on social media, especially Instagram. Indeed, when users of the app publish photo or video content, an option allows the post to be geotagged. This publication is an indirect promotion of tourist destinations and sites, which can generate over-visitation in some natural areas.
- When practicing outdoor activities, be respectful of the **good gestures** for the environment. If necessary, be accompanied by an professional to be guided.
- Respect the regulations and good practices regarding **recreational fishing**: catch sizes and authorized quantities,...
- When **boating**, only anchor in authorized areas, following good practices, and using an ecological anchor that does not damage the sea bed.