



Hard at work: Volunteers collecting litter during a beach clean-up campaign organised in conjunction with Earth Day in George Town. — Reuters

No clogging, just 'plogging'

Swedish habit of cleaning while jogging a boon for environment

KUALA LUMPUR: Plogging – the activity of picking up trash while exercising, which is commonly practised in Sweden – could have a positive impact on the country's environmental sustainability if widely adopted, says Nik Nazmi Nik Ahmad.

The Natural Resources and Environmental Sustainability Minister said plogging could also cultivate a sense of unity and appreciation for nature among the public.

"We see a growing interest in

recreational activities around parks, urban forests and so on.

"We also know that certain areas still face cleanliness issues.

"So, if we combine both activities (exercising and picking up litter), I believe it could yield positive outcomes for environmental well-being."

He said this after launching the plogging programme organised by the Swedish Embassy in collaboration with Kuala Lumpur City Hall and Bernama at the Sungai Bunus Urban Garden here yesterday, in

conjunction with this year's Earth Day.

Also present were Swedish Ambassador to Malaysia Dr Joachim Bergstrom and Bernama deputy editor-in-chief (News Service) Nasriah Darus.

Nik Nazmi said the ministry is always looking for opportunities and platforms to establish cooperation in implementing environmental sustainability programmes, Bernama reported.

He said that the Education Ministry is among the partners

that are heavily involved in environmental programmes.

This is to ensure that environmental sustainability awareness can be instilled among students through school activities.

"We know that young people's awareness of environmental issues is very high.

"So, if possible, we want to expand and implement it further.

"We want this awareness to be present throughout the country, not just in certain 'pockets' (of society)," Nik Nazmi added.