

# Polar Pride Day 2024

November 18th marks the International Day of LGBTQ+ People in STEM and, with it, Polar Pride Day! Polar Pride Day, first launched in 2020, celebrates diversity in polar research and highlights the contributions of LGBTQIA+ individuals in the polar sciences. Last year, we reached over 12.8 million people across 49 countries—let's make an even greater impact in 2024! **Join us in creating a more inclusive, welcoming environment for polar research!**



## How To Get Involved:

- **Share Your Polar Pride!** Post your photos from the Arctic or Antarctic, especially those featuring pride flags or rainbow clothing.
- **Host an Event** at your organisation or university—virtually or in-person—to celebrate and advocate for inclusivity.
- **Share on Social Media:** Post your celebrations, stories, or creative expressions on social media, and ask your communications team to boost the message. Remember to tag #PolarPride, #PolarPrideDay, or #PolarPride2024.
- **Fly the Flag** in polar regions, if possible. Bring a pride flag to the field or ask your institution to display one on your behalf.
- **Get Creative!** Contribute to the celebration with artwork, baking, music, or any other unique talents you'd like to share.
- **Connect with us** at [edi@polarnetwork.org](mailto:edi@polarnetwork.org) to share your plans or ideas, and let's spread the word!

## Help make Polar Research a welcoming space for LGBTQIA+ people by taking these steps:

- **Educate Yourself** about the diverse identities within the LGBTQIA+ community and become an informed ally.
- **Listen and Support** LGBTQIA+ colleagues, especially regarding issues they may face in fieldwork.
- **Plan for Inclusion:** Address LGBTQIA+ needs and challenges early in the fieldwork planning phase, including through inclusive field safety training.
- **Speak up:** Report harassment or discrimination. Training can be highly effective; check if your university or an external organisation offers it.

**Together, let's make polar research a place where everyone feels valued, safe, and proud to belong.**