

SUSTAINABILITY

Stand up for sustainability (by sitting down)

Documentaries and streaming sites are making the world of sustainability more inclusive and accessible than ever before as award-winning producers, actors and film directors are turning their attention towards the world's most pressing issues, delivering exceptional, educational content right to your home. Whether you're interested in learning about the depths of our oceans or discovering the army of female warriors fighting against illegal poaching in Zimbabwe's nature reserves, these spectacular films are well worth your time.



*By Rosanna Campbell-Gray
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You don't need to be an academic or a devoted reader of the FT's climate section to join in on the conversation about sustainability.

In fact, many of the world's award-winning film directors, scientists and historians are turning their attention to society's most pressing issues, transforming the way people view the climate emergency and

making the conversation about human's impact on our planet more accessible. Whether you're looking for a Friday night film or some educational family viewing, we've rounded up six thought-provoking documentaries that will take you on a real journey of discovery and understanding, from the depths of Zimbabwe's nature reserves to the garment factories in Bangladesh. Here's our pick!



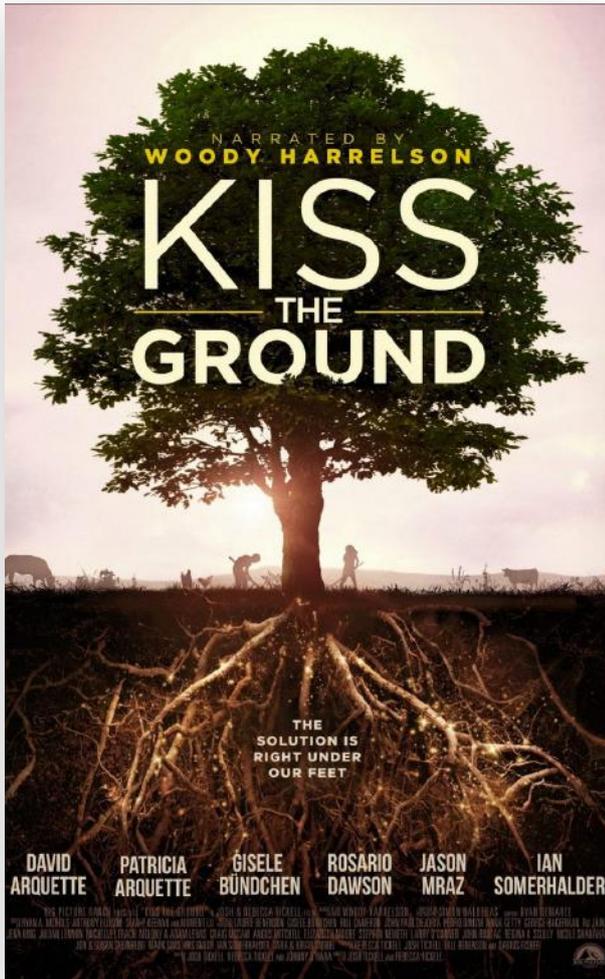
Akashinga: The Brave Ones (2020)

Led by ex-special forces and anti-poaching leader Damien Mander, the Akashinga or 'The Brave Ones' are an all-female force of change, a radical solution to protect Zimbabwe's wildlife from poachers. The short National Geographic film documents the military-style training and selection

process of the armed women from marginalised and abusive backgrounds that patrol the 115-square-mile Phundundu Wildlife Area, a former trophy hunting region.

Watch on [nationalgeographic.com](https://www.nationalgeographic.com)





Kiss The Ground (2020)

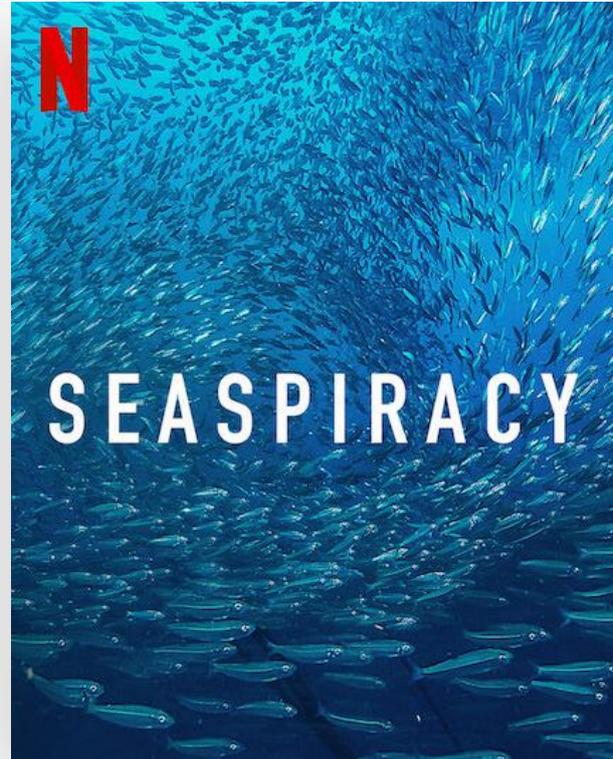
Narrated by actor Woody Harrelson, Kiss The Ground provides a glimmer of hope among a sea of sombre information surrounding our climate crisis. The film offers up a new (although many would argue old) approach to solving the world's rising greenhouse gas (GHG) emissions through regenerative agriculture, a no-till, rotational grazing system that enables carbon sequestration through the restoration of the Earth's natural soil structure.

With agriculture accounting for approximately 24% of total GHG emissions (IPCC) and a growing population to feed, Kiss The Ground argues that there is one simple solution, and it lies beneath our feet.

Watch on [netflix.com](https://www.netflix.com)



Agriculture accounts for 24% of GHG emissions.



Seaspiracy (2021)

In March 2021, Seaspiracy shot to the top of Netflix's rankings and remained there for some weeks.

Directed by Kip Anderson, the man behind the widely controversial documentary Cowspiracy, Seaspiracy highlights the issues surrounding commercial fishing, overconsumption and ocean debris.

Although the documentary has been highly criticised for its biased view and rather creative manipulation of facts, the key takeaway remains relevant. At the current rate of extraction, fishing is simply unsustainable, whatever it says on the tin.

Watch on [netflix.com](https://www.netflix.com)

A Life on Our Planet

My Witness Statement and
a Vision for the Future

David Attenborough



A Life on Our Planet: My Witness Statement and a Vision for the Future (2020)

For seven decades, natural historian and British broadcaster Sir David Attenborough has captivated audiences around the world with his uniquely inspiring films.

From his close encounters with mountain gorillas in Rwanda to venturing into the depths of the ocean, you would be challenged to find a corner of the earth that Attenborough hasn't explored.

His latest masterpiece is a "witness statement and a vision of the future", documenting the impact of human life on our ecosystems, the resilience of nature and the steps we should be taking to avoid a climate disaster.

Watch on [netflix.com](https://www.netflix.com)



What we do in the next 10 years will profoundly impact the next few thousand years... Nature once determined how we survive, now we determine how nature survives.

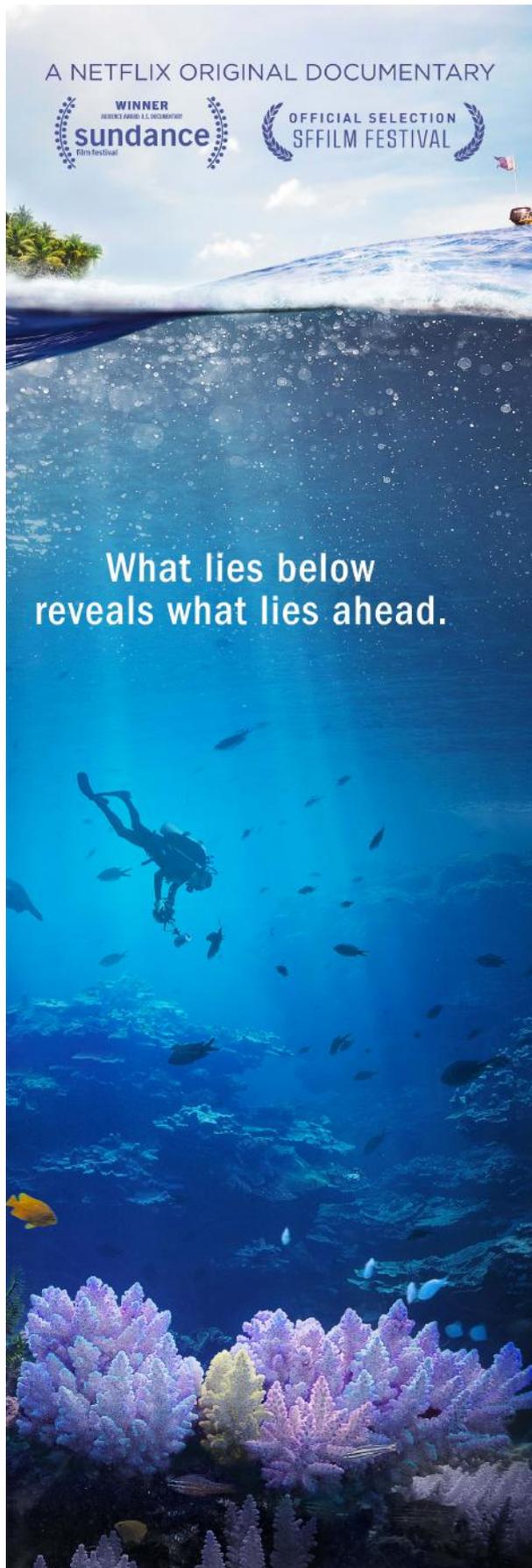
— Sir David Attenborough



The True Cost (2015)

Buy, wear, bin, repeat. The True Cost is not your typical film about fashion, rather, a glimpse into the environmental and social issues that suffocate the garment industry. Perhaps one of the most important documentaries of this generation, The True Cost takes its viewers around the world, from glittery catwalks to garment factories, revealing the people and places who lie behind our clothes, the exploitation of low-wage workers, mindless consumerism, environmental contamination, disease and death.

Watch on [truecostmovie.com](https://www.truecostmovie.com)



Chasing Coral (2017)

Shot over three years with over 700 hours spent underwater, Chasing Coral is a unique story of divers, photographers and scientists who have come together to document the unprecedented phenomenon of coral bleaching around the world.

Coral reefs sustain some of the world's poorest communities through tourism and fishing and as well as providing vital protection from natural disasters and erosion.

Rising sea temperatures, acidification and overfishing are causing these unique ecosystems that support over a quarter of all marine species to become extinct.

Watch on [netflix.com](https://www.netflix.com)



Coral reefs cover just 0.1% of the ocean, yet they support 25% of its life and the lives of half a billion people on land.

— UNEP UN Environment Programme

