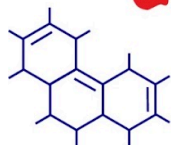




m'illumino
di meno
scienza



16 FEBBRAIO 2026

**GIORNATA DEL RISPARMIO ENERGETICO
E DEGLI STILI DI VITA SOSTENIBILI**

M'illumino di Meno 2026

M'illumino di Scienza - I light up with Science

16 February 2026

Italian National Day for Energy Saving and Sustainable Lifestyles

M'illumino di Meno, the long-running environmental awareness campaign promoted by Rai Radio2's programme **Caterpillar**, returns in 2026 with a special focus on science. Now in its **22nd edition**, the campaign highlights the crucial role of scientists in addressing the climate crisis and in shaping more sustainable models for the future.

Throughout a month-long radio campaign, the voices of scientists will be joined by those of listeners who engage daily in small and large actions for change. The initiative will culminate on **16 February 2026**, officially recognised in Italy as the **National Day for Energy Saving and Sustainable Lifestyles**.

Launched more than twenty years ago, *M'illumino di Meno* has built strong partnerships with leading Italian scientific institutions, including the **Accademia dei Lincei**, the **National Research Council (CNR)**, the **National Institute for Nuclear Physics (INFN)**, the **Italian Institute of Technology (IIT)**, the **Network of Universities for Sustainable Development (RUS)**, the **Italian Planetariums Association (PLANit)**, and the **Genoa Science Festival**. Nobel Prize-winning physicist Giorgio Parisi has also been among the prominent voices supporting the campaign's message on climate urgency.

The 2026 edition opens on **16 January** with a special live broadcast of *Caterpillar* from **CERN in Geneva**. In collaboration with INFN, Rai Radio2 hosts the first-ever live radio broadcast from inside the LHCb experiment at the **Large Hadron Collider**, one hundred metres underground, drawing inspiration from the accelerator's heart to accelerate the energy transition.

In 2026, *M'illumino di Meno* becomes *M'illumino di Scienza* - I light up with Science.

With science at its core, the campaign goes further. To symbolically call for a truce in the many ongoing global conflicts, cyclist **Silvia Gottardi** of *Cicliste per caso* will once again support the initiative with a long-distance bicycle journey. Departing from Paris, host city of the 2024 Olympic Games, she will ride to the venues of the **Milano Cortina 2026 Winter Olympics**, using the bicycle as a symbol of sustainable mobility and environmentally responsible sport.

At the same time, *M'illumino di Meno* continues to expand across **Europe**, engaging European institutions and listeners living in countries of the European Union.

About *M'illumino di Meno*

M'illumino di Meno was launched on **16 February 2005**, the day the Kyoto Protocol came into force, when *Caterpillar* invited people, live on Rai Radio2, to switch off their lights and reflect together on energy use. Over the years, *M'illumino di Meno* has developed into a broad-reaching environmental campaign centred on 16 February, promoting collective awareness and celebrating the positive contributions of its listeners. The campaign's impact led to the formal recognition of 16 February as Italy's **National Day for Energy Saving and Sustainable Lifestyles** (Law no. 34/2022).

Today, *M'illumino di Meno* engages **thousands of participants** every year: individuals, public authorities, schools and universities, companies, museums, sports organisations, and non-profit groups. Across Italy, lights are switched off, while zero-impact concerts, candlelit dinners, sports events in the dark, pedal-powered theatre performances, and torch-lit excursions take place. On 16 February, the country's **most iconic squares and monuments** go dark, including the Colosseum, Piazza San Marco in Venice, the Leaning Tower of Pisa, the Verona Arena, the Valley of the Temples in Agrigento, the Maschio Angioino in Naples, and the Royal Palace of Caserta.

Over the years, *M'illumino di Meno* has received numerous prestigious endorsements: the **Medal of the President of the Italian Republic**, patronage from Italy's main constitutional bodies and ministries, and the **High Patronage of the European Parliament**.

M'illumino di Meno 2026. Listen – science is happening.

www.milluminodimeno.rai.it #milluminodimeno

