



## NO POVERTY

End poverty in all its forms everywhere



**Target 1.2:** by 2030 reduce at least by half the proportion of men, women and children of all ages living in poverty in all its dimensions according to national definitions.



- What does it mean for you to be poor? Socially, financially?
- What can you do to help eradicate poverty in your local area?



One of the main reasons for extreme poverty is an unequal distribution (sharing) of wealth and resources. Find something that you have in spare (e.g. food in your lunch box, an extra pencil etc.) and share it with one of your teammates, or a person nearby.



## ZERO HUNGER

End hunger, achieve food security and improved nutrition and promote sustainable agriculture



**Target 2.1:** by 2030, end hunger and ensure access by all people, in particular the poor and people in vulnerable situations, including infants, to safe, nutritious and sufficient food all year round



- Why do you think the waste of food such a large problem?
- What can you do to reduce the waste?



Visit your local store and ask what they do to prevent food waste. Do they share it with other associations or organizations? Do they make discounts? Make a suggestion for the store on how to reduce their food waste. Record your interview.



## GOOD HEALTH AND WELL-BEING

Ensure healthy lives and promote well-being for all at all ages



**Target 3.4:** by 2030, reduce by one third premature mortality from non-communicable diseases through prevention and treatment and promote mental health and well-being



- With whom can you talk about your sexual health and contraception options?
- Can you find an organization (local or national) that can support you with these topics?
- Share some names of the organizations with your friends!



Good physical health is important. Get at least 3 people to do 10 squats with you - take pictures or film it. (Remember to get consent from the persons you are filming).





## QUALITY EDUCATION

Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all



**Target 4.1:** by 2030, ensure that all girls and boys have complete free, equitable and quality primary and secondary education leading to relevant and effective learning outcomes



- Do you think that everyone in your country has equal access to education?
- Are there some people who do not have access to education and why?
- Do you have an idea on how to make education more accessible?



Learn something new!  
Find a quick tutorial online - learn a new thing, and show it to your teacher/rest of the group when finishing the game



## GENDER EQUALITY

Achieve gender equality and empower all women and girls



**Target 5.4:** Recognize and value unpaid care and domestic work through the provision of public services, infrastructure and social protection policies and the promotion of shared responsibility within the household and the family as nationally appropriate



- How many female politicians are working in your local municipality, and how many women are in the lead of your country?
- What could be done to improve gender equality in the government?



Calculate how much time it takes to take care of the household - cleaning, cooking, taking care of kids etc. Check how much it would cost to hire someone to do all the work. Write down your calculations. Is the household work divided equally at your home?



## CLEAN WATER AND SANITATION

Ensure availability and sustainable management of water and sanitation for all



**Target 6.4** By 2030, substantially increase water-use efficiency across all sectors and ensure sustainable withdrawals and supply of freshwater to address water scarcity and substantially reduce the number of people suffering from water scarcity



- Do you know how water is cleaned and made safe to drink in your area?
- Why does drinking water need to be cleaned?
- Do you think that everyone in your country has unlimited access to clean water?



Imagine that you have to reduce your water usage by half. How would you manage this? Make a list of ideas on how to reduce your water consumption, and try to do at least one thing on your list during the next week.





## AFFORDABLE AND CLEAN ENERGY

Ensure access to affordable, reliable, sustainable and modern energy for all



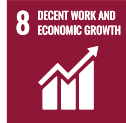
**Target 7.1:** By 2030, ensure universal access to affordable, reliable and modern energy services



- Take a look around and try to find sustainable energy sources (e.g. solar panels on houses).
- Did you expect more or fewer houses to have solar panels, and why?
- Can you see other sources of energy?



Check the battery consumption on your phone, and take steps to reduce it. Now you will not have to charge your phone everyday and thereby use less energy.



## DECENT WORK AND ECONOMIC GROWTH

Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all



**Target 8.5:** by 2030, achieve full and productive employment and decent work for all women and men, including for young people and persons with disabilities, and equal pay for work of equal value



- Think about what field you want to work in.
- Would it be possible to do it in your local community?
- If not, what could be done to create more great work opportunities?



Write a letter to the local authorities, demanding that they take action on creating more jobs for young people and paid internships.  
Get as many to sign as possible



## INDUSTRY, INNOVATION AND INFRASTRUCTURE

Build resilient infrastructure, promote inclusive and sustainable industrialization and foster innovation



**Target 9.3:** Increase the access of small-scale industrial and other enterprises, in particular in developing countries, to financial services, including affordable credit, and their integration into value chains and markets



- Take a moment and imagine an innovation that would make your community more sustainable.
- Have you heard about an action that is already happening to improve sustainability in your community?



Small local businesses have struggled during covid. Find your favorite local store/hair-dresser/cafe online and give them a good review to help keep them in business.





## REDUCED INEQUALITIES

Reduce inequality within and among countries



**Target 10.2:** By 2030, empower and promote the social, economic and political inclusion of all, irrespective of age, sex, disability, race, ethnicity, origin, religion or economic or other status



- Have you ever seen anyone being discriminated against? (in terms of gender, ethnicity, disability, sexuality ect.) How do you think you should react when witnessing discrimination?
- If you are a victim of discrimination, how and where can you get help?



Make a slogan for your school about promoting equality. If you have more time, make it as a poster and hang it at school.



## SUSTAINABLE CITIES AND COMMUNITIES

Make cities and human settlements inclusive, safe, resilient and sustainable



**Target 11.1:** By 2030, ensure access for all to adequate, safe and affordable housing and basic services and upgrade slums



- How does public transport work in your community? Is there enough? What could be done to improve it?
- Reflect on why public transport is important to improve accessibility.



Find the closest building (shop, library, school etc.) Is it accessible for people with disabilities? Check if a person in a wheelchair could go there and if a blind person would be able to get around in the building? If it's not accessible, ask the owner why it is not? Think about easy solutions to improve accessibility.



## RESPONSIBLE CONSUMPTION AND PRODUCTION

Ensure sustainable consumption and production patterns



**Target 12.5:** By 2030, substantially reduce waste generation through prevention, reduction, recycling and reuse



- Check where your clothes are from.
- How many things do you own that are produced in your country?
- Find out how much water was used in producing what you wear right now - how does this knowledge make you feel about buying clothes?



What does it mean to be a responsible consumer? One easy step is: to find out what fruits and vegetables are in season. Make a list and write down a suggestion for a tasty meal you could cook. Make the meal at home, or have a seasonal cooking party with your friends.





## CLIMATE ACTION

Take urgent action to combat climate change and its impacts



**Target 13.3:** Improve education, awareness-raising and human and institutional capacity on climate change mitigation, adaptation, impact reduction and early warning



- The climate is changing. Have you noticed any changes in e.g. weather in your local area? Or have you heard other people talking about changes in your local climate?
- How does this make you feel?



Make a concrete vow/promise to change a habit or something in your everyday life to reduce your own Co2 emission (e.g. to walk to school the rest of the year, or only eat meat once a week). Share your promises in the group, write them down, sign it, and help each other keep them



## LIFE BELOW WATER

Conserve and sustainably use the oceans, seas and marine resources for sustainable development



**Target 14.1:** By 2025, prevent and significantly reduce marine pollution of all kinds, in particular from land-based activities, including marine debris and nutrient pollution



- Underwater biodiversity is facing serious challenges concerning water pollution.
- Try to identify one or two issues that are affecting the sea, rivers, water lines near your local community and share with your group in order to find solutions.



A lot of plastic waste ends up in our rivers and seas. Go outside and pick up at least 10 pieces of trash.



## LIFE ON LAND

Protect, restore and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification, and halt and reverse land degradation and halt biodiversity loss



**Target 15.5:** Take urgent and significant action to reduce the degradation of natural habitats, halt the loss of biodiversity and, by 2020, protect and prevent the extinction of threatened species



- Over 31,000 species are threatened with extinction. Each year, 10 million hectares of forest are destroyed.
- Have you noticed this happening in your local area? Discuss in your group what could be done to improve biodiversity.
- Are there any plants or animals in your country you would be sad to see going extinct?



Without insects we do not have biodiversity. With the tools and resources you have around you, build a small insect-hotel.





## PEACE, JUSTICE AND STRONG INSTITUTIONS

Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels.



**Target 16.7:** Ensure responsive, inclusive, participatory and representative decision-making at all levels



- How can you get in contact with your local decision-makers?
- If you want to make a change to whom you will go? Who are your local politicians?
- How can young people be heard?
- What would you like to change in your local community?



What is peace to you? Create a banner for a peaceful manifestation.



## PARTNERSHIPS FOR THE GOALS

Strengthen the means of implementation and revitalize the global partnership for sustainable development



**Target 17.17:** Encourage and promote effective public, public-private and civil society partnerships, building on the experience and resourcing strategies of partnerships



- What does a good partnership or friendship mean to you?
- How can one be a good partner or friend?



Make a secret handshake in your group - everyone in the group must be involved!

