



Sustainable Development Goal Volunteer Ideas

Want to Give Back to Your Community?

Involving your UNA-USA chapter in volunteering activities can be a great way to include your community and spread your message! With over 20,000 members and more than 200 chapters across the country, UNA-USA members are united in their commitment to global engagement and their belief that each of us can play a part in advancing the UN's mission and achieving the Sustainable Development Goals.

Choosing a Volunteer Activity: Take your pick! With 17 SDGs there is something for everyone! The activities vary in difficulty and planning, discuss with your UNA-USA chapter what is going to be best for you.

SDG's and Coordinating Volunteer Ideas:

- 1. No Poverty**
 - a. Volunteer at a homeless shelter
- 2. Zero Hunger**
 - a. Volunteer at a food pantry
 - b. Hold a donation drive
- 3. Good Health and Well Being**
 - a. Host a 5K in your local park! Or join someone else's!
 - b. Grab a DVD or YouTube video of an inclusive exercise, like yoga. Head over to your local park and lead a group work out!
 - c. See if one of your members is a physical trainer, yoga teacher, or fitness fanatic! Invite them to lead your group in a fun activity outside.
- 4. Quality Education**
 - a. Host a book drive
 - b. Host a read aloud of the Sustainable Development Goals
 - i. Put them all together on a PowerPoint, host in a library or community center
- 5. Gender Equality**
 - a. Volunteer at a women's shelter
 - b. Host a gender equality bake sale (e.g. \$1.00 per cookie for men, 75 cents for women, 55 cents for LGBTI members, etc.).
- 6. Clean Water and Sanitation**
 - a. Outdoor clean ups: Go to your local park and clean up! You can also clean up your school or office.
- 7. Affordable and Clean Energy**
 - a. Lights off campaign: easy as turning off the lights once you leave a room!
- 8. Decent Work and Economic Growth**
 - a. Support local businesses
 - i. Promote small business Saturday
 - ii. Spread awareness about shopping at black-, woman-, or LGBTI-owned stores to support those in your community.
 - b. Host a discussion at your local library about decent work!



SDG's and Coordinating Volunteer Ideas Continued:

9. Industry, Innovation and Infrastructure

- a. Tech literacy for community members
 - i. Host a meeting for community members where you explain a program that your chapter might be fluent in
 - 1. Examples include Microsoft Office programs and social media channels.

10. Reduced Inequalities

- a. Letter writing campaigns are a great way to have people voice their personal stories. After you've written a letter, mail your note to Members of Congress or even the President of the United States.
- b. Go to your local public school and ask to host an event focused on the Sustainable Development Goals.

11. Sustainable Cities and Communities

- a. Brainstorm ways that your community could be more sustainable
 - i. Using less plastic, encouraging recycling

12. Responsible Consumption and Production

- a. Host a recycling day!
 - i. Explain the different types of recycling that are available in your community
 - ii. Go zero-waste for a day

13. Climate Action

- a. Fundraise for climate organizations

14. Life Below Water

- a. Host a beach clean up
- b. Raise money for beach clean ups

15. Life on Land

- a. Outdoor clean up
- b. Gather a small group and go hiking

16. Peace, Justice and Strong Institutions

- a. Host or attend a mindfulness retreat
- b. Invite a local YMCA yoga teacher to host a yoga retreat

17. Partnership for the Goals

- a. Host an event on the Sustainable Development Goals
- b. Head over to unausa.org to see our webinars and toolkits for more ideas!