

- 1 NO POVERTY
- 2 ZERO HUNGER
- 3 GOOD HEALTH AND WELL-BEING
- 4 QUALITY EDUCATION
- 5 GENDER EQUALITY
- 6 CLEAN WATER AND SANITATION
- 7 AFFORDABLE AND CLEAN ENERGY
- 8 DECENT WORK AND ECONOMIC GROWTH
- 9 INDUSTRY, INNOVATION AND INFRASTRUCTURE
- 10 REDUCED INEQUALITIES
- 11 SUSTAINABLE CITIES AND COMMUNITIES
- 12 RESPONSIBLE CONSUMPTION AND PRODUCTION
- 13 CLIMATE ACTION
- 14 LIFE BELOW WATER
- 15 LIFE ON LAND
- 16 PEACE, JUSTICE AND STRONG INSTITUTIONS
- 17 PARTNERSHIPS FOR THE GOALS

→ 170
daily actions



Cover the pan with a lid. It reduces the amount of energy required to boil water by 75%.

1

Turn off electronic equipment such as TVs and computers when going on holiday.

2

Turn lights off in rooms that aren't being used. When you switch your lights off, even for a few seconds, it saves more energy than it takes for the light to start up, regardless of the bulb type.

3

Efficient home designs also combine energy efficient constructions, appliances and lighting, such as solar water heating and solar electricity.

4

Use energy-efficient lightbulbs and set your household appliances on low-energy settings.

5

Turn down the thermostat and fill the house with carpets to keep the warmth inside.

6

7 AFFORDABLE AND CLEAN ENERGY



Support solar power projects for schools, homes and offices.

7

Only fill the kettle to the amount of water needed.

8

Installing air-conditioning? Ask for solar air conditioning.

9

Seek advice and guidance on energy efficiency in historic buildings.

10

Start a car-pooling system online, internally in the office, or in areas that don't have access to reliable public transport. 1

Advocate and support the development of sport and recreational spaces. They help build stronger, healthier, happier and safer communities. 3

Generate awareness about your city's carbon footprint and ways to improve it. 2

11 SUSTAINABLE CITIES AND COMMUNITIES



Reach out to underprivileged areas. Integrate people of different class and ethnicity and include them in decision-making processes that involve them, including their living conditions, pollution and so on. 6

Use public transport, city bikes and other modes of environmentally friendly transport. 4

Research, encourage and raise awareness for greater information transparency within your community. 5

Educate yourself on the cultural and natural heritage of your area. Visit heritage sites and post about these in a positive light. 8

Gather in small community groups to brainstorm ways to ensure safe and accessible public spaces especially for women, children, elderly people and people with disabilities. 9

Provide reduced fees on public transport in cities that face the challenge of congestion. 7

As a company, offer reduced fees on city bicycle hire. 10

Arrange school groups to spend 1 hour a week on the beach, along lakes or in parks to pick up the litter and to raise awareness on water pollution.

2

12 RESPONSIBLE CONSUMPTION AND PRODUCTION



Don't keep clothes or other items you are not using. Donate them.

1

Buy fruit that is in funny shapes and overripe, and make smoothies out of them.

3

Partner with hotels and restaurants to fast track leftover foods to charities that would otherwise be thrown away.

4

Recycle!

5

Eat local. And support fair trade associations that support and promote businesses committed to the principles of fair trade.

8

Keep showers short. Don't fill the bath to the top. Excessive use of water contributes to global water stress.

6

Buy sustainable products including electronics, toys, shampoo or seafood and organic groceries.

7

Do a cold wash. Warm water uses more energy.

9

Drink tap water when it is safe.

10