

Cards for Sustainability

First, each person draws 10 action cards.

The person who most recently picked up litter begins as the Leader by playing one of the 17 Sustainable Development Goal (SDG) cards and reads out the title.

Everyone selects an action card which they think best applies to the active SDG card and passes it to the Leader.

All answers are shuffled & the combinations read out by the Leader.

The Leader picks the card they feel is most relevant, and the person who submitted it gets that card. All other cards are discarded.

After the round, a new player becomes the Leader & everyone draws a new action card.

The first player with 5 cards, wins!

Buy fair-trade products to support the sustainable trade system, meaning employees are rewarded fairly for their work.

Buy clothing or other products from stores that donate a portion of their money to charities.

Clean out your pantry.

Fill a box with non-perishable foods and donate it to a foodbank.

Volunteer in homeless shelters.

Your time can be more valuable than money.

Donate to sustainable development projects.

Donate old clothes or household items to those in need.

Participate in car sharing.

Familiarise yourself with the NGOs working towards the eradication of poverty and donate to them, if you can.

Adopt good budgeting practices and share them with others to teach people how to be financially responsible.

Donate to charities seeking to reduce poverty, if you can.

Learn about the impact that a sustainable lifestyle can have on reducing poverty.

Try to avoid over consuming,
buy only what is necessary.

Support food assistance programs.

They provide over 20 times more
food than food banks, food
pantries and soup kitchens.

Volunteer your expertise once a week.

Many emergency food providers
need specialized skills such as
accounting, social media
or writing skills.

Support local farmers by buying
your food at farmer's markets.

Use a food saving app to
encourage no wastage.

Minimise red meat
& dairy consumption.

It contributes greatly to deforestation,
which displaces and forcefully evicts
many species from their habitats.

Eat seasonal fruit and vegetables.

Buy organic food.

Check the ingredients labels on your food because some ingredients are more harmful for the environment than others.

Provide non-perishable food to shelters, schools or associations in need.

Support local food banks that distribute food to those who have difficulty purchasing enough.

Share your meals with children in need, through apps such as World Food Programme 'ShareTheMeal'.

Strive towards zero food waste.

Every day about 25,000 people
die of hunger.

Don't smoke.

Eat a healthy diet and
drink lots of water.

Never stop learning,
so learn a new skill
& read a lot.

Make time for you
and your friends.

Walk or use your bicycle instead
of a car, because it is better for
your health and reduces
congestion within a city.

Switch off your electronic devices
to lower energy consumption
and enjoy the real world.

Go "plogging".
(Picking up litter, whilst jogging)

Become aware of existing
inequalities generated by
health conditions.

Stand up for fairer conditions
and payments for nursing staff.

Promote and participate in
urban sports training sessions,
free and accessible to everyone.

Share your experiences of good
health habits to inspire others who
may not have access or knowledge
of such practices.

Spread the word about more
equitable access to
healthy diets worldwide.

Unhealthy highly processed foods
tend to be prominent amongst
disadvantaged communities
due to their lower prices.

Educate your kids about the
power of education, as many
don't see the tangible benefits.

Show films or TV shows that
are educational as well as
entertaining for children.

Take education outside the
school and keep it fun.

Take kids on day trips to
the planetarium or museums.

Share your skills with
the ones who need them.

Educate yourself on how
to recycle properly.

Share your environmental tips
with friends and family.

Share ideas for sustainable
behavioural change with friends
and family who don't know
where to start.

To bridge the education gap,
promote access to education
for young girls and women.

To combat educational inequalities,
ensure that children have access to a
good education and school materials
such as pens and books.

Students with learning difficulties
are too often left behind.
Involve them in group study sessions
and be sure to mobilise collective
learning environments.

Stand up against bullying
in your learning environment.

Volunteer to be a teaching assistant
in communities that lack
educational resources.

Increase gender representation
in areas of leadership
in the workplace.

Practice and demonstrate to
children equal decision-making
processes at home.

Make flexibility and work-life balance
a part of the company's culture.

Be aware of gender parity
when supporting sustainable
development projects.

Support sustainable,
female-owned
businesses.

Gender equality starts at home.

Involve all members of the family
in eco-household activities,
such as recycling, independently
of their gender.

Advocate for increased
gender representation
among policy makers.

Sign up for training on gender
equality in the workplace.

Increase equal gender representation
in all areas of your life, from
class delegates in schools to
senior positions at the workplace.

Be open to using gender-neutral
language, such as gender-neutral
pronouns or job-titles.

Campaign for equal pay
between men and women.

Read books to children that dismantle gender stereotypes in order to educate them about existing gender inequalities and how to tackle them.

Read a book about water.

It will increase your understanding of the impact water has in societies, economies and our planet.

Conserve, conserve, conserve.

When ice-cubes are left over from a drink, don't throw them away, put them into plants.

Fix leaks at home.

A leaky faucet can waste more than 11,000 litres per year.

Turn off the tap when brushing your teeth and while soaping in the shower.

Use a reusable water bottle to avoid plastic waste.

Use natural detergents
to clean your house.

Switch your plastic toothbrush
for a bamboo one.

Educate yourself on how chemical
products can contaminate
water resources.

Wash your hands frequently to
mitigate the spread of diseases,
infections and illness, which often
impact the poorest populations
more gravely.

Get familiar with hydriplomacy
issues and raise awareness among
your community on the social
implications of water scarcity.

More than 200 million people
worldwide are expected to be
displaced by 2050 due to water
scarcity and water conflicts.

Campaign for equal pay
between men and women.

Read books to children that dismantle gender stereotypes in order to educate them about existing gender inequalities and how to tackle them.

Cover cooking pans with a lid.

It reduces the amount of energy required to boil water by 75%.

Turn off electronic equipment, such as TVs and computers.

Turn lights off in rooms that aren't being used.

When you switch off lights even for a few seconds, it saves more energy than it takes for the light to start up, regardless of the bulb type.

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

Only fill the kettle to the amount of water needed.

Consider switching to a green energy provider.

Inform yourself about where your electricity comes from and how it is produced.

Install a solar panel for your home.

Be aware of the energy your home consumes.

Advocate for more policy discussions around "energy poverty" to reduce consumption and support NGOs striving to reduce this number.

1.2 billion people live without electricity and nearly 40% of the world's population do not have access to cooking fuels.

If you can, commit to non-CO2 emitting ways of transportation.

Can you walk or bike to work?

Consume from businesses that introduce projects moving towards the transition from fossil fuel to zero carbon use and production.

Provide stability.

Empower young professionals to grow into their positions.

Provide incentives for hard work, people respond to a reward system.

Ensure safe working conditions.

Make people aware of the fact that climate change will have economic consequences.

Buy products from companies with a lower carbon footprint.

Advocate for corporate social responsibility.

Consume fair-trade products, which ensure more ethical and equal standards of production and distribution to help developing countries.

Learn about initiatives that promote inclusive economic growth.

Discourage the requirement of indicating name, origin and photo in professional work applications, to ensure recruitment is unbiased and exclusively based on qualities.

Promote multicultural dialogue in your workspace.

Provide opportunities for people to retrain professionally when their previous job becomes obsolete.

Technical innovation leaves a significant number of people behind.

Respect and advocate for fair
maternity and paternity
leave conditions.

Encourage sustainable
infrastructure with efficient
resources and environmentally
friendly technologies.

Keep up to date with the latest
technologies and innovation.

Don't throw away, give away.

Upgrading our electronic gadgets
is inevitable, but often our gadgets
are still in good working condition.

Pass on your old working devices
or recycle as certain parts
can be recovered.

Support green startups in your city.

Assess your carbon footprint.

Think entrepreneurially,
your next idea could help.

Believe in it.

In order to improve your city's air
quality, turn empty rooftops into
green spaces.

Support university digital access and
co-operation for the 3.6 billion
people who remain off-line.

Consider backing students' projects
and ideas that contribute to
sustainable development.

Innovation starts with youth.

Be informed about sustainable
finance and try adopting it
into your daily life.

Share your knowledge on the use of
the internet or other digital tools to
promote access to new technologies.

Try to avoid over consuming,
buy only what is necessary.

Encourage children to make friends
with kids from different cultures.

Learn to respect all kinds of
people who may do things
differently to you.

Travel the world to learn
about different cultures.

Read storybooks to children
that describe all cultures.

Buy locally made products.

Help food banks and homeless centres to offer nutritious and sustainable food.

Learn about and advocate against climate injustices.

Take an interest in cultures different from yours, there is so much to learn and share!

Be cautious of your daily language to avoid unconscious discrimination of people.

Publicly denounce and report any discriminatory act, such as bullying, racial persecution, gender-based or sexual harassment, that you witness at school, work or within your group of friends and family.

Respect and embrace differences, regardless of race, ethnicity, gender and social status.

Put yourself in someone else's shoes and be kind to others!

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

Advocate and support the development of sport and recreational spaces.

They help build stronger, healthier, happier and safer communities.

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

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

Learn about the cultural and natural heritage of your area.

Visit heritage sites and post about these in a positive light.

Advocate for more
and safer bike lanes.

Support the elimination of
single-use plastics in
your community.

Organise or participate in
flea markets to give old things
a new life.

Participate in social
and environmental justice
workshops and conferences.

Engage in local politics and advocate
for equality in your city council.

Grow plants in the streets and
outside your building.

Reduce your energy consumption.

Donate clothes or other items you are not using.

Buy fruit that is in funny shapes and over ripe and make smoothies out of them.

Keep showers short.

Don't fill the bath to the top.

Excessive use of water contributes to global water stress.

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

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

Do a cold wash.

Warm water uses more energy.

Reduce, Reuse and Recycle!

Buy products made from
reused or recycled materials.

Buy organic cotton and other
more earth friendly materials.

Purchase clothing from brands
that engage in responsible
modes of production
and support "slow fashion".

Consume less!

Sustainable consumption and
production is about doing
more and better with less.

Overconsumption causes resources to
be unsustainably extracted, mainly
affecting vulnerable communities.

Encourage children to
adopt recycling gestures
from a young age.

(at school, at home, during
outdoors activities, etc.)

Drive less.

Walk, cycle, take
public transport or car pool.

Take re-usable bags to the store.

Avoid driving in peak-hour traffic.

Unplug TV's, computers and other
electronics when not in use.

Only buy what you need, 20-50% of
the food we buy ends up in landfill.

Donate to organisations involved
in fighting climate change.

Use your social media platforms to
promote and raise awareness
about the climate crisis.

Dispel climate myths.

Teach people what
separates fact from fiction.

Research. Engage. Innovate.

We need climate action in all fields.

Understand why action is needed.

Read and learn about the
climate crisis and the actions
that you can take to make a change.

Try being carbon neutral: it can
improve public health, create jobs,
benefit the climate, and costs less.

It helps low-income households and
poor communities, which are usually
the most affected by climate change.

Participate in the World Cleanup Day
and invite your friends and family!

Eat local sustainable food.

Use fewer plastic products,
which often ends up in oceans
causing the death of animals.

Watch educational documentaries to
inform yourself about ocean activities.

Only use the dishwasher and
washing machine when full.

Conserve water!

Turn off running taps
and fix them if they leak.

Pick up litter around you.

Don't pollute the lakes,
rivers and oceans.

Don't buy products
containing microplastics.

Keep beaches and the
marine environment clean.

About 80% of all tourism takes
place in coastal areas.

Over 3 billion people depend on
marine and costal biodiversity for
their livelihood.

Urge companies to find alternatives
to plastic to preserve oceans.

Inform yourself about microplastics
when buying cosmetics.

More than 14 million tonnes of
microplastics are at the
bottom of the ocean.

Learn about and donate to
organisation's fighting for
ocean conservation.

Buy reusable straws.

It is good for the environment
and to save marine wildlife.

Eat seasonal produce.

It tastes better, it is cheaper
and it is environmentally friendly.

Recycle used paper and
go paperless where possible.

When you shop make
environmentally-friendly choices
that are in favour of our planet.

Eat less meat.

The production and distribution
of meat has a huge impact on
greenhouse gas emissions.

Make your own compost.

It supports biodiversity, enriches
the soil and reduces the need
for chemical fertilisers.

Buy recycled products.

Practice responsible wildlife tourism.

Pick up litter, leave only footprints.

Leave plants and trees in
their natural habitat.

Support wildlife conservancies to
avoid human/wildlife conflicts and
ensure the safety of livestock.

Plant & protect trees.

They benefit all lives on earth and
provide for the oxygen we breathe.

They are also essential to some
communities' environment as forests are
home to 300 million people and 1.6
billion people depend on them for their
livelihoods.

Only print what you really need,
over-consumption of paper has a
real impact on deforestation
which damages wildlife
and people habitats.

Make your voice heard and vote in
your country's elections.

Participate in your country's
decision making processes
in an informed manner.

Stop violence against women.
If you see it happening, report it.

Find value in different
demographics, thoughts and
beliefs for an inclusive society.

Demonstrate a peaceful
environment at home.

If you work for an international organisation, work to de-escalate conflicts caused by climate change.

Be a responsible steward of natural resources to avoid appropriation and exploitation.

Where possible, hold your government accountable to its climate targets.

Discuss with people who are marginalised by climate injustices.

Ensure an equal representation of staff in global and local decision-making positions.

Engage in cultural, social and political activities of your local community.

LGBTQ+ communities often
battle with inequalities
and discrimination.

Work towards building a
more inclusive world.

Teach kids about partnerships
through sport.

Collaborate with organisations that
need funding in an area you feel
strongly about.

Collaborate with organisations in
different countries who share
the same goals you have.

Be clear, specific and creative
about your social goals.

Practice teamwork at home.

Share activities among all
family members and
outside the family.

Bring sustainable values
into your workplace.

Encourage green
innovation initiatives.

Involve under represented groups in
the environmental discussion.

Highlight consumer behaviour as
a powerful force behind demand.

Be brave and start
your own initiatives.

Learn about the Sustainable
Development Goals and promote
the agenda amongst your friends,
family and social media accounts.

Try to avoid over consuming,
buy only what is necessary.