

170 ACTIONS TO COMBAT CLIMATE CHANGE

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



INTRODUCTION

The average temperature on the planet is rising at an unusually fast pace and is threatening the balance of the world's natural ecosystems. The reason for extreme temperatures, floods, large scale fires and mass extinctions of species is mainly attributed to our unsustainable consumption behaviour, that can be noted since the beginning of industrialization. As a result, human lives are being increasingly endangered, as we rely on natural resources.

Instead of being discouraged, we want to take action in the fight against climate change and motivate you to join us as well. The goal is to keep the increase in global average temperature to below 2° C above pre-industrial levels. This mission is urgent for the survival of human lives, and this is why we all need to take part - everyone is called upon to contribute, as we all depend on our natural environment for sustenance. This booklet is part of the "170 Series" launched by the Perception Change Project of the UN. It gives you 10 suggestions for each of the 17 SDG goals about what you can do on a daily basis to protect the environment and help mitigate climate change effects.



BEFORE YOU START, KEEP IN MIND THAT...

■ The human activity of production and consumption is extremely intertwined and has complex value chains - this is why we stress the word “sustainable” in the sense that the actions you take should possibly contribute to alleviate a problem at its roots and not just getting rid of “symptoms”.

■ We all live in different surroundings, climates, social and economic spheres and landscapes, health conditions and carry different responsibilities. So not all ideas may be applicable to every single person.

■ The ideas in this booklet are basic - adapt the ideas to your personal environment, such that they make sense being put into practice where you are.

■ In general, it's about aspiring the balance. It would be wrong to say that the whole world population must reduce its consumption, as a significant part of the world's population has hardly any access to basic living requirements. Still, try to keep in mind that it is generally about asking yourself if you need something and if yes, how much you need it, or if there would be a more environmentally friendly alternative to it.

■ While greatly inspired by the UN's 17 Sustainable Development Goals, some of the ideas provided may seem to go beyond this scope. Sometimes, the ideas complement the SDGs well, and sometimes certain ideas align with more than one goal. This further portrays the intersectionality of climate change, and how there are endless opportunities to tackle it, if we all work together.



GOAL 1 NO POVERTY



ACTIONS 1 TO 10 TO COMBAT CLIMATE CHANGE

ACTION 1 | Donate to sustainable development projects.

ACTION 2 | Donate old clothes or household items to those in need.

ACTION 3 | Donate to organizations that support climate migrants.

ACTION 4 | Get involved in your local association that helps homeless and people living in poverty.

ACTION 5 | Participate in car sharing.

ACTION 6 | Support affordable public transportation.



ACTION 7 | Support better climate refugee policy and treatment.

ACTION 8 | Donate to organizations promoting the rights of Indigenous people whose livelihoods are disproportionately affected by climate change.

ACTION 9 | Encourage subsistence models for food security.

ACTION 10 | Learn about the intersection between energy, poverty, and the climate.



GOAL 2 ZERO HUNGER



ACTIONS 11 TO 20 TO COMBAT CLIMATE CHANGE

- ACTION 11** | Support local farmer's markets and eat local food.
- ACTION 12** | Use a food saving app to encourage no wastage.
- ACTION 13** | Compost to encourage proper soil fertilization in order to stop soil erosion.
- ACTION 14** | Minimize red meat and dairy consumption. It contributes greatly to deforestation, which displaces and forcefully evicts many species from their livelihoods.
- ACTION 15** | Eat seasonal fruit and vegetables.



- ACTION 16** | Bottle, can or freeze your summer foods for winter.
- ACTION 17** | Buy organic food.
- ACTION 18** | Check the ingredients and labels on your food because some ingredients are more harmful for the environment than others.
- ACTION 19** | Grow your own home garden.
- ACTION 20** | Advocate for healthy and nutritious food in school cafeterias.



GOAL 3 GOOD HEALTH AND WELL BEING



ACTIONS 21 TO 30 TO COMBAT CLIMATE CHANGE

- ACTION 21** | Reduce CO₂ emissions in order to decrease pollution levels. Poor air quality is bad for your lungs!
- ACTION 22** | Avoid consuming highly processed foods.
- ACTION 23** | Encourage the production and consumption of organic goods.
- ACTION 24** | Walk or use your bicycle instead of a car, because it is better for your health and reduces congestion within a city.
- ACTION 25** | Educate yourself on alternative protein sources such as nuts, lentils, and leafy greens.



- ACTION 26** | Use the stairs instead of the elevator/escalator.
- ACTION 27** | Be more mindful of your natural surroundings.
- ACTION 28** | Switch off your electronic devices to lower energy consumption and enjoy the real world.
- ACTION 29** | Discover green areas around your neighbourhood.
- ACTION 30** | Go “plogging” (jogging while picking up trash).



GOAL 4 QUALITY EDUCATION



ACTIONS 31 TO 40 TO COMBAT CLIMATE CHANGE

ACTION 31 | Educate yourself on how to recycle properly.

ACTION 32 | Read a book about climate change or listen to a podcast on environmental issues.

ACTION 33 | Share your environmental tips with friends and family.

ACTION 34 | Watch a documentary about the environmental impact of the food industry.

ACTION 35 | Use social media to share climate-related information and spread awareness.



ACTION 36 | Talk about the importance of nature, animals and environmental protection with your children.

ACTION 37 | Share ideas for sustainable behavioral change to friends and family who don't know where to start.

ACTION 38 | Join networks with environmentally-sensitive people to exchange tips and experiences.

ACTION 39 | Organize or take part in an environmental world cafe.

ACTION 40 | Participate in an environmental committee at your school or workplace.



GOAL 5 GENDER EQUALITY



ACTIONS 41 TO 50 TO COMBAT CLIMATE CHANGE

- ACTION 41** | Be aware of gender parity when supporting sustainable development projects.
- ACTION 42** | Support sustainable, female-owned businesses.
- ACTION 43** | Gender equality starts at home. Involve all members of the family in eco-household activities, such as recycling, independently of their gender.
- ACTION 44** | Donate to organizations that support female green entrepreneurs.
- ACTION 45** | Encourage family planning to minimize your ecological footprint.



- ACTION 46** | Engage in conversations about the role of women and men in the environmental arena.
- ACTION 47** | Promote women's role in conservation and sustainable development.
- ACTION 48** | Support projects that make water more accessible because women are often responsible for water collection.
- ACTION 49** | Educate yourself about ecofeminist perspectives and how they can be valuable to sustainable climate action.
- ACTION 50** | Advocate for increased gender representation among environmental policy makers.



GOAL 6 CLEAN WATER AND SANITATION



ACTIONS 51 TO 60 TO COMBAT CLIMATE CHANGE

- ACTION 51** | Use a reusable water bottle to avoid plastic waste.
- ACTION 52** | Buy shampoo and/or soap bars instead of using toiletries in plastic bottles.
- ACTION 53** | Use natural detergents to clean your house.
- ACTION 54** | Switch your plastic toothbrush out for a bamboo one and turn off the tap while you are brushing your teeth.
- ACTION 55** | Wash your hands.



- ACTION 56** | Choose clothing made of organic fibre instead of synthetic-made items because they release microplastics when washed.
- ACTION 57** | Take shorter showers. You can sing outside too!
- ACTION 58** | Research how to make homemade dishwasher products and try it for yourself.
- ACTION 59** | Advocate for the right to clean water.
- ACTION 60** | Educate yourself on how chemical products can contaminate water resources.



GOAL 7

AFFORDABLE AND CLEAN ENERGY



ACTIONS 61 TO 70 TO COMBAT CLIMATE CHANGE

ACTION 61 | Consider switching to a green energy provider.

ACTION 62 | Vote for leaders that promote renewable energy.

ACTION 63 | Invest in solar energy.

ACTION 64 | Inform yourself about where your electricity comes from and how it is produced.

ACTION 65 | Replace incandescent lights with LEDs because they are more energy-efficient.



ACTION 66 | Adjust your heating to the necessary temperature.

ACTION 67 | Install a solar panel for your home.

ACTION 68 | Be aware of the energy your home consumes.

ACTION 69 | Improve the insulation of your house.

ACTION 70 | Encourage the government to subsidise renewable energy production.



GOAL 8 DECENT WORK AND ECONOMIC GROWTH



ACTIONS 71 TO 80 TO COMBAT CLIMATE CHANGE

ACTION 71 | Talk to your employer about the economic advantages of sustainable practices and green investments.

ACTION 72 | Make people aware of the fact that climate change will have economic consequences.

ACTION 73 | If you start a business make sure it operates sustainably.

ACTION 74 | Support better working conditions for agricultural workers.

ACTION 75 | Run or attend a workshop on how to integrate sustainable business practices into the global market.



ACTION 76 | Buy fairtrade products.

ACTION 77 | Become a micro lender to empower green entrepreneurs.

ACTION 78 | Buy products from companies with a lower carbon footprint.

ACTION 79 | Advocate for corporate social responsibility.

ACTION 80 | Support local communities' involvement in park management and protection.



GOAL 9 INDUSTRY, INNOVATION AND INFRASTRUCTURE



ACTIONS 81 TO 90 TO COMBAT CLIMATE CHANGE

ACTION 81 | Invest in innovative green technologies.

ACTION 82 | Advocate for fossil fuel divestment by both corporations and institutions.

ACTION 83 | Support green startups in your city.

ACTION 84 | Lobby for the installation of recycling stations in your town.

ACTION 85 | When upgrading your technology or appliances, donate your old devices because their parts may still be of use.

ACTION 86 | Support sustainable waste management programs in your city.

ACTION 87 | Assess the carbon footprint of your workplace.

ACTION 88 | Advocate for your city/town to install more electric car charging stations.

ACTION 89 | Think entrepreneurially, your next idea could help. Believe in it.

ACTION 90 | In order to improve your city's air quality, turn empty rooftops into green spaces.



GOAL 10 REDUCED INEQUALITIES



ACTIONS 91 TO 100 TO COMBAT CLIMATE CHANGE

ACTION 91 | Buy locally made products.

ACTION 92 | Share electrical items with people around your neighbourhood.

ACTION 93 | Give a voice to climate migrants. You could do this by interviewing them on radio stations or allowing them to write columns in newspapers.

ACTION 94 | Help food banks and homeless centres to offer nutritious and sustainable food.

ACTION 95 | Learn about and advocate against climate injustices.

ACTION 96 | Ask for affordable organic food options at your local grocery stores.

ACTION 97 | Write an inclusive sustainability blog to bring awareness to how climate change is affecting diverse groups.

ACTION 98 | Increase awareness of the negative impacts climate change has on poor communities.

ACTION 99 | Donate to sustainable initiatives that aim to eliminate malnutrition and food insecurity.

ACTION 100 | Have conversations about how changes in the environment are affecting communities.



GOAL 11 SUSTAINABLE CITIES AND COMMUNITIES



ACTIONS 101 TO 110 TO COMBAT CLIMATE CHANGE

ACTION 101 | Advocate for more and safer bike lanes.

ACTION 102 | Lobby for more green spaces in your area such as parks and forests.

ACTION 103 | Include underprivileged households in the decision-making process of the city's green policies.

ACTION 104 | Turn off all your lights when you are no longer using them.

ACTION 105 | Support the elimination of single-use plastics in your community.

ACTION 106 | Generate awareness about your city's environmental footprint.

ACTION 107 | Take public transport and leave your car at home as much as you can.

ACTION 108 | Sponsor and participate in the building of an urban community garden.

ACTION 109 | Organize or participate in a flea market & give old things a new life.

ACTION 110 | Protect natural landscapes from unsustainable infrastructure developments in cities.



GOAL 12

RESPONSIBLE CONSUMPTION AND PRODUCTION



ACTIONS 111 TO 120 TO COMBAT CLIMATE CHANGE

ACTION 111 | Buy second hand items to give it a longer life.

ACTION 112 | Reduce, Reuse and Recycle.

ACTION 113 | Buy clothing made of reused or recycled materials.

ACTION 114 | Support local businesses working with local materials.

ACTION 115 | Get your food in zero-waste stores.

ACTION 116 | Stop using plastic straws and buy a metal or bamboo one, or even better, stop using them at all.

ACTION 117 | Buy organic cotton and other more earth friendly materials.

ACTION 118 | Favor eco-tourism for your next vacation.

ACTION 119 | Repair your clothes instead of buying new ones.

ACTION 120 | Donate your clothes instead of throwing them away.



GOAL 13 CLIMATE ACTION



ACTIONS 121 TO 130 TO COMBAT CLIMATE CHANGE

ACTION 121 | Donate to organizations involved in fighting climate change.

ACTION 122 | Learn about how to properly dispose of your refrigerators and air conditioners. These both contain very harmful greenhouse gases that contribute to climate change if released into the atmosphere.

ACTION 123 | Get involved in your community and organize climate actions and eco-friendly initiatives.

ACTION 124 | Use your social media platform to promote and raise awareness about the climate crisis.

ACTION 125 | Dispel climate myths. Teach people what separates fact from fiction.

ACTION 126 | Organize green initiatives in your workplace.

ACTION 127 | Minimize your air travel. If you have to fly, try to purchase UN-certified carbon offsets.

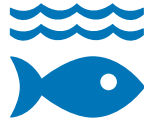
ACTION 128 | Talk to your friends and family and make them aware of how everyone can do their part to help combat the climate crisis.

ACTION 129 | Research. Engage. Innovate. We need climate action in all fields.

ACTION 130 | Understand why action is needed - read and learn about the climate crisis and the actions that you can take to make a change.



GOAL 14 LIFE BELOW WATER



ACTIONS 131 TO 140 TO COMBAT CLIMATE CHANGE

ACTION 131 | Engage in projects that protect coral reefs.

ACTION 132 | Support efforts to clean up the ocean's garbage patch by donating to organizations committed to such work.

ACTION 133 | Clean up a beach close to you with friends and family.

ACTION 134 | Conserve water! Turn off running taps and fix them if they leak.

ACTION 135 | Don't pollute the lakes, rivers and oceans around you.

ACTION 136 | Try to buy fish or seafood coming from a sustainable source.

ACTION 137 | Use natural mineral sunscreen. Many sunscreens contain chemicals that are harmful for life below water.

ACTION 138 | Don't buy products containing microplastics.

ACTION 139 | When you dive, dive responsibly! Don't disturb the wildlife.

ACTION 140 | If you are a farmer, avoid practices that lead to chemical run-off.



GOAL 15 LIFE ON LAND



ACTIONS 141 TO 150 TO COMBAT CLIMATE CHANGE

ACTION 141 | Advocate for the enhanced protection of wildlife habitats.

ACTION 142 | Support the creation of more protected areas in your country.

ACTION 143 | Practice responsible wildlife tourism.

ACTION 144 | Donate to conservation projects.

ACTION 145 | Do not buy products made from threatened species such as ivory.

ACTION 146 | Don't litter!

ACTION 147 | Leave plants and trees in their natural habitat.

ACTION 148 | Don't consume meals made with endangered species.

ACTION 149 | Lobby against poaching.

ACTION 150 | Plant trees.



GOAL 16

PEACE, JUSTICE AND INSTITUTIONS



ACTIONS 151 TO 160 TO COMBAT CLIMATE CHANGE

- ACTION 151** | Bring awareness to the harmful practices of deforestation and land grabbing.
- ACTION 152** | Form inclusive social networking campaigns for climate change engagement.
- ACTION 153** | Support legally-binding international environmental standards.
- ACTION 154** | Before voting on environmental issues, educate yourself.
- ACTION 155** | If you work for an international organization, work to de-escalate conflicts caused by climate change.



- ACTION 156** | Encourage governments to better understand the plight of climate migrants.
- ACTION 157** | Participate in or encourage your local government to incorporate public participation in environmental decision-making in your area.
- ACTION 158** | Be a responsible steward of natural resources to avoid appropriation and exploitation.
- ACTION 159** | Where possible, hold your government accountable to its climate targets.
- ACTION 160** | Converse with people who are marginalized by climate injustices.



GOAL 17 PARTNERSHIPS FOR THE GOALS



ACTIONS 161 TO 170 TO COMBAT CLIMATE CHANGE

ACTION 161 | Bring sustainable values into your workplace.

ACTION 162 | Encourage green innovation initiatives.

ACTION 163 | Get your workplace or school to collaborate with environmental organizations.

ACTION 164 | Promote intergenerational climate cooperation in global policy.

ACTION 165 | Involve underrepresented groups in the environmental discussion.



ACTION 166 | Highlight consumer behaviour as a powerful force behind demand.

ACTION 167 | Integrate environmental science in other disciplines in schools.

ACTION 168 | Encourage knowledge sharing from indigenous population about best eco-friendly practices.

ACTION 169 | Be brave and start your own initiatives.

ACTION 170 | Be curious. Stay informed.



ABOUT THE SUSTAINABLE DEVELOPMENT GOALS

Our planet is a beautiful place. We can easily forget how much it has to offer because we are constantly being reminded of the challenges we face daily, from inequalities to poverty to climate change. If nothing changes to stop, prevent or reverse these challenges, it will only get worse. That is why the United Nations exists.

Everything we stand for is to create a brighter future for every individual, where everyone can thrive and reach their potential. We want to preserve the good that exists in people, places and the planet and put an end to issues that take hope away from us. That is why world leaders came together in 2015 and mobilised the 2030 Agenda: a set of 17 goals for sustainable development.

This matters to each of us, because we are all responsible for being a part of the change. Our actions today affect our children tomorrow. Everyone deserves a fair and equal chance in life. Through the goals, we can reach far and wide because the goals are universal, they leave no one behind. It's also important to understand that these goals are interconnected. We cannot separate poverty from hunger, or education from women's empowerment and so on. If we can grasp that, we are closer to understanding the needs that must be met, and in turn we are closer to achieving the 17 goals. It's time to give back to the planet what the planet has given to us



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CLIMATE ACTION IS NOW



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