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](https://unausa.org) to see our webinars and toolkits for more ideas!