

	SDG	Know	Explore 1	Explore 2	Explore 3	Call to action
Intro	Introduction	Sustainable development, 5Ps, the 2030 Agenda	-	-	-	-
1	No poverty	Extreme poverty, relative poverty, dimensions of poverty (education, nutrition, sanitation, health...)	Participation: Analyse poverty using a concept map: victims, causes, risks, needs, and solutions. What is your role?	Responsible consumption: case study on cocoa, smartphones or clothing: find fairer consumption options against poverty.	Citizenship: CSR. As a small business, how can you fight poverty? Define a mission, vision, values & SMART goals.	Create a participatory video about a local organisation working with socially vulnerable groups.
2	No hunger	Intro to concepts of hunger, food security, malnutrition, sustainable agriculture.	Solidarity action: create a cookbook together, with healthy, cheap, waste-free recipes.	Sustainable production: industrial versus sustainable agriculture. Create your own vegetable or herb garden.	Conscious consumption: find tips for becoming a more sustainable/ responsible consumer and make a short video.	Find an initiative promoting sustainable food. Take action: food distribution, collection campaign...
3	Good health and well-being	Intro to the importance of physical and mental health and a healthy living environment	Healthy lifestyle: create a 'week menu' with healthy recipes that encourage sustainable and healthy eating habits.	Physical health: find ways to bring more movement into your daily life and make an action plan.	Mental well-being: what does mental health mean to you, how is mental well-being important in teams? Collect tips.	Organise a trip aimed at promoting a healthy lifestyle, fitness and mental well-being.
4	Quality education	What would your life be like if you were illiterate? What is quality education and which are its geographical differences?	Global action: role-play: a simulation of a debate between 5 countries/regions on quality education.	Self-reflection: reflect on personal & professional skills needed for your dream job. Make a CV. How do you want to evolve?	Participation: How can you, as part of the education system, contribute to quality education at your school? (video pitch)	Involve others: organise an event on quality education for students and teachers.
5	Gender equality	Difference between equality, equity and justice. Cultural influence on gender roles and professional activities.	Cultural identity: write about the importance of cultural identity (iceberg model) concerning gender equality.	Gender roles: Which professions are typical for men/women? Reflect (verbal & written) on gender roles and professional activities.	Participation: Analyse your time use and that of others: compare results between male and female students.	Create a mural on the history of women's rights in your country and present your wall to other students.
6	Clean water and sanitation	Potable water, water cycle, climate change, access to water, water pollution, shortage and floods, algal bloom, salinisation of groundwater.	Water efficiency: Think of ten ways to reduce your water consumption. Collect ideas and make a flyer to share with your housemates.	Water footprint: Choose a topic (meat, clothes, rice or smartphone) and examine its life cycle: how and where is water used? Make a video in group.	Water pollution: Does your future job/sector consume or pollute much water? How can you limit the damage? Group discussion & make a mind map.	Organise a conversation with an organisation in your sector, analyse their water footprint and help save water.
7	Affordable and sustainable energy	Intro on fossil/renewable energy sources and energy poverty	Energy efficiency: calculate the energy consumption of appliances (A, V, kWh). Compare + group discussion.	Renewable energy: how much energy in your country is (not) renewable? In which energy sources could it invest more? Compare with other countries.	Participation: Explore an initiative committed to SDG7. Write about its purpose, actions, and your opinion.	Take action after 'Explore' activity. Write a news article about your action and impact. Inspire others with a sustainability newspaper.
8	Fair work and economic growth	Inclusive/sustainable economic growth, fair work, sustainable HRM, employment, value-driven leadership, youth unemployment, human trafficking, child labour and labour rights.	Values-driven leadership: explore testimonies on good/bad leadership. Analyse (lack of) value-driven leadership and long-term consequences for victims and suggest improvements.	Conscious consumption: analyse brands you are customers of. How are they good/bad examples in terms of SDG8? Look up info on working conditions. (writing assignment)	Sustainable entrepreneurship: Think like an entrepreneur to get an idea of what influences their decisions. What does your start-up do and what trade-offs do you have to make? Create a slide show.	Customers = revenue = growth. Which organisation goes 'the extra mile' on sustainability and deserves positive words? Write a review or letter/mail.
9	Industry, innovation and infrastructure	Intro on sustainable industry, innovation and infrastructure	Sustainable innovation: Analyse a problem, map the system (intro systems thinking). Present your system map and suggestions for improvements.	Waste reduction: analyse the life cycle of an item and try to extend it (circular economy).	Sustainable investing: Discover the impact of your savings and investments. Write 1-2 pages on the information you have gathered and your opinion.	Sustainable innovation: Action based on the system map: write a letter/email for whoever can improve the problem by changing something.
10	Reducing inequality	Reduced inequality (reducing inequality within and between countries), different kinds of inequality	Communication: Interview two elderly relatives or neighbours to find out any differences between past and present. Compare.	Conscious consumption: Look up where our food comes from: poor working conditions in distant countries, Fairtrade or other labels.	Solidarity action: Find local initiatives fighting for equal opportunities for all.	1 day volunteering at a local organisation fighting for equal opportunities.
11	Sustainable cities and communities	Inclusive, safe, resilient and sustainable cities and communities	Inclusive mobility: Analyse transport methods, how far they are, and if they are accessible to people with disabilities.	Sustainable infrastructure: How sustainable is your environment concerning SDG 11? Is climate adaptation visible? What is good and what could be improved?	Participation: Look up a local initiative working for SDG 11 & present why this initiative got your attention.	Offer your help to an initiative for SDG 11. Be creative: organise a biscuit sale to raise money, help during an event...
12	Responsible consumption and production	Earth Overshoot Day, ecological footprint, climate change, timeline of inventions since the first industrial revolution	Conscious consumption: Think about the social and environmental impact of a product you would buy: is there a more sustainable alternative?	Reduce, reuse, and recycle waste: think in groups about the waste your future job generates. How is it managed? Make a report or slideshow.	Sustainable production and consumption: What circular initiatives can be implemented in your sector? Make suggestions on paper or digitally.	Organise an Eco-Market to promote sustainable production and consumption in your educational centre!
13	Climate action	Global warming, greenhouse gases and their sources, climate warming over time, adaptation vs mitigation, carbon cycle	Greenhouse gas emissions: Calculate your own carbon footprint! Share your findings and reflect on your habits.	Sustainable living: Make a survey on sustainability in your sector and turn the responses into a podcast.	Energy consumption: Short quiz about habits that save energy during digital activities + group discussion + tips.	Analyse the impact of your sector on the environment and vice versa. Create a Charter for Sustainability for your job.
14	Living in water	Impacts of climate change, pollution, ocean acidification and overfishing.	Plastic dependency: Create an awareness campaign about plastic pollution in your sector and its impact on aquatic life.	Sustainable seafood and fish: Discover sustainable seafood and make a menu.	Sustainable coastal tourism: Plan a sustainable trip to the coast (transport, accommodation, meals and activities).	Beach clean-up action: contribute to cleaner oceans.
15	Living on land	Biodiversity, ecosystems, deforestation, extinction of animal and plant species.	Biodiversity: Go outside, create a local biodiversity catalogue, and explore how everything in the ecosystem is connected.	Calculate your ecological footprint, interview an environmentally aware initiative about sustainability + group presentation.	Sustainable food: Make an overview of foods, their origin, and production method (in groups). What is their impact?	Make a bee hotel in your garden to promote biodiversity.
16	Peace, justice and strong public services	Rule of law, political stability, causes and forms of injustice and violence, social identity, human rights and freedoms.	No bullying or violence: Explore the impact of violence, bullying and harassment in the workplace.	Positive communication: 3 groups try to convince each other they are right using positive communication in a role-play.	Participation: Draw what 'power' means to you. Explore different types of power, then make a 2nd drawing.	Meet a local or sector-specific initiative tackling injustice and take action.
17	Partnership to achieve objectives	The importance of cooperation and partnerships in achieving the SDGs.	Networking: (1) Build a spaghetti tower, reflect on collaboration. (2) Case study + find an example in your country/sector.	Awareness: Levels of development (incomes vs life expectancy) by country. Compare activities to understand any differences.	Conscious and proactive action: Globingo game (global citizenship) + Find solutions to social injustice linked to the SDGs.	Design an awareness campaign on the SDGs.
End	Evaluation	Quiz on Sustainability Makers, cut-and-paste activity on sustainability competences	-	-	-	-
Game	Sustainability challenge	Game based on the SDGs, focussing on the 5P's: People, Planet, Profit, Peace, Partnerships	-	-	-	-