



volunteering
TASMANIA

Volunteering and the



Throughout this publication the UN Sustainable development Goals are defined as provided in the UN SDG Framework here: www.un.org/sustainabledevelopment

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SUSTAINABLE DEVELOPMENT GOALS

The 2030 Agenda for Sustainable Development provides a shared blueprint for peace and prosperity for people and the planet. At its heart are the 17 Sustainable Development Goals (SDGs), a comprehensive framework with specific targets to assist in the achievement of this overarching goal.

The following one page tools are designed to help provide a broad overview of each SDG, with information on each from the UN Sustainable Development Goals Framework*, as well as specific examples applicable to Volunteer Involving Organisations (VIOs).

Having clear, tangible targets and frameworks such as the SDGs, aids us as a global population in tracking collective progress and encouraging others to also take action.

By aligning your volunteer roles with SDGs, you can demonstrate how small local actions are contributing to the global big picture. You could also improve relevance for younger volunteers whose values may resonate with these global goals and a desire to make impactful change in the world.

It is possible that you can find a clear link between your volunteer program and the targets of a particular SDG. However, many activities are inherently quite intersectional and may align with multiple SDGs. For example a community food supply program could meet SDG 1: No Poverty, SDG 2: Zero Hunger, SDG 3: Good Health and Wellbeing, and SDG 10: Reduced Inequalities.

Many VIOs may already be achieving significant progress towards the SDGs without realising it!

End poverty in all its forms everywhere



Targets, by 2030:

- Eradicate extreme poverty, i.e. people living on less than \$1.25 a day
- Halve the proportion of men, women and children of all ages living in poverty
- Implement social protection systems and measures for all
- Ensure equal rights to economic & technology resources and basic services
- Build resilience to economic, social and environmental shocks and disasters

Does your volunteering opportunity align with this SDG?

- ✓ Review your program objectives, expected outputs and activities and reflect on these in relation to the SDG.
- ✓ Ask yourself: do the volunteering activities reflect the issue, ambition and scope of SDG targets to achieve No Poverty?
- ✓ Set a target or goal aligned to this SDG. For example, provide 5,000 free meals and 50 emergency accommodation beds by the end of next financial year.

Examples of volunteering opportunities aligned with this SDG



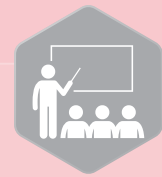
Programs that provide essential goods and food



Emergency Housing Relief



Employment Support Services



Educational Programs supporting fiscal & legal rights

End hunger, achieve food security and improved nutrition and promote sustainable agriculture



Targets, by 2030:

- Universal access to safe and nutritious food
- End all forms of malnutrition
- Double the productivity and incomes of small-scale food producers
- Sustainable food production and resilient agricultural practices
- Maintain genetic diversity in food production

Does your volunteering opportunity align with this SDG?

- ✔ Review your program objectives, expected outputs and activities and reflect on these in relation to the SDG.
- ✔ Ask yourself: do the volunteering activities reflect the issue, ambition and scope of SDG targets to achieve Zero Hunger?
- ✔ Set a target or goal aligned to this SDG. For example, distribute 500 emergency food packages by the end of next calendar year.

Examples of volunteering opportunities aligned with this SDG



Emergency relief food packaging and distribution



Community cooking programs eg. via Neighbourhood Houses



Help at a "soup kitchen"



Meal delivery for vulnerable people

Ensure healthy lives and promote well-being for all at all ages



Targets, by 2030:

- Reduce maternal mortality
- End all preventable deaths under 5 years of age
- Fight communicable diseases
- Reduce mortality from non-communicable diseases and promote mental health
- Prevent and treat substance abuse
- Reduce road injuries and deaths
- Universal access to sexual and reproductive care, family planning and education
- Achieve universal health coverage
- Reduce illnesses and death from hazardous chemicals and pollution

Does your volunteering opportunity align with this SDG?

- ✔ Review your program objectives, expected outputs and activities and reflect on these in relation to the SDG.
- ✔ Ask yourself: do the volunteering activities reflect the issue, ambition and scope of SDG targets to achieve Good Health and Well-Being?
- ✔ Set a target or goal aligned to this SDG. For example, provide 200 nutritionally balanced school meals per month to lower socio-economic communities by the end of next financial year.

Examples of volunteering opportunities aligned with this SDG



Nutrition
education
sessions



Community
programs
providing nutritious
meals



Vaccination drive
or supply
activities



Advocate for
more accessible
medication

Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all



Targets, by 2030:

- Free primary and secondary education
- Equal access to quality pre-primary education
- Equal access to affordable technical, vocational and higher education
- Increase the number of people with relevant skills for financial success
- Eliminate all discrimination in education
- Universal literacy and numeracy
- Education for sustainable development and global citizenship

Does your volunteering opportunity align with this SDG?

- ✔ Review your program objectives, expected outputs and activities and reflect on these in relation to the SDG.
- ✔ Ask yourself: do the volunteering activities reflect the issue, ambition and scope of SDG targets to achieve Quality Education?
- ✔ Set a target or goal aligned to this SDG. For example, facilitate 100 literacy/numeracy tutoring sessions in the coming academic year.

Examples of volunteering opportunities aligned with this SDG



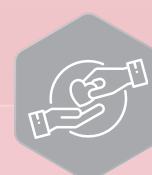
Literacy and/or numeracy tutoring



School and group tours of historic sites

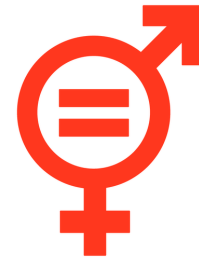


English language support for recent migrants



Donation of school uniforms and/or educational supplies

Achieve gender equality and empower all women and girls



Targets, by 2030:

- End discrimination against women and girls
- End all violence against and exploitation of women and girls
- Eliminate forced marriages and genital mutilation
- Value unpaid care and promote shared domestic responsibilities
- Ensure full participation in leadership and decision-making
- Universal access to reproductive health and rights

Does your volunteering opportunity align with this SDG?

- ✔ Review your program objectives, expected outputs and activities and reflect on these in relation to the SDG.
- ✔ Ask yourself: do the volunteering activities reflect the issue, ambition and scope of SDG targets to achieve Gender Equality?
- ✔ Set a target or goal aligned to this SDG. For example, advocate for and support the implementation of 5 menstrual product accessibility places within your community by the end of next calendar year.

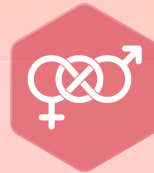
Examples of volunteering opportunities aligned with this SDG



Support women to work with professional attire & interview preparation



Domestic Violence Support Services



Respectful Relationships and Sex Education activities



Support and distribution of free menstrual products

Ensure availability and sustainable management of water and sanitation for all



Targets, by 2030:

- Safe and affordable drinking water
- End open defecation and provide access to sanitation and hygiene
- Improve water quality, wastewater treatment and safe reuse
- Increase water-use efficiency and ensure freshwater supplies
- Implement integrated water resources management
- Protect and restore water-related ecosystems

Does your volunteering opportunity align with this SDG?

- ✔ Review your program objectives, expected outputs and activities and reflect on these in relation to the SDG.
- ✔ Ask yourself: do the volunteering activities reflect the issue, ambition and scope of SDG targets to achieve Clean Water and Sanitation?
- ✔ Set a target or goal aligned to this SDG. For example, conduct 6 marine-debris clean-up events by the end of next financial year.

Examples of volunteering opportunities aligned with this SDG



Waterways and beach clean-ups



Educational events focused on recycling and littering



Promote and distribute water-use efficiency tools



Advocate for government legislation to support efficient water use

Ensure access to affordable, reliable, sustainable and modern energy for all



Targets, by 2030:

- Universal access to modern energy
- Increase global percentage of renewable energy
- Double the improvement in energy efficiency

Does your volunteering opportunity align with this SDG?

- ✓ Review your program objectives, expected outputs and activities and reflect on these in relation to the SDG.
- ✓ Ask yourself: do the volunteering activities reflect the issue, ambition and scope of SDG targets to achieve Affordable and Clean Energy?
- ✓ Set a target or goal aligned to this SDG. For example, facilitate 10 energy efficiency education sessions by the end of next calendar year.

Examples of volunteering opportunities aligned with this SDG



Advocate for government legislation to align with clean energy processes



Educate on the benefits of renewable energy appliances



Fundraising for safe & efficient cooking systems to under-privileged



Battery recycling programs

Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all



Targets, by 2030:

- Sustainable economic growth
- Diversify, innovate and upgrade for economic productivity
- Promote policies to support job creation and growing enterprises
- Improve resource efficiency in consumption and production
- Full employment and decent work with equal pay
- Promote youth employment, education and training
- End modern slavery, trafficking and child labour
- Protect labour rights and promote safe working environments
- Promote beneficial and sustainable tourism
- Universal access to banking, insurance and financial services

Does your volunteering opportunity align with this SDG?

- ✔ Review your program objectives, expected outputs and activities and reflect on these in relation to the SDG.
- ✔ Ask yourself: do the volunteering activities reflect the issue, ambition and scope of SDG targets to achieve Decent Work and Economic Growth?
- ✔ Set a target or goal aligned to this SDG. For example, support 10 young people with pathway programs by the end of next calendar year.

Examples of volunteering opportunities aligned with this SDG



Training, employment or education programs for young people



Advocate for higher work and social protection within employment



Support services for re-entry to workforce



Support fair trade initiatives

Build resilient infrastructure, promote inclusive and sustainable industrialisation and foster innovation



Targets, by 2030:

- Develop sustainable, resilient and inclusive infrastructures
- Promote inclusive and sustainable industrialisation
- Increase access to financial services and markets
- Upgrade all industries and infrastructure for sustainability
- Enhance research and upgrade industrial technologies

Does your volunteering opportunity align with this SDG?

- ✔ Review your program objectives, expected outputs and activities and reflect on these in relation to the SDG.
- ✔ Ask yourself: do the volunteering activities reflect the issue, ambition and scope of SDG targets to achieve Industry, Innovation and Infrastructure?
- ✔ Set a target or goal aligned to this SDG. For example, deliver 10 STEM education workshops in local schools in the coming school year.

Examples of volunteering opportunities aligned with this SDG



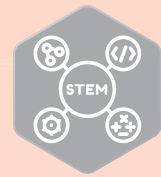
Fundraising for sustainable infrastructure in developing countries



Fundraising for sustainable transport options

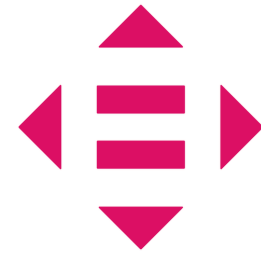


Technology transfer and knowledge sharing



STEM education and innovation workshops for youth

Reduce inequality within and among countries



Targets, by 2030:

- Reduce income inequalities
- Promote universal social, economic and political inclusion
- Ensure equal opportunities and end discrimination
- Adopt fiscal and social policies that promote equality
- Improved regulation of global financial markets and institutions
- Enhanced representation for developing countries in financial institutions
- Responsible and well-managed migration policies

Does your volunteering opportunity align with this SDG?

- ✓ Review your program objectives, expected outputs and activities and reflect on these in relation to the SDG.
- ✓ Ask yourself: do the volunteering activities reflect the issue, ambition and scope of SDG targets to achieve Reduce Inequality?
- ✓ Set a target or goal aligned to this SDG. For example, hold 5 language classes for recent migrants by the end of next calendar year.

Examples of volunteering opportunities aligned with this SDG



Migrant support
services



Anti-racism
campaigns



Equal opportunity
programs



Advocate for pay
parity

Make cities and human settlements inclusive, safe, resilient and sustainable



Targets, by 2030:

- Safe and affordable housing
- Affordable and sustainable transport systems
- Inclusive and sustainable urbanisation
- Protect the world's cultural and natural heritage
- Reduce the adverse effects of natural disasters
- Reduced the environmental impact of cities

Does your volunteering opportunity align with this SDG?

- ✓ Review your program objectives, expected outputs and activities and reflect on these in relation to the SDG.
- ✓ Ask yourself: do the volunteering activities reflect the issue, ambition and scope of SDG targets to achieve Sustainable Cities and Communities?
- ✓ Set a target or goal aligned to this SDG. For example, dedicate 20 hours to a community garden working bee within the first half of next year.

Examples of volunteering opportunities aligned with this SDG



Housing support services



Community gardening



Advocate for more public transport within your community



Urban greening and biodiversity projects



Ensure sustainable consumption and production patterns

Targets, by 2030:

- Implement the 10-year sustainable consumption and production framework
- Sustainable management and use of natural resources
- Halve global per capita food waste
- Responsible management of chemicals and waste
- Substantially reduce waste generation
- Encourage companies to adopt sustainable practices and sustainability reporting
- Promote sustainable public procurement practices
- Promote universal understanding of sustainable lifestyles

Does your volunteering opportunity align with this SDG?

- ✔ Review your program objectives, expected outputs and activities and reflect on these in relation to the SDG.
- ✔ Ask yourself: do the volunteering activities reflect the issue, ambition and scope of SDG targets to achieve Responsible Consumption and Production?
- ✔ Set a target or goal aligned to this SDG. For example, run a food donation drive for a local free food pantry once a year.

Examples of volunteering opportunities aligned with this SDG



Create or donate to a street library or free food pantry



Support a Repair Café



Join or initiate a ShareWaste scheme in your community



Participate in a give-away market or excess-produce swap

Take urgent action to combat climate change and its impacts



Targets, by 2030:

- Strengthen resilience and adaptive capacity to climate related disasters
- Integrate climate change measures into policies and planning
- Build knowledge and capacity to meet climate change

Does your volunteering opportunity align with this SDG?

- ✔ Review your program objectives, expected outputs and activities and reflect on these in relation to the SDG.
- ✔ Ask yourself: do the volunteering activities reflect the issue, ambition and scope of SDG targets to achieve Climate Action?
- ✔ Set a target or goal aligned to this SDG. For example, plant 1,000 native tree or shrubs by the end of next calendar year.

Examples of volunteering opportunities aligned with this SDG



Climate action
advocacy and
campaigning



Emergency
disaster relief
programs

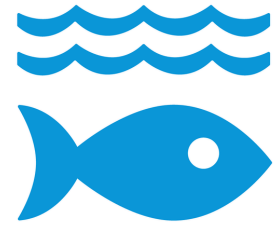


Tree planting
events



Community
education
programs

Conserve and sustainably use the oceans, seas and marine resources for sustainable development



Targets, by 2030:

- Reduce marine pollution
- Protect and restore ecosystems
- Reduce ocean acidification
- Sustainable fishing
- Conserve coastal and marine areas
- End subsidies contributing to overfishing
- Increase the economic benefits from sustainable use of marine resources

Does your volunteering opportunity align with this SDG?

- ✔ Review your program objectives, expected outputs and activities and reflect on these in relation to the SDG.
- ✔ Ask yourself: do the volunteering activities reflect the issue, ambition and scope of SDG targets to achieve Life Below Water?
- ✔ Set a target or goal aligned to this SDG. For example, collect 100 kg of waste from waterway clean ups by the end of calendar year.

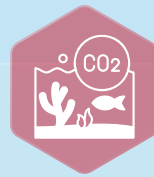
Examples of volunteering opportunities aligned with this SDG



Beach marine debris clean-ups



Invasive species removal



Donate to ocean acidification reporting stations



Report and educate against illegal fishing operations

Protect, restore and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification, and halt and reverse land degradation and halt biodiversity loss



Targets, by 2030:

- Conserve and restore terrestrial and freshwater ecosystems
- End deforestation and restore degraded forests
- End desertification and restore degraded land
- Ensure conservation of mountain ecosystems
- Protect biodiversity and natural habitats
- Promote access to genetic resources and fair sharing of the benefits
- Eliminate poaching and trafficking of protected species
- Prevent invasive alien species on land and in water systems
- Integrate ecosystem and biodiversity in governmental planning

Does your volunteering opportunity align with this SDG?

- ✔ Review your program objectives, expected outputs and activities and reflect on these in relation to the SDG.
- ✔ Ask yourself: do the volunteering activities reflect the issue, ambition and scope of SDG targets to achieve Life on Land?
- ✔ Set a target or goal aligned to this SDG. For example, prevent the destruction of protected natural habitat between now and by the end of next financial year.

Examples of volunteering opportunities aligned with this SDG



Natural areas
rehabilitation



Revegetation and
biodiversity
improvement
projects



Advocacy and
support
campaigns for
conservation



Fundraising to
help save habitat
and stop species
extinctions

Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels



Targets, by 2030:

- Reduce violence everywhere
- Protect children from abuse, exploitation, trafficking and violence
- Promote the rule of law and ensure equal access to justice
- Combat organised crime and illicit financial and arms flows
- Substantially reduce corruption and bribery
- Develop effective, accountable and transparent institutions
- Ensure responsive, inclusive and representative decision-making
- Strengthen the participation in global governance
- Provide universal legal identity
- Ensure public access to information and protect fundamental freedoms

Does your volunteering opportunity align with this SDG?

- ✔ Review your program objectives, expected outputs and activities and reflect on these in relation to the SDG.
- ✔ Ask yourself: do the volunteering activities reflect the issue, ambition and scope of SDG targets to achieve Peace, Justice and Strong Institutions?
- ✔ Set a target or goal aligned to this SDG. For example, provide two free community legal information sessions per year.

Examples of volunteering opportunities aligned with this SDG



Community legal services



Anti-violence community support groups

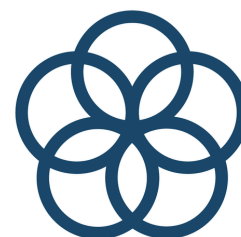


Support young people to enter politics



Projects that help stop people trafficking

Strengthen the means of implementation and revitalise the Global Partnership for Sustainable Development



Summarised Targets, by 2030:

- Encourage effective partnerships
- Mobilise resources
- Invest in least developed countries
- Knowledge sharing and cooperation for access to science, technology and innovation
- Enhance global economic stability and policy coherence
- Enhance availability of reliable data
- Further develop measurements of progress

For the full list of targets, please visit www.un.org/sustainabledevelopment

Does your volunteering opportunity align with this SDG?

- ✓ Review your program objectives, expected outputs and activities and reflect on these in relation to the SDG.
- ✓ Ask yourself: do the volunteering activities reflect the issue, ambition and scope of SDG targets to achieve Partnerships for the Goals?
- ✓ Set a target or goal aligned to this SDG. For example, assess and increase the diversity of your volunteer pool by the end of next calendar year.

Examples of volunteering opportunities aligned with this SDG



Digital access and internet education



Advocate for multiculturalism and diversity



Community networking programs



Monitoring and reporting on SDG progress



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www.volunteeringtas.org.au