

PURSuing A SUSTAINABLE FUTURE: KNOWLEDGE, ACTION, RESULTS

SUSTAINABLE DEVELOPMENT GOALS



- Engaging the School Community in Sustainable Development Goals (SDGs)
- Effective Approaches to Foster Social Engagement and Create Supportive Environments for Schools
- Encouraging School Communities to Implement Initiatives Addressing Social Issues

To learn about this and translate the broad context of sustainable development goals into a local dimension:



- We conducted research among 185 students and 46 teachers from our region.
- We met with the teaching staff and students to discuss social issues and common initiatives that can help address them.
- Additionally, we have created educational materials for schools on the topic of Sustainable Development Goals (SDGs)

THE KEY FINDINGS FROM THE RESEARCH CONDUCTED AMONG TEACHERS

MY INFLUENCES ON:



Environment and Planet Care

67% teachers significantly influence
12% have very little influence
11% are unsure if they have an influence



People's Lives and Meeting Their Needs

32% have a significant influence
32% have very little or no influence
36% are unsure if they have an influence



Well-being, Infrastructure, and Working Conditions

15% have a significant influence
44% have very little or no influence
41% are unsure if they have an influence



Stability and Rule of Law

5% have a significant influence
44% have very little or no influence
41% are unsure if they have an influence



Cooperation Among People, Nations, and Organizations to Solve Problems

23% have a significant influence
43% have very little or no influence
34% are unsure if they have an influence

UNDERSTANDING SUSTAINABLE DEVELOPMENT GOALS

52% teachers know and understand the concept
34% are unsure or don't remember,
14% are unfamiliar with the concept

NEED FOR EXPANDING KNOWLEDGE

75% are interested in learning more about sustainable development goals
11% are unsure
13% are not particularly interested

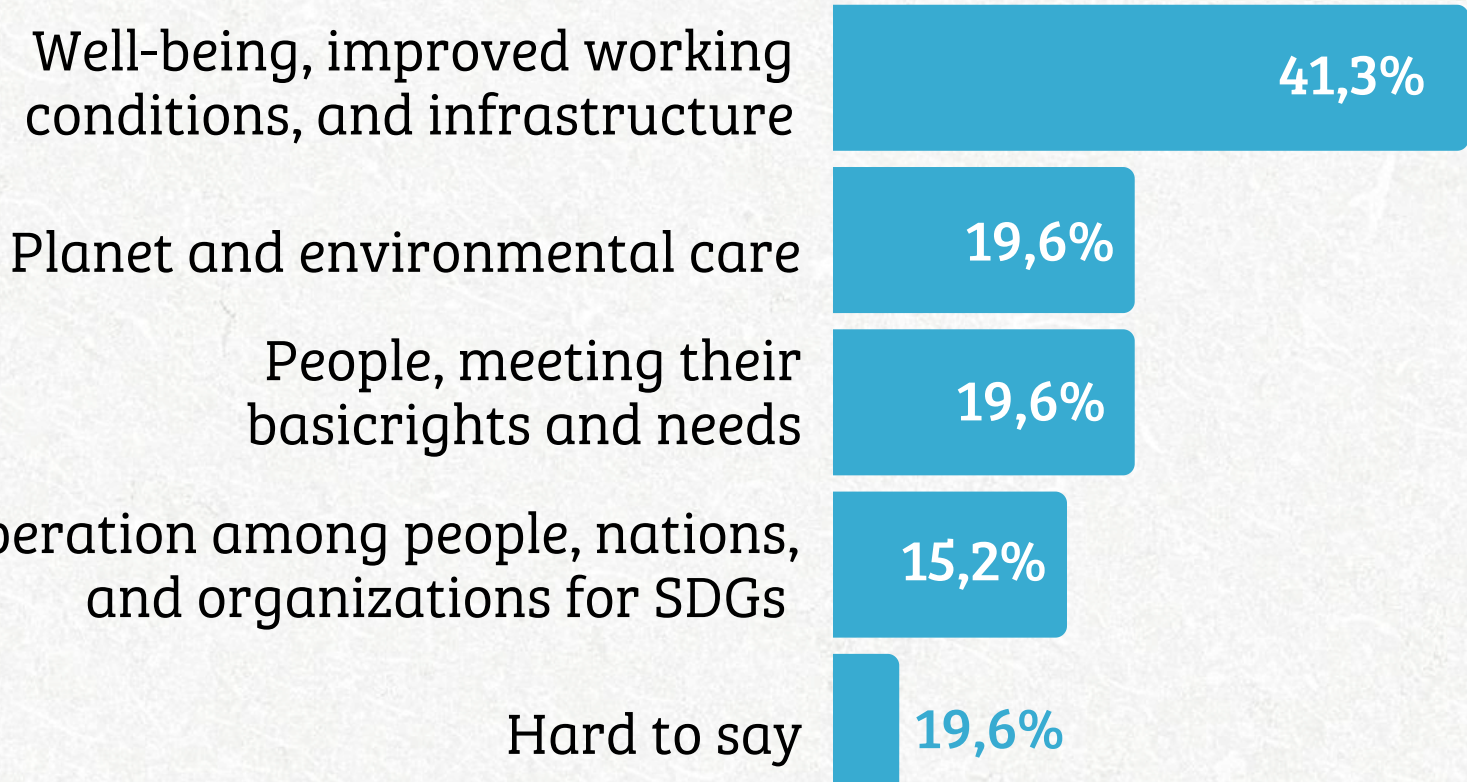
MOTIVATOR FOR SUSTAINABLE DEVELOPMENT ACTION

54% - funding opportunities like Local Action initiatives
41% - availability of initiatives
31% - information about issues to address
26% - receiving compensation

Which area in the Kłodzko Valley would you address first?

HOW CAN SCHOOLS BUILD AWARENESS OF SUSTAINABLE DEVELOPMENT GOALS?

- **OWN PROJECTS**
Implementing initiatives addressing SDGs
- **MISSION AND STRATEGY**
Integrating SDGs into our mission and action plan
- **EDUCATIONAL ACTION**
Conducting educational activities in school and within the broader community
- **ADVOCACY AND ACTION MONITORING**
Building local cross-sector partnerships based on SDGs



1 NO POVERTY



END POVERTY IN ALL ITS FORMS EVERYWHERE.



SUSTAINABLE DEVELOPMENT GOALS

DESCRIPTION

Poverty is not just a lack of means but includes hunger, lack of education, and social exclusion. Combating it requires equalizing opportunities and promoting inclusive growth. Social protection systems are essential to mitigate disaster impacts and support neglected regions. Poverty often affects education and employment, with the elderly and youth being particularly vulnerable.



Not everyone in need has the courage to seek help, so it's important for society to actively support the poorest.



Access to basic services and decent housing conditions are crucial for improving living standards

INTERESTING FACTS

WORLD

659 milion

people lived on less than \$2.15 a day before the pandemic. Despite efforts to combat poverty, the pandemic increased the number of poor people by 70 million.

EUROPEAN UNION

21,7 %

of population in the EU (9.4 million people), 23.5% were at risk of poverty or social exclusion (data from 2021). There is a downward trend, as in 2016 this issue affected 23.5% of people.

POLAND

97,6 %

of Polish households have access to basic sanitary facilities and water supply. In 2010, this indicator stood at 93.7%.

WHAT IMPACT DO YOU HAVE?

YOU AND YOUR RELATIVES



At birthday parties, suggest a money collection for a charity organization of your choice instead of a gift.



Buy clothes and products from stores that donate a portion of their profits to charitable institutions.



Pack up unused long-lasting food items and donate them to a food bank or soup kitchen.



Visit a hospice or organization supporting socially excluded individuals. By offering support or simply having a conversation, you'll make these individuals feel valued and needed



As part of corporate volunteering, conduct computer literacy training, CV writing, and job interview preparation sessions with socially excluded individuals.



Purchase 'fair trade' products to support sustainable trade, ensuring fair wages for workers.



Support at least one child by providing meals, medical care, or educational assistance, for example, by funding a scholarship.



Participate in the nationwide campaign "Send a Card to a Senior". Your holiday wishes will reach one of the lonely seniors living in a Social Care Home.

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2 ZERO HUNGER



ELIMINATE HUNGER, ACHIEVE FOOD SECURITY AND IMPROVED NUTRITION, AND PROMOTE SUSTAINABLE AGRICULTURE



SUSTAINABLE DEVELOPMENT GOALS

DESCRIPTION

To maintain a healthy lifestyle, a balanced diet containing essential nutrients is necessary. Many people around the world do not have access to sufficient food, leading to various forms of malnutrition, especially among children.



Healthy eating is based on choosing balanced meals and paying attention to the origin of food.



One should choose high-quality local products, supporting sustainable agriculture for the benefit of both people and the environment.

INTERESTING FACTS

WORLD

828 milion

people were undernourished (data from 2021). That's nearly one in 10 people. Globally, 3.1 billion people cannot afford a healthy diet.

EUROPEAN UNION

9,1 %

is the current share of organic farming in the total agricultural land area. In 2015, it was 2.5%. By 2030, it should reach 25%.

POLAND

0,4 milion

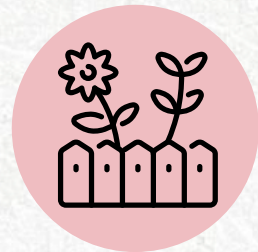
Poles do not follow or cannot afford a healthy diet (World Bank data). According to Statistics Poland (GUS), 58% of the adult population in Poland is overweight. This problem affects 30% of children aged 5-9

WHAT IMPACT DO YOU HAVE?

YOU AND YOUR RELATIVES



Promote awareness about preventing food waste and methods of food storage.



Promote and support the creation of community urban gardens where residents can grow vegetables, fruits, and herbs.



Learn how to compost and recycle organic waste for use in gardening.



Support local farmers and buy food products at markets.

YOUR COMPANY / ORGANIZACJA



Please organize educational meetings on healthy eating, organic farming, and sustainable food production methods.



Support community kitchen initiatives where volunteers cook and distribute meals for those in need.



Collaborate with local institutions, schools, and municipal authorities to more effectively address hunger at the local level.



Organize a food drive for people in difficult economic situations.

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3 GOOD HEALTH AND WELL-BEING



ENSURE HEALTHY LIVES FOR ALL PEOPLE OF ALL AGES AND PROMOTE PROSPERITY.



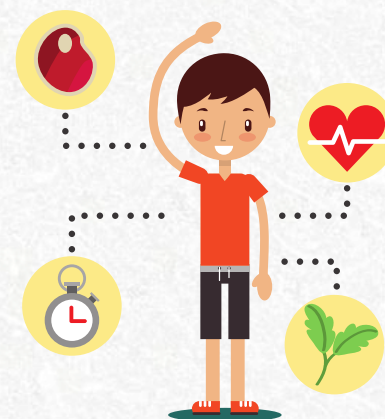
SUSTAINABLE DEVELOPMENT GOALS

DESCRIPTION

Our health is the foundation of well-being and requires access to healthcare, prevention, and education. Continuation of efforts against numerous diseases through better healthcare funding and improvement of sanitary conditions is crucial.



Civilization-related diseases such as diabetes, cancer, heart disease, and depression require early diagnosis and adequate knowledge of the underlying risks.



Remember, it's better to prevent than to cure. Take care of healthy habits, fitness, mental balance, and regular preventive check-ups.

INTERESTING FACTS

WORLD

6 mln

children worldwide die before the age of 5. The probability of death before this age is twice as high for children born into poor families.

EUROPEAN UNION

69 %

of people in the EU rated their health as good or very good (data from 2021). The highest suicide rates per 100,000 people are recorded in Lithuania, Slovenia, and Hungary (Eurostat).

POLAND

1,2 mln

is the estimated number of people suffering from depression. NHS data indicates that in 2021, psychiatric and psychological help was provided to 682 thousand patients.

WHAT IMPACT DO YOU HAVE?

YOU AND YOUR RELATIVES



If you work at a computer, ensure proper posture at your desk and practice good work hygiene.



Create a workspace that promotes mental health and be kind to others.



Find effective ways to manage stress such as meditation, yoga, and spending time outdoors.



Avoid alcohol abuse, do not smoke tobacco, and ensure an adequate amount of sleep.

YOUR COMPANY/ORGANIZATION



Educate and encourage your employees to adopt healthy eating habits and physical activity.



Implement initiatives, for example, as part of the local programs, to raise awareness about environmental protection and its impact on health.



Organize free preventive screenings for employees such as blood pressure measurement or blood sugar testing.



Create a workspace that promotes mental health and be kind to others.

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4 QUALITY EDUCATION



ENSURE INCLUSIVE AND EQUITABLE QUALITY EDUCATION AND PROMOTE LIFELONG LEARNING OPPORTUNITIES FOR ALL



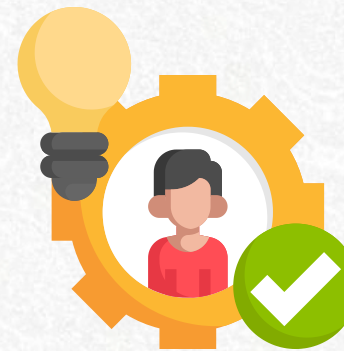
SUSTAINABLE DEVELOPMENT GOALS

DESCRIPTION

High-quality education is crucial for development, improving lives, and creating innovative solutions to global problems. Despite progress and an increase in literacy rates, there are regions that still require significant leveling of educational opportunities. This is due, among other things, to a lack of qualified teaching staff and poor school conditions.



High-quality education is associated with investing in scholarship programs, teacher training, and improving infrastructure.



Develop critical thinking skills, use available information on the internet, and learn to verify it. Also, take care of interpersonal relationships.

INTERESTING FACTS

WORLD

617 milion

young people worldwide do not have basic reading and math skills. 22% of children do not attend school, and half of them live in conflict zones.

EUROPEAN UNION

58%

of Europeans have basic digital skills. In Poland, this rate is 44%, and among seniors aged 65–74, it is only 9%.

POLAND

15 years old

Polish students of this age rank among the top in the world in terms of reading comprehension and mathematical reasoning skills (PISA Study).

WHAT IMPACT DO YOU HAVE?

YOU AND YOUR RELATIVES



Offer your time as a volunteer. Share your experience and knowledge with others.



Organize a book drive and donate the books to a library. You can also start a book club to discuss them together.



Teach migrants your native language at cultural centers or other accessible locations.



Raise awareness of educational issues and share best practices online that deserve support.



Teach through play and experience. Organize extracurricular trips for children and study visits for employees.



Create a mentoring program for marginalized individuals, led by volunteers from various fields.



Organize or fund training sessions on fake news, combating disinformation, and information verification skills.



Establish an endowment fund to improve educational infrastructure, such as new computer equipment or books for the school library.

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5 GENDER EQUALITY



ACHIEVE GENDER EQUALITY AND EMPOWER ALL WOMEN AND GIRLS.



SUSTAINABLE DEVELOPMENT GOALS

DESCRIPTION

Gender equality is fundamental for a sustainable world and requires equal access to education and work. Women often leave the labor market for caregiving reasons. Despite having better education, their participation in politics and business is lower, especially in senior positions.



In many countries, violence against women is a problem and requires legal protection. Progress in combating gender inequality and harmful practices is visible but far from complete.



Increasing women's access to education, healthcare, decent work, and participation in political life is crucial for sustainable economies and societies

INTERESTING FACTS

WORLD

18

in so many countries, husbands can legally prevent their wives from taking up work, and 49 countries do not have laws protecting women from domestic violence.

EUROPEAN UNION

32,5 %

of women held seats in national parliaments in the EU. Since 2011, legal regulations guarantee at least 35% of spots on electoral lists for local governments, the Sejm and Senate, and the European Parliament.

POLAND

9 %

less than men – that's how much women in Poland earn on average. In the EU, this figure is 16%. The percentage of economically inactive Polish women due to caregiving duties is the highest in the Union.

WHAT IMPACT DO YOU HAVE?

YOU AND YOUR RELATIVES



Teach children that decisions should be made jointly, not by representatives of one gender



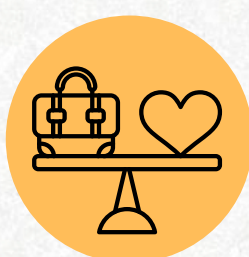
Gender equality starts at home. Practice equal sharing of household duties and respect for all people, regardless of gender.



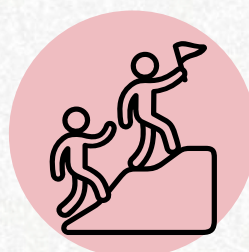
Encourage women and girls in your environment to pursue their educational and career ambitions.



When you witness gender-based violence or discrimination, respond appropriately and support the victims.



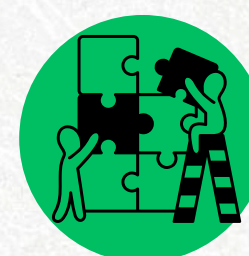
Ensure that work-life balance is ingrained in your organization's business culture.



Support mentoring and coaching sessions to help women build self-esteem and foster their professional development.



Promote gender equality in school programs to shape attitudes of respect and understanding of diversity from a young age.



Collaborate with local institutions and NGOs to provide support and access to legal and psychological advice for victims of gender-based violence.

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6 CLEAN WATER AND SANITATION



ENSURE AVAILABILITY AND SUSTAINABLE MANAGEMENT OF WATER AND SANITATION FOR ALL.



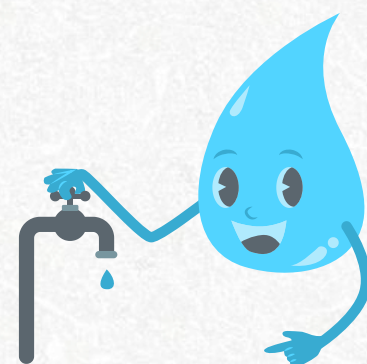
SUSTAINABLE DEVELOPMENT GOALS

DESCRIPTION

Water is a crucial element for life, essential for the survival of humans, animals, and plants. However, global climate change, increasing demand for freshwater, and inefficient infrastructure threaten hydrological security. Access to clean water has improved, but still over 2 billion people live in areas at risk of water scarcity.



Water scarcity and poor sanitation conditions lead to millions of deaths annually, hinder economic and social development, and impede access to education.



By 2050, approximately 25% of the world's population will live in areas with chronic water scarcity. Investments in water resource management and sanitation infrastructure are crucial.

INTERESTING FACTS

WORLD

40 %

of the global population suffers from water scarcity, a figure that continues to rise. More than 1.7 billion people live in river basins where water use exceeds replenishment.

EUROPEAN UNION

1,5 %

is the percentage of the EU population without a bathtub, shower, or flush toilet in their household (2020 data). In Poland, this affects 760,000 residents.

POLAND

1,6 tys. m3

is the amount of renewable freshwater resources per capita in Poland. This is below the water security level. Poland is at risk of drought.

WHAT IMPACT DO YOU HAVE?

YOU AND YOUR RELATIVES



Collect rainwater to water flowers, clean, flush the toilet, and wash the car.



Do not dispose of chemicals or medications in the toilet. Water contaminated with these substances pollutes rivers, causing environmental poisoning and health issues.



Fix leaking taps. This can save you tens of liters of water annually.



Choose eco-friendly products that require less water to produce. Learn about and consider the water footprint of products.



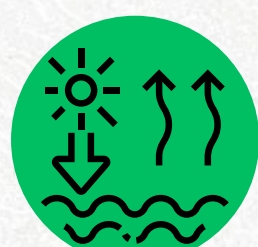
Organize actions to protect local water resources such as rivers, lakes, and ponds, including cleaning up their banks.



Implement greening initiatives like planting trees and creating rain gardens, which help with natural stormwater management and water quality improvement.



Install a rainwater collection system to increase water availability and reduce waste.



Hold educational workshops on the importance of clean water and ways to save and protect it.

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7 AFFORDABLE AND CLEAN ENERGY



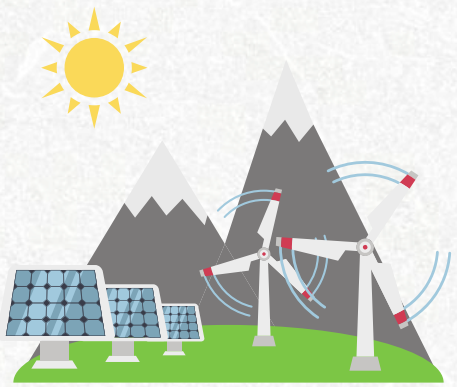
ENSURE ACCESS TO AFFORDABLE, RELIABLE, SUSTAINABLE, AND MODERN ENERGY FOR ALL.



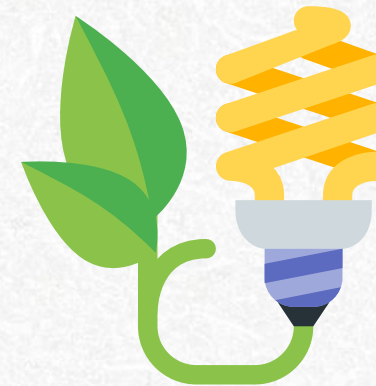
SUSTAINABLE DEVELOPMENT GOALS

DESCRIPTION

Energy is crucial for daily activities and economic development. In 2021, 675 million people worldwide did not have access to electricity, primarily in rural areas. Traditional energy sources like coal have a negative impact on the environment. The growing demand for electricity highlights the need to promote renewable energy, which offers a chance for cleaner and cheaper energy.



Sustainable energy is important for security, climate change, and food production. Therefore, it is essential to increase access to clean fuels and renewable energy sources (RES)



Ensuring access to clean energy requires increased investment, better regulation, the engagement of countries, and wise energy use and thermal modernization.

INTERESTING FACTS

WORLD

10 %

of people worldwide do not have access to electricity. 75% of global electricity comes from non-renewable fuels, which negatively impacts the environment.

EUROPEAN UNION

54 milion

Europeans (11% of the EU population) suffer from energy poverty. This is caused by high energy prices, low incomes, and poor housing insulation. Some are forced to choose between food and heating.

POLAND

13 %

of electricity generated in Poland comes from renewable sources (OZE). However, the main source still relies on fossil fuels. Energy prices in our country are among the highest in Europe.

WHAT IMPACT DO YOU HAVE?

YOU AND YOUR RELATIVES



Before leaving for vacation or an extended absence, unplug household appliances and other electrical devices.



Use energy-efficient light bulbs and home appliances with low energy consumption. Instead of using the elevator, take the stairs.



You'll save electricity and undoubtedly take care of your health.



Insulate your home to reduce the need for heating in winter and cooling in summer.



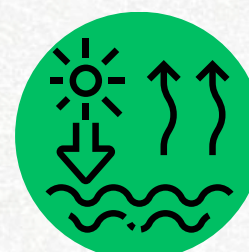
Organize educational programs for children and adults on renewable energy sources and environmental protection.



Promote the use of public transportation, bicycles, and walking instead of cars.



Establish local energy cooperatives that can collectively invest in and utilize renewable energy sources such as wind or solar farms.



In winter, reduce heating temperature by 1 degree, and in summer, limit air conditioning use to necessary minimum.

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8 DECENT WORK AND ECONOMIC GROWTH



PROMOTE SUSTAINED, INCLUSIVE, AND SUSTAINABLE ECONOMIC GROWTH, FULL AND PRODUCTIVE EMPLOYMENT, AND DECENT WORK FOR ALL.



SUSTAINABLE DEVELOPMENT GOALS

DESCRIPTION

Economic growth is crucial for the well-being of societies. It provides quality jobs and supports development. Employment enables the fulfillment of economic needs, social interactions, and self-realization. Despite progress, employment barriers still exist, half of the population lives on the equivalent of \$2, and the global unemployment rate is 5.7%.



To eliminate poverty and reduce unemployment, it is crucial to create decent working conditions that increase access to financial services and investment in development.



Education and remote work can improve the situation in the job market. Employers should adhere to principles of sustainable development, while employees should be aware of their rights.

INTERESTING FACTS

ŚWIAT

23 %

is the global gender pay gap. Women's presence in public life is increasing, yet they still perform 2.6 times more unpaid care and domestic work than men.

EUROPEAN UNION

27 %

of Europeans aged 16 and above have some form of disability. The unemployment rate among individuals aged 20-26 is 17.7%, with 8.6% of this relating to people without disabilities.

POLAND

25 %

of Poles aged 20-64 are economically inactive. They neither work nor seek employment. Reasons include caregiving responsibilities, family duties, retirement, illness, or disability.

WHAT IMPACT DO YOU HAVE?

YOU AND YOUR RELATIVES



Respond to workplace violations in your immediate surroundings. Encourage others to do the same.



Foster entrepreneurial attitudes among young people. Offer advice and teach them how to manage finances.



Share your profession with children. Strive to illustrate what a healthy work environment looks like.



Address gender pay gaps and combat occupational stereotypes.



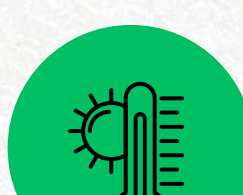
Encourage purchasing products and services from local businesses. Support the local economy and create job opportunities.



Develop programs that promote social and professional integration of marginalized groups such as long-term unemployed, migrants, and people with disabilities.



Organize workshops on vocational skills and knowledge about corporate social responsibility and workers' rights.



Promote local cultural heritage, tourist attractions, and events that attract tourists and support the local economy.

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9 INDUSTRY, INNOVATION AND INFRASTRUCTURE



BUILD RESILIENT INFRASTRUCTURE, PROMOTE INCLUSIVE AND SUSTAINABLE INDUSTRIALIZATION, AND FOSTER INNOVATION.



SUSTAINABLE DEVELOPMENT GOALS

DESCRIPTION

Technology plays a crucial role in addressing economic, social, and environmental challenges. Investments in sustainable infrastructure and innovation are essential to support competitiveness and employment in a knowledge-based economy.



Investments in transportation, energy, and technologies are crucial for societal development and sustainable growth.



Technological advancement, especially in improving the efficiency of material and energy use, is crucial for environmental protection and supporting industries necessary for development.

INTERESTING FACTS

ŚWIAT

90 %

of global business is conducted by small and medium-sized enterprises engaged in manufacturing and processing. They employ 50-60% of the workforce.

EUROPEAN UNION

67,500

patent applications were submitted to the European Patent Office. They represent a valuable measure of the creative and innovative capabilities of countries, regions, and businesses.

POLAND

6 mld Euro

were allocated in Poland in 2018 for research and development activities. This amount is more than twice the expenditure in 2010, but three times less than in Sweden or Austria.

WHAT IMPACT DO YOU HAVE?

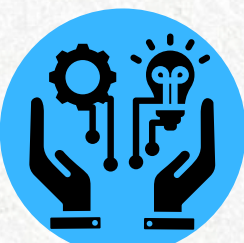
YOU AND YOUR RELATIVES



Don't discard unwanted electronic equipment. Donate it to those in need.



Encourage youth and seniors to learn new technologies. Don't be afraid to embrace innovations and change habits yourself.



Support local tech companies that prioritize sustainable development. Promote them among your friends and shop from them.



Use energy-efficient appliances and technologies. Save energy, sort waste, and minimize waste production.



Get involved in local initiatives promoting innovative solutions within the community.



Invest in training and skill development for employees, especially in the area of new technologies and IT tools.



Publish reports on actions taken towards sustainable development and progress in achieving environmental and social goals.



Choose suppliers who adhere to principles of sustainable development and ethical business practices.

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10 REDUCED INEQUALITIES



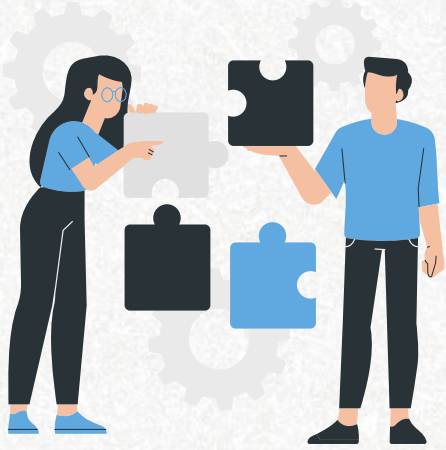
REDUCE INEQUALITY WITHIN AND AMONG COUNTRIES.



SUSTAINABLE DEVELOPMENT GOALS

DESCRIPTION

Modern society should provide equal opportunities for all, regardless of gender, income, age, or nationality. Despite laws prohibiting discrimination, many groups still feel marginalized in practice. Inequalities are evident both internationally and within individual countries, negatively impacting social and economic development.



Economic growth alone is not the solution to the problem of inequality. It is crucial to promote social and economic inclusion.



Let us implement actions based on the needs of marginalized groups and promote equality in access to education, healthcare, and sustainable resources

INTERESTING FACTS

WORLD

5 times

more likely are people with disabilities to incur higher healthcare costs compared to able-bodied individuals, despite significant global improvements in social care.

EUROPEAN UNION

22%

of EU citizens were at risk of poverty or social exclusion in 2021. Bulgaria had one of the highest rates, while Finland had one of the lowest.

POLAND

25%

of Poles aged 16 and over feel discriminated against or treated worse. This percentage is similar for both women and men.

WHAT IMPACT DO YOU HAVE?

YOU AND YOUR RELATIVES



Create safe spaces for dialogue where people can learn from each other and share experiences.



Form friendships with individuals from different countries.



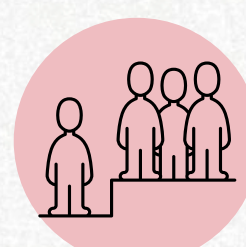
Oppose discrimination and advocate for equality in your surroundings—at work, school, and in your local community.



If possible, travel the world, explore different cultures, and engage with people who differ from you in terms of skin color, religion, or worldview.



Ensure that your organization is adapted to the needs of older adults and people with disabilities.



Get involved in initiatives supporting minorities and those in difficult life situations



Educate and organize workshops that promote understanding and respect for cultural, ethnic, and social diversity.



Implement practices that ensure fair treatment of employees, such as flexible working conditions for those with different needs and pay equality.

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11 SUSTAINABLE CITIES AND COMMUNITIES



MAKE CITIES AND HUMAN SETTLEMENTS INCLUSIVE, SAFE, RESILIENT, AND SUSTAINABLE.



SUSTAINABLE DEVELOPMENT GOALS

DESCRIPTION

The urban environment impacts our well-being and socio-economic development. However, cities, which occupy only 3% of Earth's surface, are responsible for 60-80% of energy consumption and 75% of CO2 emissions. Therefore, by becoming active members of our local communities, we can address the challenges of rapid urbanization.



By 2030, the urban population is expected to grow to 5 billion. This requires urban planning that can manage urbanization without excessive resource consumption.



By promoting sustainable development, we should ensure access to services and housing, manage waste effectively, protect the environment, and reduce poverty.

INTERESTING FACTS

WORLD

56 %

of people live in cities. According to the UN, this percentage is expected to rise to 68.4% by 2050. Rapid urbanization will impact freshwater resources, the natural environment, and public health.

EUROPEAN UNION

489 kg

of municipal waste is generated annually per EU resident. In Poland, this figure is 329 kg per person (less than one kilogram per day), which is 13 kg more than in 2010.

POLAND

36

Polish cities are among the 100 most polluted cities in the EU. The main cause is road transport. Poland is one of the most motorized countries in the EU

WHAT IMPACT DO YOU HAVE?

YOU AND YOUR RELATIVES



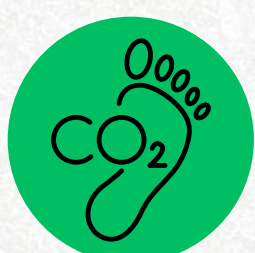
Use public transportation, city bikes, and other environmentally friendly modes of transport.



Create community gardens and support the integration of residents to strengthen the sense of community.



Take care of waste segregation and promote the reuse of items, giving them a second life.



Buy local products to reduce the carbon footprint associated with transporting goods.



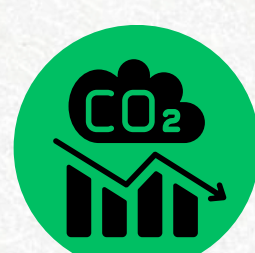
Support social initiatives! Get involved in activities for local residents and organize volunteer programs for employees.



Invest in the development of sports and recreational areas to build stronger, healthier, and happier communities.



Organize, fund, or promote cultural, sports, and community integration events in your area.



Raise awareness about carbon footprints. Invest in energy-efficient devices, renewable energy, and encourage the use of bicycles and public transportation.

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12 RESPONSIBLE CONSUMPTION AND PRODUCTION



ENSURE SUSTAINABLE CONSUMPTION AND PRODUCTION PATTERNS.



SUSTAINABLE DEVELOPMENT GOALS

DESCRIPTION

Our planet has limited resources, which necessitates changes in production, consumption, and waste management. While some countries have achieved economic growth without overexploiting natural resources, others continue to develop at the expense of the environment.



By reducing environmental degradation and efficiently using energy and resources, we aim for a better quality of life and lower economic costs



Cooperation at all levels of the supply chain and consumer education promoting responsible choices are crucial.

INTERESTING FACTS

WORLD

9,6 bilion

This is how much the world's population will be by 2050. To maintain our current lifestyle, it would require natural resources equivalent to three times the resources our planet can provide.

EUROPEAN UNION

11 kg

of textile waste is discarded each year by the average European. Globally, 92 mln tons of clothing end up in landfills annually, posing an increasing threat to the environment.

POLAND

355 kg

municipal waste was generated by an average Pole in 2022. This is one of the lowest rates in the EU. The statistical inhabitant of the Union throws away 513 kg.

WHAT IMPACT DO YOU HAVE?

YOU AND YOUR RELATIVES



Don't hold on to clothes and devices you don't use. Donate them to those in need or take them for recycling.



Buy only what you truly need. 20-50% of food products end up in landfills.



Instead of single-use items and plastic packaging, use reusable bags and biodegradable containers.



Purchase fruits that may not look the best and use them to make smoothies.



Support companies that adhere to fair trade principles by purchasing products with the "fair trade" label.



Procure environmentally friendly products for your organization, including electronic equipment, office supplies, and food items.



Conduct educational campaigns to raise awareness about the importance of sustainable consumption and how to impact the environment.



Invest in the development of new, sustainable technologies, products, and services.

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13 CLIMATE ACTION

TAKE URGENT ACTION TO COMBAT CLIMATE CHANGE AND ITS IMPACTS.



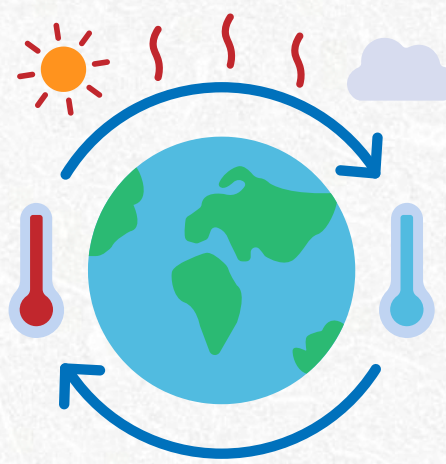
SUSTAINABLE DEVELOPMENT GOALS

DESCRIPTION

The main causes of climate change are greenhouse gas emissions, which increase Earth's temperature. This results in extreme weather conditions, conflicts over water, and mass migrations. Education is a key tool that teaches how to counteract these changes.



Climate change affects the entire world, but it is the poorest countries and the most vulnerable social groups that are primarily affected by its consequences.



Effective solutions include transitioning to renewable energy sources and global cooperation is crucial in limiting temperature rise and supporting countries' adaptation to climate change.

INTERESTING FACTS

WORLD

1°C

is the increase in the average global temperature since the Industrial Revolution. Further increases will lead to water shortages, heatwaves, and agricultural losses, which will contribute to rising food prices.

EUROPEAN UNION

5

EU countries with the highest emissions are Germany, France, Italy, Poland, and Spain. 77% of greenhouse gas emissions in the EU come from the energy sector,

POLAND

400 mln tons

of greenhouse gases are released into the atmosphere annually. This accounts for 9.8% of the total emissions in the EU. Poland ranks 7th among the largest emitters of gases per capita in the EU.

WHAT IMPACT DO YOU HAVE?

YOU AND YOUR RELATIVES



Walk, bike to school and work, use public transportation, and carpool.



Use reusable bags for shopping and compost food scraps.



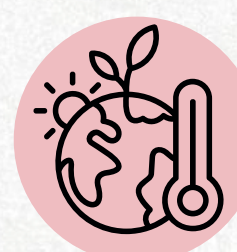
Buy local and seasonal products, supporting local farmers and reducing emissions related to food transportation.



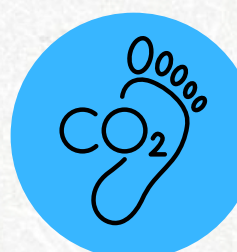
Reduce water consumption by fixing leaks and using rainwater



Initiate an annual tree planting campaign in your organization. Trees produce oxygen and absorb CO2.



Conduct workshops and educational campaigns to raise awareness about the impacts of climate change and ways to mitigate them.



Calculate your organization's carbon footprint using one of the available calculators online.



Sign the Climate Declaration for Social Organizations initiated by the Donors Forum.

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CONSERVE AND SUSTAINABLY USE THE OCEANS, SEAS, AND MARINE RESOURCES FOR SUSTAINABLE DEVELOPMENT.



SUSTAINABLE DEVELOPMENT GOALS

DESCRIPTION

Oceans and seas, covering about 75% of the Earth's surface, are essential for human life, providing necessary quantities of, among other things, rainwater, food, and oxygen, as well as regulating weather and climate. However, their natural state and biodiversity are threatened by human activities, such as pollution, overfishing, and ocean acidification caused by increased CO2 emissions.



Rising water temperatures, changes in ecosystems, and threats to fisheries require regulations to limit pollution, overfishing, and to manage marine resources effectively.



46% of key marine areas are protected, but careful and sustainable management of the oceans is still needed, as they are also important trade routes.

INTERESTING FACTS

WORLD

97 %

of the world's water is contained in the oceans. They absorb 30% of the CO2 produced by human activities, helping to mitigate the effects of global warming.

EUROPEAN UNION

730 tons

of waste are dumped into the Mediterranean Sea every day. Of this, 27% consists of plastic components from fishing gear, while 49% are single-use items such as bottles, caps, cotton swabs, cutlery, and straws.

POLAND

304,000 tons

of fish are caught annually in the Baltic Sea, with 90% being herring and sprats. Currently, 6,000 fishing vessels operate in the area and must comply with the catch limits set by the European Commission.

WHAT IMPACT DO YOU HAVE?

YOU AND YOUR RELATIVES



Take care of the environment while sailing, fishing, or kayaking.



Save water. Reducing water usage lessens the burden on wastewater treatment plants, which improves the quality of marine waters.



Use eco-friendly cleaning products to limit the release of harmful chemicals into groundwater and eventually into the oceans.



Participate in public consultations on biodiversity and support the creation of marine reserves.

YOUR COMPANY/ORGANIZATION



Organize local clean-up events for beaches, rivers, or lakes.



Support organizations working for clean oceans by making a donation or becoming a volunteer.



When organizing events, use tableware and cutlery made from biodegradable materials such as bamboo, palm leaves, paper, or cornstarch.



Educate employees about marine environmental protection, promoting eco-friendly behaviors both at work and in their personal lives.

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CONSERVE AND SUSTAINABLY USE THE OCEANS, SEAS, AND MARINE RESOURCES FOR SUSTAINABLE DEVELOPMENT.



SUSTAINABLE DEVELOPMENT GOALS

DESCRIPTION

Forests, covering nearly one-third of the Earth's surface, are crucial for biodiversity, food security, and combating climate change. They are home to most terrestrial fauna and flora. Despite increasing protection efforts, global forest cover has decreased by 2.4% since 2000, with ongoing trends of degradation and desertification threatening ecosystems and humanity.



Human activities leading to deforestation and land degradation threaten air and water quality and impact food sources, with negative consequences for life on Earth.



The rate of deforestation has decreased from 7.8 million hectares per year in the 1990s to 4.7 million hectares currently. Protected areas have increased from 30% to 44%, offering hope for improved management and protection of the natural environment.

INTERESTING FACTS

WORLD

12 milion ha

of land that could be used to grow 20 million tons of grain are lost each year due to drought and desertification. 74% of impoverished populations are directly affected by land degradation.

EUROPEAN UNION

26 %

of the land area in the EU is protected. In 2013, this figure was 18.9%. Although the pace of creating new protected areas has slowed, the EU is on track to achieve the 30% target by 2030.

POLAND

29,6 %

of Poland's land area is covered by forests. This is 5.9% more than in 1995. The national reforestation program aims to increase forest cover to 33% by 2050.

WHAT IMPACT DO YOU HAVE?

YOU AND YOUR RELATIVES



Eat seasonal products; they are more environmentally friendly, taste better, and are usually cheaper.



Plant trees and create green spaces. This improves air quality and supports biodiversity.



Avoid using pesticides in your garden. They runoff into rivers and lakes, harming the environment.



Use public transportation or a bicycle. This reduces CO2 emissions, which threaten terrestrial ecosystems.

YOUR COMPANY/ORGANIZATION



Implement a zero-waste policy by reducing energy, raw material, and water consumption, as well as CO2 emissions.



Support initiatives focused on wildlife conservation and habitat protection.



Conduct educational campaigns on environmental protection, sustainable development, and biodiversity.



Ensure that suppliers adhere to sustainable practices, comply with social and environmental standards, and minimize their negative impact on the environment.

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16 PEACE, JUSTICE AND STRONG INSTITUTIONS



PROMOTE PEACEFUL AND INCLUSIVE SOCIETIES FOR SUSTAINABLE DEVELOPMENT, PROVIDE ACCESS TO JUSTICE FOR ALL, AND BUILD EFFECTIVE, ACCOUNTABLE, AND INCLUSIVE INSTITUTIONS AT ALL LEVELS.



SUSTAINABLE DEVELOPMENT GOALS

DESCRIPTION

Peace and stability are crucial for a sense of security, but achieving them is challenging in many regions around the world. Legal awareness and respect for the law are fundamental for democratic societies, where every citizen should adhere to shared norms.



Armed conflicts pose a challenge to global peace. Despite progress in reducing killings and human trafficking (primarily affecting women and children), aggression remains an ongoing issue.



These challenges require clear regulations, more effective laws, and robust budgets. However, legal changes must be accompanied by shifts in mentality to build safe and inclusive societies.

INTERESTING FACTS

WORLD

\$ 1,26 trillion

is the annual cost of corruption, bribery, theft, and tax evasion in developing countries. These funds could be used to improve the lives of people living on less than \$1.25 a day.

EUROPEAN UNION

1 in 5

children is a victim of sexual abuse (both online and offline). Approximately 80% of them know and trust their abuser. One-third of abused children never tell anyone about it.

POLAND

79 %

of children and teenagers have experienced violence or neglect at least once in their lives. One in five adolescents has self-harmed, and one in eleven has attempted suicide.

WHAT IMPACT DO YOU HAVE?

YOU AND YOUR RELATIVES



Get involved in educational initiatives that teach citizens about their duties and rights.



Participate in elections, local meetings, and public consultations.



Support local NGOs working for justice by participating in legal advisory activities.



Report any legal violations you are aware of or witness.

YOUR COMPANY/ORGANIZATION



Never disregard reports of legal violations within your organization. Ensure that employees feel safe.



Organize training and initiatives that promote intercultural dialogue and tolerance.



Promote transparency and ethical behavior in your professional and social environment.



Support victims of violence and crime by providing psychological, legal, or material assistance.

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17 PARTNERSHIPS FOR THE GOALS



STRENGTHEN THE MEANS OF IMPLEMENTATION AND REVITALIZE THE GLOBAL PARTNERSHIP FOR SUSTAINABLE DEVELOPMENT.



SUSTAINABLE DEVELOPMENT GOALS

DESCRIPTION

Achieving the Sustainable Development Goals requires global cooperation and investment in human capital, infrastructure, technology, and development policies. It necessitates strong partnerships at all levels of society, connecting governments, the private sector, non-governmental organizations, and citizens.



To support less affluent countries, Official Development Assistance (ODA) is needed, along with increased support, stronger oversight mechanisms, and stimulation of investment.



Providing effective assistance involves long-term investments in critical sectors such as humanitarian aid, infrastructure, social services, sustainable energy, and infrastructure.

INTERESTING FACTS

WORLD

183 milion

people in 63 countries received humanitarian aid from the UN and its partners in 2022. This represents a significant contribution to alleviating the impacts of humanitarian crises worldwide.

EUROPEAN UNION

43 %

is the proportion of Official Development Assistance (ODA) provided by the EU and its member states. The 70.2 billion euros allocated allows the Union to position itself as the largest ODA donor globally.

POLAND

695 milion PLN

was allocated to Poland by the European Commission to assist Ukrainian refugees fleeing the country due to the ongoing war.

WHAT IMPACT DO YOU HAVE?

YOU AND YOUR RELATIVES



Teach children teamwork through activities like sports to promote collaboration from an early age.



Share tasks and responsibilities with all family members.



Participate in local projects that support solutions to social and environmental issues.



Encourage your loved ones to engage in collective activities beyond daily chores, such as volunteering with local organizations and communities.

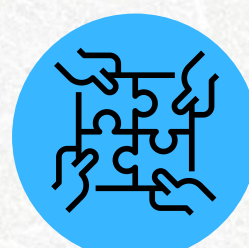
YOUR COMPANY/ORGANIZATION



Be open to collaborative efforts. Build strong and multifaceted partnerships.



Participate in initiatives that teach professional skills, such as online courses for individuals from developing countries.



Document and promote successes achieved through partnership collaboration.



Encourage the companies you work with to undertake sustainable development actions in developing countries as part of their CSR efforts.

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