

STEPPING UP TO THE



A practical guide to integrating the SDGs into our daily lives, including our practical activities, year plan, networking and sustainable centre developments through change-choice-practices

Developed by WESSA in partnership with USAID specifically in support of SADC emerging Sustainability Commons Centres





Quotations from the SDG Recommendations

1. We encourage all member states to develop as soon as practicable **ambitious national responses** to the overall **implementation** of this Agenda. These can support the transition to the SDGs and **build on existing** planning instruments, such as **national development** and sustainable development strategies, as appropriate. We also encourage member states to conduct **regular and inclusive reviews** of progress at the national and subnational levels which are country-led and **country-driven**. Such reviews should draw on contributions from **indigenous** peoples, **civil society**, the private sector and other stakeholders, in line with national circumstances, policies and priorities. National parliaments as well as other institutions can also support these processes.
2. Even outside formal modelling, scientists and practitioners alike have mentioned as critical to reflect in the goals and targets **strong interconnections among goal areas** from the **biophysical and socio-economic** points of view (Griggs et al., 2014, Weitz et al., 2014, ICSU-ISSC, 2015). Looking at multiple areas in relation to one another can provide critical insights as to the **feasibility** and ways and means of **achieving** specific goals.

Introduction

Whatever an individual or organisation's interest in sustainability is, the concept will be multidimensional and will promote connected thinking. This guide aims to help with such an approach by taking each of the recently adopted seventeen Sustainable Development Goals (SDGs) and offering connecting ideas and examples that touch on and gain inspiration from:

- * Special environmental days
- * Green technologies and practices
- * Networking opportunities and support
- * Doable advocacy challenges
- * Related educational resources

The problem with such high level, over-arching goals, is that they can appear too remote to address our real-life situations on the ground. One way to give them real meaning and effect is for all of us to make informed decisions, where we are and by doing positive things that add to a collective effort to really make a difference.

The fact that the goals are not legally binding makes this groundswell effort so important or as Swedish designer, Jakob Trollbäck, puts it: we must "create an army of goalkeepers." The goals are really value-based lenses that can help with planning, implementing and evaluating actions.

With a double page allocated to summarising, clarifying and exploring some of the implications, possibilities and challenges of each goal and its underlying values we hope that you will join us and be motivated by the change-choices we can all make and, more importantly, use the resource to further your own and your organisation's commitments to the environment and a sustainable future for all!

You will find many overlaps, as there should be, so view the suggestions in a holistic way. More detail (including the much longer full text of the SDGs) can be found by following the links in the appendices section.

Contents

	Page
The goals, information and action links	
1 – Poverty	6 - 7
2 – Hunger	8 - 9
3 – Health	10 - 11
4 – Education	12 - 13
5 – Gender	14 - 15
6 – Water	16 - 17
7 – Energy	18 - 19
8 – Work	20 - 21
9 – Infrastructure	24 - 25
10 – Equality	26 - 27
11 – Communities	28 - 29
12 – Consumption	30 - 31
13 – Climate	32 - 33
14 – Water life	34 - 35
15 – Land life	36 - 37
16 – Justice	38 - 39
17 – Partnerships	40 - 41
Special Day and Goal-Oriented Year Planner for 2016	22
The 5 Ps of Sustainable Development	23
Appendix	42
▪ Complete text of the SDGs	
▪ Complete text of Year of Special Days 2016	
▪ Sustainability Technologies Handbook	
▪ Good, Better, Best Change Choices	



A SELECTION OF PRACTICAL RESPONSE OPTIONS

- A small batch biodigester to help save money on electricity or gas for cooking
- Solar light and phone charger sets that can save money and help generate income
- Vertical growing walls for small food plants



A FEW SPECIAL DAYS TO THINK OF

- Human Rights Day - 21 March (SA) and 10 December (international)
- International Day for the Eradication of Poverty - 17 October
- Buy Nothing Day - 25 November



GOOD, BETTER, BEST ACTIONS

- Minimise your own waste so that resources that are typically thrown away are more accessible to poorer people
- Buy ethically sourced and produced goods that ensure that a fair share of profits go to workers involved in growing and manufacturing
- Start an environmental rehabilitation project that trains people and provides both work experience and income



SOME USEFUL CONTACTS

- Development Action Group
<http://www.dag.org.za/>
- Oxfam <https://www.oxfam.org/>
- Climate Jobs Campaign
<http://amandla.org.za/the-one-million-climate-jobs-campaign/>
- Department of Social Welfare
<http://www.dsd.gov.za/>
- Ikamva Labantu
<http://www.ikamva.org.za/>



This goal looks forward to 2030 when the hope is that:

- Everybody will have more than \$1.25 (R20) per day to live on.
- Poverty levels in the world will have halved with effective social protection.
- There will be equal rights for everybody to own property, have basic services and to access loans and technology.
- Poor and vulnerable people will be more resilient to extreme environmental and other events and have benefitted from properly planned development cooperation that focuses on getting rid of poverty specifically.



To think about and act on:

- How do we interact with better-off people to address this goal of halving poverty in our local circumstances?
- Poverty can look messy and environmentally destructive while wealth can give the impression of caring neatness. The reality is worthy of deeper consideration.



A SELECTION OF PRACTICAL RESPONSE OPTIONS

- Aquatrap water conservation in food gardens
- Basic bottling, drying and preserving of foodstuffs
- Refuges for bats, owls and lizards to promote biodiversity and reduce food pests



A FEW SPECIAL DAYS TO THINK OF

- Meatout Day - 20 March
- World Health Day - 7 April
- World Food Day - 16 October



GOOD, BETTER, BEST ACTIONS

- Start a worm farm and use the vermi-compost to improve soil and food plant growth
- Support an NGO that focuses on productive food security with donations and volunteer help
- Promote the concept of responsible food salvaging and redistribution
- Lobby for more soil care policies at state level



SOME USEFUL CONTACTS

- Soil for Life www.soilforlife.co.za
- SEED <http://seed.org.za/>
- Abalimi Bezekhaya <http://abalimi.org.za/>
- Food security <http://www.un-foodsecurity.org/links>
- Permaculture Design www.berg-en-dal.co.za
- Slow food movement <http://www.slowfood.com/>
- Food bank <http://www.foodbanksa.org/>
- Land Access Movement of South Africa <http://lamosa.org.za/land-and-agraria-reform-campagn>



This goal looks forward to 2030 when the hope is that:

- Every one of all ages in the world will have enough healthy food all year round.
- Through well-planned international targets young children, teen-aged girls, pregnant women and the elderly especially will get the food they need to be properly nourished.
- Small-scale food producers will double their output as they are helped with access to land, information, research findings, investment and trading opportunities and follow traditional, environmentally sustainable methods that maintain genetic diversity.
- Agricultural subsidies that favour developed countries will be stopped and extreme food price changes limited.



To think about and act on:

What are the effective programmes and projects in our local area addressing food security that we can help with or augment and how?



A SELECTION OF PRACTICAL RESPONSE OPTIONS

- Start a medicinal herb garden with choice informed by science and traditional healing practices
- At home and work switch to basic, natural cleaners and detergents like bicarbonate of soda, lemon juice and vinegar
- Get a second-hand bike for early road training and carbon free basic transport



A FEW SPECIAL DAYS TO THINK OF

- World Cancer Day – 5 February
- World Health Day - 7 April
- World Mosquito Day – 20 August
- World AIDS Day - 1 December



GOOD, BETTER, BEST ACTIONS

- Organise first aid training at work
- Ensure strict policies at home and work on driving behaviour
- Join in and contribute to campaigns that aim to reduce pollution in your region



SOME USEFUL CONTACTS

- World Health Organisation (WHO)
<http://www.who.int/en/>
- Bicycle Empowerment Network
<http://www.benbikes.org.za/>
- United Nations Aids organisation
www.unaids.org
- groundwork
<http://www.groundwork.org.za/>
- Doctors without Borders
<http://www.doctorswithoutborders.org/>



This goal looks forward to 2030 when the hope is that:

- There will be medicines for all that need them and funding for medical training and work forces
- No more than 70 women or babies will die during 100,000 births and no more than 25 under-fives per 1000 will die.
- AIDS, TB, Malaria, tropical diseases, hepatitis and water-borne diseases will have been ended or combatted.
- Disease prevention, treatment and attention to mental health and well-being will have reduced early death by a third.
- Drug and alcohol abuse will have been significantly reduced.
- Globally traffic collision injuries and deaths will have been halved.
- Everybody will be able to get help with family planning, sexual and reproductive health.
- Everyone on earth will enjoy essential, quality, health-care services.
- Deaths and illness from pollution and dangerous chemicals will have been greatly reduced.
- Tobacco control laws will have been strengthened.
- Health risks across the world will be reduced through early warning.



To think about and act on:

How do we respond to those who argue that the world population is already too high and that better health will mean more people consuming resources?



A SELECTION OF PRACTICAL RESPONSE OPTIONS

- Outdoor classrooms making use of natural vegetation and material; ideal during good weather
- Simple modifications to existing facilities to ensure sense of comfort and support for all
- Water and energy saving practices made evident as a continual background educational message
- Deliberately seeking free expert advice and help for educational efforts
- Signing on to the Eco-School programme or starting an enviro-club



A FEW SPECIAL DAYS TO THINK OF

- International Women's Day - 8 March
- Human Rights Day - 21 March (SA) and 10 December (international)
- World Days of Actions – 20-26 April
- International Children's Day - 1 June
- World Refugee Day - 20 June
- World Population Day - 11 July
- International Day for the Elderly - 1 October
- World Teachers Day - 5 October
- International Day for Disabled Persons - 3 December



GOOD, BETTER, BEST ACTIONS

- Organise "green" talks and events at schools, colleges, universities and work places
- Make Sustainability a key element of an institution's management plan
- Aim to create a sustainability commons at your institution so that others can learn from what and how you do things



SOME USEFUL CONTACTS

- Transformative Environmental Learning through Teacher Education - Fundisa for Change <http://fundisaforchange.co.za/>
- Wits Centre for Researching Education and Labour <https://www.wits.ac.za/real/>
- UNESCO Education for the 21st Century <http://en.unesco.org/themes/education-21st-century>
- IUCN Commission on Education and Communication <https://www.iucn.org/about/union/commissions/cec/>
- Rhodes University Environmental Learning Research Centre <https://www.ru.ac.za/elrc/>
- WESSA Eco-Schools, Eco Centres and Environmental Skills Development programmes www.wessa.org
- Ken Robinson blog <https://robinsondigital.wordpress.com/>
- Green Matter <http://www.greenmatter.co.za/>



This goal looks forward to 2030 when the hope is that:

- Everyone, irrespective of gender, race, background or vulnerability will have had such a worthwhile, quality education that they are equipped to participate peacefully and equitably on the path to and the benefits of sustainable development.
- Boys and girls equally will have benefitted from and learnt much from an effective and relevant free early childhood, primary and secondary education that makes it easy to move on to good, affordable vocational and tertiary education, preparatory to fulfilling, skilled and productive participation in the world of work.
- Increased numbers of scholarships will have improved access to higher education.
- All youth and most adults will be able to read, write and use numbers.
- Places of learning will be safe and supportive environments for everyone needing them.
- Through international co-operation more qualified teachers will be available to serve global educational needs.



To think about and act on:

Irrespective of what our own or organisation's particular work focus is how can we deliberately contribute to the success of this goal?



A SELECTION OF PRACTICAL RESPONSE OPTIONS

- Labour-saving renewable energy technologies like:
 - Rocket stoves and kettles
 - Solar water pumps
 - LED lights connected to PV panels



A FEW SPECIAL DAYS TO THINK OF

- Human Rights Day - 21 March (SA) and 10 December (international)
- National Women's Day - 9 August
- Mothers' Day - 8 May



GOOD, BETTER, BEST ACTIONS

- Ensure that female colleagues at work feel supported in their maternity leave
- Ensure that gender bias is consciously considered and mitigated at the workplace especially at decision making level
- Plan deliberately for female-empowering and career related internships at the workplace



SOME USEFUL CONTACTS

- School Girls Unite
<http://campaignforeducationusa.org/members/detail/school-girls-unite>
- United Nations International Children's Emergency Fund (UNICEF)
<http://www.unicef.org/southafrica/>
- Coalition against Trafficking in Women
<http://catwinternational.org/>
- Equality Now
<http://www.equalitynow.org/>



This goal looks forward to the 2020s when the hope is that:

- Women and girls everywhere are seen and treated as equal citizens, safe from violence and all forms of exploitation.
- Forced marriage and genital mutilation of women and girls will have ceased completely.
- Unpaid domestic and care work will be properly valued, supported by public services and shared equally by families.
- Women will be participating fully and equally in leadership and decision-making politically and economically.
- Women will have equal rights to own property and have control over their own money.
- Sexual and reproductive health and rights will be respected everywhere.
- Technology, specifically IT will be benefitting and empowering women.
- New and strengthened laws will be supporting women and girls in their empowerment and equality.



To think about and act on:

Which national laws need to be strengthened in support of women's empowerment and what do our female colleagues think we should stop doing, start doing and continue doing in this regard?



GOOD, BETTER, BEST ACTIONS

- Plant Indigenous shrubs in your neighbourhood
- Learn to and teach others how to read a water meter
- Track down and stop a water pollution source



A FEW SPECIAL DAYS TO THINK OF

- World Wetland Day - 2 February
- World Water Day - 22 March
- World Oceans Day - 8 June



A SELECTION OF PRACTICAL RESPONSE OPTIONS

- Recycling clean barrels for rain water harvesting
- Putting mulch around garden plants
- Making an artificial wetland to clean grey water
- Fixing tap, pipe and toilet leaks
- Displacing a litre of water in a toilet cistern with a water-filled plastic bottle.
- Not watering plants in the heat of the day.
- Removing alien invasive plants



SOME USEFUL CONTACTS

- The Water Research Commission
<http://www.wrc.org.za/>
- South African Local Government Association
<http://www.salga.org.za/>
- Water Explorer Schools Programme
<http://www.waterexplorer.org/>
- SA Wetland Portal
<http://www.wetlands.za.net/>
- International Rivers
<https://www.internationalrivers.org/>
- Department of Water and Sanitation
<https://www.dwa.gov.za/>
- The Wildlife and Environment Society of South Africa (WESSA)
<http://wessa.org.za/>
- Ground Truth consulting
<http://www.groundtruth.co.za/>
- MiniSASS - Water quality assessment
<http://www.minisass.org/en/>



This goal looks forward to 2030 when the hope is that:

- Everyone will have a fair share of safe, affordable drinking water.
- Everyone will have fair access to safe and healthy toilet facilities so that nobody has to defecate in the open.
- Pollution and the release of chemicals into water will have decreased, halving the amount of untreated wastewater and greatly increasing water recycling.
- Much more careful and efficient water use will ensure that water sources are sustainable and far fewer people experience water shortage.
- Integrated water resource management at all levels including co-operation between countries and the participation of local communities will have helped ensure this.
- Water ecosystems including rivers, lakes, wetlands, forests and mountains will have been protected for at least ten years already.
- Countries will be helping each other more with water training to do with harvesting, desalination, efficiency, recycling and treatment.



To think about and act on:

Which one of the above seven bullet points is most relevant to our situation and how do we best contribute to positive change?



A SELECTION OF PRACTICAL RESPONSE OPTIONS

- Hot boxes lined with foam or straw that keeps things warm or cool
- Solar ovens and parabolic reflectors
- Rocket stoves and kettles that use very little fuel
- Basic PV Panel and LED light combinations
- Litres of light provided by water filled cool-drink bottles with a little added chlorine
- Induction cookers working with iron pots ensuring efficient use of electricity



A FEW SPECIAL DAYS TO THINK OF

- Earth Hour – 23 March
- Arbor Week – 1-7 September
- Buy Nothing Day - 25 November



GOOD, BETTER, BEST ACTIONS

- Commit to using hotboxes as part of catering for events
- As conventional light bulbs and tubes expire replace them with LED equivalents
- Install as large a PV panel as you can afford to supply electricity to a circuit
- Let others know about your experiences



SOME USEFUL CONTACTS

- 350.org <http://350.org/>
- Project 90x2030 <https://90by2030.wordpress.com/>
- The Wildlife and Environment Society of South Africa (WESSA) <http://wessa.org.za/>
- Sustainable Energy Society South Africa (SESSA) <http://sessa.org.za/>
- Southern African Faith Communities' Environment Institute (SAFCEI) <http://safcei.org/>



This goal looks forward to 2030 when the hope is that:

- Affordable, reliable and modern energy will be available to everyone in the world with special attention given to developing countries.
- Renewable energy will be a much bigger part of the mix.
- We will all be twice as efficient in how we use energy.
- By working together countries of the world will have made it easier to produce and use clean energy, become more efficient through research, technology sharing and investment in infrastructure.



To think about and act on:

How do we ensure that increased efficiency leads to more equitable distribution of energy across society?



A SELECTION OF PRACTICAL RESPONSE OPTIONS

- Worm farms to make compost from kitchen waste and can be traded or sold
- Locally relevant eco-tourism posters
- Buy local and green office policy
- Incorporate green building elements to do with light, energy and temperature control
- Garden furniture made from alien timber
- Bee hives with foraging from local plants
- Owl and bat boxes to promote natural pest control



A FEW SPECIAL DAYS TO THINK OF

- Youth Day – 16 June
- Women's Day – 9 August
- Human Rights Day - 21 March (SA) and 10 December (international)
- Worker's Day – 1 May
- World Tourism Day - 27 September
- International Day for Disabled Persons - 3 December



GOOD, BETTER, BEST ACTIONS

- Organise regular sustainability training for staff
- Install green technologies at work and highlight them with signage for staff and visitors
- Make your workplace a sustainability commons where others are invited to learn about green technologies and gain new skills for a just and sustainable economy



SOME USEFUL CONTACTS

- Green Skills Project <http://greenskills.co.za/>
- WESSA Schools Programme <http://www.wessa.org.za/what-we-do/schools-programme/eco-schools.htm>
- WESSA Environmental Skills Development <http://www.wessa.org.za/what-we-do/environmental-training.htm>
- Department of Environmental Affairs Programmes <https://www.environment.gov.za/projectsprogrammes>
- National Youth Development Agency <http://www.nyda.gov.za/>
- Wits Centre for Researching Education and Labour (REAL) <https://www.wits.ac.za/real/>
- UNESCO Education for the 21st Century <http://en.unesco.org/themes/education-21st-century>
- IUCN Commission on Communication and Education <https://www.iucn.org/about/union/commissions/cec/>
- The one Million Climate jobs Campaign <http://amandla.org.za/the-one-million-climate-jobs-campaign/>
- Rhodes University Environmental Learning Research Centre <https://www.ru.ac.za/elrc/>
- The Natural Step <http://www.thenaturalstep.org/our-approach/>
- Community Exchange System <https://www.community-exchange.org/home/>



This goal looks forward to 2030 when the hope is that:

- Everyone of working age, including the disabled, will enjoy having the chance to work and being more productive by benefitting from technology improvements, specialist skills training, value adding and labour-intense opportunities
- Unemployment rates amongst young people will have been dropping for ten years while education and training options for them will have been increasing.
- Laws and policies will be encouraging job creation, self-employment and new small businesses.
- Economic growth will be matched by sustainable use of resources.
- Forced and child labour as well as any kind of human trafficking will have ended.
- Labour rights will be strong and workers will have safe, secure work places.
- Tourism and jobs celebrating local culture and products in a sustainable way will have increased.
- It will be easier to get loans to support small business development because of help provided to lending organisations.



To think about and act on:

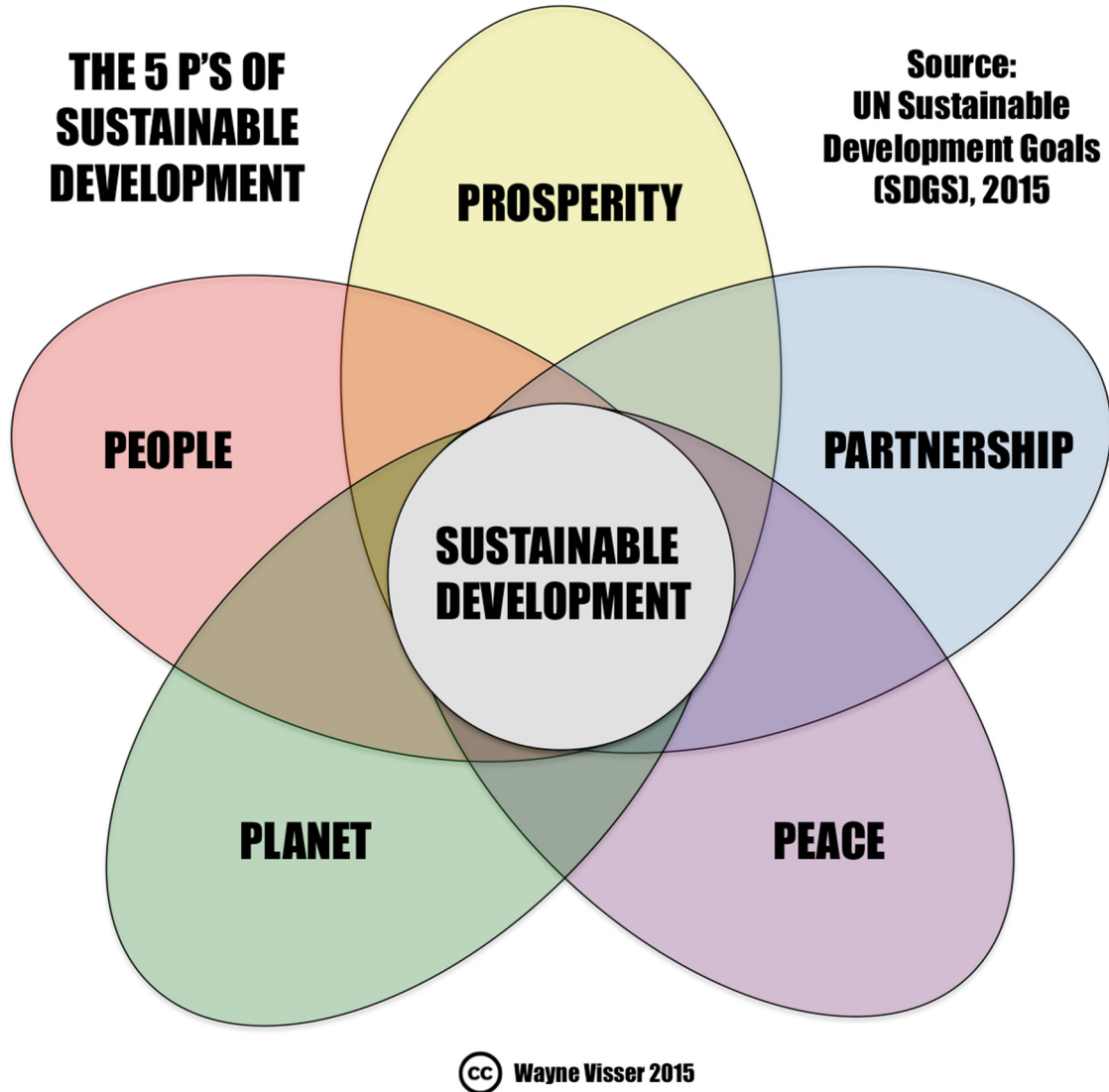
Suggest one feasible activity that will lead to economic growth, but not to the depletion or degradation of natural resources.

Special Day Goal-Oriented Year Planner for 2016

Note: ■ 2016 is the International Year of Pulses ■ October dates for National Marine Week and National Weedbuster Week should be confirmed with Environmental Affairs: Oceans and Coast and Water and Sanitation's Working for Water Programme ■ Colour coding is intended to approximate to the colours associated with the SDG summary graphic

	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T
JAN																														
FEB																														
MAR																														
APR																														
MAY																														
JUN																														
JUL																														
AUG																														
SEP																														
OCT																														
NOV																														
DEC																														

The 5 Ps of Sustainable Development





A SELECTION OF PRACTICAL RESPONSE OPTIONS

- Small artificial wetlands to help clean grey water
- Electricity usage monitor to help increase efficiency
- Planting locally indigenous shrubs and trees to enhance eco-system service infrastructure



A FEW SPECIAL DAYS TO THINK OF

- Earth Day - 22 April
- International Day for Biodiversity - 22 May
- National Clean-Up Week – 10-17 September
- Recycling Day SA – 16 September



GOOD, BETTER, BEST ACTIONS

- Investigate, plan and budget for a sustainability retrofit at work related to lighting, electricity, insulation, water etc
- Use this experience to inform, educate and train others
- Develop a sustainability commons at your workplace or centre that makes working “green” demonstrations easily accessible to broad public



SOME USEFUL CONTACTS

- Green Building Council
<https://www.gbcsa.org.za/>
- Wetlands Portal of South Africa
<http://www.wetlands.za.net/>
- Solar Power international
<http://www.solarpowerinternational.com/>
- International Renewable Energy Alliance
<http://www.ren-alliance.invotech.se/>
- Centre for Alternative Technology
- Sustainability Institute University of Stellenbosch
<http://www.sustainabilityinstitute.net/>
- World Commission on Dams
<http://www.unep.org/dams/WCD/>
- The Innovation Hub
<http://www.theinnovationhub.com/>
- Biomimicry South Africa
<http://biomimicrysa.co.za/>



This goal looks forward to 2030 when the hope is that:

- Good quality, sustainable, built infrastructure like roads, bridges, power stations and water lines will be supporting industrial activity, economic and human well-being in an affordable and fair way.
- There will be affordable loans and support available for smaller industries and businesses, especially in developing countries, so that these can find a welcoming place in the larger economy.
- Upgrades and retro-fitting with appropriate technologies will have made existing infrastructure and industries more environmentally sound and sustainable.
- The number of people working on technological and innovative research and development, especially in developing countries, will have increased significantly along with government and private funding to match this.
- African, least developed and small island states will have benefitted from international financial and technical help with the installation of sustainable and resilient infrastructure and the support of local research and innovation capacity.
- The goal of inexpensive internet access and IT availability generally for everyone will have moved much closer, especially in less developed countries.



To think about and act on:

How do we build infrastructure that is more like natural ecosystem services?



A SELECTION OF PRACTICAL RESPONSE OPTIONS

- World income map (as reminder)
<https://rachelstrohm.com/2011/05/11/a-different-look-at-global-income-inequality/>
- Shack Pack (solar light, charger, radio combination)
- The Sandbag house design manual
http://sandbaghouse.com/Infos_files/Sandbag%20House%202.pdf



A FEW SPECIAL DAYS TO THINK OF

- International Day for the Elimination of Racial Discrimination - 21 March
- Workers' Day - 1 May
- International Youth Day - 12 August
- International Day for the Eradication of Poverty - 17 October



GOOD, BETTER, BEST ACTIONS

- Start a staff saving/no interest loan scheme at work with everyone contributing a small monthly amount, managed by lowest paid employee
- Explore the benefits of non-debt based exchange currencies like
<https://www.community-exchange.org/home/>
- Organise an in-house advocacy workshop to strengthen people's voice. Some resources available at:
<http://www.brainline.org/content/2008/10/advocacy-tool-kit-skills-and-strategies-effective-and-peer-advocacy.html>



SOME USEFUL CONTACTS

- Catholic Welfare and Development
<http://www.cwd.org.za/>
- Community Development Resource Association (CDRA)
www.cdra.org.za
- Alternative Information & Development Centre (AIDC)
<http://aidc.org.za/>



This goal looks forward to the 2020s when the hope is that:

- The 40% of the poorest working adults in the world will have steadily seen their income growth rising above the average national increase.
- This empowerment will be matched by social and political inclusion that is blind to race, age, religion, gender or origin.
- Laws and policies will have changed to make discrimination a thing of the past and to ensure equal opportunity, wages and social protection.
- Global financial markets and agencies will be better regulated in line with this goal's intentions.
- The voice of developing countries will be more audible in the regulation and accountability of such financial institutions.
- People migration and mobility will have been made easier through improved policies.
- The World Trade Organisation's (WTO's) agreement about special treatment for poor and developing countries will have been put into practice.
- Least developed countries in Africa, island states and developing countries most needing help will have benefitted from foreign direct investment that improves the flow of money.
- People working away from their home countries will not be charged so much to send money home as such transaction costs are reduced to less than 3%.



To think about and act on:

Is income growth *per se* the most important element in reducing inequalities or are there other important factors?



A SELECTION OF PRACTICAL RESPONSE OPTIONS

- A sturdy swinging seat made from recycled materials for a garden, park or open space
<http://www.palletsdesigns.com/pallet-bench/pallet-ideas-pallet-swing-bench/>
- Smart Living Hand Book
http://www.capetown.gov.za/en/EnvironmentalResourceManagement/Documents/Smart_Living_Handbook_Eng_FULL%20VERSION_4thEd_2011-05.pdf
- GIS location height above sea-level indicator <http://www.altitude.nu/>



A FEW SPECIAL DAYS TO THINK OF

- International Day of Families - 15 May
- International Museum Day – 18 May
- Heritage Day - 24 September
- World Cities Day - 31 October



GOOD, BETTER, BEST ACTIONS

- Adopt a piece of public open space near you for demonstration water-wise gardening and soil care
- Encourage family, colleagues and friends to find out about and participate in local environmental and heritage assessment and planning processes
- With the consent of a land-owner construct a small but needed demonstration building using local materials and green design principles



SOME USEFUL CONTACTS

- Local Governments for Sustainability
<http://www.iclei.org/>
- Ten most sustainable cities
<http://www.planetizen.com/node/65005>
- Ecological footprint calculator
<http://footprint.wwf.org.uk/>
- Transition Towns movement
<https://www.transitionnetwork.org/>



This goal looks forward to 2030 when the hope is that:

- Everyone will be able to live in a secure, affordable house and get about with safe, inexpensive, sustainable public transport that caters for special needs and disabilities.
- Many more people everywhere will be participating in the planning and management of integrated settlements.
- Cultural and natural heritage will be better protected through strengthened efforts.
- Far fewer people, especially amongst the poor and vulnerable, will be dying as a result of disasters, water-related or other, and economic losses from these will have also decreased.
- The ecological footprint of each person living in cities will have reduced with special attention given to air quality and waste management.
- Everyone, especially women, children, the aged and disabled will be able to enjoy green, public spaces when they want to.
- National and regional development planning will have improved to ensure positive economic, social and environmental links between urban and rural areas.
- Climate smart cities that have integrated risk reduction into planning around settlements, resource efficiency and disaster resilience will have been increasing in number since 2020.
- Least developed countries will have had financial and technical help to build sustainably for resilience using local materials.



To think about and act on:

Focus on the most glaring solid waste or air pollution problem near you and suggest practical ways that you could be involved in helping solve it.



A SELECTION OF PRACTICAL RESPONSE OPTIONS

- Environmentally friendly detergents
- Worm farms and Bokashi bins
- Well labelled, maintained and serviced recycling bins



A FEW SPECIAL DAYS TO THINK OF

- Recycling Week - 12-17 September
- International Coastal Clean-up Day - 17 September
- Recycling Day SA - 16 September
- World Tourism Day – 27 September
- Buy Nothing Day - 26 November



GOOD, BETTER, BEST ACTIONS

- Attend environmental workshops or lectures and do Internet searches to see how successful clean-up campaigns are conducted
- Find out how your local landfill site is currently being run and how you can work with the municipality
- Buy seafood that is “green” on the SASSI list



SOME USEFUL CONTACTS

- Enchantrix eco-friendly cleaning products
<http://www.enchantrix.co.za/>
- South African Sustainable Seafood Initiative
<http://wwfsassi.co.za/sassi-list/>
- UNEP 10 Year Framework Programmes
<http://www.unep.org/10yfp/Programmes/>



This goal looks forward to 2030 when the hope is that:

- All countries will have taken effective action to implement the 10-year framework of programmes (10YFP) on sustainable consumption and production.
- Natural resources will be sustainably managed.
- Food waste will have been halved by retailers and consumers and reduced in other parts of the supply chain.
- Prevention, avoidance, recycling and reuse will have reduced all other wastes significantly.
- Chemical use and all wastes will be well managed with much reduced impacts on air, water and soil, improving human and environmental health as a result.
- Companies including international ones will have been encouraged to be sustainable and report on this.
- Governments will have buying policies based on sustainability
- Everyone will have the information and awareness to live in harmony with nature.
- Developing countries will have been supported with scientific and technological information to enable them produce and consume in an environmentally friendly way.
- More jobs in sustainable tourism will have been created with the help of good monitoring tools.
- Fossil fuel subsidies that distort markets and lead to waste will be changed to protect poor and affected communities.



To think about and act on:

How would you sell the idea of higher prices for fossil fuels for the sake of lower environmental impacts?



A SELECTION OF PRACTICAL RESPONSE OPTIONS

- A world map showing some major climate-related challenges and achievements for each country
- Interpretive signage at workplace indicating technologies and modifications done to mitigate or adapt to climate change.
- “How are we doing” workplace climate smart audit chart for prominent display



A FEW SPECIAL DAYS TO THINK OF

- World Meteorological Day - 23 March
- Earth Hour (8:30pm – 9:30 pm) - 19 March
- World Oceans Day – 8 June
- World Day to Combat Desertification and Drought – 17 June
- Zero Emissions Day - 21 September
- COP22 - 7-18 November 2016



GOOD, BETTER, BEST ACTIONS

- Plant trees, especially deciduous ones with restricted root systems near windows that get full sunlight or in popular open spaces to help regulate temperature in summer (adaptation)
- Install insulation above ceilings and some photovoltaic panels to save and produce electricity respectively while reducing carbon dioxide emissions (mitigation)
- Develop your workplace into a climate smart demonstration centre or sustainability commons for the benefit of staff and public



SOME USEFUL CONTACTS

- International Panel on Climate Change <http://www.ipcc.ch/>
- Southern African Developing Community (SADC) <http://www.sadc.int/themes/meteorology-climate/climate-change-adaptation/>
- The Wildlife and Environment Society of South Africa <http://www.wessa.org.za/>
- 350.org <https://350.org/>
- The Climate Reality Project <https://www.climate realityproject.org/>
- Project 90x2030 <http://90by2030.org.za/>
- Wind map <http://earth.nullschool.net/>



This goal looks forward to 2030 when the hope is that:

- Every country will have increased its ability to deal with climate-related dangers and disasters
- National policies and plans will reflect measures that deal with climate change
- Education and awareness raising as well as the directed capacity of institutions will have improved to undertake climate change mitigation and adaptation better in order to reduce impacts and provide early warning.
- The UNFCCC commitment to raising and distributing \$100 Billion by 2020 will have been realised and, as a result, developing countries will have been able to implement climate mitigation measures in a responsible way.
- Least developed countries and Small Island states will have benefitted from support with climate change planning that especially includes the needs of women, youth and vulnerable people.



To think about and act on:

Heat stress, wildfire intensity, drought, floods, crop failure, migration and sea-level rise are amongst climate change impact predictions. Which of these are most relevant in your area and what practical measures can be taken to prevent or lessen them?



A SELECTION OF PRACTICAL RESPONSE OPTIONS

- Carefully chosen organic detergents and hygiene products to reduce chemical waste going to the sea.
- The SASSI Sustainable Fisheries poster http://www.saambr.org.za/uploads/files/FINAL_SASSI_Poster.pdf
- Ocean Acidification vs Healthy Ocean poster <http://theenvironmentalist.blogspot.co.za/2016/03/the-harmful-effects-of-ocean.html>



A FEW SPECIAL DAYS TO THINK OF

- World Oceans Day - 8 June
- National Clean-Up Week – 10-17 September
- International Coastal Clean-up - 17 September
- World Habitat Day - 3 October



GOOD, BETTER, BEST ACTIONS

- Base personal consumer choices, especially food and chemicals, on marine impacts
- Get a snap shot of the state of South African Marine Protected Areas by reading: http://awsassets.wwf.org.za/downloads/final_wwf_marine_report_02_dec_2014_web_1.pdf
- Develop short courses or arrange for presentations for staff and public on various marine conservation topics



SOME USEFUL CONTACTS

- Marine Stewardship Council (MSC) <https://www.msc.org/track-a-fishery>
- WWF SASSI <http://wwfsassi.co.za/>
- Department of Agriculture Forestry and Fisheries (DAFF) <http://www.daff.gov.za/>
- Sea Shepherd <http://www.seashepherd.org/>



This goal looks forward to 2030 when the hope is that:

- Marine pollution of all kinds, especially coming from the land, will have been decreasing for five years already.
- Marine and coastal ecosystems will be healthier, more resilient and have benefitted from restoration and protection efforts for over at least a decade.
- The rate of ocean acidification will have decreased and scientific co-operation will have helped with this.
- Overfishing will have been strictly controlled for over ten years along with unreported, unregulated and destructive fishing practices while science-based management plans will have helped restore fish stocks.
- 10% of coastal and deeper marine areas will have been formally conserved for a decade already.
- Fishing subsidies that contribute to overfishing, illegal and unregulated fishing will have been stopped for a decade already.
- Small island states and least developed countries will be experiencing the economic benefits of sustainable use and management of fisheries, aquaculture and tourism.
- The international sharing of knowledge, research and technology will have helped with the recovery of marine biodiversity especially amongst small island states and least developed countries.
- Small scale artisanal fishers will have more access to marine resources and markets.
- The implementing of international law will have enhanced the conservation and sustainable use of oceans.



To think about and act on:

How would you explain to commercial fishermen that subsidies must go to help protect fish stocks?



A SELECTION OF PRACTICAL RESPONSE OPTIONS

- Compost, mulch and chipped branches for soil protection and water retention
- Regional Red Data List
<http://www.sanbi.org/sites/default/files/documents/documents/guide-threatened-species-and-red-listing.pdf>
- Furniture and other items made with alien invasive wood or plant material



A FEW SPECIAL DAYS TO THINK OF

- World Wildlife Day - 3 March
- Earth Day – 22 April
- International Day for Biological Diversity - 22 May
- World Environment Day - 5 June



GOOD, BETTER, BEST ACTIONS

- Organise a public showing of the film *Home*
<https://www.youtube.com/watch?v=iqxENMKaeCU>
- Start a Friends Group focused on a specific area of high biodiversity or species protection
- Work on becoming a local “expert” and engage with Environmental Impact Assessment and Strategic Environmental Assessments processes, particularly round botanical and floral specialist studies



SOME USEFUL CONTACTS

- International Union for the Conservation of Nature (IUCN) <http://www.iucn.org/>
- South African National Biodiversity Institute (SANBI) <http://www.sanbi.org/>
- WESSA Friends Groups
<http://www.wessa.org.za/get-involved/friends-groups.htm>
- Greenpop tree planters
<http://www.greenpop.org/>
- Department of Environment Affairs (DEA)
<https://www.environment.gov.za/>



This goal looks forward to 2030 when the hope is that:

- Life on land in all its biodiversity everywhere will be in a better condition as a result conservation and restoration efforts backed up by sustainable use of freshwater ecosystems and the services they provide and with specific attention to forests, wetlands, mountains and drylands.
- Forests everywhere will have benefitted by at least ten years of better management, reforestation work.
- Desertification trends will have been combatted and reversed through the restoration of degraded land and soils and those affected by drought and floods.
- Mountain ecosystems and biodiversity will be conserved so that their benefits can better support sustainable development.
- Natural habitats will have greatly improved as a result of urgent action to reduce degradation, biodiversity loss and prevent the extinction of threatened species.
- Genetic resources and their benefits will be fairly shared.
- Poaching and trafficking of protected species will have ended through tackling both demand and supply of illegal wildlife products as well as by supporting local communities to pursue sustainable livelihood opportunities.
- Alien invasive species on land and in water, particularly the priority ones, and their impacts will have been greatly reduced after at least ten years of increased effort to prevent their introduction and control them.
- We will see the benefits of at least ten years of integration of ecosystem and biodiversity values into national and local planning and the effects of this on poverty reduction.
- Much more money will have been freed up for the conservation and sustainable use of biodiversity and ecosystems, especially forests of developing countries where it will have been directed at management and providing incentives for protection and reforestation.



To think about and act on:

“Biodiversity conservation must pay for itself” we often hear. This goal (SDG 15) suggests otherwise. Which of the suggestions in the bullet points above is most feasible where you are?



A SELECTION OF PRACTICAL RESPONSE OPTIONS

- A biodiversity garden with local plants attracting birds, insects and animals as a place of well-being.
- An indexed copy of one's country's constitution
- Anti-corruption handbook
<http://awethu.org.za/sites/default/files/files/2015-09-19/Corruption-Watch-Whistleblower-handbook.pdf>



A FEW SPECIAL DAYS TO THINK OF

- World Day of Social Justice - 20 February
- International Day of Peace - 21 September
- Disarmament Week - 24-30 October
- Day of Reconciliation - 16 December



GOOD, BETTER, BEST ACTIONS

- Organise a staff workshop to engage with laws or policy developments that most affect you.
- Interact with government and private institutions relevant to your core work in a way that promotes accountability, transparency and effectiveness.
- Support local peace, justice and safety efforts in your local area even if this is not a core interest for you.



SOME USEFUL CONTACTS

- Justice and Peace Commission
- <http://www.sacbc.org.za/structure/departments-of-catholic-social-action/justice-and-peace/>
- Quaker Peace Centre
<https://qpccommittee.wordpress.com>
- Southern African Faith Communities' Environment Institute (SAFCEI)
<http://safcei.org/>



This goal looks forward to 2030 when the hope is that:

- Violence and related death rates will have decreased everywhere.
- The abuse of and harm to children everywhere will have ended.
- Properly applied national and international laws will ensure justice for everyone.
- Illegal money and weapons flow will have decreased greatly, while more stolen assets will have been returned and organised crime combatted.
- Corruption and bribery will have been reduced a lot.
- All institutions will have developed to be stronger, more effective and accountable.
- Decision making will have become more responsive, inclusive, participatory and representative nationally and with regard to global governance.
- Everyone will have legal identity and had their birth registered.
- National laws and international agreements will have ensured that everyone has access to information and basic freedoms protected.
- There will be less violence, crime and terrorism owing to countries working together to build capacity of institutions.
- There will be more fair laws and policies for sustainable development.



To think about and act on:

What are the opportunities for public participation in your region that would best serve this goal of peace and justice?



A SELECTION OF PRACTICAL RESPONSE OPTIONS

- Video explaining transition from MDGs to SDGs
https://www.youtube.com/watch?v=5_hLuEui6ww
- Copy of the South African National Development Plan Executive Summary
<http://www.gov.za/sites/www.gov.za/files/Executive%20Summary-NDP%202030%20-%20Our%20future%20-%20make%20it%20work.pdf>
- Barefoot Guides on Social Change
<http://www.barefootguide.org/>



A FEW SPECIAL DAYS TO THINK OF

- All the “International” and “World” days e.g.
 - World Day of Social Justice - 20 February
 - International Earth Day - 22 April
 - World Day of Actions 20-26 April



GOOD, BETTER, BEST ACTIONS

- Think globally act locally and connect constantly in your day-to-day life
- Read *Sacred Economics* by Charles Eisenstein
- Explore the ideas of people like Jeremy Rifkin (*Capitalism and the Internet of Things*) and set up a discussion group to develop a conversation around them
- The SDGs will prompt countries to develop new laws and policies. For these to be productive and relevant good public participation is essential. Motivate yourself and others to get involved



SOME USEFUL CONTACTS

- AVAAZ <https://secure.avaaz.org/en/>
- Global Partnerships Forum
<http://partnerships.org/>
- Foundation for Environmental Education FEE)
<http://www.fee.global/>
- Business and Human Rights Resource Centre <http://business-humanrights.org/en>
- The New Economics Foundation
<http://www.neweconomics.org/>
- FairTrade International
<http://www.fairtrade.net/>



This goal looks forward to the 2020s when the hope is that:

- There will be more international financial support for developing countries and help with improving local tax collection.
- Developed countries will be fully honouring their “official development assistance” (ODA) undertakings related to their own “Gross National Income” (GNI) in assisting least developed countries and will also explore other funding sources to help.
- Debt relief and restructuring will be helping developing countries reach long-term debt sustainability and reduce debt distress of poor countries.
- Poor countries will be benefitting from investment promotion.
- There will be more North-South, South-South co-operation and capacity development around science, technology, innovation and knowledge sharing, especially with regard to environmentally sound and information technologies as well as the implementation of all the SDGs.
- There will be a rules-based, open and fair trading system that benefits all countries, especially poor ones whose exports should be able to double by 2020.
- The operation of the global economy will have been improved by making sure that policies are well coordinated, logical and in line with the SDGs.
- Each country’s policy space to address poverty eradication and sustainable development will have been respected.



To think about and act on:

Capacity development underpins much of what this goal intends. What type of capacity building would be most useful in your region and how could this best be achieved?

URL Appendix 1

You can find the complete text of the SDGs @
<http://www.waynevisser.com/wp-content/uploads/2015/08/sdgs-text.pdf>

URL Appendix 2

You can find the complete text of Year of Special Days 2016 @
http://www.wessa.org.za/uploads/documents/projects/WESSA_2016_Year_of_Special_Days.pdf

URL Appendix 3

Sustainable technologies guide
<http://www.wessa.org.za/sustainable-technologies.htm>

Appendix 4

Complete text *Good, Better, Best* resource
<http://www.wessa.org.za/step-up-to-more-sustainable-living-with-our-change-choice-series.htm>



Email: info@wessa.co.za

Tel: +27 11 462 5663

www.wessa.org.za

