

# the sustainable development goals

## the adults sdg challenge for 2019

'get involved & be prepared to  
create a better world'



SCOUTS  for SDGs

## introduction:

On the 16<sup>th</sup> of November 2018 "[Scouts for SDG's](#)" was launched at the United Nations (UN) headquarters in New York – "an unprecedented mobilisation of our Movement that will see 50 million Scouts make the world's largest coordinated youth contribution to the Sustainable Development Goals (SDG's) for 2030".

## what are the sustainable development goals?

Find out here: <https://sdgs.scout.org/>

## how can we help?

In order to achieve a better and more sustainable future for all, we all have a role to play.

This is where Scouting comes in.

*"Since its beginnings, Scouting has been enabling young people from every corner of the globe to create positive change in their communities, acting on challenges and needs at all levels of society. It uses an action-orientated, self-educational approach to contribute to the empowerment and holistic development of young people as autonomous individuals and active global citizens."*

SCOUTS South Africa (SSA) has introduced the "SDG Champion badge" for Scouts, Rovers and Adults, which can be achieved over two or more years.

In 2019 we are focussing on the first four SDG's:

1. No poverty;
2. Zero hunger;
3. Good health and well-being;
4. Quality education

In subsequent years we will focus on other SDGs, but you will still be able to tackle any of the challenges for the first four SDGs.

## the sgd challenge for adults:

Adults can complete the challenge for 1, 2, 3 or 4 SDG's and earn a badge for each. The badges will be worn to form a square, in the same place as a temporary emblem

If an adult gets eight or more SDG badges, over 2 or more years, you will receive the "SGD Champion badge"

Scouters in a Pack, which achieves the National Challenge in any year, will be credited with a maximum of 4 SDG badges, in two or more years, towards the 8 badges they need to become an "SDG Champion". They must complete 4 SDG challenges independently of the Pack.

In all parts of each SDG you should write up what you did, why you chose it, lessons learnt, and the success achieved. Where appropriate you should email your story to [pr@scouts.org.za](mailto:pr@scouts.org.za) so it could be posted on the national blog.



## Goal 1: No Poverty

### Complete two of the following:

1. Educate yourself on the reasons that cause poverty in a community near you or a group/ sector in society. By educating and finding out more, you can establish where best your time and effort can be spent to help the poor gain a skill or knowledge to empower or help them to improve their prospects.

Without skills training or support to change their circumstances some people or groups of people often feel trapped in a cycle of poverty and need help to improve themselves.

Write up a short article on your observations to help educate others and propose some interventions that could help those in your chosen community, group, or sector.

2. Select a lesser known cause and organise a short term intervention that will help the beneficiaries of the cause. Write up your story and give full reasons for choosing this cause.

3. Use your skills or knowledge to train someone, or a small group, who need your skills or knowledge. By doing this training help them see how they could start to generate an income for themselves.

Write up your experiences (in your language), including what you and they have learnt and achieved and share the story in a blog.

Some examples, there are plenty more:

- If your field of expertise lies in computers, help others to become computer literate.
- If you enjoy handcrafts, e.g. knitting, sewing, carpentry welding: teach someone else your skill.
- If your skill is in permaculture, help others to gain this skill.

4. Engage with a poor family and assist them to obtain something that they are striving for. The solution should be sustainable for the family, after you have left. Share your story.

For example:

- The ability or means to pay school fees or buy school books.
- Building a better shelter.
- Finding employment.

5. Become a mentor to a person in need and mentor them to gain qualifications or training or find work.
6. Partner with your company and provide a means of supporting a number of poverty stricken members of society on a sustainable basis.



## Goal 2 – Zero Hunger

### Complete two of the following:

1. Identify a lesser known organisation or small group (NGO, CBO, Church congregation etc) and together plan, organise and develop a sustainable vegetable garden. The SSA Food for Life Programme contains valuable ideas and information which will help you. The booklets are for sale at your Regional Scout shop, through the National Scout shop or [online](#). Be available to advise and assist for 3 months.

Keep a journal detailing your progress.

2. Help out regularly at a soup kitchen for a period of time – but no less than 3 months.
3. Work with a family to arrange all meals for week for a needy family. This may include some cooking, sourcing ingredients, menu planning etc. Try to help them make sustain better eating.
4. Find out about at least one company that (re)distributes affordable food.

Introduce at least one family to the opportunity that exists and help them benefit from it for at least a week, so they can then continue benefitting.



## Goal 3 - Good health and well-being

### Complete two of the following requirements:

1. Discuss the importance of personal and food hygiene for 10 people living in a shelter. Help them raise funds or get donations to enable them to obtain the basics that they need. (e.g. clean water, towel, facecloth and bar of soap, toothpaste and toothbrush etc)
2. Do a presentation to a Den, Pack, Troop, Crew or District or Regional meeting on the importance of eating nutritional, well balanced meals and what they are. Explain why eating 'fast foods' can be detrimental to your health in the long run.
3. Identify common health problems facing one or more a groups of people, adults or youth. Select a group where you can help them become healthier.

Develop a plan to improve their health and implement it for 2 months. Review what your intervention managed to change and if you didn't achieve what you set out to, identify how it could have been more effective.

4. Identify any interventions that you can organise to help address a health problem in a community. You can link with an existing support organisation that needs help with a specific programme they are doing.



## Goal 4 - Quality education

### Complete two of the following:

1. Identify a group of underprivileged children and spend 30 minutes to an hour per week helping out with homework or basic education for a school term. Document your time and interventions.
2. With the Pack, Troop or Crew establish a collection of books at the Group meeting place which are age appropriate and educational. Use the resources you have gathered to run a small youth or adult education group for a term.

3. Complete a recognised training course that will give you the knowledge to help school children to learn a basic reading or writing skill.
4. Find an Adult Basic Education Training (ABET) programme near you. Introduce another adult to the course, and attend for 6 months, so that you can:
  - a. Speak another language at a basic level (English if it is not your home language, or an indigenous language)
  - b. Read in your home language
  - c. Write in your home language
5. Learn to how to use the South African Sign Language (SASL) to at least level 1A.
6. Start an adult basic education programme with two or three other adults. Run it for six months, for at least 3 other adults, to teach a basic life skill, it could be teaching someone to drive, to read or write, prepare and work to a household budget, etc.
7. Tutor a university or Technikon student from a disadvantaged background for a semester.
8. For one semester, Coach a person who is in need for a semester.in at least one subject – maths, science, geography etc.
9. Train a basic vocation skill which will give someone and advantage when trying to enrol for a formal course to get a qualification, e.g., bricklaying, basic plumbing, basic electrical work. The Scout interest badges are a guide to what should be achieved.
10. Take on an intern in your workplace for a period of 6 months and use the opportunity to train them in non-formal skills they will need for employment in your sector.
11. Plan, fund, organise and carry out at least two educational outings for scholars at a disadvantaged school to provide them with an educational opportunity that they would otherwise not have – e.g. visit a dairy, fire station, factory, wastewater treatment works etc.

## references:

<https://sdgs.scout.org/>  
<http://www.undp.org/content/undp/en/home/sustainable-development-goals/background.html>  
<https://charity.org/sdgs-background>  
<http://www.undp.org/content/undp/en/home/sustainable-development-goals.html>  
[www.sesamestreet.org/toolkits/healthy\\_habits](http://www.sesamestreet.org/toolkits/healthy_habits)