



GUIDE FOR THE PRACTICAL IMPLEMENTATION OF **THE SDGS CARDS BOX**



Co-funded by
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SDGs Intelligence

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ABOUT THE PROJECT

SDGs Intelligence is an Erasmus+ small-scale partnership project in the youth sector. The project includes three youth organisations from Latvia, Austria, and Slovenia.

The project aims to reconnect youth with sustainable actions by providing a peaceful and meaningful pathway to be part of the solution through discussions and conversations that stimulate their creativity and critical thinking.

The project aims to harness their intrinsic motivation for action, enhance their understanding of the Sustainable Development Goals (SDGs), and empower them to infuse these global goals into their local contexts. By fostering their critical thinking and problem-solving skills, the project seeks to transform the youth into informed changemakers who can contribute significantly to the social, economic, and environmental dimensions of sustainability, while enhancing their inclusion into the society in topics that matter to them.

By including sustainable practices in non-formal educational activities, youth will become more aware of the issues critically challenging our world. They will feel involved and responsible, which leads to a greater sense of purpose and involvement in society. Encouraging and supporting youth-led sustainability initiatives will provide them with leadership opportunities and a space to voice their concerns and collaborate with their peers in finding solutions. Also, the green competences they learn will help them improve their employability in the green economy, thereby fostering inclusion.



ABOUT THE GUIDE

The project has two main objectives: to equip youth workers with the skills and resources for sustainable development and to enhance young people's understanding of sustainability, boosting their confidence and initiative. Within the SDGs Intelligence project, we have created the SDGs Cards Box and the Guide for practical implementation.

The SDGs Cards Box is an innovative educational material built around a set of cards that focuses on the economic, social, and ecological dimensions of sustainable development goals. The cards on SDGs form the core of the SDGs Cards Box and are designed to understand and solve real-world challenges. The cards are a very versatile tool that can be used in an infinite number of ways and for various purposes.

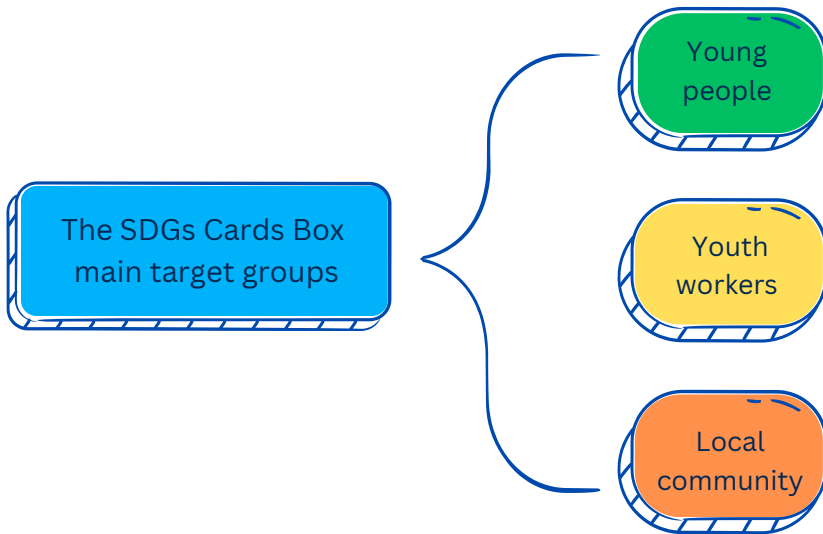
The Guide for practical implementation of the SDGs Cards Box will provide a description of the types of cards included in the SDGs Cards Box, the structure of the cards, explain how to use the cards, and also will provide some outlines of possible sessions using the cards to deepen the understanding of SDGs and their importance.

The Guide will also give information and practical tips on how to use the Box differently in multiple ways and in different settings and scenarios. It will offer also possible adaptations for different target groups to make the workshops on several levels such as beginners, moderate, and advanced.



TARGET GROUP

The SDGs Cards Box serves as a valuable resource, helping individuals reconnect with sustainable actions. It offers a serene and meaningful pathway for engaging in discussions that inspire creativity and critical thinking. These cards not only stimulate intrinsic motivation for action but also deepen understanding of the SDGs, empowering users to integrate these global objectives into their local contexts.



The first target group is **young people** between 15 and 25 years old who have become disengaged from climate activism due to the negative behaviours of certain environmental groups. The project aims to harness their intrinsic motivation for action, enhance their understanding of the SDGs, and empower them to infuse these global goals into their local contexts.



The SDGs Cards Box enhances critical thinking and problem-solving skills, transforming youth into informed change-makers in sustainability. It encourages their engagement in societal issues, recognising their contributions and driving societal progress towards a collaborative and sustainable future.

The second target group is **youth workers** – the facilitators, mentors, and educators who work with young people on a regular basis and who will use the SDGs Cards Box for critical conversations to engage the youth in local dialogues about sustainability. The SDGs Cards Box aims to improve their competence in sustainability-relevant topics, equipping them with the necessary skills and knowledge to impart sustainable practices effectively. By increasing their capacity, youth workers are expected to foster a positive and powerful impact on the young people they engage, helping the youth to develop responsible behaviours and actions toward sustainability.

The third target group is **local communities** – the SDGs Cards Box intends to stimulate a sense of community and collective SDGs-oriented actions among young people who will be supported to make meaning of the SDGs in their local communities. The communities will directly benefit from the youth's involvement and active participation in the achievement of the SDGs.

The project empowers youth and youth workers to promote sustainability and foster a cultural shift towards shared responsibility. It provides tools and knowledge to engage communities in achieving SDGs, aiming to create a resilient and equitable world where individual actions lead to a healthier planet and brighter future for all.



LEARNING OUTCOMES

The SDGs Cards Box promotes competencies through interactive use, enhancing participants' skills, knowledge, attitudes, and behaviors related to sustainability. It encourages critical thinking, creativity, collaboration, and effective communication, fostering discussions that improve problem-solving and adaptability. Participants gain awareness of global challenges and the interconnectedness of social, economic, and environmental issues, empowering them to positively impact their communities and advance the Sustainable Development Goals.

SKILLS

- Encourages participants to analyse global challenges, identify connections between SDGs, and propose viable solutions.
- Promotes cooperation through group discussions and joint problem-solving activities.
- Strengthens the ability to articulate thoughts, defend positions, and engage in constructive discussions.
- Fosters new ways of thinking about sustainability issues and encourages the development of original solutions.
- Empowers individuals to take initiative, make informed decisions, and lead discussions or projects.
- Develops cultural awareness and global citizenship, encouraging participants to appreciate diverse perspectives and contribute to inclusive communities.
- Builds resilience by equipping participants with the skills to adapt to changing circumstances and overcome challenges.



KNOWLEDGE

- Provides a comprehensive grasp of the 17 SDGs and their three dimensions: social, economic, and ecological.
- Enhances awareness of the interconnections between different global issues and how they influence each other.
- Improves knowledge of key sustainability concepts, trends, and real-world applications.

ATTITUDES

- Encourages an appreciation of different perspectives and fosters a sense of responsibility toward global challenges.
- Cultivates curiosity and a willingness to explore new ideas and viewpoints.
- Motivates participants to take initiative in their communities and contribute to sustainability efforts.

BEHAVIOURS

- Inspires individuals to adopt sustainable practices in their daily lives and professional environments.
- Encourages participants to raise awareness, advocate for policy changes, and actively engage in sustainability initiatives.
- Instills the habit of assessing one's own actions, learning from experiences, and continuously improving one's approach to sustainability challenges.

Together, these elements form a holistic approach to education and engagement in sustainability, equipping individuals with the tools and mindset needed to drive meaningful change.



HOW TOOL IS LINKED WITH THE GREENCOMP

The SDGs Cards Box aligns with the **European Green Competence Framework** (GreenComp) by promoting sustainability-related knowledge, skills, and attitudes. GreenComp identifies four essential competence areas: Embodying Sustainability Values, Embracing Complexity, Envisioning Sustainable Futures, and Acting for Sustainability. The SDGs Cards Box effectively develops these competencies.

In **Embodying Sustainability Values**, the tool fosters a sustainability mindset among young people and youth workers, highlighting the importance of their roles in shaping a sustainable future. It encourages discussions on equity and justice, prompting reflections on global inequalities and advocacy for fairness. Activities emphasise ecological responsibility, biodiversity conservation, and sustainable consumption.

The framework also stresses embracing complexity in sustainability. The SDGs Cards Box helps participants adopt **systems thinking**, recognising interconnections among various SDGs and the intertwining of economic, social, and environmental challenges. Through case studies and discussions, participants develop **critical thinking** and **problem-solving skills**, assessing sustainability challenges and proposing **comprehensive solutions**. Interactive exercises illustrate the impacts of their actions on sustainable development.



The tool promotes envisioning sustainable futures by encouraging **future-oriented thinking**, inspiring participants to imagine potential sustainable scenarios and consider the influence of current actions on long-term outcomes. Role-playing and scenario discussions allow them to test solutions and their consequences. Additionally, **brainstorming activities** foster innovation, helping participants generate creative ideas to address sustainability challenges.

The SDGs Cards Box emphasises acting for sustainability by promoting **collaborative action** and peer learning. It encourages participants to work together on sustainability initiatives and take personal and collective responsibility for sustainable practices. It bridges theoretical knowledge with practical applications, motivating participants to implement sustainable practices in their communities and daily lives.

The SDGs Cards Box, through its dynamic approach, not only equips individuals with the knowledge and skills needed to drive change but also fosters a sense of community and shared purpose. Engaging participants in **meaningful discussions** and activities cultivates a deeper understanding of the interconnectedness of global issues and the importance of sustainable development. This tool serves as a catalyst for positive transformation, inspiring individuals to become proactive agents of change who are committed to making a lasting impact on the world. As more people embrace these principles, the vision of a sustainable and equitable future becomes increasingly attainable, paving the way for generations to come.



THREE DIMENSIONS OF SUSTAINABILITY

The three dimensions of sustainability — **social**, **economic**, and **ecological** (environmental) — are the foundation of the Sustainable Development Goals (SDGs). They represent different but interconnected aspects of sustainability that must be considered together to achieve a balanced and lasting impact.

WHY ARE THE THREE DIMENSIONS IMPORTANT?

SOCIAL DIMENSION: Ensuring Well-Being and Equality

The social dimension focuses on improving quality of life, social justice, education, health, gender equality, and human rights. It ensures that all individuals have access to opportunities, services, and resources needed for a dignified life. Without strong social foundations, economic growth and environmental protection are unsustainable because inequalities and social unrest hinder development efforts.

ECONOMIC DIMENSION: Supporting Sustainable Growth

The economic dimension aims to create stable, inclusive, and sustainable economic systems that provide employment, reduce poverty, and promote responsible production and consumption. However, economic growth should not come at the expense of social well-being or environmental health. Sustainable economic models ensure long-term prosperity without depleting resources or exploiting people.



ECOLOGICAL DIMENSION: Protecting the Planet

The environmental dimension emphasises conserving natural resources, reducing carbon emissions, and preserving biodiversity. A healthy environment is the foundation for both social and economic well-being. Without sustainable ecological practices, communities face challenges such as pollution, resource depletion, and climate change, which, in turn, impact health and economies.

HOW ARE THE THREE DIMENSIONS CONNECTED?

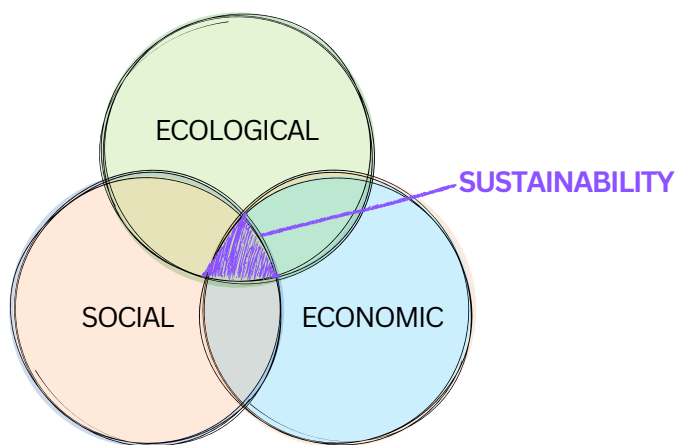
SOCIAL and **ECOLOGICAL** Connection: Poor environmental conditions—such as air pollution or water scarcity—affect people’s health and well-being, leading to social inequalities. On the other hand, strong social structures (education, health care, legal protections) enable communities to take better care of the environment.

ECONOMIC and **SOCIAL** Connection: Economic policies that promote fair wages, access to jobs, and social protection reduce inequalities and improve living conditions. However, economic systems that prioritise profit over people may lead to job insecurity, exploitation, and inequality.

ECOLOGICAL and **ECONOMIC** Connection: Unsustainable economic activities, such as overexploitation of natural resources and pollution, harm ecosystems. In contrast, green and circular economies focus on responsible consumption, renewable energy, and reducing waste, ensuring long-term sustainability.



Sustainability requires balancing these three interconnected dimensions. Ignoring one aspect can lead to failure in the others. For example, economic growth without environmental consideration leads to resource depletion, and social progress without economic support is unsustainable. Recognizing these connections allows us to develop holistic solutions that ensure a better future for both people and the planet.



Fostering collaboration between governments, businesses, and communities enables the creation of strategies that address these dimensions collectively. This approach not only **promotes resilience and adaptability** but also encourages innovation in sustainable practices. Education and awareness play a crucial role in this transformation, empowering individuals to make informed decisions and take actions that contribute to a more sustainable world. As we move forward, embracing new technologies and sustainable methods will be essential in creating a harmonious balance that benefits present and future generations alike.

The SDGs Cards Box is designed to help young people and youth workers explore the three key dimensions of sustainability – social, economic, and environmental – in a structured and engaging way. Each SDG is represented on 3 cards highlighting each dimensions to demonstrate their interconnections and their role in achieving sustainable development.

SOCIAL Dimension in the SDGs Cards Box

- The cards highlight social issues such as inequality, education, health care, and human rights.
- Discussion prompts help participants understand how social inclusion, gender equality, and well-being are crucial for sustainability.
- *Example:* A card 7 on SDG 3 (Good Health and Well-being) explore the impact of social factors on health and a need of strengthening health systems.

ECONOMIC Dimension in the SDGs Cards Box

- The cards emphasise the importance of sustainable economic growth, responsible consumption, and fair employment.
- Participants explore how businesses, governments, and individuals can contribute to an economy that benefits society without harming the planet.
- *Example:* A card 23 on SDG 8 (Decent Work and Economic Growth) present a real-world challenge about fair wages and ethical labor practices.



Dimension in the SDGs Cards Box

- The cards focus on climate action, biodiversity, resource conservation, and reducing pollution.
- Participants reflect on how their actions and policies impact the environment and what steps can be taken for a more sustainable future.
- Example: A card 42 on SDG 14 (Life Bellow Water) pose a discussion question on how communities can foster international cooperation for protecting vulnerable habitats?

The SDGs Cards Box is designed to show that these dimensions do not exist in isolation but influence one another. Activities encourage participants to analyse trade-offs and synergies between social, economic, and environmental priorities.

The SDGs Cards Box provides a structured yet flexible way to explore the three dimensions of sustainability through real-life challenges and discussions. It encourages critical thinking about how solutions must balance social fairness, economic stability, and environmental responsibility for a truly sustainable future.

TYPES OF CARDS

The Cards Box consists of 72 cards

51 Goal Cards dedicated to the three dimensions of 17 SDGs

1 **POVERTY**

Eradicating global poverty is not a task of the charity, it is an act of justice that should concern everyone as it is the key to unlocking enormous human potential.

Poverty is more than just the lack of income and extreme financial struggle—defined as living on less than \$1.90 a day; it fundamentally means not having the capability to realise one's potential. Hence, ending poverty must tackle the broader dimensions of poverty which is facing over 700 million people, or 10% of the world population, facing barriers such as limited access to education, poor health care, and social discrimination. These challenges are critical in struggling to fulfill the most basic needs like health, education, and access to water and sanitation. Addressing social inequalities and ensuring social protection for the vulnerable are crucial steps toward eradicating poverty in all its forms, one of the greatest challenges facing humanity.

How can we, as a community, leverage local resources and community initiatives to reduce social inequalities and create a more equitable society where poverty is significantly reduced?

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5 Overview Cards explaining how to use the cards

The SDGs Cards Box Journey

The SDGs Cards Box is an innovative educational material prompting critical discussions around sustainability, encouraging critical thinking, stimulating meaningful conversations, and ultimately driving behavioural changes towards a more sustainable lifestyle among young people and adopting green sustainable lifestyles and living. There are 51 cards in the SDGs Cards Box which are dedicated to explore the three dimensions – social, economic, and ecological – of all the 17 sustainable development goals. These cards help young people to engage in thoughtful discussions and generate ideas for positive change. You will have the opportunity to learn about various aspects of sustainable development, consider different perspectives, and contribute your own ideas. The aim is to learn, think critically, and work together to create solutions that support a more sustainable and fair world for everyone. Through teamwork and shared understanding, we can inspire and come up with creative approaches to tackling real-world problems.

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7 Resource Cards providing background information to help you learn more about the SDGs

17 **PARTNERSHIPS FOR THE GOALS**

What are the SDGs?

The Sustainable Development Goals (SDGs), also known as Global Goals, are 17 global goals established by the United Nations (193 countries) to address the world's most pressing challenges, including poverty, hunger, health, education, gender equality, clean water, affordable energy, climate action, and more. Adopted in 2015, the SDGs set a target to achieve these ambitious goals by 2030, calling for global cooperation across governments, businesses, and individuals. The SDGs are designed to leave no one behind, aiming to create a future that is equitable, sustainable, and prosperous for all. The 17 SDGs are integrated—they recognise that action in one area will affect outcomes in others, and that development must balance social, economic and environmental sustainability. Each goal comes with specific targets and indicators to measure progress. There are 169 targets divided among all 17 SDGs. In addition, there are specific events, such as forums, conferences, expert group meetings and others, for each goal to assess the progress and perform an in-depth review of goals.

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9 Solutions Cards offering different methods and techniques that can be used together with the SDG cards to enhance the learning experience

17 **PARTNERSHIPS FOR THE GOALS**

World Café

The World Café method can be used for hosting a large group dialogue. This activity can be modified to meet different needs but the following 5 components are the basis of this activity.

1. **Setting:** Create an environment that looks like a Café, for example, a round table with a tablecloth, some flowers on it, block of paper, and some coloured pens. There should be 4 chairs at each table (maximum 5).
2. **Welcome and Introduction:** Welcome the participants and explain the concept of the World Café and share (or alternatively create together) the Café Etiquette (being respectful, expressing your opinion, listening to others, engaging in conversation and other rules you consider necessary for your group). Explain that during this activity they will use the SDGs Cards Box which is a set of 51 questions on the three dimensions of each SDG goal. Each card contains a statement, an explanation with some facts and figures, and a question to initiate a group discussion.
3. **Small group rounds:** Divide the participants into groups of 4 (maximum 5) people and seat them around tables. Inform them that they will receive one card per table and that they will have 20 minutes for discussions. When the time is up, each participant changes tables. If deemed necessary by the facilitator, one participant may remain at the table as the table host for the next round. Explain that there will be three or more as needed rounds.
4. **Questions:** In each round, choose the SDG cards and put one on each table. Choose the SDG goal and dimension according to the desired topic and the objectives you want to achieve. You can use the same card in several rounds or you can choose the cards so that they build upon each other to guide the discussions in the desired direction.
5. **Harvest:** After the small group rounds (or in-between rounds, as needed) ask the participants to share their insights, conclusions from their discussion on paper. In the end, ask the participants to share their conclusions with the rest of the larger group.

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HOW TO READ THE GOALS CARDS

Indication of the dimension of the card

ECOLOGICAL,
ECONOMIC,
or **SOCIAL**

Number, title, and
icon of the specific
SDG

Ein Feld mit einer
kurzen Aussage zum
jeweiligen SDG

This part provides some
facts and figures to better
understand the SDG

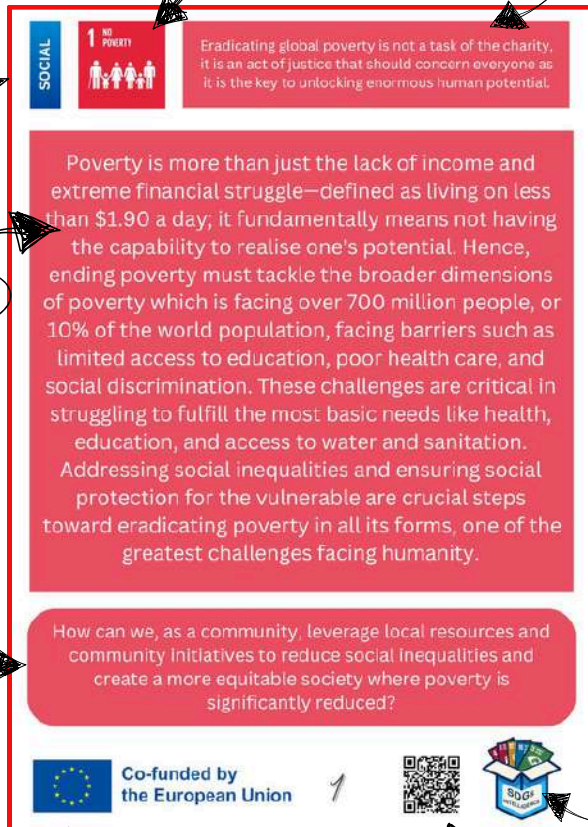
A box with one or
several questions to
initiate discussions

Erasmus+ logo

Card number

Scan QR code to get
more information on
the specific SDG

The project logo



HOW TO READ THE OVERVIEW CARDS

Indication of the
OVERVIEW card

Card title

This part provides some useful information
about the SDGs Cards Box – additional
information on the tool, its contents,
descriptions of cards

The diagram shows a purple rectangular card. On the left side, there is a small blue vertical tab with the word 'OVERVIEW' in white. The top of the card has a purple header with the title 'The SDGs Cards Box Journey' in black. Below the header is a large white text area containing two paragraphs. At the bottom of the card, there is a row of three elements: the European Union flag, the text 'Co-funded by the European Union', and a small icon of a box labeled 'SDG Cards'.

OVERVIEW

The SDGs Cards Box Journey

The SDGs Cards Box is an innovative educational material prompting critical discussions around sustainability, encouraging critical thinking, stimulating meaningful conversations, and ultimately driving behavioural changes towards a more sustainable lifestyle among young people and adopting green sustainable lifestyles and living.

There are 51 cards in the SDGs Cards Box which are dedicated to explore the three dimensions – social, economic, and ecological – of all the 17 sustainable development goals. These cards help young people to engage in thoughtful discussions and generate ideas for positive change. You will have the opportunity to learn about various aspects of sustainable development, consider different perspectives, and contribute your own ideas. The aim is to learn, think critically, and work together to create solutions that support a more sustainable and fair world for everyone. Through teamwork and shared understanding, we can inspire and come up with creative approaches to tackling real-world problems.

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0-1



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The project logo

Card number
0 represents card type
OVERVIEW

HOW TO READ THE RESOURCE CARDS

Indication of the **RESOURCE** card

Card title

What are the SDGs?

The Sustainable Development Goals (SDGs), also known as Global Goals, are 17 global goals established by the United Nations (193 countries) to address the world's most pressing challenges, including poverty, hunger, health, education, gender equality, clean water, affordable energy, climate action, and more.

Adopted in 2015, the SDGs set a target to achieve these ambitious goals by 2030, calling for global cooperation across governments, businesses, and individuals. The SDGs are designed to leave no one behind, aiming to create a future that is equitable, sustainable, and prosperous for all.

The 17 SDGs are integrated—they recognise that action in one area will affect outcomes in others, and that development must balance social, economic and environmental sustainability.

Each goal comes with specific targets and indicators to measure progress. There are 169 targets divided among all 17 SDGs. In addition, there are specific events, such as forums, conferences, expert group meetings and others, for each goal to assess the progress and perform an in-depth review of goals.

This part provides some additional information on the SDGs, their history and implementation progress to ensure that young people have complete understanding of the SDGs and their importance

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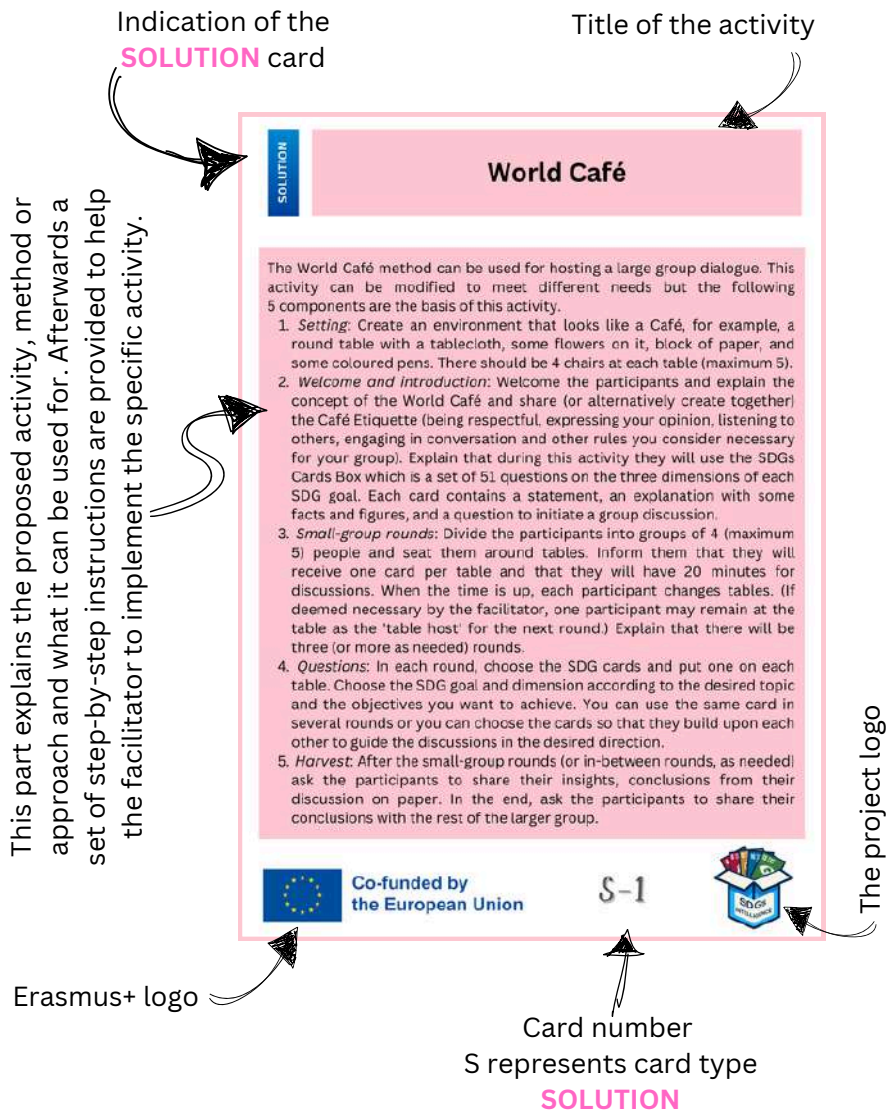
R-1

Card number
R represents card type
RESOURCE

Scan QR code to get more information on the specific topic

The project logo

HOW TO READ THE SOLUTION CARDS



WAYS HOW TO USE SDGS CARDS BOX

The SDGs Cards Box is a versatile tool that can be used in multiple ways and for various purposes.

The tool was mainly developed for young people to improve their knowledge of the SDGs, their complex nature, and importance in ensuring a sustainable and fair future for everyone. This tool was developed to provide young people with the most important information on each SDG and to prompt critical discussions around sustainability, encourage critical thinking, stimulate meaningful conversations, and ultimately drive behavioural changes towards a more sustainable lifestyle among young people and adopting green sustainable lifestyles and living. This can be achieved by using the methods and approaches provided in solution cards or by introducing the SDGs Cards Box in any other activities organised by the facilitator.

Printed Version of the SDGs Cards Box

The SDGs Cards Box is primarily designed for use in a printed format. The physical cards are ideal for hands-on, interactive activities during in-person trainings, fostering engagement and collaboration among participants.



Electronic Version of the SDGs Cards Box

An electronic version is available for downloading and use on phones, tablets, and computers. This format allows facilitators and participants to access the cards digitally. In addition, this format allows facilitators to integrate the tool seamlessly into virtual sessions, ensuring accessibility and adaptability for remote learning environments.

Use of the SDGs Cards Box in Other Fields

Although the tool was primarily developed for young people and youth workers, the SDGs Cards Box can also be adapted for use in various other settings.

Organisations and businesses directly connected to specific SDGs can use the cards to educate employees about the goals and their relevance. Employees can explore how their business impacts the three sustainability dimensions (social, economic, ecological) associated with specific SDGs. The cards can also facilitate discussions around actionable steps the business can take to contribute to the achievement of these goals.

Formal educational institutions can incorporate the SDGs Cards Box into their curricula to enhance the understanding of sustainability among students and educators, encouraging critical thinking, creativity, problem-solving, and collaboration.

Local groups and NGOs can use the tool to engage their communities in conversations about global challenges and inspire grassroots actions aligned with the SDGs.

This versatility makes the SDGs Cards Box a valuable educational tool for a wide range of audiences and fields.



SHAPING FOR DIFFERENT TARGET GROUPS

The SDGs Cards Box is a very versatile tool that can be adapted for different target groups.

Young People not Familiar with SDGs

The SDGs Cards Box can be used to introduce the SDGs to young people. In this case, the facilitator should focus on the statement about the specific card, the facts and figures given in the middle part of the section, and to the QR code that will offer additional information on the specific SDG so the young people can gather the information and raise their understanding of the respective SDG. When using cards with young people not familiar with SDGs, it is possible to avoid the questions part because it is mainly intended to initiate discussions and reach solutions to real-life problems, which might be too overwhelming for someone who just heard about the SDGs for the first time.

Young People Familiar with SDGs

The SDGs Cards Box can be used to engage young people with knowledge on SDGs in thoughtful discussions and encourage them to generate ideas for positive change. It is important to note here that, in order to be able to generate ideas, these young people need to have at least some understanding of SDGs. When using cards with such young people, the facilitator should use all the sections of the card, and especially the part with the questions as they will prompt a meaningful dialogue, which in turn will involve exchanging opinions and learning from peers, thus deepening their understanding of SDGs.



Youth Workers

The SDGs Cards Box can be used also to improve the knowledge of youth workers on the SDGs. Since they will be the ones who will use the Cards Box with young people, they need to have very good knowledge of the three dimensions of SDGs, the importance of SDGs in today's world, their interconnectedness, and various facts and statistics. This tool is useful to deepen the understanding of youth workers so they would be better equipped to transfer this knowledge to young people.

Local Communities

The SDGs Cards Box can also be used to engage local communities in sustainability discussions and actions. Community members can explore how the SDGs connect to their everyday lives and local challenges. Facilitators can focus on the facts, figures, and real-life examples provided in the cards to help participants identify how specific SDGs impact their community. The questions on the cards can initiate conversations on local priorities and inspire collaborative solutions that address social, economic, and ecological dimensions of development. This approach empowers communities to take ownership of sustainable practices and contribute to achieving the SDGs at a grassroots level.



PRACTICAL APPLICATION OF CARDS

The SDGs Cards Box is an innovative educational material prompting critical discussions around sustainability, encouraging critical thinking, stimulating meaningful conversations, and ultimately driving behavioural changes towards a more sustainable lifestyle among young people and adopting green sustainable lifestyles and living.

Each SDG card highlights one Sustainable Development Goal, providing essential information, thought-provoking questions, and links to further resources in three different dimensions – social, economic, and ecological. Since the SDGs and dimensions cover a wide range of topics, these cards contain large amount of information and consequently they can be used in infinite ways and contexts.

The set of cards has been tested in several contexts and on various topics, leading to a conclusion that the SDGs Cards Box is a versatile tool that can be adapted according to users needs.



Practical example on how to use cards **to spark creativity** and encourage young people to come up with innovative business ideas. Provide young individuals with cards covering the three dimensions of SDG 7 which focuses on Responsible

Consumption and Production. Participants engage in discussions about the issues they face and explore potential solutions together. Afterwards each team develops innovative business ideas, ranging from eco-friendly packaging startups to community-focused recycling programs. Their presentations showcased a strong commitment to creating a positive impact on both the environment and society.



Practical example on how to use cards **in role playing activities** to ensure that young people can step into shoes of someone else and try to see the specific problem from their point of view. Divide young people into groups of five people and assign each of them a role – a young person, an NGO representative, an entrepreneur, a government representative, a researcher. Present each group with one SDG card to initiate a discussion on the possible solution to the question posed in the card. Give them 1 min to present their roles' position on the topic. Afterwards the participants change roles so that in the end they have participated in discussions in every role. This activity can help young people to learn how to quickly switch their brain and way of thinking to another role and try to defend the perspective and needs of this role.

The SDGs Cards Box contains **9 solution cards** which can be used for some sample ideas how to use these cards for initiating discussions, learning from one another, finding solutions to the questions posed, and acquiring new knowledge in general. Here is a brief explanation of the idea of each method and why it is useful.

- **World Cafe** is a method used for hosting a large group dialogue, and it ensures a relaxed and calm environment for the participants.
- **Role playing** activity is used for finding solutions and making participants see the problem from different perspectives because – one and the same question has a different answer, depending on who's answering it.
- **Collaborative Brainstorming** is a way for individuals from various backgrounds to come together to generate new ideas and potential solutions on a specific subject. This method helps everyone feel included, and ideas can grow in a friendly and open space. It's a great way to come up with creative and well-rounded solutions.
- **Scanning and Sharing Insights** is a useful activity to bring in fresh ideas and different perspectives, which in turn helps everyone understand the topic better. It also leads to deeper discussions and more informed solutions.
- **Challenge Mapping** helps break down big SDG-related issues into smaller, easier challenges. This approach makes big problems seem less overwhelming and helps everyone figure out where to start and how to make progress.



- **SWOT Analysis** helps participants understand SDG challenges by looking at Strengths, Weaknesses, Opportunities, and Threats. This method helps everyone see both the good and bad sides of the situation.
- **Mind Mapping** visualises ideas and concepts, providing a systematic way to capture and organise thoughts. It helps participants understand concepts by breaking them down into parts. It helps teams generate ideas and better understand and organise existing information. This method is also a creative way to connect ideas and find paths to solutions.
- **Future Visioning** helps participants think beyond today's challenges and focus on the positive changes their actions can make. Imagining a successful outcome inspires participants to come up with practical steps to make that vision a reality.
- **Peer Feedback Rounds** is a structured way for groups to present their ideas and get helpful feedback from others. This activity can be used together with other activities where it is necessary to present the findings of the group and to find a common solution.

Proposed activities can effectively enhance the SDGs Cards Box. Facilitators and youth workers can integrate their own methods to improve youth understanding and encourage participation in the SDGs. This integration fosters an engaging learning environment that promotes critical thinking and collaboration among young people.

SESSION OUTLINE EXAMPLES

EXPLORING THE THREE DIMENSIONS OF SDGs

LEARNING OUTCOMES:

- Understand the three dimensions of the SDGs (social, economic, ecological).
- Identify examples of how these dimensions are interconnected.
- Discuss the relevance of the dimensions in achieving specific SDGs.

GROUP SIZE:

- Ideal for 10–25 participants.
- Participants can work in smaller subgroups (2–5 people) for discussions and activities.

SESSION LENGTH: 45 minutes

1. Introduction and Icebreaker (10 min)

- Briefly introduce the session's objective: understanding the three dimensions of SDGs and their importance in sustainable development.
- Icebreaker:
 - Ask participants to share one word they associate with "sustainability" and an SDG they are passionate about.
 - Use their responses to highlight how different SDGs and perspectives connect to the dimensions of sustainability.
- Visual Reminder: Use printed material or a projector to display the 17 SDGs and provide a brief refresher.



2. Main Session: Understanding the Three Dimensions (25 min)

- Activity 1: Guess the Dimensions

- In small groups, ask participants to guess the three dimensions of SDGs and write their ideas on post-it notes.
- Share and discuss their guesses.
- Reveal and explain the three dimensions:
 - Social: Inclusion, equality, health, education, justice.
 - Economic: Sustainable growth, employment, infrastructure.
 - Ecological: Protecting resources, reducing emissions, preserving ecosystems.

- Activity 2: Connecting Dimensions to a Goal

- Select a goal (e.g. SDG 3 – Good Health and Wellbeing).
- As a group, brainstorm how each dimension connects to this goal.
- Example prompts:
 - How does access to healthcare reflect social inclusion?
 - What economic factors influence health outcomes?
 - How does the environment impact public health?
- Facilitate a short discussion to identify overlaps and synergies.

3. Conclusion and Debrief (10 min)

- Reflection Questions:
 - Which of the three dimensions stood out to you, and why?
 - How do you see these dimensions affecting the SDG you're most passionate about?



THE SDGS CARDS IN A COLLABORATIVE SIMULATION GAME

LEARNING OUTCOMES:

- Learn how to facilitate collaborative problem-solving.
- Apply the three dimensions of sustainability (social, economic, ecological) to analyse and solve a specific SDG-related issue.
- Develop teamwork and strategic thinking skills by co-creating a sustainable action plan.

GROUP SIZE:

- Ideal for 15–30 participants.
- Small groups of 4–6 participants for collaborative activities.

SESSION LENGTH: 45 minutes

1. Introduction and Icebreaker (10 min)

- Recap Session 1, emphasising the importance of understanding the three dimensions of SDGs. Explain that this session will explore how the SDGs Cards Box can be used in a simulation game to address complex challenges collaboratively.
- Present a hypothetical scenario:
 - “Imagine you are part of a team tasked with designing a sustainable solution for a local community facing challenges related to *(insert example relevant to an SDG, e.g. clean energy or waste management)*. What would be the first step your team takes?”
 - Ask each participant to share their first step in one sentence.



2. Main Session: Simulation Game with SDGs Cards (30 min)

- Activity 1: Set Up the Simulation (5 min)

- Divide participants into groups of 4–6 people.
- Present a community challenge scenario based on a selected SDG, such as:
 - SDG 6 – Clean Water and Sanitation: “A rural community is struggling with limited access to clean water and faces health issues from contamination. Your team’s goal is to create a sustainable solution addressing this issue.”
- Distribute an SDG card related to the selected goal to each group.

- Activity 2: Collaborative Analysis (10 min)

- Each group uses their SDG card to analyse the problem by considering:
 - The social dimension: How does this problem impact the people in the community?
 - The economic dimension: What are the financial and resource-based considerations?
 - The ecological dimension: How does this problem affect the environment?
- Groups jot down insights and ideas on large sheets of paper or an online tool, linking their findings to the dimensions.



- Activity 3: Developing an Action Plan (10 min)

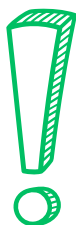
- Groups create a three-part action plan:
 - Immediate Action: A small-scale, quick solution addressing urgent needs.
 - Mid-Term Strategy: Steps to implement within 1–3 years, focusing on sustainability.
 - Long-Term Vision: A comprehensive plan to ensure lasting impact.
- Encourage creativity and feasibility in their plans, using the SDG card as a guide for ideas and solutions.

- Activity 4: Sharing Solutions (5 min)

- Each group presents their three-part action plan to the rest of the participants.
- Allow a brief Q&A after each presentation to encourage feedback and discussion.

3. Conclusion and Debrief (5 min)

- Reflection Questions:
 - a. What was the most challenging aspect of creating a sustainable action plan?
 - b. How did the SDG card guide your group's thinking and discussions?
 - c. Were there any trade-offs or conflicts between the three dimensions of sustainability?



Footnote: Facilitators should customise the training sessions to fit participant needs, dynamics, and preferences. Begin with an engaging icebreaker, introduce the main activity aligned with group objectives, and adapt as necessary to keep interest. Conclude with a reflective discussion to reinforce learning and gather feedback for future improvement.



WORKSHOPS SET UP

To ensure a successful and engaging workshop using the SDGs Cards Box, facilitators should thoroughly prepare by familiarising themselves with the tool, structuring the session effectively, and considering additional materials that could enhance the learning experience.

1. Understanding the SDGs Cards Box

- Familiarise themselves with the structure of the SDGs Cards Box (SDG, solution, overview and resource cards).
- Understand the three dimensions (social, economic, environmental) and how they are represented within the cards.
- Explore different methods of using the cards, including group discussions, problem-solving activities, and creative exercises.
- Adapt the approach to suit the knowledge level of participants.

2. Structuring the Workshop

- Set clear learning objectives aligned with participants' needs.
- Plan an interactive introduction (e.g., icebreakers or an SDG quiz) to engage participants from the start.
- Select relevant SDG cards based on the focus of the session.
- Prepare guiding questions to stimulate meaningful discussions.
- Be flexible to adjust activities based on group dynamics.



3. Additional Materials for Effective Facilitation.

Printed & Digital Resources:

- Projector or screen to display SDG icons and supporting visuals.
- Handouts summarising key SDG concepts or case studies.
- Online collaboration tools (e.g., Google Jamboard, Miro, Mentimeter) for virtual discussions.

Stationery for Activities:

- Post-it notes & markers for brainstorming and idea-sharing.
- Flipchart paper to document key points during group work.
- Whiteboard & pens for visualising connections between SDGs.

Engagement Materials:

- Props or role-play materials for immersive activities.
- Videos or real-world examples showcasing SDGs in action.
- Scenario cards or case studies to spark deeper discussions.

4. Preparing for Challenges

- Participants with different levels of SDG knowledge—prepare simplified explanations for beginners and critical discussion points for advanced learners.
- Low engagement levels—incorporate energisers, role-playing, or debates.
- Difficult questions—stay informed about SDG-related topics and use reliable resources.
- Time constraints—plan sessions efficiently and be ready to adapt if needed.



TIPS FOR USING THE SDGS CARDS BOX



- Familiarise yourself with the SDGs Cards Box by exploring its structure, including the different types of cards, and understand how each can be used to achieve learning outcomes.
- Adapt your approach based on participants' knowledge levels, focusing on introducing SDGs to beginners or engaging experienced learners with problem-solving activities.
- Be creative and flexible by combining the cards with innovative methods such as storytelling, debates, or hands-on projects to maintain interest.
- Use both printed and digital versions of the cards, depending on whether the session is in-person or online, to maximise accessibility.
- Connect activities to real-life challenges, linking SDGs to local or global issues and brainstorming practical steps toward sustainability.
- Facilitate peer-to-peer learning by encouraging participants to share their ideas and collaborate on solutions, fostering mutual learning.
- Focus on actionable outcomes by guiding participants to create tangible plans or initiatives inspired by their discussions with the cards.
- Incorporate reflection at the end of activities with questions that help participants consolidate their learning and apply it to their lives.

CONCLUSIONS

The SDGs Cards Box is a versatile educational tool aimed at enhancing understanding and action around the United Nations Sustainable Development Goals.

For those who are new to the topic, the SDGs Cards Box serves as a structured introduction, guiding users through the foundational principles of the SDGs. For individuals already familiar with these global objectives, it encourages deeper inquiry, stimulating critical discussions and generating actionable ideas. Youth workers can benefit from this resource by expanding their knowledge of the SDGs and enhancing their capacity to mentor young people in sustainability initiatives.

The tool's flexibility extends to its use in both printed and electronic formats, making it suitable for in-person and online activities. Activities can be tailored to participants' needs, encouraging collaboration, creativity, and reflection. The SDGs Cards Box also has potential applications beyond youth-focused settings, such as in businesses or local communities, where it can inspire discussions on real-world challenges and actionable solutions.

Through its thoughtful design and opportunities for customisation, the SDGs Cards Box empowers facilitators to create impactful learning experiences that address the social, economic, and environmental dimensions of sustainability. Its emphasis on reflection, peer engagement, and real-world applicability ensures that it will have a lasting influence in the pursuit of a more sustainable and equitable future.



ADDITIONAL RESOURCES

SDGs Resources



United Nations
17 SDGs



UNESCO
Education for
Sustainable
Development



The Global
Goals for
Sustainable
Development

Interactive SDGs Learning Tools



The SDG
Academy



World's
Largest
Lesson



The Earth
Charter
Initiative

EU Policies and Frameworks Related to SDGs



GreenComp:
The European
Sustainability
Competence
Framework



The European
Youth
Strategy
2019-2027



The European
Green Deal

Facilitation and Non-Formal Education Tools



Salto-Youth
Toolbox



The Facilitation
Handbook
(Council of Europe)



Compass: Manual
for Human Rights
Education with
Young People

Sustainability & Social Impact Tools



SDGs Impact
Assessment
Tool



Climate Action
Toolkit for
Educators



LEARN MORE
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Agency for International
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SDGs Intelligence

Erasmus+ Project: 2023-3-LV02-KA210-YOU-000183294

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