

APR

WEEK 14

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MONDAY

29

We're coming to the end of the first quarter of 2021! Go through your expenditure this quarter and work out where you can make savings for next quarter. Maybe even do some further research into financial literacy. Economic sustainability is just as important as social and environmental sustainability!

TUESDAY

30

In honour of Australian Women's History Month, take some time today to read up on Eileen Kampakuta Brown, a First Nations environmental activist who played an important role in protecting her country and culture.

WEDNESDAY

31

Look into an online course to further your learning. There are so many free courses to expand your knowledge. These courses could be in an academic area or in a skill - whatever motivates you most!



THURSDAY

1

It's time to reflect back! We often get so busy in our lives that we miss what is important. Head back to Week 1 and catch-up on any tasks you may have missed, may have forgotten to finish or may have slacked off a little!



FRIDAY

2

Good Friday
International Children's Book Day

Share The Music of Words poster and poem with a young person in your life or on your social media for International Children's Book Day.

SATURDAY

3

Research great keep cup options to make your take-away beverage purchases more sustainable. If you're already using a keep cup, share the brand you use on your social media and tag Global Goals Australia.

SUNDAY

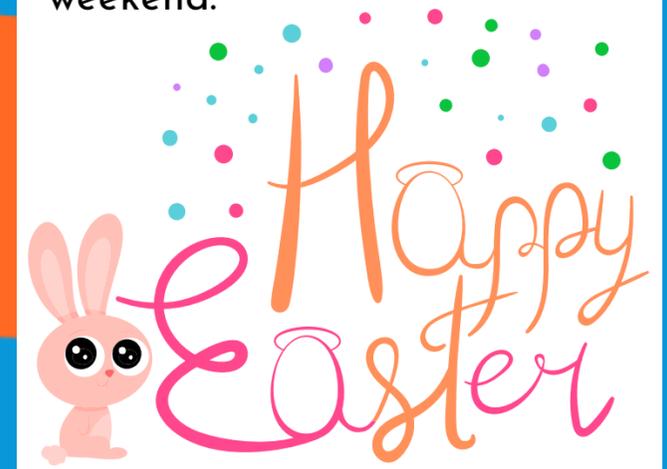
4

Easter Sunday
Celebrate with loved ones today. Gather your nearest and dearest and enjoy a meal or a few precious moments together.



NOTES:

Happy Easter from the team at Global Goals Australia! Have a safe and joyous weekend.



APR

WEEK 15

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MONDAY

5

Easter Monday

Look up your state or territory government or local council's rules and guidelines around recycling. Take some time to familiarise yourself with what materials can go into different bins.

TUESDAY

6

Where possible while shopping, ask suppliers to email you a receipt instead of printing one. This is a great way to save on paper.



WEDNESDAY

7

World Health Day

Chat to your family, friends and colleagues today about how you're committing to a fairer, healthier world. Share your commitment on social media using the hashtag #WorldHealthDay.

THURSDAY

8

If you often get cut-offs of fruits and vegetables after cooking a meal, why not juice these? It's a great way to increase your fruit and veg intake as well as reduce waste.



FRIDAY

9

When doing your laundry, aim to get enough clothes to make up a full load. Where possible, use cold water for your washes to cut down on electricity / gas. You could even handwash your clothes if you don't have many to wash!



SATURDAY

10

Keeping with the laundry theme today! Research eco laundry options to make your clothes washing more sustainable. If you're already using eco laundry products, share the brand you use on your social media and tag Global Goals Australia.

SUNDAY

11

It's time to reflect back! We often get so busy in our lives that we miss what is important. Head back to Week 2 and catch-up on any tasks you may have missed or may have forgotten to finish!

NOTES:

Don't forget to use the hashtag #GGATakeAction and take @GlobalGoalsAus (Twitter) or @globalgoalsaustralia (Facebook and Instagram). We would love to share your journey with everyone!

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WEEK 16

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MONDAY

12

Think before printing this week! We often print documents because it is 'easier' for us, but try to challenge yourself to work digitally. If you do print documents, consider switching to recycled paper and printing double-sided where possible.

TUESDAY

13

Ramadan Start

Donate any old devices you have to local schools and pre-primary educational institutions. Rather than just let them sit in a cupboard unused, see if someone else might be able to use them!

WEDNESDAY

14

Repurpose your glass and plastic jars and containers in the kitchen. These are often thrown away when you can still get so much good use from them! You can even use them to fill up on products at a bulk food store during your grocery shop.



THURSDAY

15

It's time to reflect back! We often get so busy in our lives that we miss what is important. Head back to Week 3 and catch-up on any tasks you may have missed or may have forgotten to finish!

FRIDAY

16

Why not try some yoga today? Yoga is fantastic for your mind-body-spirit connectivity and can help you in your emotional health and well-being. It can also make you more actively aware of the world around you.

SATURDAY

17

Going to the toilet can totally be sustainable! Research eco toilet paper options to make going to the loo a little better for the environment. If you're already using eco toilet paper, share the brand you use on your social media and tag Global Goals Australia.



SUNDAY

18

World Heritage Day

For today's World Heritage Day, research to see which world heritage sites are closest to you. If there are none nearby, check out a list of Commonwealth or national heritage sites. If you can, make a point of paying one a visit.

NOTES:

This year's World Creativity and Innovation Week runs from April 15 to April 21. Head to wciw.org to see how you can contribute to the celebrations.

Creative

APR

WEEK 17

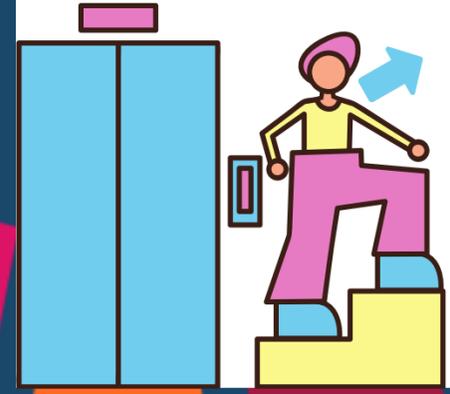
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MONDAY

19

Challenge yourself this week to take the stairs over the elevator when possible. It's great for your health and reduces electricity usage.



TUESDAY

20

Take notes digitally where possible. Laptops, tablets and smart phones all have note-taking capabilities and can lessen your consumption of paper products.



WEDNESDAY

21

World Creativity and Innovation Day

Share your creativity and innovation with the world. It could be about your own creativity or what you define creativity to be. If you can share your skills with others, do so today.

THURSDAY

22

International Mother Earth Day

Head to www.earthday.org to see the 51 actions you can take around Earth Day. Have a read through the resources online and learn how you can 'Restore Our Earth'.



FRIDAY

23

It's time to reflect back! We often get so busy in our lives that we miss what is important. Head back to Week 4 and catch-up on any tasks you may have missed or may have forgotten to finish!

SATURDAY

24

Research eco skincare products to make your beauty routine more sustainable. If you're already using eco skincare products, share the brand you use on your social media and tag Global Goals Australia.



SUNDAY

25

ANZAC Day

Take some time today to pay respect to the people who have served this nation's armed forces. You could attend an ANZAC Day service or watch one online. You might even visit a memorial.

NOTES:

ACT, NSW, NT, QLD, VIC & WA all return to school this week. SA & TAS will return next week. Be mindful of children walking and crossing the road, especially during school hours and around school zones.

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WEEK 18

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MONDAY

26

Find some time this week to learn some basics around sewing. If you are able to darn holes and sew buttons back on, you will find you are wasting far less of your fashion! There are some great ways you can get creative with this process too!



TUESDAY

27

If you use business or networking cards, try to move these to digital cards. Something as simple as taking down someone's email and emailing your signature block is a great way to reduce paper. If you have to have business cards, consider eco-friendly options.

WEDNESDAY

28

Consider using old paper or newspaper instead of bin liners. Have a look online for other eco solutions. There are some bin liners which are better (although not perfect) for the environment than others. This is a great transitional step. Eventually, you want to look toward zero waste entirely!

THURSDAY

29

Pay It Forward Day

Pay It Forward Day is your chance to do something nice for someone else. You might pay for someone else's coffee or lunch order - or even purchase a piece of fruit for someone living in housing insecurity in your area.

FRIDAY

30

Choose one of your favourite companies from which you regularly make purchases and ask them about their sustainability commitment. If you think it is a good commitment, share it on social media and tag them!

SATURDAY

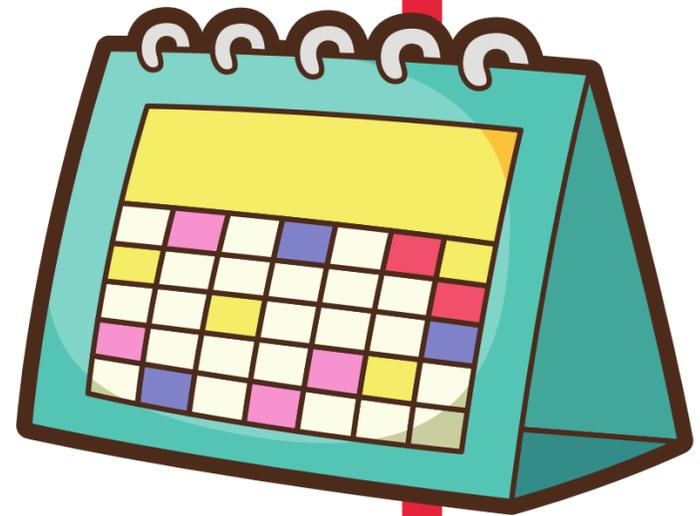
1

Stay tuned for next month's calendar.

SUNDAY

2

Stay tuned for next month's calendar.



NOTES:

Remember: for any actions involving purchases, there is no need to go through with the purchase. We understand not everyone has complete financial flexibility. We encourage you to do research into your planned purchases and select the ones you can afford and create a budgeting plan to save for the ones you cannot yet afford.