



Building a Comprehensive Educational Ecosystem for Sustainable Development Goals

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Programme: Erasmus+
Action Type: Cooperation partnerships in higher education
EU Grant: 400.000,00 €

Coordinator



Partners



ACEEU



ABD

Welfare and Development Association

Ry

Nykiel



RIGA TECHNICAL UNIVERSITY



UAB
Universitat Autònoma de Barcelona

Player

One Change Challenge

One Change Challenge

Time: 20 - 30 minutes

Teams: 3 - 6 players

Location: Indoor or outdoor space (quiet and comfortable)

The Story

Every day, millions of people make small choices - what to buy, what to throw away, how to travel, how much energy to use. Individually, these actions seem tiny. But together, they add up to global patterns that drive pollution, waste, and climate change. When we choose convenience over sustainability, we unintentionally fuel a much bigger problem: the collective impact of everyday habits. If small actions can contribute to the problem, they can also contribute to the solution.

Your mission: commit to one meaningful change today and show how individual choices can influence the world around you.

Every change, no matter how small, can spark a bigger movement.

Mission Tasks

Step 1: Choose Your Action (5 minutes)

Together, select one sustainable action you can adopt today. It should be simple yet clearly connected to a larger sustainability challenge. Examples include using reusable containers, avoiding single-use plastics, reducing electricity use, walking instead of driving, or choosing a plant-based diet.

Step 2: Try It & Document It (15 minutes)

Capture your experience through a short video, photo collage, or journal-style note. Show what you changed, how it felt, and which larger environmental problem your action helps address (waste, emissions, pollution, resource use, etc.).

Optional mission bonus:

Share your one small change with friends, family members, or online. Explain how your action contributes to reducing a much bigger problem.

Why Your Mission Matters

Small choices are not small when millions of people make them. By trying even one sustainable action, you recognize how everyday behaviours shape global environmental challenges - and how changing them can help reverse the trend. Your example may inspire others to rethink their habits, multiplying the impact.

Be the spark for sustainable change.

Mission Equipment

Smartphone

Internet access (optional - for sharing results)

Notepad or whiteboard for taking notes

Any items needed for the chosen sustainable action

