teaspoons of change

Good deeds done locally

*Impacting globally*
WHAT ARE TEASPOONS OF CHANGE?
• A Teaspoon of Change is a **personal choice, decision or action** that has a **positive impact on people and the planet** creating positive change.

• Teaspoons of Change are small actions but when multiplied by lots of people, lots of times

  = BIG Change
Teaspoons of Change the reward system:

• Matching local actions (*Teaspoons of Change*) with donations having global impacts

• Adding value to donations, giving them a local context and doubling the impact

• Acting Locally - Impacting Globally
People do good deeds locally creating ‘Teaspoons of Change’ and are awarded points.

Points are matched by a donor.

Donations go to programs connected with achieving the Global Goals for Sustainable Development.
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Earn → Reward → End Extreme Poverty!

THE GLOBAL GOALS
For Sustainable Development
Teaspoons of Change follows the concept of Polio Points in Brunei where actions translate into polio vaccinations.

See more at Polio Points!
http://makingthepoint.org
Students at International School Brunei earn points from teachers.

Standard Chartered Bank Brunei rewards every 4 points with a $1 donation.

Donations go to on-the-ground polio eradication with UNICEF Pakistan.
HOW TO EARN TEASPOONS OF CHANGE

GLOBAL CITIZEN

Peace Making...

Encourage Women...

Viv and Vigor

Vivere

Live and let live

Determination

Standing effort

Our Home

Motivational

Executive

Responsible

Planning
Teaspoons of Change are personal choices, decisions and actions that have a positive impact on people and the planet creating positive change.
Teaspoons of Change - The Teaspoons!

This is a list of 18 small and important Teaspoons of Change you can do every day on a personal level:

1. Walk & ride - good for mind, body, soul, spirit and the environment
2. Never buy bottled water - boil, filter, chlorine, rainwater, do what you can!
3. Shop, eat and drink locally - the money will circulate back into your community
4. Buy organic, and when possible, Fairtrade
5. Don’t waste food or any resources
6. Beware of foods that use a lot of energy and water to produce - cheese, meat, etc.
7. Buy less ‘stuff’ - do you need it? or just want it?
8. Buy second-hand whenever possible when you do need to buy
9. Many R’s: Reduce, Reuse, Recycle, + Rethink, Refuse, Reconsider, Replace, Rent, Re-evaluate, Repair, Reconstitute, Revive, Renounce…
10. Look after things so they last longer
11. If using paper use both sides of a piece of paper
12. Solar - anything! Personal uses of solar technology - radio, charger, lights, etc.
13. Hot water - use less, it is a double save on water and energy!
14. Volunteer at school and/or your community, ensure it is effective and fun!
15. Less is best! Less water, energy, waste, carbon etc. Or use renewable sources: rain water capture/solar etc.
16. Collect moments not things - you’ll be rich in experiences and stories for life
17. The free things in life are usually the best - people, conversations, learning, reading, walking, cycling, running, thinking, creating, sunsets, sunrises, forests, art, gardening, meditation
18. Use your voice with your leaders - locally, domestically and internationally

Add your own ... !!! facebook.com/teaspoonsofchange

Personal choices, decisions and actions that have a positive impact on people & the planet creating positive change!
Online Platform for Teaspoons of Change

To capture, collate & compare Teaspoons of Change

www.vivomiles.com
6000 Teaspoons of Change earned by Bromsgrove students in the first year
That’s…

6000 global citizen actions done locally and…

1500 children vaccinated against polio by Bromsgrove students!
ENGAGED WITH TEASPOONS OF CHANGE

• PRESENTATIONS
• RESOURCES
• LINKS TO GOOD PEOPLE DOING GOOD THINGS
• SCHOOLS PROGRAM
With Teaspoons of Change we can see a poverty-free world, for … everyone, everywhere and forever!
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Get in touch & find out more...

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