



teaspoons of change

Good deeds done locally
Impacting globally

1 NO
POVERTY



2 ZERO
HUNGER



3 GOOD HEALTH
AND WELL-BEING



4 QUALITY
EDUCATION



5 GENDER
EQUALITY



6 CLEAN WATER
AND SANITATION



7 AFFORDABLE AND
CLEAN ENERGY



8 DECENT WORK AND
ECONOMIC GROWTH



9 INDUSTRY, INNOVATION
AND INFRASTRUCTURE



10 REDUCED
INEQUALITIES



11 SUSTAINABLE CITIES
AND COMMUNITIES



12 RESPONSIBLE
CONSUMPTION
AND PRODUCTION



13 CLIMATE
ACTION



14 LIFE BELOW
WATER



15 LIFE
ON LAND



16 PEACE, JUSTICE
AND STRONG
INSTITUTIONS



17 PARTNERSHIPS
FOR THE GOALS



THE GLOBAL GOALS
For Sustainable Development

**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





Earn 



Reward 

**End
Extreme
Poverty!**



THE GLOBAL GOALS
For Sustainable Development



Polio Points In Brunei



Teaspoons of Change follows the concept of Polio Points in Brunei where actions translate into polio vaccinations.



MINISTRY OF CULTURE,
YOUTH & SPORTS
BRUNEI DARUSSALAM



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

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





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



www.vivomiles.com

To capture, collate & compare Teaspoons of Change

Welcome back, [Emma](#)

Current balance:

♥2

Total awarded:

♥2

Last awarded:

3 days ago

[Transaction history »](#)You are not yet a [Gold Club](#) member.

SMS monthly update



Get your Vivo balance
sent straight to your
mobile FREE of charge.

[Enter details](#)

Check out our newest
items at the **vShop!**

[Go shopping »](#)[5 Polio Vaccines](#)

V25

Leagues start from 01-Sep-13

Bromsgrove International School,
Thailand

7A

7

* last updated on 11-Apr 14:55

Pos	Name	Total
1	Emma Rickett	2

[View more league tables](#)

Years

Tutor Groups

Houses

Explore



Hot new shop items!



#nomakeupselfie



4 best historical hoaxes



Top 5 weirdest airports



Charity of the month!

6000

Teaspoons of Change
earned by Bromsgrove
students in the first year



A person wearing a white protective suit and a face mask is administering a vaccine to a child. The person is holding a small vial and a syringe, and the child is holding their mouth open. The background is blurred, showing other people in similar protective suits.

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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Impacting globally

Get in touch & find out more...

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<http://teaspoonsofchange.org>

[Facebook: /TeaspoonsofChange](https://www.facebook.com/TeaspoonsofChange)

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