



資料來源 Source

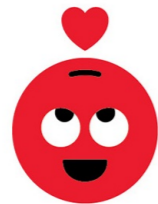
An approach to make the SDGs personal.

www.goodlifegoals.org

CSRone 永續報告平台

www.csronereporting.com/topics/show/5327?cid=7

1 HELP END POVERTY 幫助消除貧困



具體要求

1. 了解國內外貧困的成因
2. 力所能及地分享、捐贈
3. 從薪酬公平的企業購買產品
4. 負責任地儲蓄、借貸、投資
5. 要求合理薪酬、機會均等

Specific Asks

1. Learn the causes of poverty at home and abroad
2. Share and donate what you can
3. Buy from companies that pay people fairly
4. Save, borrow and invest responsibly
5. Demand decent wages and opportunities for all

5 TREAT EVERYONE EQUALLY 平等待人



具體要求

1. 學習並分享防止性別歧視的方法
2. 讓孩子懂得平等
3. 尊重關愛家庭的人
4. 捍衛婦女的生育權
5. 反對針對婦女和女童的暴力

Specific Asks

1. Learn and share ways to end sexism
2. Raise kids to expect equality
3. Respect the men and women who care for families
4. Defend women's reproductive rights
5. Oppose violence against women and girls

4 LEARN AND TEACH 學與教



具體要求

1. 終身學習
2. 教導孩子待人友善
3. 幫助男/女兒童堅持學業
4. 支持教師，保持學校開放
5. 捍衛每個人的受教育權

Specific Asks

1. Keep learning throughout life
2. Teach kids kindness
3. Help girls and boys stay in school
4. Support teachers and keep schools open
5. Defend everyone's right to an education

3 STAY WELL 健康快樂



具體要求

1. 了解並分享保持健康的方法
2. 勤洗手、常運動
3. 注意交通安全
4. 重視心理健康和幸福
5. 要求實現全民醫療、人人接種疫苗

Specific Asks

1. Learn about, and share, ways to stay healthy
2. Wash your hands and exercise regularly
3. Stay safe on or near roads
4. Value mental health and well-being
5. Demand medical care and vaccinations for all

2 EAT BETTER 更好地飲食



具體要求

1. 了解如何種植、養魚、生產食品
2. 食用更多水果和蔬菜
3. 購買當地、應季、符合勞工和環保等公平貿易條件的食品
4. 讓兒童、老人、孕婦吃好
5. 要求在全球範圍內消除飢餓

Specific Asks

1. Learn how we farm, fish and make our food
2. Enjoy more fruits & vegetables
3. Buy local, seasonal and fairly traded food
4. Help children, elderly people and pregnant women to eat well
5. Demand an end to global hunger

9 MAKE SMART CHOICES 做出明智選擇



具體要求

1. 了解本國的發展規劃
2. 做明智友善的網民
3. 支持造福人民、保護地球的建設
4. 歡迎讓世界更美好的創新
5. 要求人人共享發展帶來的福利

Specific Asks

1. Learn about plans for progress in your country
2. Stay smart and kind online
3. Support construction that benefits people and protects the planet
4. Welcome innovations that make the world a better place
5. Demand the benefits from progress are shared

8 DO GOOD WORK 有好工作



具體要求

1. 學習家庭理財技能
2. 要求安全的工作環境
3. 確保所購買產品的生產過程中沒有剝削
4. 支持本地企業
5. 捍衛每個人的工作權利

Specific Asks

1. Learn family finance skills
2. Demand safe working conditions
3. Check no-one was exploited to make what you buy
4. Support local businesses at home and abroad
5. Stand up for everyone's rights at work

7 USE CLEAN ENERGY 使用清潔能源



具體要求

1. 了解自己使用的能源來自何處
2. 力所能及地節約能源
3. 使用可再生能源取暖、照明、供電
4. 從使用可再生能源的企業購買產品
5. 要求人人用上清潔、可負擔的能源

Specific Asks

1. Find out where your energy comes from
2. Save energy wherever you can
3. Use renewable energy for heat, light and power
4. Buy from companies powered by renewable energy
5. Demand clean, affordable energy for everyone

6 SAVE WATER 節約用水



具體要求

1. 了解清潔水的重要性
2. 不將垃圾或有毒化學物品沖進下水道
3. 漏水不分大小，見到就報修並修好
4. 刷牙和清洗時節約用水
5. 捍衛人們使用清潔水和廁所的權利

Specific Asks

1. Learn why clean water matters
2. Don't flush any trash or toxic chemicals
3. Report and fix leaks – big or small
4. Save water when brushing your teeth, washing and cleaning
5. Defend people's right to clean water and a toilet

13 ACT ON CLIMATE 氣候行動



具體要求

1. 了解氣候變化的解決方法
2. 呼籲本國多用可再生能源
3. 多吃蔬果少吃肉
4. 多走路、多騎行，少駕車
5. 要求領導者立即採取應對氣候變化的果斷措施

Specific Asks

1. Learn about climate solutions
2. Call for more renewable energy in your country
3. Eat more plants and cut down on meat
4. Walk and cycle rather than drive
5. Demand leaders take bold climate action today

12 LIVE BETTER 更好地生活



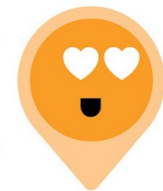
具體要求

1. 了解可持續發展
2. 重複使用、修理、回收、分享、借用
3. 減少食物浪費、利用剩菜剩飯
4. 結交朋友、積累經驗，而非積攢物品
5. 要求企業尊重人與地球

Specific Asks

1. Learn about sustainable development
2. Reuse, repair, recycle, share and borrow
3. Waste less food and use leftovers
4. Collect friends and experiences, not just things
5. Demand that businesses respect people and planet

11 LOVE WHERE YOU LIVE 愛護家園



具體要求

1. 了解並參與本地決策
2. 備災應急
3. 結識近鄰，歡迎新人
4. 保護當地樹木、野生動植物和自然區域
5. 要求安全優質的公共交通

Specific Asks

1. Learn about, and take part in, local decisions
2. Prepare for emergencies
3. Get to know your neighbours and welcome new people
4. Protect local trees, wildlife and natural areas
5. Demand safe and good quality public transport

10 BE FAIR 公平公正



具體要求

1. 心胸開闊，善於傾聽和學習
2. 支持領導者減少不平等的狀況
3. 保護並接納弱勢群體
4. 從依法納稅、公平待人的企業購買產品
5. 捍衛自身與他人的權利

Specific Asks

1. Stay open-minded, listen and learn from others
2. Support leaders who reduce inequality
3. Protect and welcome the vulnerable
4. Buy from companies that pay tax and treat people fairly
5. Stand up for your rights, and the rights of others