

There is 17 big goals and 169 specific goals at SDGs. We can categorize the big 17 goals by ending poverty, hunger, health and well-being, education, gender equality, clean water and hygiene, clean energy, work and economic growth, industry, innovation, infrastructure, ending inequality, sustainable city and community, production and consuming, climate, aquatic life, animals, peace, justice, system and partnership.

To achieve these goals, it's important to establish powerful system and change people's perceptions. SDGs contain the context that countries all over the world should cooperate and work hard to achieve goals. Therefore, powerful systems can be made by numerous countries by working together closely. Also, Volunteering can be a big help. Volunteering is very effective at changing people's perceptions because through volunteering, people can experience and know things by themselves. This leads to continuous interests and actions. This can be applied in SDGs, too.

There are two types of volunteering that we can do. First thing is doing a campaign and second thing is going out to the field. These days, there are many campaigns going on online like Social network service, Internet websites because of smartphones and computers. If you see Instagram, the most using SNS, there are over millions of postings about campaigns. It is positive posting campaigns because the people seeing those postings can get interest on that campaign, gather information and tell others about it so it can spread out. SDGs has many specific goals so it can be effective to start by categorizing into many other campaigns. For changing perceptions, it is important to get an interest at first time. So, doing or knowing campaign can be a big help.

Especially developing countries need these campaigns more. This is because developing countries can have tendency that have less interest in equality, environment, and other things that makes earth sustainable. They can just only focus on developing their country since they have not developed the degree they wanted and laws and systems are not established completely yet. To draw their attention to SDGs, activities such as speed quizzes will help because it's easy to understand and fun.

Second thing is going out to the field volunteering. It can be more effective after doing campaign because volunteer knows what he or she is doing. Many things are memorable when they are done by oneself and individuals pay more attention when they actually do an action. Also, by going out to the field, people can realize how serious the problem is. We can see through the pictures but it feels different to see in a picture or to see in person.

Achieving SDGs, it needs close cooperation between volunteering and systems made by governments. Since SDGs are made with detailed goals, the volunteering also needs to be divided into detailed activities. Dividing into detailed activities can be done by governments or globally

acting NGOs. After dividing, volunteering can do a big role since volunteering can be done professionally.

In conclusion, Volunteering is very important at achieving SDGs because it can help change people's perception and develop sustainably. Governments and NGOs should help them by making powerful systems.