

## Volunteering in addressing the UN Sustainable Development Goals

In 2015 United Nations General Assembly set 17 global goals to involve all countries in the world, all people in the development of quality of the life on our planet. Following this goals we could solve the problem of poverty by the development of education, well-being, economics and so on.

But first of all, wanting to help whole world we must not forget that every goal starts with a small. I mean we have to pay more attention to our-self. By helping people around us we contribute to the achievement of the global goals. Just like we build a house by bringing small bricks one by one.

So, this little effort, as for me, may be presented by volunteering. Thinking of the future, the small thing we can do is to help without expecting any feedback. The intention to help others unselfishly must be anchored in the perception that the world we build is the place where we will live and everything in this world is closely linked.

To achieve the 3d goal (Good health and well-being for people) we can promote well-being by various sport events, medical lectures. Good example is Olympic Games that promote healthy life, healthy competition by respecting others, fair play and so on. After every OG we may see the increase of the amount of children doing sports. The great role of the worldwide famous sportsmen is important also. They help (financially and physically) to promote sport and well-being in the poor countries. Sport leads to health control, to medical development.

We as volunteers, we can organize sport events for people without any discrimination of age, sex, nationality... We need not just sportive tournament where the only goal of athletes is to take some place or to show their skills, we need a real sport event, holiday that everyone (not only athletes) can enjoy and feel the healthy life. In that promoting goal the important role is designated to volunteers. The good example is volunteers of Sochi 2014, FIFA 2018, WOG 2018 and huge amount of applications for many others sport tournaments.

For the next goal set by UN (Quality education) volunteer activity is still poor developed. First of all, teaching needs a good education. This requirement narrows the amount of competent people at once in comparison with volunteering in sport domain. I guess the obliged sending of teachers to the Far regions of Russia in the 50-80<sup>th</sup> of the last century for the purpose of gaining experience and promoting education, to some extent, is a clear example for volunteer activity in the education field. Off course, the question of benefits for teachers is still opened (life conditions, food, transport....)

Also one of the important things of any volunteer activity is a competent management. It does not matter whether volunteer has some experience in any field of work or not, the right (competent) acts, plans set by leader may lead to the good result. So, in this case, we also must be mindful of the education for volunteer's management and of the promotion of right values.