

ACTION PATHS

1

Get involved with different associations that help the most deprived, such as ABEJ.

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2

Donate furniture or clothing that is no longer useful to you to solidarity shops such as *Entraide 59*.

ACTION PATHS

1

Participate in street patrols, in the distribution of meals to people in need, by contacting an organizing association.

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2

Donate non-perishable foods, that will not be consumed, to food aid associations, such as the Lille food bank.

ACTION PATHS

1

Donate blood, platelets, and plasma at collection points, or during mobile collections, by contacting the French Blood Establishment closest to you.

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2

Help to improve access to care by directing people in need to free and anonymous consultations at medical centers in your city.

ACTION PATHS

1

Support children outside of the school hours by getting involved with associations such as AFEV (*Association of the Student Foundation for the City*).

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2

Help students with their homework or learning a language and submit your application to an association such as APSCO (*association for academic support*).

ACTION PATHS

1

Participate in the deconstruction of prejudices and the prevention of harassment and sexist and sexual violence.

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2

Defend women's rights, by obtaining information, for example during women's rights day, or from associations like *Nous Toutes 59*.

ACTION PATHS

1

Collect rainwater to water your plants
and wash your food.

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2

Participate in information and awareness
campaigns on water-related issues which
are organized locally on International Water
Day every March 22.

ACTION PATHS

1

Enter into an electricity contract with a clean energy supplier (Enercoop, Ekwateur, etc.).

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2

Reduce your electricity consumption, for example by participating in challenges such as the *Défi Déclic* organized by the Regional House of Environment and Solidarity, whose objective is to reduce your consumption by 8% each winter.

ACTION PATHS

1

Volunteer at integration associations to promote access to employment, such as the "*La Cravate Solidaire*" association.

2

Be interested in the social and solidarity economy by obtaining information from APES or CRESS.

3

Support international campaigns that aim to end modern slavery, forced labour and human trafficking.

ACTION PATHS

1

Help reduce the digital divide and support access to new technologies (*Emmaüs connect*, Libraries without borders).

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2

Learn about and take an interest in sustainable industrialization.

ACTION PATHS

1

Fight for tax justice by participating in advocacy actions, for example with the Attac association.

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2

Get involved with *Cimade* or *Médecins du Monde* to support migrants.

ACTION PATHS

1

Participate in participatory democracy processes within your municipality, as proposed by the City of Lille through the participatory budget.

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2

Use alternative means of transportation (bicycles, scooters, etc.)

Get involved in an association like ADAV (*Association du Droit aux Vélos*).

ACTION PATHS

1

Consume fair trade products and learn more about the theme from associations such as *Artisans du Monde*.

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2

Buy your vegetables at a market or from local producers, who for example belong to the AMAP network (*Associations Pour le Maintien d'une Agriculture Paysanne*) or sell bulk products (*Day by Day* for example).

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3

Learn about the environmental and social impact of the textile industry and act according to your convictions.

ACTION PATHS

1

Reduce your digital pollution by deleting your read emails and by unsubscribing from unnecessary newsletters (the *Cleanfox* application offers this service for free).

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2

Learn about inequalities linked to climate change (concept of climate justice).

ACTION PATHS

1

Reduce the use of plastics that end up in the oceans and are dangerous for the life of marine animals.

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2

Reduce your consumption of overfished fish, relying on responsible consumption guides, for example the guide from *Greenpeace*.

ACTION PATHS

1

Limit the use of phytosanitary products to preserve biodiversity and favour the production of compost as a natural fertilizer.

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2

Reduce your consumption of food products from crops that harm ecosystems, such as palm oil (deforestation).

ACTION PATHS

1

Find out about and sign petitions of associations promoting human rights and fundamental freedoms such as *Amnesty International*.

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2

Participate in the political or ecological life of your neighbourhood, through neighbourhood councils for example.

ACTION PATHS

1

Discover associations that work in an area that is close to your heart, for example during the Associations and Engagement Forum which is organized each year in Lille.

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2

Speak, raise awareness and get those around you to contribute at their own level to the Sustainable Development Goals.