

HOURS FOR IMPACT

Taking Action for Positive Change





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ALIGNED TOWARD A SUSTAINABLE FUTURE

This was no ordinary call to action. In 2015, the United Nations set forth its plan for achieving global peace and prosperity by 2030: 17 Sustainable Development Goals (SDGs) with the power to create a better world, encompassing everything from ending hunger to combating climate change. But this wasn't just a list of lofty goals. It was a comprehensive game plan—one particularly well-suited for project professionals to deliver on.

As a member of the United Nations Global Compact (UNGC), Project Management Institute (PMI) is committed to advocating for people, planet and purpose, and driving action through the UN SDGs. So we created the Hours for Impact program to encourage our community around the world to pledge hours of service to projects and programs supporting one or more of the goals. By giving our time and our talents, we can all help build a more sustainable future—leaving no one behind.

“The thing that has impressed me the most at PMI is its extraordinary community and the enormous impact its members make around the world.”

—Pierre Le Manh, President & CEO, PMI

IMPACT BY THE NUMBERS

 **335,000+**

Hours pledged since 2021

 **123**

Countries represented

 **80+**

Chapters pledged

 **1,100+**

Participating projects and service activities

“We are setting out a supremely ambitious and transformational vision. We envisage a world free of poverty, hunger, disease and want, where all life can thrive.

–United Nations 2030 Agenda for Sustainable Development

THE SUSTAINABLE DEVELOPMENT GOALS

These 17 SDGs are “the blueprint to achieve a better and more sustainable future for all” through three dimensions of sustainable development: economic, social and environmental.



AMBITION MEETS ACTION

Meet some of the committed, passionate people volunteering their time and lending their skills and talents to drive progress toward achieving the SDGs.

EMPOWERING THROUGH EDUCATION

Harnessing the power
of knowledge and skills
development to increase
equity and improve lives



Photo by Anthony Lanmerstone

EMPOWERING THROUGH EDUCATION



Photo by Anthony Lamerotonne

Building the Next Generation of Coders

📍 France

Hours Pledged: 300
SDGs: 4 and 5

Yvann Nzengue, PMP, wanted to use his IT and coding skills to give back to his community in Valbonne, France. So he teamed up with CoderDojo, helping the nonprofit advance its mission to teach young people to code in a social and safe environment. “I was looking for an organization where I could share and also learn,” he said.

The program was soon up and running, with participants learning everything from web development to game creation. Nzengue teaches his own class, too, introducing kids as young as 7 years old to computers and coding. And while he started with only a few participants, these days the program is at capacity—and even has a waitlist.

“If you’re interested in an activity that has an impact in the world or in your community, why not get involved and share that with others?”

—Yvann Nzengue, PMP

EMPOWERING THROUGH EDUCATION

Scoring a Win for Disadvantaged Students

📍 USA

Hours Pledged: 16+
SDGs: 4 and 10



“There is **nothing more satisfying** than seeing someone develop their skills, seize growth opportunities, and go on to be **wildly successful** in their careers and personal development. **This is why I volunteer.**”

—Steven Bistany, PMP

For more than 15 years, the Young Men and Women in Charge Foundation has hosted an annual Science Expo, sparking STEM innovation among youth in historically marginalized communities. There was just one problem: The group’s spreadsheet-based scoring system for Expo judges was slow and cumbersome.

Steven Bistany, PMP, and other volunteers with the PMI Delaware Valley Chapter came up with a solution: a streamlined, easy-to-use app that tabulates scores automatically. The result? The number of volunteers required for scoring dropped from eight to just two.



Seeding Opportunity Through Education

📍 Kenya

Hours Pledged: Pending
SDGs: 4 and 10

The Kibera community in Nairobi may only be 2.5 square kilometers (0.96 square miles), but it houses many thousands of people living in extreme poverty and without reliable access to food, water or shelter. As director of Students for Education, Empowerment and Development (SEED), Aouki

Patrick Odongo volunteers his time to help transform life for youth in marginalized communities through education. Odongo, who was raised in Kibera, founded the first SEED School in the community to offer primary school education—and two meals a day—to more than 70 children annually.



“We have reached the **unreached** within our communities within the marginalized areas and the slums of Nairobi.”

—Aouki Patrick Odongo

Building safe, eco-friendly
and equitable urban
communities that allow
residents to thrive

BUILDING SUSTAINABLE CITIES

Photo by Tarina Rodriguez



BUILDING SUSTAINABLE CITIES

Reimagining Urban Coworking Spaces

📍 Spain

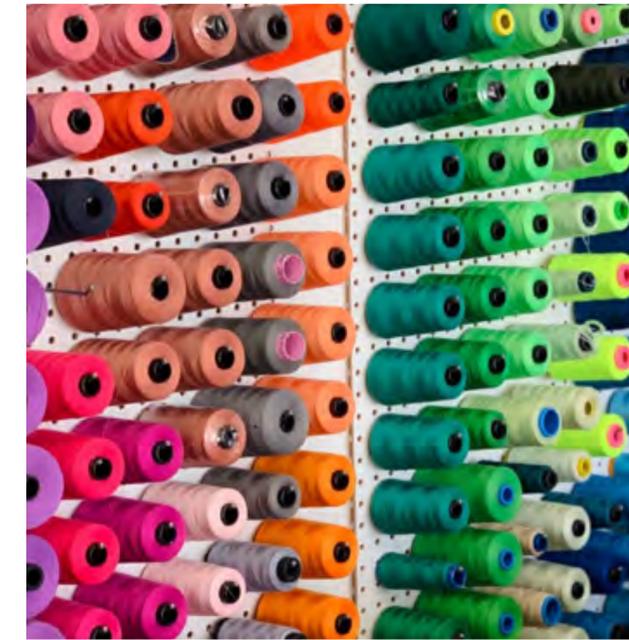
Hours Pledged: 8,640
SDGs: 3 and 11

“We can turn the coworking space into an innovative nucleus for startups.”

—Yngrid Echalar Gutiérrez

Barcelona is known as a haven for boundary-pushing architecture, and Bolivian architect Yngrid Echalar Gutiérrez seeks to be at the forefront of that innovation. Her firm's Coworking Urbano 22@Passatges aims to reinvent public space as a modern gathering place where entrepreneurial collaboration can occur organically.

The proposed project she has been volunteering her time to would give free and public access to modern, nature-drenched workspaces in the city's emerging Poblenou neighborhood, while supporting multiple SDGs.



Reducing Fashion's Footprint

📍 USA

Hours Pledged: 200
SDGs: 10, 11 and 13

The apparel industry's ugly secret: It has one of the worst sustainability records, with fast fashion and synthetic fabrics contributing to its massive carbon footprint. But Syreeta Bond, PMP, is bucking that trend—and making her own fashion statement with a “chic-punk” clothing line that's 100 percent carbon neutral.

The company also gives customers the option to add emission reduction offsets to each purchase, and Bond partners with environmental consultants to eliminate carbon emissions in her production and supply chain processes.

“I cannot leave this world without knowing that I did my part to help make it better for my generation and the next generations.”

—Syreeta Bond, PMP

BUILDING SUSTAINABLE CITIES



Photo by: Tatiana Rodriguez

Making Roads Safer

📍 Panama

Hours Pledged: 250

SDGs: 3, 4, 9 and 11

It started with a car accident—one that left Osiris Gratacós badly injured and ended the life of her good friend. The experience transformed Gratacós into a passionate advocate for road safety in her native Panama City.

But her nonprofit, Fundación Educación Vial, struggled to make as strong of an impact as she'd hoped. So the young

founder sought support from the nonprofit Project Managers Without Borders. Working with María Laura González, PMP, and other volunteers helped Gratacós create a business plan, deepen her methods of outreach and take a long-term view as a leader. Now she can inspire other agents of change—and make even greater progress toward improving road safety.

“Time is the most valuable asset a person can give, and what better way to expend it than by generating value for organizations that improve the world?”

—María Laura González, PMP

SPARKING ECONOMIC OPPORTUNITY

Giving people the tools to build a better future

Photo by Khadija Farah



SPARKING ECONOMIC OPPORTUNITY



Engaging the Next Generation of Farmers

📍 Kenya

Hours Pledged: 500
SDG: 13

In rural Kenya, farming is both a way of life and a major economic force. But Angela Njeri Mwangi knows from her family's experience running an agribusiness company that farmers don't always realize the full potential of their land.

That led her to develop Co-Shamba, a digital platform designed to help farmers increase their efficiency so they can farm for profit, not just subsistence. Mwangi is working with PMI volunteers to create the agtech platform and turn her concept into reality: helping build more resilient, climate-smart and competitive food systems.

Creating Resilient Communities

📍 Guatemala

Hours Pledged: 400
SDGs: 1, 2, 3, 4, 8 and 11

Founded by Panajachel native Ingrid Villaseñor, the nonprofit Tejiendo Futuros aims to provide vulnerable families with life-changing services to help them break the cycle of poverty. But to turn that vision into reality, Villaseñor needed a well-defined business plan. Enter Project Managers Without Borders, which provided a team of volunteers who offered the kind of practical, hands-on guidance she needed to achieve her goals.

With the nonprofit's help, Villaseñor honed her organization's vision, learned to delegate and even founded an agroecological farm to provide income to Panajachel's community.

“Ingrid is helping break the poverty cycle by working with families to help them realize that no matter your culture or origin, you are worthy and can succeed.”

—María Laura González, PMW

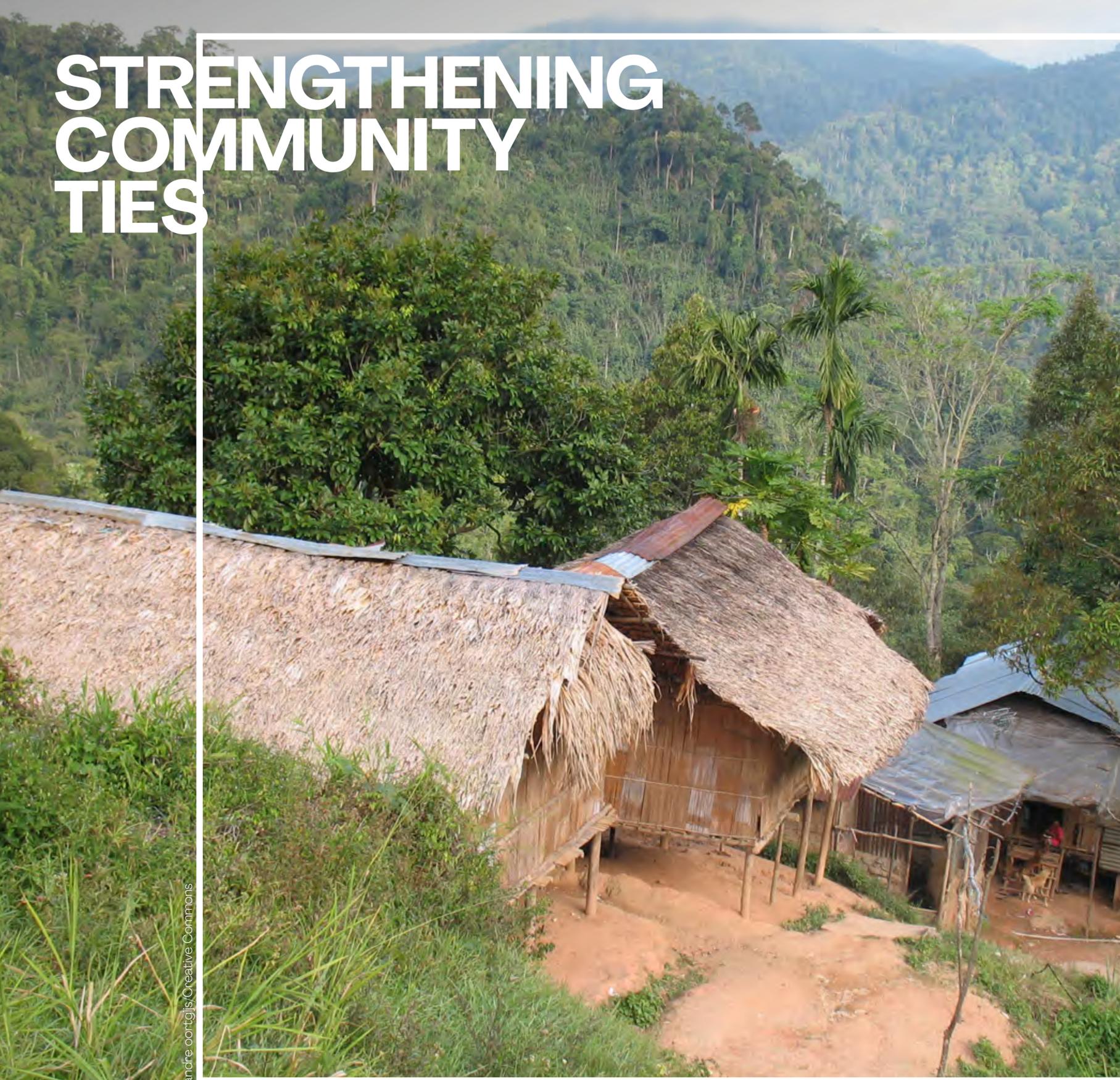


STRENGTHENING COMMUNITY TIES

Coming together to support
neighbors in need



STRENGTHENING COMMUNITY TIES



andre cortgis/Creative Commons



Providing Resources to a Vulnerable Community

📍 Malaysia

Hours Pledged: 140+

SDGs: 1, 2, 3 and 4

Along the Cherandong Waterfall trail in rural Malaysia lives an isolated tribal community known as the Orang Asli. Seeing a community lacking essential resources, Paramasivam Chandrababu organized a volunteer event to give clothes, toys and books to the village.

Chandrababu and a group of 14 volunteers traveled two hours to the remote village to donate the items and spend time with the residents. The team members received a warm reception. But just as importantly, they gained real-world experience in making progress toward the SDGs. And by the end of the event, the seven kids who volunteered were able to list all 17 goals.

“Protecting our human community and improving the lives of people globally is essential for creating peace, prosperity and equality.”

—Paramasivam Chandrababu

STRENGTHENING COMMUNITIES



“It gives me a sense of achievement by helping others to identify their health problems so they can do something to prevent or cure potential diseases.”

—Yawei Song, PMP

Advancing Chronic Disease Detection

📍 China

Hours Pledged: 100

SDG: 3

Looking to address the rising rate of chronic health conditions in China, Yawei Song, PMP, put his expertise in healthcare project management to work. He joined a team of five volunteers to advance chronic disease detection in Changsha. By testing residents' blood sugar and uric acid levels, the team has helped people in the community determine if they have chronic disease indicators for diabetes and other conditions so they can seek intervention sooner.

Rebuilding Community After Disaster

📍 Lebanon

Hours Pledged: 150

SDGs: 2 and 3

After a massive explosion ripped through the Port of Beirut on 4 August 2020, Lebanon's capital city was left in chaos—and uncertainty. So Riam Chazbek, PMP, and other members of PMI Lebanon Chapter expanded their volunteer efforts: helping NGOs with preparing food parcels, providing mental health services, making food and clothing donations, and delivering medications.

“United we can do more. Volunteering allows you to be part of changing lives. When you give to society, it can give back to you as well.”

—Riam Chazbek, PMP



Laying the foundation for
growth, opportunities and
well-being

IMPROVING CRITICAL INFRASTRUCTURE



IMPROVING CRITICAL INFRASTRUCTURE



Photo by Harsha Vedlamani

Expanding Economic Opportunities

📍 India

Hours Pledged: 150

SDGs: 8, 9 and 15

The road between the Indian village of Hiware Bazar and the city of Ahmednagar has long been a source of frustration for both locals and visitors. When it rains, the road turns to mud—or floods, making it impassable.

So Adil Warsi and other volunteers at PMI Pearl City, Hyderabad Chapter partnered with India's Ministry of Rural Development to give the road a much-needed upgrade—and in the process, empower the rural residents to help manage the road initiative and other future projects.

“By contributing our efforts to the betterment of the community, we are making a better society where we live.”

—Adil Warsi

IMPROVING CRITICAL INFRASTRUCTURE



Photos by Gbei M. Endurance

Bringing Broadband and the World to Rural Areas

📍 Nigeria

Hours Pledged: 1,000

SDGs: 4 and 9

Only 6.6 percent of Nigeria's rural population has online access with good quality and functionality. So when Gbolade Bankole, PMP, saw university students in his region struggling to keep up without reliable internet access, he set out to change that. He and a group of volunteers have been pitching in to close the digital divide through a program offering subsidies to infrastructure operators that establish broadband services in rural areas.

So far, the group has helped establish five sites that offer 24/7 internet access, aiming to build the kind of inclusive and equitable quality education promised in the UN SDGs.

“Pledging these hours makes me feel so great and gives me opportunities to touch lives and make a social impact.”

—Gbolade Bankole, PMP



TOGETHER, WE CAN MAKE A DIFFERENCE

When it comes to making a positive impact, the most important step is the very first one: a commitment. The UN SDGs are a universal call to action to accelerate our response to the world's gravest challenges. And we are calling upon PMI colleagues,

members, chapters, credential holders, volunteers, and any individuals or organizations that want to show their commitment to the SDGs by pledging hours of service. Projects have the power to change the world. And project

professionals are uniquely qualified to help drive outcomes that lead to advancing the 17 SDGs. Don't just take our word for it. Here's how some Hours for Impact volunteers described their pledge experience:



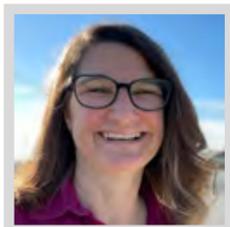
“I really love getting together with others and making an impact on the environment or another community at need—and also sharing how to help others with the younger generation.

—Ina Acuña, La Grande Community Garden Project



“What motivates us as volunteers is the ability to see people happy, to change lives, to share joyful moments with them, to reach out to them, and sometimes, to feel their relief.

—Riam Chazbek, PMP, PMI Lebanon Chapter



“Project managers gain the feeling of accomplishment and contribution, while those who are receiving the benefit of the volunteer hours gain tremendously as well—especially if the time was dedicated to project management.

—Deanna Landers, PMP, Project Managers Without Borders



“I love volunteering for PMI because it's not only good for the soul, it's good for the world. It's a beautiful feeling to give back to the communities by serving. It means that we're doing our part—not just sitting around talking about it.

—Syreeta Bond, PMP, Lipstick Killers Collection



ranpeltt/Stock/Getty Images Plus

LEARN MORE AND MAKE A PLEDGE

[Explore more stories](#) and [submit your pledge](#) today. Join a global community dedicated to driving change, making an impact and building a better tomorrow.

No matter how small the initiative, project team or hours given, your pledge can make a difference. If you have questions or need assistance, please email SDGPledge@pmi.org.

JOIN US TODAY

