Which SDG goals can be linked to the community partner?

**SDG 1: No poverty**
The goal of no poverty cannot be directly reached through working with the community partner, but companies could organize either fundraisers or some sort of benefit shows with Itt és Most, and thereby support local poverty initiatives.

**SDG 2: Zero hunger**
Again, the goal of zero hunger cannot be reached directly, but companies could work together with Itt és Most to decrease hunger locally. This could be done by hosting events that raise awareness about hunger and food wastage, and events that collect food donations for local food banks.

**SDG 3: Good health and well-being**
Itt és Most could work together with various food and/or health associations to help provide knowledge about health to e.g. younger kids in a fun way. An example of this is through the collaboration they did with the Hungarian Egg Association. If well-being is also understood in terms of mental well-being, impro theater can increase people's confidence and social skills, which might increase their overall well-being.

Companies could also work together with Itt és Most, and use impro activities to promote mental well-being among their employees.

**SDG 4: Quality education**
Improv theater can be used as an educational tool to enhance creativity, communication, teamwork, and confidence. So schools, universities, and companies can work together with Itt és Most and use improtheater to foster a more inclusive and quality education.

**SDG 5: Gender equality**
The goal of gender equality cannot be directly reached through the activities of Itt és Most, but impro theater can actively promote gender equality by ensuring that they are equally represented in their performances and workshops. More specifically, the performances can be used to address gender issues or biases, by creating awareness and fostering discussions in the company they work with. This will hopefully lead to more focus on the topic.

**SDG 6: Clean water and sanitation**

**SDG 7: Affordable and clean energy**

**SDG 8: Decent work and economic growth**
This goal cannot be reached directly, but companies might be able to create a better workplace environment by working together with Itt és Most. Workshops might focus on skills that promote better workplace environments, such as communication, collaboration, and conflict resolution.

**SDG 9: Industry, innovation, and infrastructure**
Concerning this goal, impro theater might be able to support innovative thinking in companies. This could happen by taking advantage of the innovative techniques in impro theater and applying them to corporate training.

**SDG 10: Reduced inequality**
Again, the goal cannot be reached directly but impro theater with Itt és Most can play a role in promoting cultural and social understanding. Companies could together with Itt és Most host inclusive events that bring together a diverse group of people and use the performances to showcase areas of inequality.

**SDG 11: Sustainable cities and communities**
By hosting community events with Itt és Most, residents can be brought together, and it can contribute to building a more inclusive community.

**SDG 12: Responsible consumption and production**
As the theater does not use any materials for its acts/shows, there is no energy or waste consumption associated with impro theater as an activity. Thereby the activity of impro theater can be done by companies with Itt és Most without requiring any sort of environmental footprint.

**SDG 13: Climate action**
Like some of the other goals, this cannot be reached directly, but impro theater with Itt és Most can be used to create awareness of the topic of climate action e.g., by using humor and irony to showcase situations where individuals act in a non-sustainable way.
**SDG 14: Life below water**

**SDG 15: Life on land**

**SDG 16: Peace, justice, and strong institutions**
Although this goal cannot be reached directly, impro theater can be used to foster dialogue and understanding, by focusing on themes of peace, justice, or community-building. Collaborative workshops between companies and Itt és Most can help institutions and businesses build stronger teams and more cohesive work environments.

**SDG 17: Partnerships for the goals**
Businesses, NGOs, or other organizations can reach a wider audience by working with Itt és Most, and create impro theater shows that generally promote the SDGs.